

Notice to all StarSkate 1 and up / Competitive Families

Moving from the Figure Skating Prep programs to the Star 1 program can be confusing.

Here are some of the things you will need to know:

- When you register into Star Skate, you are buying ice time and dry-land training in your fees. All on ice lessons will be billed separately by each coach monthly and the Dry-land training has the fees built into the registration fee.
- Your child will enter a national testing system developed by Skate Canada. This system sets out a progressive measure for development of all skaters as well as builds on the foundation for holistic development including goal setting, accountability, personal achievement etc.
- Every season there will be opportunities for competitions if the skater is ready
- Your child will receive the benefits of team coaching:

The Team Coaching structure strengthens a team's performance by leveraging team skills and improving upon team weaknesses. The process is designed to raise team performance, strengthen inter-team relationships, and ultimately, help the team and athlete perform at its highest potential.

Who is on the Team?

Chalsie Dorian / Kelly Kirby / Kaylee Marcoux / Lynnell Moss / Marisa Salon / Tammy Schmidt / Dayton Stewart / Jayde Stewart - and any additional coaches that come in for special training when required



Why Team Coaching?

The proven process of team coaching:

- Improves alignment of athlete / team and organizational strategy
- Strengthens relationships of athlete / team members
- Strengthens commitment to a common purpose and related goals
- Increases clarity and alignment of roles and priorities
- Streamlines team operations
- Boosts athlete / team cohesiveness and morale
- Reduces or eliminates barriers to performance
- Utilizes team strengths
- Enhances team communications
- Advances understanding of individual differences and how to leverage them
- Improves team credibility

Benefits of Team Coaching?

The approach of a team of coaches can be more cost effective and produce better and faster results than an individual coach who works alone. A fellow member of the team can step in when a coach is ill, on vacation, or away with competitive skaters entered in qualifying competitions.

Working as a unit on a specific project allows each individual to be exposed to concepts from team members who may use different ways of communicating the same ideas, but resonate with the athlete. Access to different members of the teaching team provides perspectives from different subject matter experts who have access to ideas and expertise that the athlete would otherwise would not be able to tap into. As a result of this collaboration, the team teaching approach should result in the athlete exceeding the expectations of any individual teacher.

To make this transition easier for all families, all communication will be done with your previous private coach.

Team Fees / Budget

Each coach will be billing for the lessons that they have provided on the ice. This year fees will focus on group lessons and skating development (aka stroking) as the ASC

has not included stroking in the fees this season. Private lessons will given when required within the training week. Typically starting at Star 2, there will be one private per week is going to be the standard protocol however there are skaters that may need more due to grouping of skaters on the ice, other training needs including choreography and training levels. This structure this season gives coaches more flexibility in structure as well as programming/athletes needs.

This budget is based on the most expensive coaches and each skater getting various group lessons each day. Private lessons will be slotted for additional needed training that can only be done in an individual lesson. If you skater is working on the Sr Bronze level and/or higher, your skater will be receiving more private lessons due to low numbers for lesson groupings.

Sample Budget - This budget is strictly a guideline to help families plan. The Director of skating does work with families to help keep training and budgets in balance.

Estimated Monthly Budget - Lessons based on highest priced coach

| Cost Breakdown | 2 days per week | | 3 days per week | | 4 days per week | | 3 days per week | | 4 + days per week | |
|--|----------------------|-----------------|------------------|-----------------|--------------------------------|-----------------|-----------------|-----------------|-------------------|-----------------|
| | Star 1 / Star Active | | Star 2 - Star 5+ | | Star 2 - Star 5+ - Sr Bronze + | | 3 days per week | | 4 + days per week | |
| Groups Lessons | | | | | | | | | | |
| Group Small - technical lesson (1-3 per session) | \$9.00 | \$6.00 | \$6.00 | \$6.00 | \$6.00 | \$6.00 | \$6.00 | \$6.00 | \$6.00 | \$6.00 |
| Group Large - technical lesson (1 per session): | \$1.75 | \$1.75 | \$1.75 | \$1.75 | \$1.75 | \$1.75 | \$1.75 | \$1.75 | \$1.75 | \$1.75 |
| Champion Stroking 30 min - group of 10 (1 per session): | \$2.00 | \$2.00 | \$2.00 | \$2.00 | \$2.00 | \$2.00 | \$2.00 | \$2.00 | \$2.00 | \$2.00 |
| Total Group lessons per session: | \$12.75 | \$9.75 | \$9.75 | \$9.75 | \$9.75 | \$9.75 | \$9.75 | \$9.75 | \$9.75 | \$9.75 |
| Number of days per week: | 2 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 5 |
| Approximate total cost group lessons: | \$25.50 | \$29.25 | \$29.25 | \$39.00 | \$29.25 | \$39.00 | \$29.25 | \$39.00 | \$29.25 | \$48.75 |
| Private Lessons | | | | | | | | | | |
| Private 15 min Cost | \$0.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 | \$13.00 |
| # of private lessons per week: | 0 | 1 | 1 | 2 | 3 | 4 | 4 | 4 | 4 | 4 |
| Approximate Total Cost of private lessons | \$0.00 | \$13.00 | \$13.00 | \$26.00 | \$39.00 | \$52.00 | \$52.00 | \$52.00 | \$52.00 | \$52.00 |
| Total Budget per week: | \$25.50 | \$42.25 | \$42.25 | \$65.00 | \$68.25 | \$91.00 | \$81.25 | \$91.00 | \$81.25 | \$100.75 |
| Weeks in a month: | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Approximate Total Budget per Month: | \$102.00 | \$169.00 | \$169.00 | \$260.00 | \$273.00 | \$364.00 | \$325.00 | \$364.00 | \$325.00 | \$403.00 |
| Please Note: These are approximations and coaching fees will fluctuate month to month depending on numbers on the ice / illness / extra training etc | | | | | | | | | | |
| Please Note: Private lessons will be done for specific training needs - Harness / Choreography / any individualized training / etc | | | | | | | | | | |
| Please Note: Not all coaching fees are included in this chart. | | | | | | | | | | |

We are very excited to be apart of the development of all the Airdrie skating club athletes. If you have any questions, please feel free to contact the Director of Skating anytime.

ASC Coaching Team

