Hi Everyone,

Welcome to Rising Stars!

My name is Daniela, and I am one of the coaches here at the Kimberley Skating Club. This year I will take on the position of Director of Group Programs. Please direct any questions or concerns about any of the following information to <a href="https://example.com">headcoach@kimberleyskatingclub.com</a> and I will get back to you as soon as possible!

## What to expect

Rising Stars is a continuation of the Canskate program with the emphasis on the figure skating aspect of the sport. Skaters continue to work through their Balance, Agility, and Control ribbons and Canskate badges outside of the group circuits utilized in our Canskate program.

## **Equipment**

- Skates (please check that they have been sharpened prior to skating)
- CSA- approved hockey helmet (until STAGE 5 is passed)
- Mittens/gloves
- Tights or long fitted pants that allow for movement (no jeans, long skirts)
- Warm Sweaters or jackets without hoods that allow for movement.

## **Schedule**

September 9<sup>th</sup>- October 23<sup>rd</sup> on Monday's and Wednesday's from 3:30-4:30pm.

This year the Monday session will be a joint practice with the Junior STARskaters to allow the Rising Stars to see the next level of their skating journey and allow for crossover when the skaters are ready. We will be coaching the skaters separately in their respective groups but, at times, may pull them together for warm ups.

Please check the front page of our website for Rising Stars information and updates.

There will be no skating on Monday September 30<sup>th</sup> for Truth & Reconciliation Day as well as October 14<sup>th</sup> for Thanksgiving. Our fun days will be September 25th, Jersey Day, and October 23<sup>rd</sup> Halloween Dress up Day. Please ensure that Halloween costumes are skating appropriate (not too long) and don't include masks that obstruct vision.

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Regards,

Daniela Hewison