



Skate Kingston (SK), INVISTA Centre
1350 Gardiners Road, Kingston, ON K7P 0E5
Tel: 613-546-4291 x 1892 | www.SkateKingston.com
SK MAIL BOX is beside reception desk at INVISTA Centre

Winter 2024 STARSkate Skating Programs INFORMATION

IMPORTANT: January 3rd and 4th, 2024 – Drop-In only (not included in package prices)

January 6 – March 27

Operated at INVISTA Centre, CUPE 109 Ice pad

Skate Kingston STARSkate and Adult STAR Home Club Registration begins Tuesday December 19 @ 7 pm
Non-Home Club STARSkate Registration begins Wednesday December 20 @ 7 pm

REMINDER: STARSkate sessions are prioritized for youth aged 19 and under. Exceptions to age limitations must be approved by the Skate Kingston Board of Directors BEFORE registration. See Adult STARSkate section for more information.

PLEASE NOTE:

- Registration will be online at <https://Skatekingston.uplifterinc.com>. Payment via credit card is preferred, but you can also choose cash or cheque which can be mailed or dropped off at the Skate Kingston mailbox by the INVISTA Centre front desk. For anyone that has not used our online registration system, please see the following link on the Skate Kingston website: <http://skatekingston.com/registration/>. New members to our club, can create an account at any time to save time once registration opens. **Be sure that you list the parent who is financially responsible for the account, as the MEMBER, and skaters as the PARTICIPANTS.**
- Similar to previous sessions, qualifications will be based on a point system (outlined in Appendix A).

Skate Kingston Refund Policy:

Requests for refund/credit must be made in writing before the 3rd week of skating. Fees will be prorated. There are no refunds after this time unless approved at the discretion of the Board of Directors. A \$15 non-refundable administrative fee will apply to all refunds/credits issued. **NSF cheque charge \$30.00.**

PLEASE NOTE: Skate Kingston is not responsible for loss of ice due to events beyond our control, including inclement weather. No refunds will be given for loss of ice out of Skate Kingston's control and any makeup ice is at the discretion of the City of Kingston.

Schedule

The attached schedule is subject to change. Please check Skate Kingston website (www.skatekingston.com) and submit your e-mail address when registering online to ensure you receive all notices and updates.

Guest Skating/Dance Partnering:

Guest skating will be available as "Drop-In" through Uplifter if there is room available on the session. Dance partnering is currently allowed, however is at the discretion of the board.

Credits

All credits will be uploaded to Uplifter as soon as possible and must be used as soon as possible this Winter 2024 session. If you are aware that you will have credits that can be used, please choose the "pay by cash/cheque" option until those credits have been input into Uplifter. Questions about credits should be directed to SK President, Kat Popielaty.

The fee of \$59 will be added to the package when registering online, as it is not included in pricing below (if not already paid in Fall 2023)

NOTE: If you are changing your Home Club to Skate Kingston, please add a note to your invoice before paying, or send an email to Bonnie Howse to let us know.

NOTE: All STAR A, B and C skaters must have a private coach. If you are a new STAR A skater or are new to Skate Kingston, please refer to the following link <http://skatekingston.com/coaches/our-coaches/> for a list of STARSkate private coaches. Please make sure to confirm a private coach before the start of the session if you do not already have one.

STAR A STARSkate: Includes a 30-minute group lesson each session. A private coach is mandatory for this session.

Session	Price
Wednesdays	\$260
Saturdays	\$235

STAR B STARSkate: ****NEW:** Includes a 10-minute coach-led stroking lesson each session (except Saturday)**. Private coach is mandatory for this session.

Session	Price
Mondays	\$290
Wednesdays	\$270
Thursdays	\$270
Saturdays (partially shared with STAR A)	\$235

STAR C STARSkate: Private coach is mandatory for this session.

Session	Price
Mondays	\$350
Wednesdays	\$325
Thursdays	\$325
Saturdays	\$295

ADULT STARSkate (Age 18+): Must have completed CanSkate Stage 6 or any STAR tests

Thurs. 7:55 – 8:50 pm Price: \$270

NOTE: Winter STARSkate session ice for Adult STARskaters wanting to do more than one session will be limited based on numbers. *To qualify for youth STARSkate session ice, Adult STARSkaters MUST be registered for Adult STARSkate. Please contact SK President Kat Popielaty for request to skate on youth STARSkate.*

This program will not run in Winter 2024 if registration minimums are not met.

Multiple Skater/Day Discounts:

For every registered skating session over 1 session per family (STARSkate programming only), a discount will be provided (up to a maximum of 4 sessions):

Sessions Per Family	Discount
1 st STARSkate session	None
2 nd STARSkate session	Session cost less 10%
3 rd STARSkate session	Session cost less 20%
4 th STARSkate session	Session cost less 30%

Fundraising Commitment

Fundraising is mandatory for all skaters with at least a partial package (HOME CLUB AND NON-HOME CLUB skaters). Fundraising is a very important part of any non-profit organization. At Skate Kingston this will help to keep ice and program costs reasonable for everyone and contributes to events that are held throughout the year.

We will again be selling chocolates. This fundraiser is mandatory for all STARSkaters. Each new STARSkate family for Winter 2024 will receive chocolate bars to be sold for a total fundraising commitment of \$30.00 (unless paid for in Fall) . The skaters will sell these chocolate bars to family and friends and keep the proceeds they earn as the chocolates are paid for in their registration fees. If you have already received chocolate bars in the Fall, your fundraising commitment is complete.

There will be additional fundraising opportunities available throughout the year. More information will be distributed regarding these options as they become available.

Volunteer Commitment ****UPDATED from previous years****

Each Skate Kingston **HOME CLUB** family will be required to fulfill their volunteer commitment of **4** hours per day skated (2 hours per day skated in FALL, and 2 hours per day skated in WINTER; up to a maximum of **20** hours per family). This volunteer commitment spans the Fall AND Winter season (and includes Ice Show 2024 should it proceed). **For new STARSkaters in Winter 2024**, you will only be required to complete 2 hours per day skated (as you were not a STARSkater in the Fall up to a maximum of 10 hours per family). Note: if the number of days per week changes for the Winter session (e.g. skater adds a day/removes a day/stops skating etc.), the number of volunteer hours will be averaged accordingly. Please speak to Bonnie Howse or Kat Popielaty for more details.

Important dates:

Skate Kingston will require high volunteering commitments for two important events this season (a competition in February, and our Ice Show in March). Please mark the following dates in your calendar:

- February 10-11, 2024 – STAR 1-4 Competition
 - Volunteers will be needed to help Skate Kingston run this competition. Duties will include ice captains, music players, hospitality, registration, ticket sales, etc.
- March 18-21, 2024 Ice Show Preparation
 - Volunteers will be needed to help fit and organize costumers for our ice show.

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- March 26, 2024 Ice Show Dress Rehearsal
 - Volunteers will be needed to help lead skaters through dress rehearsal
- March 28, 2024 Skate Kingston 2024 Ice Show
 - Volunteers will be needed to help run our annual ice show at the INVISTA Centre. Duties will include ice captains, runners, ticket sales, dressing room attendants, security, food/beverage stand, etc.

For families with 2 or more skaters in STARSkate the volunteer amount is based on the total number of days skating for the family. For example, a family with 2 skaters each skating 2 days per week, that family would have the commitment of 16 hours.

By registering, parents understand that if volunteer hours are not fulfilled, the skater's Uplifter account will be invoiced at a rate of **\$50 per hour** at the end of the Winter season in 2024.

If you would prefer to opt out of your volunteer commitment, please provide this information via email to Bonnie Howse. Two invoices will be provided – one due October 31st, 2023 for Fall volunteer commitment, and one due January 31st, 2024 for Winter volunteer commitment. Each hour of volunteer time will be invoiced at \$50 (to a maximum of 20 hours over the course of the Fall/Winter session).

Liability Waiver and Release:

It is understood and agreed that Skate Kingston shall NOT be responsible or held liable for any damages, injury, or loss of property to any member, guest or visitor to Skate Kingston regardless of the reason or nature of such damage, loss or injury. Every member, guest or visitor who participates in Skate Kingston on-ice or off-ice activities shall use the Club facilities at his or her own risk. The signatory shall indemnify Skate Kingston and hold them harmless from any claims. The undersigned acknowledges having received and read and also agrees to abide by all rules of Skate Kingston and all Skate Canada rules in effect from time to time. **Liability Waiver and Release must be read and signed during the online registration.** Please direct any concerns or questions to the President of Skate Kingston.

Name/Photograph Release:

Permission for name/photograph publishing (e.g. publishing results, photographs in local papers, other printed material or postings on the Skate Kingston website or other social media) must be reviewed and completed during the online registration. Please direct any concerns or questions to the Office Administrator.

Feedback

All comments/suggestions/feedback are to be sent in writing either to the President or via the General Info email box.

Skate Kingston Contact Information

Skate Kingston Office Phone

Skate Kingston Office Administrator - Bonnie Howse

STARSkate Director – Alex Wright

President - Kat Popielaty

General Info

613- 546-4291 ext 1892

bhowse@cogeco.ca

alex2900@live.ca

kat.popielaty.sk@gmail.com

skatekingstoninfo@gmail.com

APPENDIX A: Skate Kingston Skating Level Matrix

Skate Kingston's qualifications for STAR A, B & C are based on STAR points outlined below.

LEVEL	FREESKATE	SKILLS	DANCE
STAR A 0-6 STAR points	Must have completed CanSkate Stage 6		
STAR B 7-14 STAR points	Need Completed STAR 1	Need Completed STAR 1	Need Completed STAR 1
	AND at least 7 STAR points total		
STAR C At least 15 STAR points	Need Completed STAR 3	Need Completed STAR 6	Need Completed STAR 6

Note: Please see the point system below to determine points.

POINT SYSTEM:

STAR Level	Freeskate points	Skills points	Dance points
STAR 1	1	1	1
STAR 2	2	2	2
STAR 3	3	3	3
STAR 4	4	4	4
STAR 5	5	5	5
STAR 6	6	6	6

Note: This point system continues to STAR 10

Skaters can have different levels (points) for the different disciplines of FreeSkate, Skills and Dance – but must have certain overall total points for qualification for the sessions. In addition to the total points to be on a session, skaters must have completed certain tests to qualify.

Example 1: Jenny has completed her full STAR 2 Freeskate; STAR 4 Skills; and all STAR 3 dances. See green highlight for points total. Jenny has a total score of $2+4+3 = 9$. Based on the chart above, Jenny qualifies for B session.

Example 2: John has completed his full STAR 1 Freeskate; STAR 2 Skills; and STAR 1 dances. See purple highlight for points total. John has a total score of $1+2+1 = 4$. While John has all the level requirements for STAR B, he does NOT have the STAR points need to be eligible for STAR B. He is therefore eligible for STAR A.

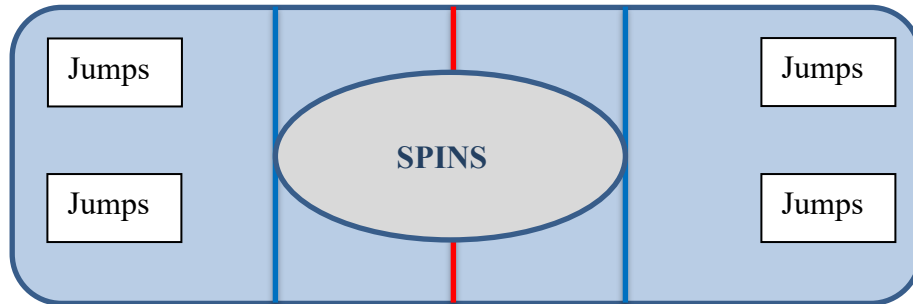


Skate Kingston Skater Ice Etiquette

Skate Kingston aims to promote a safe, supportive environment for the skating community that equally respects our common interests and our differences for all skaters to enjoy the sport and fulfill their individual goals within a team spirit.

Guidelines for safe and fun skating sessions

- Always make sure you are looking out for other skaters, even when you are skating backwards. **Pay attention at all times.**
- You can practice your spins in the middle oval of the rink. You can practice your jumps in the corners of the rink.



- **Individuals skating to program/dance music have the right of way in ALL cases.** *Listen and recognize music and look to see who is skating.* This means that other skaters and coaches (even those in a private lesson) should leave space for those doing their program/dance to their music. Skaters should ask their coaches to identify solo/dance music so it can be recognized.
- If another skater is having a lesson with their coach, please make sure you get out of their way (unless you are doing your dance or your program to music).
- All skaters who accidentally run into each other or cut each other off are encouraged to say “I’m sorry” or excuse themselves in a polite manner, even if it appears that the other person is more at fault. It shows graciousness, maturity and respect – qualities that bring out the best in all of us.
- If you fall, get up immediately.
- Don’t talk to coaches when they are working with other skaters.
- Please show courtesy to all skaters and coaches. If you get in another skater’s way, please be polite and apologize.
- Skaters can request to have their music played only ONCE outside of their lesson. If time permits, they can play their music once more in a lesson. Please make sure to sign up on the music sign-in sheet.
- Skaters are NOT permitted to use personal electronic devices while skating.
- Warm-ups are NOT permitted in the lobby space at INVISTA. The only place skaters can warm up is outside (lots of green space) or in our rink by the boards/in the changerooms. This includes practicing jumps, jump-rope, cardio, etc.
- All skaters must get off the ice as soon as the session ends, and before the Zamboni starts flooding.

As of August 28, 2023