



## WELCOME TO RISING STARS WINTER 2025

Dear Parents and Skaters, The Thunder Bay Skating Academy is excited to welcome all of our new and returning members to our **RISING STARS** Program. We are excited to spend the next few months (January-March) with you for what we expect to be a very exciting and eventful season.

### What can you expect from a typical session?

- 1) On your first day of skating please enter the arena and make your way to the left hand side of Fort William Gardens. There you will find Dressing Room C and proceed to get your skater's skates & helmet on. Skaters will begin with the on ice session from 5:30pm-6:20pm and then they will have 10 minutes to get their skates off and head to our off-ice area on the right-hand side of the arena to begin the off-ice portion.
- 2) For the Off-Ice Portion (6:30pm-7:00pm) skaters will meet up with one of our professional coaches. We ask that parents leave their skaters with our coaching staff in order to complete the off-ice portion of their session. Skaters will be led in conditioning, aerobic and stretching exercises. We ask that skaters come prepared with **running shoes, skipping rope, yoga mat, water bottle, stretchy band, and athletic wear.**
- 3) **On-ice delivery:** once skaters enter the ice surface, we will begin with a 10 minute warm up, then they will divide into their groups for a 30 minute Lesson/Teaching segment. After the lesson segment they will come together for a 5 minute Challenge/Creative/Independent practice time ending with a 5 minute cool-down. The session will focus on continuous movement emphasizing the use of newer and more dynamic group teaching concepts. If you were in our CanSkate program last season, this is a continuation of what your skaters did last year, focusing on moving them through to complete their CanSkate Badges and then beginning to work on figure skating specific skills starting with the Star 1 beginning level skills.
- 4) Assessments are ongoing however specified "Assessment Days" will take place during the last few weeks of the season. It is strongly encouraged that your skater attend these days (if possible). Achievements will be handed out on the last day of the session.

### What do I need to bring?

When preparing for the first session, it is a good idea for your skaters to wear some leggings and a sweater/jacket on the ice along with mittens. Skating dresses are also a great option but not mandatory. **As this is a learn to figure skate program, we would like to see the skaters dressed in attire that allows for active movement. NO JEANS OR SNOW PANTS PLEASE!**

\*\*\*Please be aware that we do **require that all skaters have on figure skates** and a **CSA approved hockey helmet** until they have been told otherwise by a member of our coaching staff. Helmet Policy: As per our governing body "Skate Canada" all skaters must wear a CSA approved hockey helmet at all times while on the ice surface until such time as they have achieved the complete Stage 5 badge.

### Schedule

We have attached a complete ice schedule for your skater's session. These will also be posted on our website if you misplace this initial copy. The schedule will include any dates where the ice was not available, time changes, theme days and all other necessary information.

### Where Can I Get More Information?

Be sure to stay tuned to your emails for news and events. Also our website and social media pages are always full of information about upcoming events, time-changes and fundraising initiatives. Check us out at [thunderbayskating.com](http://thunderbayskating.com), like us on Facebook & follow us on Instagram!

If you have any questions or concerns please don't hesitate to contact the Director of Skating (Stacie Furlonger) at [tbsa.director@gmail.com](mailto:tbsa.director@gmail.com) or the club at [thunderbayskatingacademy@gmail.com](mailto:thunderbayskatingacademy@gmail.com). Thank you for your interest in our program, the Thunder Bay Skating Academy is excited to have you aboard this season!

Yours in skating, *Thunder Bay Skating Academy*