



[www.geocities.com/clavetskatingclub](http://www.geocities.com/clavetskatingclub)

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**CLAVET SKATING CLUB  
REGISTRATION and INFORMATION NIGHT**

Thursday, September 3, 2009

Clavet Community Hall

7:00 pm

Season begins October 20, 2009

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OUR CLUB IS PROUD TO PRESENT AN ANNUAL "FALL FIGURE SKATING SCHOOL" FOR THE 15<sup>th</sup> SEASON. IT RUNS FROM MID-SEPTEMBER TO LATE OCTOBER.

THE CLAVET SKATING CLUB FEATURES A VIDEO CAMERA, LOCKERS, AND A JUMPING HARNESS FOR THE BENEFIT OF ALL SKATERS.

THE CLAVET SKATING CLUB HOSTED THE REGION #10 STARSKATE AND CANSKATE INTERCLUBS IN 2003 AND 2004.

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The Clavet Skating Club is proudly  
sanctioned and governed by:



SkateCanada has 191,000 members nation-wide. In Saskatchewan, 8,800 participants are registered in SkateCanada programs.

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## OUR MISSION

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To offer a wide selection of affordable, effective, and quality skating programs and events designed for the social, recreational, emotional, and physical benefit of all skaters.

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## OUR VISION

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A progressive, respected skating club where all skaters have an equal opportunity to realize their potential and goals.

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## OUR VALUES

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We value and demonstrate:

- respect for others, facilities, and equipment
- co-operation and team work
- personal development and physical fitness
- honesty and integrity
- responsibility
- excellence

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# CLAVET SKATING CLUB PROGRAMS

ALL PROGRAMS ARE INSTRUCTED BY PROFESSIONAL COACHES

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## TOTSKATE

Thursday: 6:00 – 7:00 pm

## CANSKATE

Tuesday: 6:00 – 6:45 pm

Thursday: 6:00 – 7:00 pm

- Group lessons are designed for ages two and up
- Learn fundamentals of skating (forwards, backwards, turn, stop, jump, spin)

## JUNIOR STARSKATE

Tuesday: 5:15 – 6:45 pm

Thursday: 5:15 – 7:00 pm (15 minute break at 6:00)

Saturday: 9:00 – 10:00 am

- Group lessons on Tuesday and Thursday teaching skating skills, dance & freeskate
- Participate in Stroking program with Senior Starskate
- Private lessons upon request from 5:30-6:00 on Tuesday/Thursday & on Saturday

## SENIOR STARSKATE

Tuesday & Thursday: 4:00 – 6:00 pm

Saturday: 8:00 – 10:00 am

- Develop skills in skating skills, dance, freeskate and interpretive with opportunity to take Skate Canada tests.
- Private or semi-private lessons by certified Skate Canada coaches
- Skaters may attend recreational or qualifying competitions throughout the year

## ADULT SYNCHRO/LEARN TO SKATE

Tuesdays

6:45 – 7:45 p.m.

- Open to all adults. Skate Canada certified professional instruction
- *Synchro is a fun way to learn skating skills in a group setting.*

## OFF-ICE

Saturday: 10:30 – 11:30 am

Schedule will be posted as program runs approximately 2 or 3 Saturdays per month

- Third season that the Clavet Skating Club offers off-ice sessions to the Senior and Junior Starskate members
- Clavet Community Hall or the Queen Street Hall.
- Participate in activities such as goal setting, stretching, dance, off-ice jumping, yoga, etc.

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# CLAVET SKATING CLUB COACHES

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**Sarah Clarke**

\*Lesson Rate: \$6.00/\$8.50/\$15.50

NCCP Level 1 Certified, ISPC Technical. 3 years coaching experience.

Gold Dance, Gold Skills, Gold Interpretive, Introductory Couples Interpretive, Junior Competitive Freeskate

**Lenka Seniglova**

Lesson Rate: \$8.00

NCCP Level 1 Certified, NCCP Level 3 Theory, Working on ISPC.

Former European and World competitor representing the Czech Republic, 21 years of skating experience (both solo and synchronized skating).

**Nicole Thomas**

\*Lesson Rate: \$7.50/\$10.00/\$18.00

NCCP Level 2 Certified, NCCP Level 3 Technical &amp; Theory, CEP Gold Status. 9 years coaching experience. Off-ice instructor.

Gold Dance, Gold Skills, Gold Artistic, Senior Silver Freeskate.

**\*Lesson Fees:**

Private Lesson – one student per coach, 15 minutes, first lesson rate listed.

Semi-Private – two students per coach, 15 minutes, second lesson rate listed.

Group Lesson – three or more students per coach, 30 minutes, third lesson rate listed.

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## OTHER INFORMATION

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**PROGRAM ASSISTANTS**

Many of our club's more advanced skaters assist with the instruction of Canskate, Totskate, and Junior StarSkate. They are trained to assist in these programs under the guidance of our professional coaches.

**OUR SEASON**

Our regular season runs from the end of October to the end of March (approximately 20 weeks).

### **OUR FEES**

Various *optional* fundraising opportunities ensure that all programs are affordable for everyone. Fundraising opportunities are bingos, raffles, and dinner tickets. As part of the commitment to the Clavet Arena, volunteer time is required in the kitchen throughout the years. This enables our ice fees to be reasonable.

### **OUR ICE SHOW**

Our spectacular ice show is presented annually at the end of March. It showcases all of our skaters and our professional coaches' extensive experience.

### **OUR BURSARY FUND**

Our bursary fund is available to all skaters competing in club sanctioned recreational and qualifying competitions.