



**ST.LAWRENCE 'RAPIDS' SPEED SKATING CLUB  
2015/2016 REGISTRATION**

**Welcome to the 2015/2016 Season!**

**Learn-to-Skate Program**

SLSSC is once again offering a ½ hour Learn-to-Skate program on Tuesdays from 6-6:30 pm. This program is aimed at children 3 years and up with no previous skating experience. The focus is on teaching the fundamental skating skills appropriate for any ice sport. Any type of skates may be worn. The program is offered in two sessions, fall & winter, and the cost is \$100 per session. Each session is 10 weeks: Oct 20-Dec 22 & Jan 5- Mar 8. Please spread the word!

Registration Day for Learn-to-Skate is **Tuesday, September 15, 6-8 pm** at the Memorial Centre

**Regular Season Speed Skating Program:**

All sessions for all groups will begin on **Sunday, September 13**. Skating sessions will take place on Tuesdays, Wednesdays, and Sundays at the Brockville Memorial Centre. The last skating session is Wednesday, March 23 to coincide with the O S S A competition schedule.

**Registration/Skate Fittings:**

Registration will be held at the Brockville Memorial Centre on **Sunday, September 13** starting at 5 pm for Youth skaters and at 6:30 pm for Competitive and Master skaters. Skates will be fitted and assigned on a "first come, first serve" basis.

Registration forms are available on the website. You are encouraged to print, fill out and bring to registration along with fees, and all the appropriate safety equipment so you are able to participate that evening. Registrations must be accompanied by the signed waiver and full payment in order to be considered complete. Payments may be divided into two cheques payable to SLSSC. The first dated no later than Sept 13, 2015 and the second dated Nov 1, 2015.

**Fees:**

Youth 1... 2.25 hr/wk program... \$705

Master... 2.75 hr/wk program... \$845

Youth 2 & Competitive... 3.75hr/wk program... \$1159

Fees include a mandatory \$75 equipment fee and \$105 annual OSSA/SSC membership fee  
\*Please note that the increase in fees is due to higher ice costs, NRUF fees, and OSSA membership fees.

New skaters may wish to take out a Trial Membership. This allows a skater to borrow club skates and safety equipment and participate in 4 consecutive ice sessions before choosing to continue for the remainder of the season. The cost is \$80 which will be deducted from the full membership price when the skater decides to continue for the season.

Each family is encouraged to register one parent as an OSSA/SSC Associate member. An Associate Membership provides OSSA insurance for individuals who may assist during ice sessions or meets, adds to our total membership numbers which determines our privileges for OSSA AGM voting, plus adds to the provincial membership numbers which are used by the Provincial Sports Grant distribution centre while assessing the annual funds distributed to the provincial speed skating body. An Associate Member fee is \$25.00

Family Discount: The discount applies to families of 4 or more members: \$75 off the total fees for a family of 3 skaters and 1 associate member, \$150 off the total fees for a family of 4 skaters, or \$245 off the total fees for a family of 5 skaters.

**New Member Recruitment Incentive:**

New this season, every family will receive \$100 when they refer any new skaters to the club and those new skaters register for the full speed skating season.

**Fundraising:**

Each speed skating family is required to pay a \$100 fundraising fee in addition to your season fees.

**Skating Schedule:**

Tuesday

6-6:30pm	Learn-to-Skate
6-7 pm	Youth 1
7-8 pm	Youth 2/Competitive

Wednesday

4:30-6:00 pm	Masters
5:00-6:30 pm	Youth 2/Competitive

Sunday

6:30-7:45 pm	Youth 1/Youth 2
7:45-9:00 pm	Competitive/Masters

**Coaches:**

Our coaches for this season are Jennifer Roney, Marc Besner, Trudy Ouimette, Gerald Ouimette, John Ambrose, Heidi Hatch, and Rob Giroux.

**Website:**

Please remember to check the website regularly throughout the season for upcoming meets, changes to skating schedules, meet results, and other pertinent information.

[www.stlawrencespeedskatingclub.org](http://www.stlawrencespeedskatingclub.org) Please register your email to receive notifications of website updates.

**Facebook Page:**

“Like” our facebook page....search St.Lawrence Speed Skating Club.

**Reminders to Parents:**

Please bring your children to the rink early so there's enough time to help your child get ready to skate **and** help set the mats out on the ice before practice starts. The more quickly mats are put onto the ice, the more ice time your child will have for skating. The arena rules require that no one be allowed on the ice without a helmet or while the zamboni is flooding the ice. Parents, when helping with mats, please stay off the ice surface and let the skaters push the mats into place along the boards.

Parents of children under 16 years of age are required to be present at the rink while their child is skating. If you must leave, please designate another adult as responsible for your child in your absence.

**A Note regarding CO-ED Change Rooms:**

Our change rooms are Co-ed and often used by mixed age groups. Skaters are asked to use appropriate discretion when dressing for skating. Wearing sports shorts and tank tops under skin suits will allow skaters to change in the open without excessive nudity. If you need to change down to undergarments, please use the washroom. This will make our change rooms more comfortable for all our skaters, coaches, and parents.

**Safety Equipment:**

**Reminder that speed skaters are responsible for having all the required safety equipment every time they step on to the ice. This includes: a regulation hockey, ski, or speed skating helmet; safety glasses; a bib-style neck guard; cut-resistant gloves; knee pads; shin guards; cut-proof ankle sleeves or socks.**

**A note regarding helmets. It's recommended that helmets be replaced following any forceful impact whether from accidental dropping or from a skater's fall, to ensure the integrity of the helmet. Replacement should be considered every 5 years.**

**Because the club cannot guarantee the safety of our 10+ year-old helmets, they will be disposed of and the club will no longer lend helmets to any skaters.**

**Skate Sharpening:**

All club skates have been maintained in preparation for the new season. There will be a sharpening clinic early in the fall. Due to the high demand for sharpening kits, we ask that skates be sharpened at the rink and kits not be taken home. Please do not use club skates on recreational natural ice as cracks and unclean ice are damaging to the blades.

**We look forward to seeing all of you at registration,**

**Your 2015-2016 Executive**