WELCOME TO RISING STARS WINTER 2027

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 **8 sessions on Sundays** with our Rising Stars skaters & **11 sessions on Tuesdays** with our Advanced Rising Stars skaters at Fort William Gardens with you for what we expect to be a very exciting and eventful season.

Schedule:
Sundays = 3:10pm-4:10pm on ice; 4:20pm-4:50pm off ice
Tuesdays = 5:15pm-5:45pm off ice; 6:00pm-7:00pm on ice

We ask all Rising Stars parents to **please read through** not only this welcome letter but also the **Rising Stars Parent Information Manual** to be fully informed about the program. Any and all questions are welcome and can be directed to Stacie Furlonger (Director of Skating).

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 A or D (the one with the Rising Stars sign on the door). For Sunday sessions, you can proceed to get your skater's skates & helmets on once you arrive in the dressing room. On the first Tuesday, we will meet in this changeroom and then head to the off-ice area on the right hand side of the arena which from then on will be the meeting place for the start of each Tuesday session.

2) For the Off-Ice Portion (Tues 5:15-5:45; Sun 4:20-4:50) 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 (you may have a seat in the arena stands near the off ice area or in the lobby). 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, spinner and athletic wear.** (the club has stretchy bands & spinners for those skaters that do not have their own - you can also purchase a spinner from the club)

3) At the completion of the off-ice portion on Tuesdays, skaters will have 15 minutes to put their skates & helmet on and then head to the ice surface for the on ice session. On Sundays, skaters will begin with the on ice session and then have 10 minutes to get their skates off and head to our off-ice area to begin the off-ice portion.

4) **On-ice delivery**: once skaters enter the ice surface, we will begin with a 20 minute warm up/enhancement class, 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 or 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 requirements.

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5) Assessments are ongoing however there will be specified “Assessment Days” during the season which will be sent to you via email once the season has begun. 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
Please review the complete ice schedule for your skater’s session that is posted on our website. 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 FB page 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