

HRSC Rising Stars

Skate Canada Program

Rising Stars is designed to start the skater's transition from the Canskate Stages 1-3 program into the specific path of Figure Skating. This program is focused on stages 4 – 6 of the Canskate curriculum. Your skater will begin to learn the fundamentals of figure skating:

- **Freeskating** (elements such as jumps and spins)
- **Dance** (Edges and Pattern Steps)
- Interpretation (learning creativity and movement based on musicality and theme)
- **Skills** (patterns of edges and turns to train balance and control of skater)

How does this work?

Once the skaters are on the ice, the coaching team will be working with them on their techniques and skating capability.



This will be accomplished through group lessons where the skaters will be taught a skill then given time to practice, while the coach provides individual feedback.

Responsibilities of skaters:

Please come prepared to the arena with CSA approved helmet, athletic clothing (no jeans or long scarves), and water. Wear gloves! Show proper sportsmanship on and off the ice and be good role models of our sport.

Responsibilities of Parents:

Ensure your children get to the arena on time, be encouraging and patient with skaters, and work as a team with Coaching staff. **Skaters must wear good quality figure skates.**

Best places to purchase Skates: The Skate Lab or Professional Skate Service (in Calgary)

Register at: www.hrskate.ca



Registration is Open!

This is a 1-day per week program from October to March. This program is Monday evening from 6:15 – 7:00 pm.

All sessions are on the large ice.

For skaters wishing to advance faster, we also have an optional Day 2 ice time on Wednesdays (inquire with coaches.)

Please check your Uplifter account and ensure you are subscribed to receive registration emails from us: www.hrskate.ca (sometimes our emails go to spam)