

Good day everyone,

Thank you to everyone for registering your skater in our off-ice fitness program for the 2018-19 skating season. We hope that you and your skater will be pleased with the results your skater will get from this program. We are very pleased to be working with some fantastic people who are very knowledgeable and skilled in their area of expertise. We would like to thank Kastine Churchill, and Krysha Pereverzoff and Daniel Degrace for working with our skaters and designing programming that is specific and beneficial to figure skating.

There are a few things that the Silver Blades Skating Club Executive and Coaches would like to remind and/or make skaters and parents aware of...

- Please ensure you are on time for classes to avoid disruption, so all skaters get the most out of their session and to make sure your attendance is tracked.
- Please ensure you are attentive during each session.
- Please bring all necessary equipment required for each class. If you do not have the proper equipment you may not be able to take part in certain portions of the session.
Yoga - Skaters are asked to wear a long sleeve shirt, pants, and socks and also have a yoga mat and a spill proof water bottle. Please ensure that clothing does not have zippers or buttons that could damage the slings that could be used if the skater takes part in aerial yoga during any session.
- Daniel and Krysha** - All skaters will need an exercise mat, stability ball, travel foam roller, skipping rope, sneakers, appropriate clothing and a spill proof water bottle. (Stability balls, foam rollers and exercise mats can be stored in the back of the Silver Blades room for those skaters coming to the rink directly from school but it is asked that if you are storing items in the Silver Blades room to please clearly label them).
- If your skater is unable to attend a session please try your best to text 709-638-5837 with skaters name and reason for being absent so the trainer can be notified and the correct reason for absence can be recorded by the trainer.
- Please refer to the document on the Silver Blades website with the session dates to avoid missing sessions or showing up when there are no sessions scheduled.
- Please ensure you show up to the session you are registered for. We are unable to permit skaters to switch sessions.
- If you have any questions for the trainer regarding your child's progress, injuries, ect... please email your base coach who will then send the info to the correct person. We understand this may need to happen on occasion but we discourage people from speaking to the trainer at the start or end of class times.

Thanks,

Silver Blades Skating Club