



# Parent Handbook



**SKATE/PATINAGE**CANADA  
**NEW BRUNSWICK/NOUVEAU BRUNSWICK**

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## **Table of Contents**

Introduction	Page 2
Who We Are	Page 3
Benefits of Club Membership	Page 4
Benefits of Region Membership	Page 4
Benefits of New Brunswick Section Membership	Page 5
Choosing a Coach	Page 5
Skate Canada Programs	Page 6
Membership Fee Structure	Page 8
Parents Roles and Responsibilities	Page 9
Clubs Roles and Responsibilities	Page 11
Coaches Roles and Responsibilities	Page 11
Skaters Roles and Responsibilities	Page 11
Roles of Other People Involved In Skating	Page 11
Equipment	Page 14
Managing Your Budget	Page 15
Resources Available to Parents	Page 15

## Skate Canada New Brunswick Parent Handbook

Skate Canada New Brunswick wants to inspire all New Brunswickers to embrace the joy of skating.

### Introduction

Skate Canada New Brunswick (SCNB) has been in existence since 1969. At the moment, SCNB, or the Section, is composed of 8 regions through which 32 clubs are scattered.

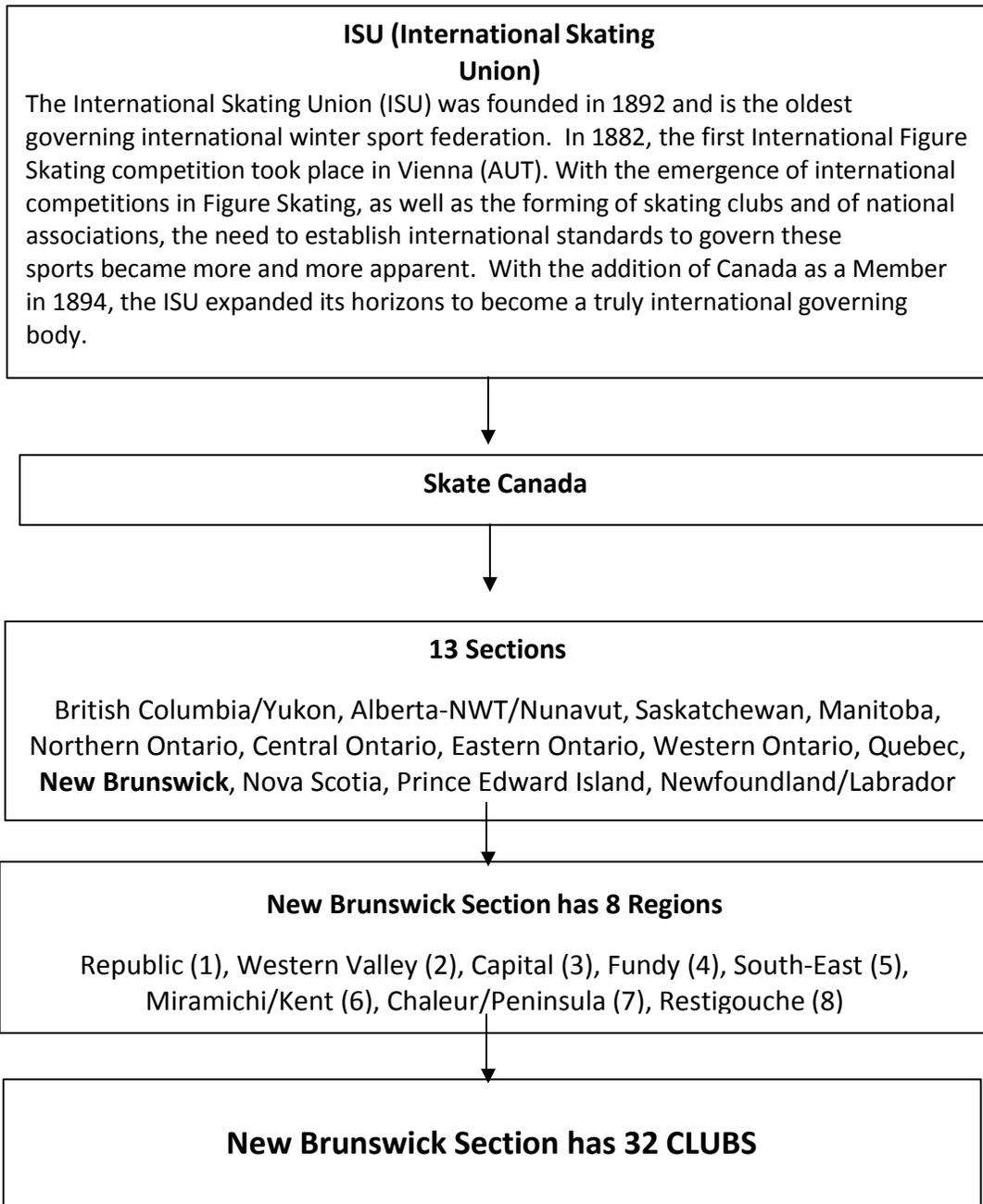
The Board of Directors of SCNB, in conjunction with Skate Canada, manages the operations of the Section. The Section assists our Clubs and Regions in their efforts to ensure that Skate Canada's program delivery standards are being achieved. The primary focus of SCNB is to provide support and opportunities for our skaters of all ages and levels. SCNB is committed to training our Coaches, Officials and Volunteers to assist our skaters in reaching their goals and enjoying their involvement in figure skating.

The SCNB Section Office is located in Dieppe. (See contact information in the Resources Available section of this Handbook).

The Board of SCNB recognizes the important role our Parents play in the support and development of our skaters; with this in mind we have developed a Section Parent Handbook. The Section Parents Handbook has been prepared to help you understand the many aspects of figure skating. We hope the Handbook will answer many of your questions, but if not, other resources are included for you to make your journey in this wonderful sport just a bit easier.



**WHO WE ARE:**



### **Benefits of Club Membership:**

The benefits of belonging to a Skate Canada Club are many, here are just a few:

- Your child will be a member of Skate Canada, the national governing body for figure skating in Canada
- You register your child through your Home Club which makes you as parents voting members of the Club, providing your child is under the age of 18
- Your child will receive a Membership Registration Identification number that has been recorded at the National Office of Skate Canada. This number will not change and remains your child's link to Skate Canada forever; even in years you are not an active member. Your child will need this registration number to participate in Skate Canada sanctioned events.
- Makes your child eligible to take Skate Canada Tests, participate in Skate Canada competitions, ice shows and other sanctioned events.
- Privileges to enter the Members Only website of Skate Canada, that contains all the important information about Skate Canada, as well as your child's skater profile.
- An accident insurance benefit at a substantially lower cost to the members than that available in other sports.
- Access to high quality programs that are recognized and often sought after internationally and by other national sport organizations.
- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada.
- National registry of figure skating qualifications (tests) and results (for qualifying events) held in a central computerized system for easy access.

### **Benefits of Region Membership:**

SCNB is comprised of 8 Regions. Each is comprised of:

- Regional Director
- Past Regional Director
- Assistant Regional Director
- Secretary
- Treasurer
- Regional Test Chairperson
- Recreational Skating Representative
- Coach Representative
- Official Representative
- Skater Development Representative
- Synchro Representative
- Club Representatives (one representative per club)

Each Region's Board is in place to foster cooperation amongst the region's clubs in order to offer support to and enhance the participation of skaters in:

- Regional test sessions
- Skater development seminars

### **Benefits of Skate Canada New Brunswick Membership:**

Skate Canada New Brunswick (SCNB) is 1 of 13 Sections within Skate Canada. An elected or appointed Section Executive and Board of Directors administer the Section. The SCNB Board is in place to govern the Section, to help ensure that Skate Canada programs are run according to the standards outlined in the Skate Canada Rule Book and to plan and provide programs to develop and enhance participation by skaters, officials and volunteers of all ages, abilities, interests and ambitions. It is also a resource body which offers support to its members and the 32 clubs within its jurisdiction.

- Provides assistance/support for competitive skaters that qualify for National Events
- Provides Talent Identification by the Director of Development and Competitive Skater Development Programs Committee.
- Provides a CanSkate Club Consultation Service from Professional Coaches within NB
- Provides a Competition Schedule for competitions held in NB
- Provides detailed Technical Guideline Packages for Competitions in NB
- Provides technical equipment for competitions in NB
- Provides training for Skate Canada Officials within NB
- Provides a Conflict Resolution process and support for Clubs and Regions in NB
- Provides Volunteer Training Workshops annually – Club Development Day
- Hosts an annual Awards Banquet to recognize Skaters' and Volunteers' accomplishments over the year
- Hosts an Annual General Meeting for members of New Brunswick Section Clubs
- Identifies and cultivates Sponsor relationships for NB

### **How to Choose a Coach**

The New NCCP model (National Coaching Certification Program) is made up of three streams and a total of eight contexts, depending how many contexts are relevant to the sport of figure skating. Skate Canada identifies 2 coaching streams (instructional and competitive) and three contexts within each stream. All coaches within skating clubs must attend NCCP courses and be "in training, trained, or certified". First aid certification and a police background check are also requirements.

When deciding how to choose a coach your club should provide a list of their available coaches along with their specific qualifications. When choosing a coach for your child, here are some things you may want to consider:

- Select a coach carefully. Choose the right person for their teaching and coaching abilities, but also consider that the Coach will be the role model for your child.
- The Coach will be spending considerable time with your child, so it should be someone your child feels comfortable with.
- Coaches are the experts. Work together with your coach to create realistic goals and objectives for your child.
- Take time when selecting a coach. Remember that a picture is worth a thousand words. Watch the coaches teaching other children and see how they interact and present themselves.
- Clubs should have a summary of each coach's accomplishments as a Coach and skater. If not, ask the Coach for a copy of their resume.
- Coaching fees may vary according to the certification level and experience of the coach. Ask what the fees are up front so there are no misunderstandings later.

Coaches abide by a Code of Conduct which can be found online at Skate Canada Info Centre - <https://info.skatecanada.ca/hc/en-ca>

### **Skate Canada Programs**

Every Skate Canada skating program complements the others and allows for unrestricted movement and development through the system. All programs are taught by professional coaches certified through the National Coaching Certification Program (NCCP) and they are offered at member clubs and sanctioned skating schools across the country.

#### **Learn to Skate/Recreational:**

**CanSkate Program** – CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn ribbons and badges as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

Coaches in the Clubs will be able to explain the CanSkate Program in more details or refer to Skate Canada's web site [www.skatecanada.ca](http://www.skatecanada.ca) for more details.

**CanPowerSkate Program** – CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate

provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

For more details refer to Skate Canada's web site [www.skatecanada.ca](http://www.skatecanada.ca).

### **Figure Skating**

**STARSkate Program** - **S**kills, **T**ests, **A**chievement, **R**ecognition – 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 lesson format in a progressive and sequential manner. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized and/or adult skating.

**CompetitiveSkate Program** – Skaters who wish to challenge their figure skating skills and who show potential as competitive skaters can participate in the CompetitiveSkate program. CompetitiveSkate is a program for skaters in singles, pair and ice dance wishing to compete in qualifying events within Skate Canada. Many skaters who compete in the qualifying event structure also take tests in Skate Canada's STARSkate Program or participate on synchronized skating teams. The only events that you may not be able to compete in are club, and STARSkate events, some which restrict entry of skaters who have competed in the qualifying event system. Skaters enrolled in CompetitiveSkate learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship.

Coaches in the Clubs will be able to explain the CompetitiveSkate Program in more detail or refer to Skate Canada's web site [www.skatecanada.ca](http://www.skatecanada.ca) for more details.

**Synchronized Skating Program** - Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of twelve or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.

There are two event streams of Synchronized Skating in Canada – a recreational or Festival SynchroSkate and Competitive SynchroSkate. Both of these streams can lead a team to national level events. There is international and World Championship opportunity provided to those teams in the Competitive SynchroSkate (qualifying) event stream.

Coaches in the Clubs will be able to explain the Synchronized Skating Program in more details or refer to Skate Canada's web site [www.skatecanada.ca](http://www.skatecanada.ca) for more details.

**AdultSkate Program** - Adult skating is growing in popularity and more and more clubs are offering recreational, test and competitive opportunities to this segment of the population. Adults participate in CanSkate, STARSkate and CanPowerSkate programs as well as on synchronized skating teams. Adult championships currently provide opportunities to adult skaters to experience the challenge of a competition in a fun, social environment. Skate Canada is currently expanding its programming in this area.

Coaches in the Clubs will be able to explain the Adult Skate Program in more details or refer to the New Brunswick section website [www.skatenb.org](http://www.skatenb.org).

**Special Olympics** – Skate Canada is committed to providing special needs athletes with program and competitive opportunities. Liaising regularly with Special Olympics Canada as well as other sport organizations for athletes with a disability, Skate Canada provides updates and support to member clubs regarding strategies on how to integrate Special Olympians and other special needs skaters into regular club programming. For information on Special Olympics figure skating competitions please contact the SCNB office or Special Olympics New Brunswick.

#### **Fee Structure:**

**The Membership Fee for Skate Canada is \$32.00 plus an Insurance fee of 65 cents (plus applicable provincial sales tax) per member.**

In addition to the Skate Canada Fee all Skate Canada Clubs in New Brunswick have their own fee schedules. These schedules will vary depending on which community you live in. Each municipality has its own ice allocation grid for ice sports and is responsible for setting the cost of ice per hour in your community.

Costs can also vary depending on your child's level of skating and the number of programs they will be involved within the Club. Coaching fees are separate costs which are determined by the professional coach chosen for your child.

In most Clubs there will be fundraising costs to help them off-set the cost of ice and to raise money for Club activities for your child. (Ice Shows, Carnivals and Special Days: Christmas Party, Halloween Party, etc.)

#### **Test Days and Fees**

##### **Test Days**

Test days in New Brunswick are organized regionally. Clubs within the region meet to fix dates and locations (host clubs) of test days which occur generally in September, December, March and during the Fall, Spring and Summer (off-season schools). The tests evaluated are for all disciplines at any level, provided a qualified Skate Canada Evaluator is available for the test levels. Once a skater passes their test, they then move to the next level in that discipline. If the test is not successful, the skater can retry that test at another testing period.

Skaters must test in their respective region. Exceptions can be made if an evaluator for a specific test is not available in their region but is in another region. It is at the discretion of the other region to accept the skater or not. This decision is based on ice time and evaluator's schedule.

### **Test Fees**

The Skate Canada Test Fee schedule is as follows:

Free Style	\$ 10.00 per part (2 parts)
Dance	\$ 10.00 per individual dance
Interpretive	\$ 10.00 per test
Skating Skills	\$ 10.00 per test

In addition to the above, host clubs may also ask for a hosting fee and ice time fee.

### **Competition**

Competitions in skating offer the skaters an opportunity to perform by themselves in front of an audience and to be assessed on their performance by Judges. The children learn about good sportsmanship and they have the opportunity to work hard at being the best they can be.

Above all, kids should learn to treat everyone with courtesy and respect whether they win or lose. Ideally, while engaged in competition, a child will learn that winning isn't important; what is important is putting forth the best effort possible. Then, as the child grows older and realizes that sustained effort leads to improved performance, they will learn to compete against the worthiest opponent all by themselves.

### **Competition Fees**

Competitions all have entry fees in order to participate. These fees will vary from one competition to another and must be paid when registering your skater for the competition.

### **Parents Roles and Responsibilities**

The most important thing for a parent of a skater is to remember that their skater is a person first, and a skater second. And in all probability the "person" in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still kids. DON'T! The same kids we see looking so grown-up on the competition ice probably still cuddle their favourite stuffed animals when they go to bed at night. Let them be kids, and support them as they grow.

- **Balance:** Make sure there is balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career. Don't put so much focus on your child's skating that you forget they'll have to function in a "normal world" when they grow up. School is important. Social development is important. Being a kid is important.
- **Help to set goals:** Help your child to set his / her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. Make sure the goals are your skater's goals, not yours. Help to

- achieve these goals by setting targets, plotting progress, etc. Be willing to re-evaluate when necessary.
- **Support your Coach:** Leave the coaching to the coaches. Let the coach participate in goal-setting discussions. Listen to your coach's advice and instructions, and help to ensure that your skater follows those instructions when participating or doing activities. Once the coach understands your skater's goals, let the coach have the freedom to design a program to achieve them; don't try to second-guess the approach. On the other hand, responsibly watch to make sure that the general goals are being addressed over the long term. Also inform your coach of relevant issues at home that might affect your child's performance. Pay your bills on time, and get your skater to the rink on time. When you can't be there, make sure to tell the coach in advance.
  - **Learn about the sport:** Learn enough about skating to recognize the elements. Know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
  - **Watch:** Don't use the rink as a baby sitter. Stay and watch your skater practice, and in lessons, at least sometimes. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or "pressured" when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them.
  - **Be a good sport:** Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive.
  - **Support your skater:** Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize progress towards goals, but be willing to acknowledge when more work is needed without making that a "bad thing". Never destructively criticize, especially in front of others. Resist the urge to compare your child against another. Some learn faster, some learn slower. Let them progress at their own level. Provide guidance for your skater but do not force or put pressure on them. Emphasize and reward effort rather than results. Show them you love them whether they win or lose!
  - **Support your club:** Pay your bills on time. Help with club activities. Volunteers run most clubs, and they need all the help they can get. Be willing to work on committees, or serve on the Board of Directors if needed. Be willing to do "jobs" like ice monitor, music monitor, etc. Help out with ice shows or competitions.
  - **For yourself:** Try to enjoy yourself and look relaxed, calm, positive and energized. Have a life outside of your child's participation in figure skating. Make friends with other parents at events, socialize, have fun, be positive, be a role model.
  - **Skate Canada Code of Conduct:** Did you know that Skate Canada has a Code of Conduct for parents? [Click here to consult it!](#)

## **Clubs Roles & Responsibilities**

### **Skate Canada Program Delivery Standards**

Skate Canada skating programs offered by member clubs and skating schools must be operated according to National delivery standards. The complete document can be found on the Members Only section of the Skate Canada website under “Technical and Program Information” or on line through Skate Canada’s website.

### **Providing Program Assistants**

Clubs provide training for their Program Assistants who are skaters 12 years or older with more skating experience who volunteer their time to help with the CanSkate Program. They demonstrate skills under the direction of the Coaches and generally help out wherever needed. It is a good way for skaters to give back to their clubs. Program Assistants are important role models for the younger skaters in the Club. Remember that another skater was a Program Assistant when your child began to skate!

### **Code of Ethics**

Parents should be familiar with the Skate Canada Parent and Clubs Code of Ethics. Both Code of Ethics can be found in the Skate Canada Info Centre <https://info.skatecanada.ca/hc/en-ca>

### **Coaches Rules and Responsibilities**

All Skate Canada Coaches must abide by the Skate Canada Professional Coaches’ Code of Ethics found online through Skate Canada’s Info Centre <https://info.skatecanada.ca/hc/en-ca/articles/201171624-Coaches-Code-of-Ethics-Policy>.

Coaches must complete a Skate Canada approved Police Check; hold a valid First Aid Certificate and have a current Skate Canada Coaching Membership.

### **Skaters Roles & Responsibilities**

Parents will find that each Club will develop their own roles and responsibilities for their skaters. As parents, you should be familiar with these roles and responsibilities, as it is your job to remind our children of these rules of the Club. Here are just a few items that you should find in any Club’s handbook of their skaters’ Roles & Responsibilities:

- Courtesy and respect for other skaters, coaches, parents, club volunteers and arena staff
- Refrain from disrespectful language or behaviour
- Be on time for all skating sessions
- Skaters should be on the ice during their sessions
- Be in “good standing” financially with your Club
- Dress appropriately for figure skating
- Keep the skating environment clean
- Help out when asked by the Club Board and Coaches

### **Role of the Evaluators**

Evaluators are volunteers and trained officials that attend Clinics, take technical tests and keep updated with communications from Skate Canada and SCNB. Evaluators also attend workshops conducted by the SCNB Officials Committee. When your child enters the Skate Canada Test Stream, they will take tests in one or all the disciplines in figure skating – Free Style, Dance,

Skills, and Interpretive skating. The evaluators are the officials that try the tests and determine if your child has mastered the necessary skills sets to move on to the next level.

### **Role of the Judge**

Judges are volunteers who give of their time freely to judge at competitions, monitor skaters, and offer advice to coaches during the year to help with the development of a skater who competes at the competitive level. Judges are highly trained to officiate at competitions. They take judging courses; write exams, and trial judge events before they are promoted and Judge at competitions. Judges attend workshops and seminars each year to update their expertise in rule changes and technical aspects of skating. SCNB provides and financially supports Judges training each year.

### **Role of the Technical Panel**

The technical panel is composed of: technical controller, technical specialist, assistant technical specialist, data input operator and video replay operator. Each has a specific and important role at competitions.

- **Technical Controllers (TC):** Technical controllers are recruited from Skate Canada referees and judges and experienced technical specialists and are responsible for duties associated with the identification of technical elements attempted by skaters or teams in competition. Their duties include supervising of the review process by the technical panel, and ensuring that all rules specific to element and level of difficulty identification are correctly followed.
- **Technical and Assistant Technical Specialists (TS and ATS):** These officials are recruited from the group of former athletes, coaches, Skate Canada judges or referees and are responsible for the correct identification of elements and levels of difficulty of these elements when attempted by skaters and teams in competition.
- **Data Input Operator (DIO):** Inputs the called elements and its Levels of Difficulty into the computer. If needed, they also correct elements or Levels as instructed by the TC.
- **Video replay Operator:** This individual operates the video replay function of the system when needed to review elements in multiple motions to ensure that the correct assessment of the element was made.

### **Data specialists**

Data specialists are the individuals who are responsible for calculating the marks awarded by the judges, at competitions, and tabulating the final result. They can be found at ice level or in the result calculation centre. Generally, each event will have a chief data specialist. The chief data specialist ensures that all accounting rules are followed when determining the result of an event. They work with the technical representative or referee and technical controller to post results, attend draws and to answer questions regarding results calculation.

Currently, the vast majority of competition results are calculated using a computer because the Cumulated Points Calculation (CPC) judging system is used. The only exception is Special Olympics where the 6.0 system is still in use. In both cases, data specialists check and re-check calculations in order to ensure the accuracy of the results posted.

Data specialists are required to attend clinics, write examinations and complete practical assignments in order to secure promotions.

### **Technical Representative**

The Technical Representative (tech rep) is a volunteer responsible for all the technical aspects of a competition. He or she can be responsible for the following items:

- development or review of competition announcement
- acquiring and assigning officials for an event
- conduct of draws for practice groups, skating order, compulsory dances etc., generally in conjunction with the Chief Data specialist
- development or review of competition schedule (all practices and events, ice resurfacing and, for synchronized skating, dressing room assignments)
- facility review and room allocation for officials (referees, technical controllers, judges, technical specialists and data specialist)
- location of judges, data specialists and music personnel by the ice surface
- liaison between coaches, all officials, parents, organizing committee, and data specialists
- on-site trouble shooting

The technical representative's role demands time and expertise. The individual must be available to all stakeholders on-site, and to the officials and organizing committee before, during and after the event. He or she is a key contact between skaters, coaches, parents and the officials.

Judges are available to discuss aspects of events, once the event is officially complete. If a coach, skater or parent has questions about a particular placing, or the rationale behind marks awarded, the coach should approach the technical representative to arrange a time for discussion. This open dialogue is encouraged to ensure that all players are on the same page, and to share knowledge from all points of view. Judges are willing to discuss their own marks awarded, but cannot comment on the marks awarded by their peers.

### **Role of the Volunteer**

A volunteer is an individual that gives freely of their time to assist and work towards the goals of an organization. SCNB is very fortunate to have a dedicated population of very hard working volunteers' throughout the Section. You will see them serving on Boards of Directors, working at events, fundraising and helping out wherever they are needed.

Clubs depend on parents of their skaters to help create a viable and safe environment for all skaters, so give a hand when you can.

## Equipment

### Skates

The purchase of a boot and blade is a major decision which can represent a substantial financial investment.

### Fitting Basics

A skater's size, weight, and skating level are very important. These aspects will determine what boot and blade to purchase and how long they will last. While seated, the boot should be snug in the heel, arch, and ball areas for best support. Toes should be able to wiggle freely but not slide to any great degree. After the boot is laced and the skater stands, the boot should feel slightly tighter. There should be little to no movement when the skater tries to lift her or his heel. The toes should just be touching the front of the boot. Toes should feel slight pressure but not severe bending or pain. Toes should also not be cramped or curled under.

It is important to have a correctly fitted boot for optimal skater performance. The boot must be snugly fit so that it responds exactly to the skater's movement. Additional room in the skate can cause the foot to slide and thus may impede the Skater's progress.

Remember:

- Skates should fit snugly around the ankle and heel – there should be room for movement, but the ankle, instep and heel must be firmly supported
- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent the laces from cutting into the foot
- The front opening of the boot should be sufficiently wide to pull the laces tight
- Avoid buying skates a size larger, as they tend to break down faster and hamper your child's progress and more importantly could create long term foot problems

### Buying used Skates and Blades

Good used skates can be okay for your child, especially in the beginning stages. If you do buy used skates, you may have to know a bit about the brand and model of the boot and blades you purchase. Ask your Coach about suggestions on what to look for. Sometimes a good used boot and blade set is better than an inexpensive, lower quality "sharpening life" left in it. Many skate companies have a website that describes an appropriate boot / blade combo for a particular level of skating.

### Sharpening of Skates

Make sure you take your skates to a reputable figure skater sharpener who is familiar with the edges needed in figure skating. Do not remove the bottom pick, as it is essential for proper balance.

### General Care of Boots and Blades

Proper care of the boots and blades can help them last longer.

- When removing skates, unlace them enough before taking them off so that the back of the boot does not break down or rip
- Blades and soles must be dried carefully with a soft cloth

- Remove guards and wipe / wash them. Grit and dirt become lodged in the tracks of the guards. Replace guards occasionally
- Cover dried blades with soft blade covers (terry cloth or soft fabric)
- Take skates out of bag at home to let them air dry at normal temperatures to avoid rotting and rust

### Skating Clothing

For young skaters in CanSkate a warm pair of pants and sweater or jacket with mitts or gloves is suitable. Snowsuits can be bulky and hinder the child's progress. At the CanSkate level helmets are also mandatory. As skaters progress, females will wear tights and skating dresses or skirts, leggings as well as gloves and males will wear a stretch pant with stirrups to go under the arch of the skates along with a sweater or warm-up jacket and gloves. Check your local Clubs for information on purchasing skating outfits, as they may have names of Skating Stores or individuals selling good used skating outfits.

### Managing Your Budget

Parents will have to plan their budget well in advance of each skating season. The costs you will incur will depend on your child's participation in the sport. Here are some suggested items you should have in your yearly budget:

- Club Membership
- Skate Canada Membership
- Skates and accessories like guards, blade covers, skate bag as well as appropriate skating attire
- Extra Ice costs
- Coaching Costs – Lessons, Competitions and Test Days
- Choreography Fees
- Costumes
- Ice Show or Carnival Fees
- Music Fees for burning of CD's for solo music
- Off ice Fees for skater's conditioning
- Seminars
- CD's for the recording of your Competition skate (this could be provided by your coach)
- Travel and Accommodations for Competitions and Test Days

These organizations provide financial assistance to families who need support:

- KidSport – <http://www.kidsportcanada.ca/>
- Canadian Tire JumpStart - <http://jumpstart.canadiantire.ca/en/>
- P.R.O. Kids – there are a few chapters of this organization that can be searched online

### Resources Available to Parents

There is a large network of resources available to parents in figure skating. Here are just a few:

- Skate Canada New Brunswick office

299, Champlain St  
Dieppe, NB E1A 1P2  
Phone: 506.855.1751  
Fax: 506.855.1723  
[executivedirector@skatenb.org](mailto:executivedirector@skatenb.org)  
Website: [www.skatenb.org](http://www.skatenb.org)

- Your Coach
- Your Club Board of Directors and Website – the Club should provide a list of the Board of Directors and how to contact them
- Other Parents involved in the sport
- Region Councils – each Region has a list of the Region Council members and contact information. Check the SCNB website for the up-to-date list and contact information, [www.skatenb.org](http://www.skatenb.org)
- **Skate Canada**
  - Phone: 613-748-5635
  - Toll Free: 1-888-747-2372
  - Fax: 519-686-0593
  - Toll Free Fax: 1-877-211-2372
  - E-Mail: [skatecanada@skatecanada.ca](mailto:skatecanada@skatecanada.ca)
  - Web: [www.skatecanada.ca](http://www.skatecanada.ca)
  - <https://info.skatecanada.ca/hc/en-ca>

SCNB would like to acknowledge Skate Canada Western Ontario for sharing and allowing us to adapt their Parent Handbook. SCNB would also like to thank Cindy Doucet for her input.

Every time you treat a child with respect, that child feels just a little bit taller.

Read these suggestions: they'll help you to help your kids rise to the occasion!

- When you listen to children, they learn that they're worth listening to.
- If you consider their point of view, they learn that it is Valuable.
- When you appreciate children's company, they become great company.
- If you provide a nurturing environment, children learn to feel good about themselves.
- When you believe children have good things to contribute, they will look for ways to help.
- If you open your world to children, their world becomes an open one.
- If you give children spaces, they will claim it for their own.
- Above all, recognize the spark in a child: watch the child learn to shine brighter and brighter.

