The 26th Annual

Cypress School of Skating

Summer Programs

Senior

&

STARSkate Group Brochure

July 2-August 11, 2012

GET THE CYPRESS ADVANT"EDGE"!

Skate Canada Affiliated

SKATECANADA

STARSkate Group

Skills, Tests, Achievement, Recognition

This is what STARSkate is all about! STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group lesson format with a progressive and sequential manner.

A STARSkate Excel program is also offered to skaters who wish to complement their group lessons with an **extra ice session** during which a **private lesson** is booked with the coach of their choice. Private lesson frequency is a direct arrangement between parents and coach. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

What are the benefits……

OF SUMMER SKATING?

- Concentrated effort for 5 consecutive days—a short term commitment!
- It helps maintain and improve the skills already accomplished.
- Fewer distractions than during the school year.
- You "Stay cool while you're out of school"!
- It's fun!

OF STARSKATE EXCEL?

- Coach targets the skater's **individual** strengths and weaknesses.
- Can be a "one on one" experience or semi-privately.
- More personal and progressive!
- More flexibility in your schedule and the delivery of the content.

HOW DO I GET STARTED?

- Choose a coach from the Coach Profile Sheet and contact directly.
- Lesson frequency will be discussed and paid directly to the coach.
    - Ice fees <u>only</u> are paid to the school.
- Which weeks a skater chooses and lesson days/times will be agreed upon.
- Leave no question unanswered—we are always willing to help!

Have fun and enjoy the sport!

July 2nd - 6th

2:15-3:00pm	STARSkate Group
3:00-3:15pm	STARSkate Practice

August 7th - 11th

3:00-3:45pm	STARSkate Group
3:45-4:00pm	STARSkate Practice

STARSkate Group Rates

STARSkate Group $140.00/wk

- 45 minute Group lesson & 15 minute Practice ice

STARSkate Excel $165.00/wk

- 45 minute Group lesson, 15 minute Practice, & one senior session suitable for a private lesson with coach of your choice

Available STARSkate Group Discounts

Early Bird → register before May 15, 2012 for a 5% discount
(Additional sessions added after May 15th will not be discounted)
10% Discount if registered for both weeks **<u>OR</u>**
two or more registrants in same family

Senior Summer Sessions

Upon booking sessions, it is the skaters / parents responsibility to honor their commitment. The summer school will **not** issue refunds for non-use unless accompanied by a doctor's certificate.

July 2nd - 6th

(Mon/Wed/Fri)		(Tues/Thurs)	
2:15-3:00pm	FreeSkate #1	**2:15-3:00pm**	FreeSkate #1
3:00-3:30pm	Skills/Edges/Dance	**3:00-3:45pm**	Skills/Edges/Dance
3:30-4:00pm	Edge Class	**3:45-4:00pm**	Stroking Class
4:00-5:00pm	FreeSkate #2	**4:00-5:00pm**	FreeSkate #2
5:00-5:15pm	Flood	**5:00-5:15pm**	Flood
5:15-6:00pm	CanSkate/PrePower	**5:15-6:00pm**	CanSkate/PrePower

July 9th - 13th

(Mon/Wed/Fri)		(Tues/Thurs)	
8:00-8:45am	FreeSkate #1	**8:00-8:45am**	FreeSkate #1
8:45-9:15am	Skills/Edges/Dance	**8:45-9:30am**	Skills/Edges/Dance
9:15-9:45am	Edge Class	**9:30-9:45am**	Stroking Class
9:45-10:45am	FreeSkate #2	**9:45-10:45am**	FreeSkate #2

July 16th - 20th

(Mon/Wed/Fri)		(Tues/Thurs)	
10:00-10:45am	FreeSkate #1	**10:00-10:45am**	FreeSkate #1
10:45-11:15am	Skills/Edges/Dance	**10:45-11:30am**	Skills/Edges/Dance
11:15-11:45am	Edge Class	**11:30-11:45am**	Stroking Class
11:45-12:45pm	FreeSkate #2	**11:45-12:45pm**	FreeSkate #2

July 23rd - 28th

No Skating Thursday July 26 - Parade Day

(Mon/Wed/Fri)		(Tues/Sat)	
7:00-7:45am	FreeSkate #1	**7:00-7:45am**	FreeSkate #1
7:45-8:15am	Skills/Edges/Dance	**7:45-8:30am**	Skills/Edges/Dance
8:15-8:45am	Edge Class	**8:30-8:45am**	Stroking Class
8:45-9:45am	FreeSkate #2	**8:45-9:45am**	FreeSkate #2

July 30th - August 3rd

(Mon/Wed/Fri)		(Tues/Thurs)	
10:00-10:45am	FreeSkate #1	**10:00-10:45am**	FreeSkate #1
10:45-11:15am	Skills/Edges/Dance	**10:45-11:30am**	Skills/Edges/Dance
11:15-11:45am	Edge Class	**11:30-11:45am**	Stroking Class
11:45-12:45pm	FreeSkate #2	**11:45-12:45pm**	FreeSkate #2

August 7th - 11th

(Tues/Thurs/Sat)		(Wed/Fri)	
3:00-3:45pm	FreeSkate #1	**3:00-3:45pm**	FreeSkate #1
3:45-4:15pm	Skills/Edges/Dance	**3:45-4:30pm**	Skills/Edges/Dance
4:15-4:45pm	Edge Class	**4:30-4:45pm**	Stroking Class
4:45-5:45pm	FreeSkate #2	**4:45-5:45pm**	FreeSkate #2
5:45-6:00pm	Flood	**5:45-6:00pm**	Flood
6:00-6:45pm	CanSkate/PrePower	**6:00-6:45pm**	CanSkate/PrePower

Parents please mark your chosen sessions on this copy for your records. Any changes to your chosen sessions require approval and must be made through your coach.

Senior Packages / Rates

Package A $140.00/wk

- Two FreeSkates, Skills/Edges/Dance, Edge Class (3 days/week) & 15 minute Stroking (2 days/week)

Package B $125.00/wk

- One FreeSkate, Skills/Edges/Dance, Edge Class (3 days/week) & 15 minute Stroking (2 days/week)
  (Note: FreeSkate may be substituted for S/E/D if Gold levels have been attained)

Package C $110.00/wk

- One FreeSkate, Edge Class (3 days/week) & 15 minute Stroking (2 days/week)

Package D $120.00/wk (3 days/week)

- Two FreeSkates, Skills/Edges/Dance & Edge Class or 15 minute Stroking

Available Senior Discounts

Early Bird → register before May 15, 2012 for a 5% discount
(Additional sessions added after May 15th will not be discounted)
10% Discount if registered for three or four weeks.
15% Discount if registered for five or more weeks
Package D not eligible for discounts.

Cypress School of Skating

Coaches Profile Sheet

Professional Coaching Staff
(All Coaches are Emergency First Aid & Making Ethical Decisions Certified)

David Schultz

(Ph:403-957-0452)
dwschultz@mac.com

- Skate Canada Gold FreeSkate, Junior Silver Dance, Gold Skating Skills, Senior Competitive Singles
- 2000 Canadian Junior National Team member & Captain
- International Competitor
- 2001 BMO Possibilities Award recipient at Canadian Nationals
- 6 years professional skating throughout Europe and the Caribbean
- NCCP Level I Certified
- CanPowerSkate Certified
- Pro-Motion Jump Harness Operator for on ice and off ice training
- Dance Partner
- Partially ISPC certified

Rate: $11.75 per 15 minute lesson

Vicki Schultz

(Ph:403-952-7913)
vickischultz83@gmail.com

- Skate Canada Gold FreeSkate, Gold Skating Skills, Senior Competitive Singles
- Junior Provincial Champion
- 2003 BMO Possibilities Award recipient at Canadian Nationals
- Senior National Competitor
- 6 years professional skating throughout Europe and the Caribbean
- NCCP Level I Certified
- CanPowerSkate Certified
- Professional Choreographer
- Partially ISPC certified

Rate: $11.75 per 15 minute lesson

Maya Lang

(Ph:587-253-5820)
medbellmore@msn.com

- Professional Coach since 2005
- NCCP Level 1 certified
- Skate Canada Gold Skills, Dance & Interpretive, Novice Singles & PreNovice Pairs
- 3 Time All Ontario Champion
- Northern Ontario Skater of the Year 1990
- Head Coach of Queenstown Ice Skating Club, New Zealand
- Coach in Ontario, Alberta, and Newfoundland
- Trained CDTA and RAD (Dance)
- Dance Instructor for Ballet, Tap, and Jazz for 10 years
- National Dance Champion

Rate: $10.00 per 15 minute lesson

Chad Goodwin

(Ph:406-407-8226)
chadagoodwin@mac.com

- Skate Canada Gold FreeSkate, Senior Bronze Dance, Gold Skating Skills, Senior Competitive Singles, Pre-Novice Competitive Pairs
- 2003-2004 Alberta Provincial Champion
- 4 Time Senior Men's National Competitor
- 7 Years of Professional Skating with Willy Bietak Productions
- Works with all levels of skaters
- Member of US Figure Skating and PSA
- Lives and coaches in Whitefish, Montana

Rate: $11.75 per 15 minute lesson

Please contact the coach of your choice to discuss lesson requests.

Guest Coaches

Open door policy for guest coaches. Coaches are subject to CSOS Board approval.

General Information

Off Ice Class

Off-Ice class is NOT included in package pricing. Please contact your coach directly for off ice schedules.

Stroking Class

Stroking Class is included in ALL packages. May include conditioning, edge work, etc.

Edge Class

Edge Class is a 30 minute group session where different edge exercises are preformed to music. During this class we focus on counting the music and unison between all skaters. We also stress edge quality, line, posture, artistry and use of the whole body. This class is great for everyone as we adjust to fit the needs of all ages and abilities. Come join the fun!

Drop-In Ice

Cypress School of Skating members $15 per hour, ice only.
Non-member/guest $20 per hour, ice only.
(May be used to a maximum of 2 days per week)

Cancellation Policy

No cancellations/refunds after June 15, 2012 unless accompanied by a doctor's certificate. Cancellations must be in writing. Refunds exclude $32.80 Skate Canada Registration fee (if required) **AND** a $20 processing fee.

Method of Payment

VISA, MasterCard and Cheques accepted.
Cheques Payable to: Cypress School of Skating.
There will be a $35.00 charge for any returned cheques.

Mail Registration Form & Payment to:

Cypress School of Skating
Summer Registration
P.O. Box 462
Medicine Hat, AB T1A 7G2

This Brochure Available
Upon Request
Avoid disappointment…
Register Now!!

PRIVATE LESSONS AVAILABLE FOR ALL AGES/LEVELS

TO ENHANCE PROGRESS IN ANY PROGRAM

Phone: 403-526-4788
Fax: 403-504-4628
skate_cypress@telus.net

www.csos.ca

The 26th Annual

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CanSkate/PrePower
&
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Brochure

July and August 2012

Medicine Hat Family Leisure Centre
2000 Division Avenue N.

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