



Parent Handbook
2025-2026



gp_skating



@grandeprairieskatingclub



<https://gpskate.uplifterinc.com/>



Welcome to the Grande Prairie Skating Club! GPSC has been in operation for 59 years. We are a non-profit organization run by a volunteer board of parents. Our programs cater to athletes from the age of three to adult. GPSC takes pride in helping to develop young athletes to achieve their full potential in figure skating.

This handbook is intended for parents and skaters. The purpose is to provide useful and practical information on our programs, important dates, policies and procedures.

It's important to acknowledge the alignment between the Grande Prairie Skating Club and Skate Canada. By adhering to Skate Canada's policies, procedures, and guidelines, GPSC ensures a consistent and high-quality experience for its athletes.

Communication

All of our communication is through email. Ensure that your email address on file is up to date and check your “junk” folder regularly.

Follow us on social media to see news, events and important messages!

Instagram



gp_skating

Facebook



@grandeprairieskatingclub

Website



<https://gpskate.uplifterinc.com/>

The best way to reach the administrative staff, coaches or board members is through email:

Registration (Marion Jobson) - registration@gpskate.com

Program Director (Cheryl Jobson) - programdirector@gpskate.com

President (Sheri-lynn Heighington) - president@gpskate.com

Treasurer (Ann Hussey) - treasurer@gpskate.com

Coaching Team

All coaches at the Grande Prairie Skating are trained and certified through Skate Canada and the Coaching Association of Canada's National Coaching Certification Program (NCCP). They have successfully passed Skate Canada's rigorous assessment and certification process, hold NCCP standing, are trained in first aid, have undergone extensive background screening suitable for working with youth, completed Respect in Sport Activity Leader Training, and adhere to Skate Canada's code of conduct and ethics



Cheryl Jobson
Program Director
Certified National Coach



Jason Anderson
Certified Regional Coach
Harness Specialist
Dance Partnering



Averie Villiger
Provincial Coach-Trained



Abigail Fitzpatrick
Provincial Coach-In Training



Kate Hegland
Regional Coach-Trained



Skate Canada

CALENDAR 2025–2026



NO SKATING



HOLIDAY - NO SKATING



SPECIAL EVENT

SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 1/09 NO SKATING
- 5/09 PA CLINIC - NO JR SKATING
- 12-13/09 SYNCHRO CLINIC, NO FRI OR SAT SKATING
- 30/09 NO SKATING

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1-5/01 CHRISTMAS BREAK
- 9/01 AM SKATING ONLY
- 10/01 NO SKATING
- 17/01 SIMULATIONS
- 23-25 STAR SERIES 3
- 30/01 AM SKATING ONLY
- 31/01 NO SKATING

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 3/10 AM SKATING ONLY
- 4/10 NO SKATING
- 13/10 NO SKATING
- 18&19/10 SEMINAR
- 31/10 AM SKATING ONLY

FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

- 6/02 AM SKATING ONLY
- 7/02 NO SKATING
- 13-15/02 TOTEM -FSJ
- 13-16/02 AB WINTER GAMES
- 16/02 NO SKATING

NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- 1/11 NO SKATING
- 08/11 NO SKATING
- 11/11 NO SKATING
- 14/11 AM SKATING ONLY
- 15/11 NO SKATING
- 16/11 FALL SHOWCASE
- 21/11 SKATING TILL 5:45PM
- 22/11 NO SKATING
- 29/11 SIMULATIONS

MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 5/03 SKATING TILL 5:15PM
- 7/03 NO SKATING
- 8-15/03 ARCTIC WINTER GAMES
- 12/03 NO SKATING
- 13/03 AM SKATING ONLY
- 14/03 NO SKATING
- 15/03 SIMULATIONS
- 20-22 STAR SKATE CHAMPS - NO SKATING
- 27/03 - AM SKATING ONLY

DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 5-7/12 STAR SERIES 2
- 14/12 ASSESSMENT DAY
- 19/12 HOLIDAY ICE SHOW DRESS REHERSAL
- 20/12 HOLIDAY ICE SHOW
- 22-31/12 CHRISTMAS BREAK - NO SKATING

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 3-6/04 EASTER - NO SKATING
- 11/04 ASSESSMENT DAY
- 12/04 YEAR END FUN DAY
- 17-19/04 SUNSATIONAL COMBINED INVITATIONAL

Programs

Pre-CanSkate

PRE-CANSKATE IS A LEARN-TO-SKATE PROGRAM FOR SKATERS AGE 3 & UP WHO HAVE NOT HAD SIGNIFICANT TIME ON THE ICE. NON-PARENTED GROUP LESSON FORMAT. SKATERS WHO ACHIEVE THE SKILLS NECESSARY TO PASS PRE-CANSKATE MAY BE MOVED TO THE CANSKATE PROGRAM



CanSkate

CANSKATE IS A DYNAMIC LEARN-TO-SKATE PROGRAM THAT FOCUSES ON FUN, PARTICIPATION AND BASIC SKILL DEVELOPMENT. CANSKATE CENTRES ON PHYSICAL LITERACY AND THE FUNDAMENTAL SKILLS NEEDED TO TAKE PART IN ANY ICE SPORT OR TO SKATE AS A RECREATIONAL ACTIVITY.

Rising Stars

RISING STARS IS AN ENTRY-LEVEL PROGRAM FOR SKATERS WHO SHOW POTENTIAL AND DESIRE TO EXCEL IN FIGURE SKATING. GROUP LESSON FORMAT IN A FUN DYNAMIC ATMOSPHERE. SKATERS LEARN THE FIGURE SKATING FUNDAMENTALS REQUIRED TO MOVE INTO THE STARSKATE PROGRAM. FIGURE SKATES ARE REQUIRED. HELMETS WILL BE REQUIRED PRIOR TO ASSESSMENT BY COACHES. RECOMMENDED TO SKATE A MINIMUM OF TWO SESSIONS PER WEEK.





SynchroSkate

SYNCHRONIZED SKATING, OR "SYNCHRO" IS A SPECIALIZED DISCIPLINE OF SKATING INVOLVING GROUPS OF EIGHT 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. SYNCHRONIZED SKATING CATEGORIES ACCOMMODATE SKATERS AT ANY AGE AND SKILL LEVEL. ADDITIONAL TEAM FEES MAY BE APPLICABLE.

StarSkate / Competitive Skate

SKILLS, TESTS, ACHIEVEMENT, RECOGNITION – STARSKATE OFFERS OPPORTUNITIES TO SKATERS OF ALL AGES TO DEVELOP FIGURE SKATING SKILLS IN THE AREAS OF ICE DANCE, SKATING SKILLS, FREE SKATE AND ARTISTIC SKATING. SKATERS ARE COACHED IN BOTH GROUP & PRIVATE LESSON SETTINGS. PRIVATE LESSON FEES WILL BE IN ADDITION TO REGISTRATION FEES. SKATERS WILL BE BILLED BY COACHES (JUNIOR / INTERMEDIATE / SENIOR)



Visit skatecanada.ca for
more information
on learn to skate and figure skating
programs

Off-ice Training



FOR THE 2025-2026 SEASON OFF-ICE SESSIONS WILL BE MANDATORY FOR ALL STARSKATE ATHLETES. OFF-ICE JUMPS AND FITNESS CLASSES HELP IMPROVE FLEXIBILITY, STRENGTH, BALANCE, COORDINATION, AGILITY, AND JUMP ROTATIONS. THESE SKILLS ARE NEEDED TO DEVELOP WELL-ROUNDED ATHLETES. IN ADDITION TO THE OFF-ICE JUMP AND HARNESS CLASSES OFFERED BY OUR CERTIFIED COACHES WE HAVE PARTNERED WITH MASTRO FITNESS TO PROVIDE OUR ATHLETES WITH THE BEST TRAINING OPPORTUNITES



TYSON MASTRODIMOS (MASTRO FITNESS) BRINGS A COMPETITIVE SPORTS BACKGROUND TO GPSC. HE WORKS ALONGSIDE THE PROGRAM DIRECTOR TO TAILOR THE TRAINING PROGRAMS TO THE SPECIFIC NEEDS OF FIGURE SKATERS. WE LOOK FORWARD TO HAVING TYSON AS PART OF THE GPSC COACHING TEAM AGAIN FOR THE 2025-2026 SEASON

"Dryland training is crucial for top line figure skaters. Like any sport, if you don't put in the extra hours in preparing your body for winning, you're preparing to lose. We introduce interactive group/solo workouts to these skaters to help them understand the basics of training for sport. Our emphasis is on improving core and leg strength, with upper body movements to create a balanced/prepared skater." - Tyson

2025-2026 Regular Season

October to April

Registration & Payments

All registrations will be completed online through Uplifter <https://gpskate.uplifterinc.com/>. We recommended using filters and the "calendar view" to help locate the programs your skater is eligible for.



Login

Terms and Conditions Policies Schedules Registration News Contact Us

Have an Account?
You must login or create an account to register for programs.

Additionally, you can filter the sessions by category (JR, Int, SR, etc.)

Filter the programs in the main area by selecting options from the dropdown menus below.

Category Levels

...

...

Program Registrations

Quick Search:

Click this button to switch to 'Calendar View' to easily find sessions.

CALENDAR VIEW

STARSkate: Junior

Program Description	Fees
DWC MONDAYS - Junior Jumps	
View Details	

Find Programs

Filter the programs in the main area by selecting options from the dropdowns below.

Category Levels

...

Seasons

...

Locations

...

Show

All Programs

Sort Programs In Each Category Level by:

Start Date

Add Program

Purchase Products

Add Volunteer Position

Program Registrations

Select the session you want to register in by clicking the 'button' on the calendar.

LIST VIEW

< > today July 2024 month week day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4:00 PM Open (STAR 2 and Up) - July 2	2 4:00 PM Open (STAR 2 and Up) - July 3	3 4:00 PM Open (STAR 2 and Up) - July 4	4 4:00 PM Open (STAR 2 and Up) - July 5	5
	6 5:15 PM INTSR Jumps - July 6	7 6:00 PM INTSR - July 7	8 6:00 PM Open - July 8	9 6:00 PM Open Group - July 9	10 6:00 PM Open - July 10	11
	12 5:45 PM Rising Stars - July 12	13 5:00 PM J1 Jumps - July 13	14 5:30 PM J1 Dance Class - July 14	15 5:45 PM INTSR & Group - July 15	16 5:45 PM INTSR & Group - July 16	17
	18 6:00 PM STAR 1 - July 18	19 6:45 PM Open - July 19	20 6:15 PM STAR 1 - July 20	21 6:15 PM STAR 1 - July 21	22 6:15 PM STAR 1 - July 22	23
	24 6:00 PM J1 & Group - July 24	25 6:45 PM Open Dance and Skills - July 25	26 6:00 PM Open Dance Class - July 26	27	28	29

Payment must be made online with credit card at the time of registration. Some programs will have the option for payment installments. Installments will be withdrawn automatically on the dates indicated.

Refund Policy

Refunds for withdrawals or missed sessions must be made in writing to the GPSC Board of Directors. Fees for programming will only be refunded or credited if:

- The session has not started or no more than one session has been completed.
- The skater leaves the Grande Prairie Skating Club ·
- The skater is not able to participate for two or more weeks due to a illness or injury.

(The board reserves the right to request a doctor's note to accompany any requests for refunds due to medical reasons.)

Prorated refunds, including fundraising and volunteer requirements will be at the discretion of the GPSC executive based on the points above. Skate Canada fees are NOT refundable. A \$25 administration fee will be deducted from ALL refunds and credits. There shall be no refunds due to facility mechanical failures or other reasons beyond the control of GPSC.

Parent/Skater General Policy

Skaters under the age of 8 years old must be supervised by a parent or guardian at all times while at the arena. The Grande Prairie Skating Club does not provide supervision for skaters outside of scheduled on-ice or off-ice sessions. Skaters will not be permitted on the ice without required equipment including; a CSA certified helmet, properly fitted skates, and gloves. Parents are not permitted on the ice surface at any time.



All outstanding invoices and coaching fees must be paid in full before registering for any new events or skating sessions.

Only registered skaters are permitted on the ice.

The Grande Prairie Skating Club reserves the right to cancel sessions that have insufficient registrations. Sessions may be combined, and skaters may be moved to balance the schedule.

Fundraising Policy

The Grande Prairie Skating Club, a non-profit organization, considers fundraising essential at every level of skating. It helps maintain reasonable ice and program costs for all members. Fundraising requirements are announced at the start of the season and are mandatory for all skaters registered in Rising Stars or Starskate. Each skater must meet ALL fundraising commitments. Failure to fulfill **ALL** fundraising commitments will result in a penalty of **\$500** being added to your skater's account. The penalty will applied to your Uplifter account after fundraising has been completed and will need to be paid prior to registering for any future events or skating sessions.

Volunteer Policy

The Grande Prairie Skating Club is a non-profit organization that relies on volunteers for its operations. Our dedicated volunteers play a crucial role in the GPSC, serving on the Executive Board and organizing various fundraising events and club activities. In order to make our club a success we require all families to volunteer their time. To ensure the success of our club every GPSC family from Rising Stars and up is required to complete a minimum number of volunteer shifts. **PLEASE READ EACH VOLUNTEER REQUIREMENT CAREFULLY AS YOU ARE RESPONSIBLE FOR ALL REQUIREMENTS.**

2025-2026 Regular Volunteer Requirements	
LEVEL AS OF OCTOBER 1, 2025	# OF REQUIRED SHIFTS
RISING STARS	2 per skater
STAR 1	2 per skater
STAR 2 and Higher	2 per skater

- If you do not complete your regular volunteer requirements, your account will be charged \$125 for each shift you are short. If you are a no-show or cancel a shift your account will be charged.
- Volunteers must be 14+ years old to volunteer (some shifts may require volunteers to be of legal age). Volunteer shifts may be covered by family or friends.
- Any amounts charged to your account for missed volunteer shifts will need to be paid prior to registering for any future events or skating sessions.

2025-2026 STAR SERIES Competition Volunteer Requirements	
LEVEL AS OF JANUARY 2026	# OF REQUIRED SHIFTS
RISING STARS	1 per skater
STAR 1	1 per skater
STAR 2 and Higher	2 per skater

- If you do not complete your competition volunteer requirements, your account will be charged \$300 for each shift you are short. If you are a no-show or cancel a shift your account will be charged.
- Volunteers must be 14+ years old to volunteer (some shifts may require volunteers to be of legal age) .Volunteer shifts may be covered by family or friends.
- Any amounts charged to your account for missed volunteer shifts will need to be paid prior to registering for any future events or skating sessions.
- All skaters ages 10 and up will also be required to complete runner shifts. The required number of shifts will depend on competition requirements and enrollment.

2025-2026 Casino Volunteer Requirements

LEVEL AS OF JANUARY 2026	# OF REQUIRED SHIFTS
RISING STARS	0
STAR 1	0
STAR 2 and Higher	1 per family

- The 2025-2026 season will include a casino. This will be in quarter 2 (April-June) with dates being announced in fall 2025. Casinos are a major source of funding for special events mainly for our higher level skaters. Thus we will be requiring all families Star 2 and Higher to work one casino shift.
- If you do not complete your casino volunteer requirements, your account will be charged \$125 for each shift you are short. If you are a no-show or cancel a shift your account will be charged.
- Volunteers must be 18 years or older and no alcohol use or gambling can occur during the casino days by the volunteers.
- Any amounts charged to your account for missed volunteer shifts will need to be paid prior to registering for any future events or skating sessions.

Drop-In Policy

Any club members wishing to have additional drop-in sessions will pay at the member rate and all drop-in sessions need to be approved by the program director.

Any non-members wanting to skate on club sessions will be charged at the current non-member drop in rate. Drop In availability must be approved by the Program Director. There is no guarantee of private lessons with club coaches for drop-in sessions. Any skater wishing to bring their own coach on the ice will need approval by the Program Director.

Program Assistant Policy

Our Learn to Skate programs constitute 80% of our membership and serve as the primary entry points into our StarSkate programs. The revenue generated from these programs supports and subsidizes all other programming. Program assistants play a crucial role in delivering successful and efficiently run Learn to Skate programs. GPSC mandates that all Star 2 and higher skaters aged 11 and above volunteer as program assistants.

- Skaters are required to volunteer for a minimum number of sessions that will be determined by the board at the beginning of the season based on enrollment and coaching availability.
- It is mandatory that all skaters complete the PA training clinic each year.
- Each skater will receive a gift card at the end of the year based on the number of shifts they completed. This gift card symbolizes the club's appreciation of each PA's time and commitment.
- PAs are responsible for initialing on the calendar when they arrive for their shift in order to be credited for the shift.
- PAs are responsible for trading or finding someone to work their shift if they will be unavailable on the date scheduled.
- If a skater is unable to PA for the year, a buy-out of **\$300** applies.

General Rules

Proper courtesy must be extended to all skaters and coaches at all times. Swearing, kicking, stomping on the ice or other disrespectful behaviour will not be tolerated. Offending skaters will be asked to leave the ice immediately and the disciplinary process will be initiated.

Ice etiquette must be obeyed at all times -

- Skaters in a lesson have the first right of way. If you see skaters participating in a lesson, give them space and yield to their movements.
- Skaters having their music played have the second right of way. Respect their performance and avoid interfering with their program.
- Regardless of priority, safety always comes first. Be aware of your surroundings and be prepared to adjust your path to avoid collisions.
- No food is permitted at ice level. Water bottles must only contain water.
- Skaters are required to be on time for all skating sessions and lessons regardless of whether it is group, private or off-ice.
- Permission must be attained before leaving the ice for any reason. This is both a courtesy to the coaching staff as well as a safety precaution for the skaters.
- Skaters must avoid standing and socializing in the middle of the ice or along the boards. Skaters will receive warnings and if these warnings are ignored, they will be asked to leave the ice.
- Lying on the ice is only acceptable if you are injured or need assistance.
- If you need to speak to a coach, do so while they are off the ice. Please refrain from interrupting coaches during lesson time unless it is your own child's lesson.

Discipline Policy

All skaters must comply with the rules and regulations of GPSC and adhere to the Skate Canada Code of Ethics at all times. Violations of these rules or the code of ethics will result in disciplinary action as detailed below:

- **First warning** will be verbal, between the Coach, Club President, skater and the skater's parent/guardian.
- **Second warning** will be a written misconduct form, presented to the skater's parent/guardian by the Coach and/or the Club President.
- **Third warning** will be a one session suspension issued by the Coach with communication to the skater, the skater's parent/guardian, and Club President.
- **A fourth and final warning** will prompt the Club President to bring the issue to the GPSC Executive. This step follows a verbal discussion involving the Coach, Club President, skater, and skater's parent/guardian about this course of action. The GPSC Executive will then determine the skater's future with the Club. The decision will be communicated in writing to the skater's parent/guardian. Meanwhile, the skater's participation in all sessions will be on hold until the Board reaches a decision.

Breach of Skate Canada Code of Ethics or Grande Prairie Skating Club Rules and Regulations may result in membership being suspended or cancelled at the discretion of the GPSC Executive.

Competitions



Depending on skaters level they may be eligible to attend competitions throughout the Skate AB|NT|NU Section. Coaches will inform parents and skaters of upcoming competitions.

SKATE AB|NT|NU 2025-2026
calendar can be found at:
skateabnwnun.com

- Skaters will be required to register for competitions online (be mindful of registration deadlines)
- There are additional fees for competitions including: registration, coaching fees, and travel if applicable.
- Most registrations will require you to upload your music at the time of registration. Music files will be provided to skaters by coaches.
- Competition dress, tights, hair and makeup are mandatory.
- Simulations will generally be held one week prior to competition date.
- Schedules and start orders will be posted online prior to the competition. Check for changes and updates.
- Coaches will provide instructions for competition day. Be prepared to arrive a minimum of one hour before skater's flight time.
- Competition results are posted on the SkateABNWTNUN website.

Competition Travel Policy

Grande Prairie Skating Club will cover the costs incurred for coaches to travel to competitions outside of the Grande Prairie area up to a maximum of \$500 for 4 events in the 2025-2026 season. (Star Series #2, Peace River Star 1-3 Competition, Totem, and Starskate Championships). Coaches will submit their expenses to the board and any remaining expenses not covered by the policy will be divided among the attending skaters.