

Hazelridge Skating Club AGM 2020-2021

STARskate Report - October 2020 -March 2021

We started out season tiptoeing thru many provincial regulations called Return to Play Protocols. We figured it out and got back onto the ice.

STARSkate started off with great enthusiastic skaters and two new coaches Laurissa Christie and Betty Anne Wilkinson with one returning volunteer coach Larissa Maslechko.

- Sunday session 9:45-10:45 – 14 skaters
- Sunday session 10:45-12:15 – 9 skaters
- Tuesday session 7:15-8:30 – 2 skaters and 1 adult
- The Tuesday ice time was cut back by 45 minutes due to the number of skaters

We were extremely fortunate to have Coach Carolyn Cybulsky work with our skaters on their individual program each Sunday. By having Carolyn working just programs that freed up coaches to work with the skaters on the required elements.

Skaters and coaches were just getting into the groove of knowing each other and bam we are given the shutdown order of all recreation activities by the Provincial government!

The next best thing to being on the ice was to offer an off-ice session each Sunday morning, keeping with our regular ice time. Coach Laurissa offered off-ice via Zoom for all the STARSkaters with Coach Jessica as the host.

Off ice happened from the beginning of the stay-at-home order until mid-March for approximately 15 weeks. We had on average 5-6 skaters participating per session. On Friday's Coach Jessica taught synchro and skating skills. On Sunday's Coach Laurissa led a power, cardio and freeskate session. Sunday sessions were focused on jump, spin, and field movement development as well as the skills necessary (cardio) to complete full freeskate programs. On average we had 6 skaters attend per session with Kara, Kate, Leah, and Sarah attending almost every session. We also had themed days including a Christmas smoothie making and trivia, Valentines "why I love skating", talent night, and PJ Sunday. The skaters who regularly participated said that they noticed significant improvement in their jumps, rotation, and flexibility. The benefits of off-ice combined with on-ice training is extremely important for skater development and should be continued. Sessions typically ran for 45 minutes and included: warm up, stretching, cardio, skating based activities (spins, jumps, skills), flexibility, challenge activities, and cool down. Overall, it was a very fun, productive, and morale boosting off-ice session for both skaters and coaches!

The off-ice zoom was evident on the ice where Leah and Kate were performing skills well above their level with minimal ice time. They skated on outdoor rinks and attended a spring session in Winnipeg.

Mid March ice sessions opened up in Winnipeg and all skaters were notified with 5 club skaters taking advantage of a few sessions.

No assessments were allowed to be done this season.

In January a virtual challenge was offered to all the STARSkaters & Adult Synchro.

To Skate, Walk, Run, Snowshoe or Ski..... Virtually Across the Western Canadian Provinces..... to the Doug Mitchell Thunder Bird Sports Centre in Vancouver, BC, host of the Canadian Tire National Skating Championships in February 8 -14, 2021 for a total of 2,359 km. Within a few days of sending out the challenge to the skaters and their family Skate Canada cancelled the event! We still challenged ourselves to get out and move even on the coldest days of the winter season! Our challenge was extended, and we accomplished 2414.26 km with 16 people participating (family members, 3 coaches, a family of 2 from another club, 6 STARskaters & 1 adult synchro skater from HSC). Many happy smiles to everyone that participated. WE DID IT!

The sad part of not completing the season was skaters missed skating terribly and were not able to advance thru the Skate Canada testing stream. Skaters missed the opportunity to work as a team and compete at competitions. Most of all, we missed each other. The year of the pandemic!

Connie Marques
STARskate Representative
Test Chair
Hazelridge Skating Club