



Parent and Skater Handbook



2025 - 2026 Skating Season





Little Giant Figure Skating Club

MESSAGE FROM THE BOARD OF DIRECTORS

WELCOME TO LGFSC!

As we approach the 2025 - 2026 season, we are excited for all the events and opportunities that await our skaters!

LGFSC is committed to ensuring all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall skating development. We are dedicated to encouraging participation in skating for fun, fitness, and/or achievement.

We have put together this handbook to assist the parents and skaters to understand the sport of figure skating. As representatives of the LGFSC it is our responsibility to assist you and answer any questions.

We feel it is relevant for you to know this information before the season begins so please read/review and we hope that the information contained in this handbook helps answer the many questions that come up throughout the year.

Please be sure to 'like' and check in to our Facebook page Little Giant Figure Skating Club as all our updates and notices will be posted on there. Also 'like' our LGFSC Swap 'n' Shop Facebook page.

Thanks for being a part of the club,
LGFSC Board of Directors



Little Giant Figure Skating Club

SEASON HIGHLIGHTS

The highlights of our season include:

- Christmas Pop Concert
- Test days
- Jamboree
- Competitions - Regionals, Totem Competition, Super Series Kelowna BC
- Spring Carnival
- Seminars

These are exciting performances for all of the skaters to showcase the skills they have learned to their families and the community.

Christmas Pop Concert

The club hosts an annual Christmas show for all the skaters in December.

With this show it is a time for the club to give back to the community. The admission for the show is a cash donation or non-perishable food items. After the show the club then in return donates the cash donations to the Chetwynd Christmas Bureau and the non-perishable food items to the Food Bank.

Test Days & Competitions

The Star level skaters prepare for and may attend competitions and test days throughout the season. We are very proud of the accomplishments made by our competition skaters as they always represent Chetwynd well in performance, attitude, and skills. Test days and competitions are an additional cost. When attending a test day, the cost of the test, coaching fees, and travel if necessary are the responsibility of the parents. When attending a competition, the cost of the events entered, coaching fees, and travel are the responsibility of the parents. Coaches out of town fees (hotel, food) are split between all skaters attending the competition.

Jamboree

Jamboree is a club hosted competition-like event for all PreStar and Star skaters. This event allows skaters to perform group and individual events where they can showcase their abilities. It allows skaters to prepare and gain confidence for upcoming competitions in a fun and inviting environment.

Spring Carnival

The LGFSC will host an annual spring carnival close to the end of the skating season. This event is a great showcase of our skaters. Planning for the concert begins early in the season. The coaches find the music for the theme and select costumes for the event. All skaters are expected to participate in the concert and the preparation for the skaters will begin approximately one month prior to the event. Costumes are an extra expense for parents, every attempt is made to keep the cost low. If your skater is performing a solo you are responsible for the costume. A program is generated so pictures of the skating groups in their costumes will take place about one week before the concert.

ChetTV produces a DVD of the concert and is sold to those who would like a copy.



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PLEASE NOTE: Volunteering for the Spring concert is **MANDATORY** if your skater is participating (blocks will not be given as it is mandatory.)

We have openings on the board of directors & volunteer positions this season and we would like to encourage everyone to please consider signing up for a position. We are a non-profit organization and try our best to keep our costs down with fundraising, but these positions are a critical path in keeping the club running. Without these positions filled we may have to cancel some of the activities for the skaters, or risk raising the cost of enrolment.

CLUB BOARD OF DIRECTORS

Position	Name	Phone#	Email
President	Melissa Crothers	250-401-7262	lgfscpresident@gmail.com
Vice President	Kaylin Gansevles	250-401-	lgfscvicepresident@gmail.com
Secretary	Sheilah Schalmp	250-219-0186	lgfscsecretary@gmail.com
Treasurer	Jennifer Johnston	250-401-7277	lgfsc treasurer@gmail.com
Coach Liaison	Michelle Van Horn	250-788-6965	michellevanhorn79@gmail.com
Registrar	Jacy Fiset	250-719-9660	lgfsc registrar@gmail.com
Test/Competition Chair	Sarah Rainey	250-788-5370	lgfsc testchair@gmail.com
Fundraising Chair	Ashlynn Pederson	250-788-6981	lgfsc fundraising@gmail.com
Carnival Committee			lgfsc carnivalchair@gmail.com
Director - Event Coordinator	Kayla Jeffrey	250-401-8008	lgfsc eventcoordinator@gmail.com
Director - Head Parent	Michelle Van Horn	250-788-6965	
Director			

VOLUNTEER POSITIONS

Position	Name	Phone#	Email
Ice Co-Ordinator	Carmen Gansevles	250-788-6135	carmgan@hotmail.com
Website Administrator			
Block Administrator	Gemma Jewison	250-788-6238	jewison@telus.net
Publicity/Photographer			
Newsletter & Bulletin			
Picture Day Coordinator			
Skate-A-Thon Coordinator			
Pre CanSkate Parent			
CanSkate Parent			
Pre Star Parent			
Star 1 & 2 Parent			
Star 3 & Up Parent			



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*Please feel free to contact any of the board members if you would like to sign up for a position or have any questions throughout the season. You will receive blocks for positions served.

MEET OUR COACHES

Carmen Gansevles	Heather Cochrane
Star 1 & Up Coach	PreCan, CanSkate, Pre Star, Star 1 & Up Coach
Club Coach Certified Regional Coach Certified Provincial Coach Certified National Coach Trained 30+ years coaching experience Power Skating experience Synchronized Skating experience Star 1 & Up Coach Respect in Sport Certificate	Club Coach Certified Regional Coach Certified Pre CanSkate, CanSkate, Pre Star, Star 1 & Up Coach 8 years coaching experience Respect in Sport Certificate

GROUP & PRIVATE LESSONS FOR STAR LEVEL SKATERS (STAR 1 AND UP)

- ☑ Private lessons are billed from the coach to the parent and are charged either by a group rate or an individual rate.
- ☑ Bills will include details of the private lessons (date, duration, description)
- ☑ Bills will be issued to the parent within 30 days of the lessons, preferably on a monthly basis. If the coach has not issued a bill within the 30 days, payment for those lessons will be forfeited.
- ☑ Bills must be paid within 2 weeks of billing.
- ☑ If private lessons are not up to date, the skater will not be permitted to take part in any club activity on or off the ice.
- ☑ If a coach discontinues private lessons due to lack of payment, the skater is not allowed to go to another coach until the outstanding payment is received in full.
- ☑ The coach is also responsible for contacting the parents if they are unable to render a private lesson.



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Association Profile

Skate Canada is the largest figure skating governing body in the world. They provide standards and rules for the figure skating activities of our members. The Association qualifies and appoints judges, referees and other officials, conducts training seminars for the skaters and coaches, provides financial support to national team athletes and disseminates information concerning figure skating to the general public. Skate Canada also promotes the CBET and organizes free skating and synchronized team skating competitions and the annual Skate Canada International.

Sections

To make organization and administration easier, Skate Canada is divided in 13 Sections roughly equivalent to the Canadian provinces. Yukon Territory is administered by the British Columbia Section. Our section is called Cariboo North Central Region. <http://www.skateincncr.com>



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Skate Canada Programs

CANSKATE

Why sign up for CanSkate?

CanSkate is Skate Canada's only national learn-to skate program, designed for beginners of all ages. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. CanSkate program can include:

- Badges
- Stickers
- Coloring sheets
- Parent information sheets
- Progress updates and report cards

When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Trained Program Assistants assist professional coaches. The coach to student ratio is maximum of 1:10.

Program Structure

The CanSkate program focuses on the development of six fundamental movements organized in three stages of learning: agility, balance and control. The skills are arranged in progressions from very simple to the more complex. Once the skills on each stage are mastered, a badge is awarded. There are six badges and eighteen ribbons to acknowledge a child's successes.

Certified Program Assistants

An important part of the CanSkate program is the Program Assistants. All Star skaters who have completed Star 2 and are 11 years of age (coaches' discretion may be used if there is a shortage of PA's) support the club by participating as an assistant. This allows the skaters to give something back to their club.



PRE Star

The Pre Star program is designed for young skaters who are working on the CanSkate program, interested in figure skating (STARSkate program) and looking for a challenge. It is taught in a group format, along with independent practice time each day. Lessons include instruction on the fundamentals of jumps, spins, edge quality and musicality. Report cards, badges, and various incentives are awarded.

All skaters must have a minimum of CanSkate level 3. Figure skates are required. Helmets are optional after the skater has completed level 5 at both the parent and coaches agreed discretion. Dress code for figure skating is in effect. Please dress warmly and appropriately.

STARSKATE

Skills, Tests, Achievements, Recognition – this is what STARSkate is all about!



STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lessons format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

How STARSkate works

The STARSkate program consists of figure skating skills in four areas – skating skills, ice dance, free skate and interpretive. If you have any questions please ask your child’s coach.

Freeskate -STARSkate

- Star 1 to Gold

Dance

- Star 1 to Gold

Skills

- Star 1 to Gold

Artistic

- Star 5
- Star 7
- Star 9
- Gold

OFF ICE Training

Off ice training is part of the schedule for all PreStar and Star Skaters. The program is scheduled once a week for all PreStar and Star skaters. Off ice is strongly recommended for these skaters. Skaters need to be on time and ready to fully participate with proper equipment. The instructors will vary every year but will hold qualifications to ensure a safe and enjoyable program.



LGFC – Grouping Criteria

Pre CanSkate

- 2 years of age and older. First time skaters.

Canskate

- Open to any age with some basic skating skills.

Pre Star

- Minimum Canskate Level 3 – Completed

Star 1

- Canskate Level 5 – Completed
- Working On: Dance – STAR 1
 Skills – STAR 1
 Freeskate – STAR 1

Star 2

- Star 1 Completed
- Working On: Dance – STAR 2
 Skills – STAR 2
 Freeskate – STAR 2

Star 3

- STAR 2 levels Completed
- Working On: Dance – STAR 3
 Skills – STAR 3
 Freeskate – STAR 3

Star 4 & Up

- STAR 3 levels Completed
- Working On: Dance – STAR 4 & higher
 Skills – STAR 4 & higher
 Freeskate – STAR 4 & higher



Fundraising & Volunteering

In order to keep the costs of skating fees down, the club organizes a number of fundraising events throughout the season. The club also implements a **Block System** of volunteering. It is a basic system that helps to ensure everyone shares the workload of fundraising. The system requires that the more your child skates, the higher your participation will be.

Blocks are available to be filled during several Fundraising and/or Volunteering opportunities throughout the season. You may buy out your required blocks at \$50/block (any or all of your blocks) if you choose not to participate throughout the events. Your blocks **MUST** be fulfilled by season end for your child to be eligible to skate the following season.

PLEASE NOTE:

*Volunteering for the Spring carnival is **MANDATORY** if your skater is participating and blocks will not be awarded.

*It is **MANDATORY** that you must sell one booklet of tickets for the stocking raffle and one booklet of tickets for the cash raffle. These are our clubs' largest fundraisers your support is needed. You will be awarded blocks.

* Everyone **MUST** complete half of their blocks by Christmas break and the other half by the end of the season (March). If half of your blocks are not completed by Christmas, the blocks must be paid out before the skater is allowed back on the ice.

* One person in each family must complete the Respect in Sport Module and send to our Vice President.

Two or More in a Family

If you have more than one skater registered in the club, your block requirement will be to the highest skater's level plus 2 extra blocks.



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Block Requirements:

Pre CanSkate: 6 blocks / Half Sessions 3 blocks

CanSkate: 7 blocks / Half Sessions 3 blocks

Pre Star: 8 blocks

Star 1 & 2: 10 blocks

Star 3: 11.5 blocks

Star 4 & Up: 13 blocks

Club Courtesies and Guidelines

- All Pre CanSkate/CanSkate skaters MUST wear a CSA-approved hockey helmet. This is a MANDATORY Skate Canada Rule.
- No excessively baggy clothing, trailing hats, scarves, toques etc. This can be very dangerous for both the skater and those around them.
- We expect all skaters to be neat (hair tied back: braid, bun, ponytail), and wear appropriate attire at all times. No jeans or flared pants. Proper skating attire is requested (skating skirts, dressing, leggings, sweaters, etc.) Fridays are dress days, all skaters must wear a dress or they will not skate that day.
- The rules of the Chetwynd and District Recreation Centre must be always followed.
- Be punctual for your session.
- No swearing or abusive language is to be used anywhere in the recreation facility.
- Skate guards are to be worn at all times when off the ice and wearing skates.
- All skaters should use designated dressing rooms. Changing in the public washroom will not be permitted.
- No food or drinks on the ice. Plastic water bottles only.
- Siblings in the bleachers must remain quiet & seated. This is an instructional environment and the coaches & skaters should have minimal distractions. Children MUST be supervised!
- No standing in the middle of the ice to visit with friends; move over to the boards and keep the chat short.
- Skaters must ask a coach for permission before leaving the ice.
- All complaints must be in writing and sent to the Club Executive to be put on the agenda and handled at the next monthly meeting.
- Be alert for other skaters. Star skaters must learn the solo music of other skaters, as the skater with their music playing has the 'right of way'.
- Music is to be played in rotation. There will be no rewinding of music. This will enable all skaters to get their solos played in a session.
- Please fulfill your volunteer block duties throughout the season or you will be charged \$50/block outstanding.
- The LGFSC has a strict Anti-Bullying and Harassment Policy. Bullying and harassment is not acceptable or tolerated. There must be respect shown by coaches, skaters, friends, and parents at all times. The skating coaches have the authority to remove skaters or spectators if the rules are not followed or a distraction is caused. If there is a repeat performance in one day, skater(s) and/or friend(s) involved will be asked to leave the ice surface for the remainder of the skating day. If another skater's private lesson is interrupted during this disturbance, the offending parties will be billed for the private lesson.

***Should you have any concerns or suggestions please feel free to attend a monthly meeting of the club. Dates, time and places will be posted on the bulletin board. Regular meetings are usually the 3rd Thursday of every month at 5:30pm at the Chetwynd Rec Center.*