

Figure Skates

Skates are very important: Figure Skates must be worn to be able to fully learn the skills being taught. Skates can be purchased and fitted at ProSkate 16972-111 Ave., Edmonton, AB T5M 4C9, (780) [481-5532](tel:7804815532) or United Cycle 7620 Gateway Blvd NW, Edmonton, AB T6E 4Z8, (780) [433-1181](tel:7804331181) If you are purchasing skates at other stores, you may not be buying the correct type of skate for this program.

SASC Coaches Recommend:

- For Pre-Figure Skate, CanSkate - Jackson JS 450
- For Pre-Star, Star 1 Group Figure Skating - Jackson EXCEL JS1290
- For Star 1 Group Figure Skating to Star 2-4 - Jackson ARTISTE JS1791
- For Star 1 to Star 5 - Jackson ELLE FS2130

What to Wear:

Skaters need to wear leggings or workout stretch pants and layers on top which include workout tops or stretchy shirts without hoods. This layer should be covered with a jacket that is movable, light and not Bulky. Hair should be tied back if not in a Helmet and clips to keep hair off the face and eyes. Helmets are optional and dependant on the proficiency of the skater.



Volunteer Requirements: Mandatory

Star 1 Group Figure Skating = One Competition Shift December 2-4, Servus Place, St. Albert

Who can I contact for additional questions?

Volunteer Coordinator: Carolyn

Garritano sasc.volunteering@gmail.com

Fundraising: There is no mandatory Fundraising, we hope all members encourage and participate in our 50/50 online raffles and various other fundraisers throughout the season.

What we are teaching:

- Basic Skating Skills – Crossovers, Edges, Turns, Rhythm and Power of skating.
- Jumps – Proper Jumping Technique, Balance, Posture, Rotation, Power Jumps, Waltz Jumps, Salchows, Toe-loops, etc.
- Spins – Positions of the spins, Rotational Technique, 1-foot Spins, Sit Spins, Landings, Camel Spins

Private lessons with Star 1 Group Program:

This can be added to your program at any time. You contact the office at info@stalbertskatingcentre.com and I will put you in contact with a coach who is available on the Junior Day you can attend. The lessons with the coach is not included on the Junior Day and is paid separately to that coach usually Monthly. You are to participate in all the on and off ice portions of the Junior Day you have chosen.

Moving to Junior Academy:

We recommend when you are ready to move to Junior Academy from this program. Next set of recommendations will be for starting January 2nd. There are two paths one for skaters to move out of this program approximately after a year and another to stay in this program recreationally skating longer. These paths are determined by interest, progress and ability.