

WELCOME TO RISING STARS SEPTEMBER 2026

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 **4 Tuesday sessions** (September 1, 8, 15 & 22 at Itec Community Arena - formerly Current River Arena) with you to kickstart the 2026-2027 season.

What can you expect from a typical session?

- 1) On your first day of skating please enter the arena and head straight down the hallway to find your marked dressing room (follow posted signs) OR you can put their skates on in the stands. Upon arrival, you can proceed to get your skater's skates & helmets on and then have them wait at the entrance to the ice gate.
- 2) At the completion of the on-ice portion, skaters will have 15 minutes to take their skates & helmet off and then head to the lobby to meet one of our coaches for the off-ice session (which will take place outside, weather dependent). For the Off-Ice Portion (6:15-6:45) we ask that parents leave their skaters with our coaching staff (you may proceed outside to watch at a slight distance or stay in the dressing room or wait in the lobby). Skaters will be led in conditioning games, aerobic and stretching exercises. We ask that skaters come prepared with **running shoes, skipping rope, yoga mat, water bottle, stretchy band, spinner and athletic wear** (the club has stretchy bands & spinners for those skaters that do not have their own).
- 3) **On-ice delivery:** the on-ice portion 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.
- 3) Assessments will be ongoing however specified "Assessment Days" and report cards **will not** be handed out at the end of this September pre-season programming as the focus will be more on getting their feet back underneath them after the long summer break as well as reviewing skills from last season and improving basic skating skills.

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, 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 or the club at 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