



CLUB DE PATINAGE ARTISTIQUE
DE SAINT-LAURENT

INFORMATION BOOKLET

2008-2009 SEASON
13th Edition

35 years



IMAGES SUR GLACE

SAINT-LAURENT FSC 2008-2009 INFORMATION BOOKLET

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INTRODUCTION

It is our pleasure to present the **2008-2009 Information Booklet** for the Saint-Laurent Figure Skating Club (FSC). You will find the necessary information regarding the Club's life and activities.

We hope this booklet will be of value to you and that you will appreciate it. Please do not hesitate to give us your comments and suggestions, they will be welcome.

Please note that if there are any discrepancies between the English version and the French version, the master version is the French one.

Happy reading and most of all, have a great 2008-2009 skating season.

Saint-Laurent FSC Board of Administrators

HOW TO CONTACT SAINT-LAURENT FSC

ADDRESS

CPA Saint-Laurent
Aréna Raymond Bourque
2345 Thimens
Ville Saint Laurent, QC
H4R 1T4

Telephone: (514) 334-2619
Fax: (514) 334-6183
EMAIL: cpa.stlaurent@gmail.com
WEB SITE: www.cpastl.com

OFFICE HOURS

Monday –Tuesday – Wednesday – Friday 6:30 PM – 7:30 PM
Saturday 11:30 AM – 12:45 PM
Sunday 10:15 AM – 11:15 AM

PHONE NUMBER for RAYMOND-BOURQUE ARENA: (514) 956-2580

1.0 FIGURE SKATING PROGRAMS

1.1 RECREATIONAL GROUP

CRITERIA PER CATEGORY FOR THE 2008 – 2009 SEASON

CANSkate: 5 years old at time of registration

CANSkate ADVANCED: CANSkate badge 4 or higher (maximum of 5-6 skaters per professional coach)

ADULTS: 18 years old at time of registration

Note: Skaters from the recreational group who wish to change to the STARSkate / Competitive group must do so before December 31st by paying the difference in registration fees and the instructional fees to the professional coaches.

MANDATORY CLUB UNIFORM

SKIRT: \$20

TIGHTS: \$15

SWEATSHIRT: \$20

MALE SKATERS ARE REQUIRED TO WEAR NAVY BLUE PANTS AND THE CLUB SWEATSHIRT.

CANSkate Groups

CANSkate	Saturday – 11:35 AM Sunday – 10:05 AM Sunday – 11:15 AM Monday – 6:35 PM	Head Coach: Louise Gagné, Sophie Nault
CANSkate Advanced	Sunday – 12:25 AM Wednesday – 5:05 PM	Head Coach: Mélanie Goldyn
CANSkate Adult	Friday – 7:55 PM	Head Coach: Marie-Anne Kwiatkowski

CANSkate / CANSkate Advanced - LIST OF BADGES

STEP I	(balance)	CHALLENGE I	(forward skating)
STEP II	(forward glide)	CHALLENGE II	(backward skating)
STEP III	(backward glide)	CHALLENGE III	(stop)
STEP IV	(slalom)	CHALLENGE IV	(turn)
STEP V	(power)	CHALLENGE V	(spin)
STEP VI	(speed)	CHALLENGE VI	(jump)
STEP VII	(pre-preliminary)	CHALLENGE VII	(pre-preliminary)

Skater's Name: _____

Session: _____

Fundamental Movements	SKILL PROGRESSIONS							Date Fundamentals Completed	Optional Enrichment Stage 7 (Pre-Preliminary)
	Stage 1 (Balance)	Stage 2 (Glide Forwards)	Stage 3 (Glide Backwards)	Stage 4 (Edges)	Stage 5 (Power)	Stage 6 (Speed)	Stage 7 (Pre-Preliminary)		
Go Forward	<ul style="list-style-type: none"> balance on 2 feet with eye focus (posture/alignment) Marching on the spot walking fwd (duck walk) 	<ul style="list-style-type: none"> fwd consecutive push/glide sequence (min. 8 thrusts) fwd glide (two feet to one foot) fwd 1/2 sit glide fwd two-foot sculling 	<ul style="list-style-type: none"> fwd sidom (two feet and one foot) 	<ul style="list-style-type: none"> fwd glide on curve clockwise (two feet to one foot) fwd glide on curve counterclockwise (two feet to one foot) walking crosscuts: <ul style="list-style-type: none"> right over left left over right 	<ul style="list-style-type: none"> fwd circle thrusts clockwise fwd circle thrusts counterclockwise fwd crosscuts in a figure 8 pattern edge development (step/step and hold on alternating curves): <ul style="list-style-type: none"> FO FI 	<ul style="list-style-type: none"> fast fwd perimeter stroking clockwise fast fwd perimeter stroking counterclockwise 	<ul style="list-style-type: none"> full edges on a line: <ul style="list-style-type: none"> FI FO fast fwd perimeter stroking with crosscuts - clockwise fast fwd perimeter stroking with crosscuts - counterclockwise fwd progressives fwd chassés fwd rolls or swing rolls 	dd / mm / yy	
Go Backward	<ul style="list-style-type: none"> walking bwd (8 steps) 	<ul style="list-style-type: none"> walking bwd with glide 	<ul style="list-style-type: none"> bwd consecutive push/glide sequence (min. 8 thrusts) bwd glide (two feet to one foot) bwd two-foot sculling 	<ul style="list-style-type: none"> bwd glide on curve clockwise (two feet to one foot) bwd glide on curve counterclockwise (two feet to one foot) bwd sidom (two feet to one foot) 	<ul style="list-style-type: none"> bwd circle thrusts clockwise bwd circle thrusts counterclockwise 	<ul style="list-style-type: none"> fast bwd perimeter stroking clockwise fast bwd perimeter stroking counterclockwise figure 8 pattern edge development (step/step and hold on alternating curves): <ul style="list-style-type: none"> BO BI 	<ul style="list-style-type: none"> full edges on a line: <ul style="list-style-type: none"> BI BO fast bwd perimeter stroking with crosscuts - clockwise fast bwd perimeter stroking with crosscuts - counterclockwise bwd progressives bwd chassés bwd rolls or swing rolls 	dd / mm / yy	
Stop	<ul style="list-style-type: none"> falling down → getting up making snow 	<ul style="list-style-type: none"> fwd snowplow or fwd 1/2 snowplow 	<ul style="list-style-type: none"> bwd snowplow or bwd 1/2 snowplow 	<ul style="list-style-type: none"> fwd two-foot side stop 	<ul style="list-style-type: none"> one-foot side stop 	<ul style="list-style-type: none"> fwd two-foot side stop with speed 	<ul style="list-style-type: none"> fwd fast skating, stop, bwd fast skating, stop 	dd / mm / yy	
Turn	<ul style="list-style-type: none"> two-foot quarter bend turns on spot 	<ul style="list-style-type: none"> two-foot 1/2 turn on spot 	<ul style="list-style-type: none"> two-foot turn fwd to bwd two-foot turn bwd to fwd 	<ul style="list-style-type: none"> turning on curve fwd to bwd and bwd to fwd (two feet) turning on curve fwd to bwd (one foot): <ul style="list-style-type: none"> outside inside 	<ul style="list-style-type: none"> turning on curve bwd to fwd changing feet LBO-RFO or RBO-LFO LB-RFI or RB-LFI 	<ul style="list-style-type: none"> circle stroking with crosscuts and turns turning on a curve fwd to bwd changing feet turning on curve bwd to fwd (one foot): <ul style="list-style-type: none"> outside inside 	<ul style="list-style-type: none"> simple set pattern step sequence (including 3s and mohawks) 	dd / mm / yy	
Spin	<ul style="list-style-type: none"> walking around on spot 	<ul style="list-style-type: none"> two-foot spin 	<ul style="list-style-type: none"> two-foot spin picking up alternating feet 	<ul style="list-style-type: none"> fwd one-foot spin (one revolution) two-foot sit spin 	<ul style="list-style-type: none"> one-foot spin (more than one revolution) one-foot back spin (one revolution) 	<ul style="list-style-type: none"> one-foot spin with fwd spiralling edge entry (more than one revolution) one-foot back spin (more than one revolution) 	<ul style="list-style-type: none"> one-foot spin with bwd crosscut entry sit spin (one revolution) back sit spin (one revolution) 	dd / mm / yy	
Jump	<ul style="list-style-type: none"> two-foot jump on spot 	<ul style="list-style-type: none"> two-foot jump while gliding fwd 	<ul style="list-style-type: none"> two-foot jump gliding bwd 	<ul style="list-style-type: none"> two-foot jump fwd to bwd and bwd to fwd on a curve 	<ul style="list-style-type: none"> one-foot jump fwd to bwd fwd power jump 	<ul style="list-style-type: none"> back toe-assisted jump rotating power jump 	<ul style="list-style-type: none"> waltz jump (from bwd crosscut) toe loop Selchow 1/2 flip or 1/2 Lutz 	dd / mm / yy	
Date Stages Completed	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	dd / mm / yy	
Optional Challenge Skills Program options: F: figure P: power Pr: precision	<ul style="list-style-type: none"> F: fwd skate across width of ice without falling P: falling and getting up while moving P: fwd one-foot balance 	<ul style="list-style-type: none"> F: fwd skate perimeter of ice F: fwd skate across width of ice P: light glide turn P: bwd one-foot balance 	<ul style="list-style-type: none"> F: fwd spiral P: start from side stop P: fwd lateral movement P: forward kickline (6-8 skaters) 	<ul style="list-style-type: none"> F: shoot the duck P: bwd lateral movement P: fast bwd start from side stop Pr: fwd 4-spoke pinwheel (min. 8 skaters) 	<ul style="list-style-type: none"> F: any jump with one rotation F: back spin with top on exit (bracket) Pr: fwd simple circle (6-8 skaters one direction) 	<ul style="list-style-type: none"> loop jump 1/2 Axel take off camel spin or back camel spin 	dd / mm / yy		

1.2 STARSkate / COMPETITIVESkate Groups

CRITERIA PER CATEGORY FOR THE 2008 – 2009 SEASON

- AGE:** 5 years old at time of registration.
- JUNIORSTAR:** **Passed** CANSkate Badge 4
- INTERMEDIATE:** **Passed** Complete Preliminary Free Style Test (Part 1: Elements and Part 2: Program) at time of registration or 14 years old and one previous year registered in the JUNIOR category.
- SENIOR:** **Passed** Complete Senior Bronze Free Style Test at time of registration.
- Note:** No change of category is permitted after the registration deadline.

LIST OF TESTS AND FEES

Note:

- Test prices are given as a guide only; they will be confirmed at time of test registration.
- Saint-Laurent FSC subsidizes the Hospitality fee surcharge for the Saint-Laurent Club skaters when taking a Saint-Laurent “Club” or “Centralized” test within the Lac St-Louis Region.

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretative. The skating skills, and free style (Part I -“elements in isolation” and Part II -free style program) is divided into the following levels:

Skating Skills and FreeStyle (Part I, Part II) \$ 10 / Test segment	
Primary Level Tests	(club test)
• Preliminary	
• Junior Bronze	
Intermediate Level Tests	(club test)
• Senior Bronze	
• Junior Silver	
Senior Level Tests	(centralized test)
• Senior Silver	
• Gold	

Tests may be taken at another club but a club permission letter must be issued by the Saint-Laurent Test Chairman. The request for the permission letter must be made to the Club Test Chairman at least 3 (three) days before the test day.

Dance and Interpretative \$ 10 / test

List of dance tests

- | | |
|---|--|
| <p>1. PRELIMINARY (3/4)
 DUTCH WALTZ
 CANASTA TANGO
 BABY BLUES (RYTHM BLUES)
 PRELIMINARY CREATIVE DANCE</p> <p>2. JUNIOR BRONZE (3/3)
 SWING DANCE
 FIESTA TANGO
 WILLOW WALTZ</p> <p>3. SENIOR BRONZE (3/4)
 TEN-FOX
 FOURTEENSTEP
 EUROPEAN WALTZ
 BRONZE CREATIVE DANCE</p> <p>4. JUNIOR SILVER (4/4)
 KEATS FOX TROT
 TANGO HARRIS
 AMERICAN WALTZ
 ROCKER FOX-TROT</p> | <p>5. SENIOR SILVER (4/6)
 PASO DOBLE
 STARLIGHT WALTZ
 BLUES
 KILIAN
 CHACHA CONGELADO
 SILVER CREATIVE DANCE</p> <p>6. GOLD (4/6)
 VIENNESE WALTZ
 QUICKSTEP
 WESTMINSTER WALTZ
 ARGENTINE TANGO
 SILVER SAMBA
 GOLD CREATIVE DANCE</p> <p>7. DIAMOND (4/6)
 RAVENSBURGER WALTZ
 TANGO ROMANTICA
 RUMBA
 YANKEE POLKA
 AUSTRIAN WALTZ
 GOLDEN WALTZ</p> |
|---|--|

Possibility to try the "GOLD" American test and the International dances (please consult your professional coach to obtain more information)

INTERPRETATIVE LEVELS - SINGLES AND PAIRS \$ 10 / test

INTRODUCTION - BRONZE - SILVER - GOLD

COMPETITIVE Tests \$20 / Test		
FREE STYLE – Singles (Free Program)	FREE STYLE - Pairs	DANCE
Juvenile	Juvenile	N/A
Pre-Novice	Pre-Novice	Pre-Novice
Novice	Novice	Novice
Junior	Junior	Junior
Senior	Senior	Senior

1.3 CONDITIONS FOR REGISTRATION

- BY INTERNET, BY MAIL OR AT THE SAINT-LAURENT FSC OFFICE
- **CARTE-LOISIRS : MANDATORY PRE-REQUISITE :**
NO CARTE-LOISIRS = NO REGISTRATION
The « Carte-Loisirs » can be obtained at the Centre des loisirs de Saint-Laurent, 1375 Grenet, SAINT-LAURENT. Telephone: (514) 855-6110
- Fees paid in cash or by cheque made to CPA SAINT-LAURENT
- Registration fees must be **paid in full BEFORE THE BEGINNING OF THE SEASON**
- Electronic registration (fax, internet): payment no later than 5 days after date of submission
- FALL/WINTER SESSION: \$40.00 rebate for all registrations received before the registration deadline.
- Fee for all N.S.F. cheques: \$20.00
- No refunds after the first session of the season.
- **FAMILY DISCOUNT: \$15.00 off for the 2nd registration and \$20.00 off for the 3rd and subsequent registrations.**

NOTES – Registration

Saint-Laurent Borough residents are the first to benefit from the services offered by the Saint-Laurent FSC.

Residents from the city of Montreal can register at the same rate as borough residents provided they have a valid carte-loisirs. This registration can only be confirmed only after the borough resident registrations are complete.

Once the maximum number of participants per session is reached, the St-Laurent FSC reserves the right to refuse subsequent applicants. However, the Saint-Laurent FSC will make every effort to satisfy the demand.

All registration fees must be paid in full before the start of activities. Fees must be paid in cash or by cheque made payable to the CPA Saint-Laurent (no post-dated cheques). For registrations made electronically, payment must be received at the Saint-Laurent FSC no within 5 days.

Cancellation of a registration must be submitted to the Saint-Laurent FSC in a written application before September 15th. Refund requests will be granted **only for legitimate reasons. Fees of \$25 per cancellation request will be charged along with \$30 for payment of the Skate Canada membership fees.** A medical certificate will be required in the case of a refund request made due to illness. The final decision lies solely with the Board of Directors of the Saint-Laurent FSC.

Participants are entirely responsible for themselves and their equipment and possessions. The Saint-Laurent FSC accepts no responsibility for any damage, loss or accidents incurred during the activity. Participants are kindly requested to clearly identify all their possessions.

1.4 CLUB ITEMS FOR SALE

PINS	\$3
FABRIC SKATEGUARDS	\$5
SWEATSHIRT	\$20
SKIRT	\$20
TIGHTS	\$15

UNIT PRICE FOR ICE PATCHES (Ice Time Fees)

Member – Resident	\$3
Member – NON Resident/2 nd Club	\$6
NON-Member	\$10

2.0 2008-2009 ACTIVITIES SCHEDULE

2.1 CANCELLATION DATES & SPECIAL EVENTS

DATE	ACTIVITY	NOTE
October 17 th -20 th	Saint Laurent FSC Skater and Coaches Photos	Special Event
October 26 th , 27 th , 29 th , Nov 1 st	Halloween for CANSkate Groups	Special Event
November 10 th -16 th	Ringuette Tournament	A & B
December 5 th – 7 th	Bombardier / CAE / Leucan Christmas Reservation	A & B
December 13 th – 11:35 – 13:00	CPA Saint-Laurent Christmas Party	Special Event – Ice A
December 14 th	Noël sur Glace, Saint-Laurent Borough	A & B
December 14 th – January 15 th	Christmas Holidays (CANSkate and CANSkate Advanced groups)	A & B
December 24 th and 25 th	ARENA is CLOSED	A & B
December 26 th	Arena opens at 3:00 PM	A & B
December 31 st and January 1 st	ARENA is CLOSED	A & B
January 2 nd	Arena opens at 3:00 PM	A & B
January 9 th – 15 th incl.	18 th Annual Hockey Tournament	A & B
February 21 st	MAHG Hockey (Classes transferred to Ice B)	A
April 8-12	Dodge Cup - Hockey	A & B
April 23 rd – 24 th	ICE SHOW DRESS REHEARSAL – “Images Sur Glace 2008”	Special Events
April 25 th -26 th	IMAGES SUR GLACE 2009 SHOW	A
May 4 th – June	CPA SAINT-LAURENT SPRING SESSION	B
Wednesday – June 17 th , 2009 8 PM	CPA SAINT-LAURENT GENERAL ANNUAL ASSEMBLY	Location to be confirmed
June 22 nd - August	CPA SAINT-LAURENT SUMMER SKATING SCHOOL	B

CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT
2008-2009 Season

JOUR DAY	PATINOIRE RINK	HEURE TIME	DURÉE	SESSION
Dimanche / Sunday	A	10h05 - 11h05	60 min.	Patinage Plus / CANSkate
		<i>11h05 - 11h15</i>	<i>10 min</i>	<i>Glace/Flood</i>
		11h15 - 12h15	60 min.	Patinage Plus / CANSkate
		<i>12h15 - 12h25</i>	<i>10 min</i>	<i>Glace/Flood</i>
Lundi / Monday	B	18h35 - 19h35	60 min	Patinage Plus/CANSkate
		<i>19h35 - 19h45</i>	<i>10 min</i>	<i>Glace/Flood</i>
		19h45 - 20h15	30 min	Danse & Habiletés/Danse & Skills TOUS / ALL
		20h15 - 21h15	60 min	Style libre / Free Style - INTER A & B & SÉNIOR
Mardi / Tuesday	B	16h50 - 17h50	60 min	Style libre / Free Style - JUNIOR
		17h50 - 18h50	60 min	Style libre / Free Style - INTER A & B
		<i>18h50 - 19h00</i>	<i>10 min</i>	<i>Glace/Flood</i>
		19h00 - 19h55	55 min	Danse & Habiletés / Dance & Skills TOUS / ALL
		19h55 - 20h55	60 min	Style libre / Free Style - SÉNIOR
Mercredi / Wednesday	B	17h05 - 17h50	45 min	Patinage Plus Avancé / CANSkate Advanced
	A	17h35 - 18h35	60 min	Style Libre / Free Style - JUNIOR
		<i>18h35 - 18h45</i>	<i>10 min</i>	<i>Glace/Flood</i>
		18h45 - 19h30	45 min	Style libre / Free Style - INTER A
19h30 - 20h25	55 min	Style libre / Free Style - INTER B & SÉNIOR		
Jeudi / Thursday	B	16h05 - 16h55	50 min	Style libre / Free style - TOUS /ALL
		16h55 - 17h40	45 min.	RELÈVE PP/CS et (junior lutz et moins)
		17h40 - 18h25	45 min.	RELÈVE STAR (junior axel et + et inter et sénior)
Vendredi / Friday	B	15h55 - 17h10	75 min	Danse & Habiletés/Danse & Skills TOUS / ALL
		<i>17h10 - 17h20</i>	<i>10 min</i>	<i>Glace/Flood</i>
		17h20 - 18h30	70 min	Style Libre / Free Style - JUNIOR & INTER A
		<i>18h30 - 18h40</i>	<i>10 min</i>	<i>Glace/Flood</i>
		18h40 - 19h45	65 min	Style libre/ Free Style - INTER A & B & SENIOR
		<i>19h45 - 19h55</i>	<i>10 min</i>	<i>Glace/Flood</i>
19h55 - 20h55	60 min	Adultes / Adults		
Samedi / Saturday	A	11h35 - 12h35	60 min	Patinage Plus / CANSkate
		<i>12h35 - 12h45</i>	<i>10 min</i>	<i>Glace/Flood</i>
		12h45 - 14h05	80 min	SL / FS - SÉNIOR & AP samedi / Saturday's PA
		<i>14h05 - 14h15</i>	<i>10 min</i>	<i>Glace/Flood</i>
		14h15 - 15h25	70 min	Style Libre / Free Style - JUNIOR & INTER A & B
15h25 - 16h25	60 min	SL/Danse/Habiletés - FS/Dance/Skills TOUS/ALL		



CPA SAINT-LAURENT

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Saison 2008-2009 Season (version 09-2008)

Dates à retenir / Dates to remember

Cours du 10 septembre 2008 au 6 mars 2009 /
Lessons from September 10th 2008 to Mar 6th 2009

Pratiques de spectacle du 7 mars 2009 au 19 avril 2009
/Show practices March 7th 2009 to April 19th 2009

INSCRIPTIONS - REGISTRATION

15 août / Aug 15 Date limite pour les anciens membres /
Deadline for returning members

27 - 28 août / Aug 27 - 28 Période d'inscription pour nouveaux membres /
Registration for new members

DÉBUT DE COURS - START OF CLASSES

10-Sep PP Avancé mercredi - CS Advanced Wednesday
12-Sep Cours d'adulte / Adult Classes
13-Sep PP samedi - CS Saturday
14-Sep PP/PP Avancé dimanche - CS/CS Advanced Sunday
15-Sep PP Lundi - CS Monday

PP = Patinage Plus CS = CanSkate

ACTIVITÉS - 2008 - ACTIVITIES

13-Oct Action Grace - **Annulation** cour PP /
CS lesson Cancellation - Thanksgiving
17 - 20 oct Prise de photos des patineurs / Skater photos.
10 - 16 nov Tournoi provincial de ringuette
ANNULATION / CANCELLATION
Provincial Ringuette Tournament
5-7 déc **ANNULATION / CANCELLATION**
Réservation Privé - Private reservation.
Bombardier/CAE/Leucan
29, 30 nov / 8, 10, 12 déc **Dernier cours PP/PP Avancé/adulte avant les fêtes -**
Last CS/CS Advanced/ Adult class before the
holidays

Pause - Temps des fêtes / Holiday Break

14 déc - 15 jan

ACTIVITÉS - 2009 - ACTIVITIES

16, 17, 18, 19, 21 jan **Début des cours PP/PP Av/adulte après les fêtes -**
Start of CS/CS Adv/Adult lessons after the holidays
9-18 jan Tournoi de Hockey St. Laurent - **Annulation (9-15**
Jan) / Cancellation (9-15 Jan) - St. Laurent
Hockey Tournament
21 fev MAHG **Cours sur Glace B / Classes on Ice B**
28 fev, 1, 2, 4, 6 mars Fin de saison régulière des cours PP -
End of regular season CS lessons
8-12 avril Coupe Dodge - **Annulation / Cancellation**

IMAGES SUR GLACE 2009

7,8,9,13 mars Début des pratiques / Start of practices
1 avril Dernière pratique / Last practice
13, 17, 18, 19 avril Générale groupes PP/PP Avancé /
Dress rehearsal CS/CS Advanced Groups
23 avril **JUNIOR, INTER, SENIOR**
Générale / Dress rehearsal

AOÛT / AUGUST 2008

D/S	L/M	M/T	Me/W	J/T	V/F	S/S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14		16
17	18	19	20	21	22	23
24/31	25	26			29	30

SEPTEMBRE/SEPTEMBER 2008

D/S	L/M	M/T	Me/W	J/T	V/F	S/S
	1	2	3	4	5	6
7	8	9		11		
		16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBRE / OCTOBER 2008

D/S	L/M	M/T	Me/W	J/T	V/F	S/S
			1	2	3	4
5	6	7	8	9	10	11
12		14	15	16		
		21	22	23	24	25
26	27	28	29	30	31	

NOVEMBRE / NOVEMBER 2008

D/S	L/M	M/T	Me/W	J/T	V/F	S/S
						1
2	3	4	5	6	7	8
9						
	17	18	19	20	21	22
23	24	25	26	27	28	29*
30*						

DÉCEMBRE/DECEMBER 2008

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

JANVIER / JANUARY 2009

D/S	L/M	M/T	Me/W	J/T	V/F	S/S
				1	2	3
4	5	6	7	8		
					16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FÉVRIER / FEBRUARY 2009

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

MARS / MARCH 2009

D/S	L/M	M/T	Me/W	J/T	V/F	S/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				

AVRIL / APRIL 2009

D/S	L/M	M/T	Me/W	J/T	V/F	S/S
			1	2	3	4
5	6	7				
	13	14	15	16	17	18
19	20	21	22	23	24	
	27	28	29	30		

MAI / MAY 2009

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

25, 26 avril **SPECTACLE / SHOW**
4 mai Début de la session de printemps
Start of Spring Session
22 juin Début de l'école d'été
Start of summer school

10,11,12 déc / 23,24,25 fév **Patineurs <STAR> Skaters**
Sessions de Test sessions

13 déc 2008 - Dec 13, 2008
Session de Test centralisés de la région
(Test de compétition / senior agent et plus)
Regional centralized test session
(Competitive / Senior Silver or higher)

2.2 LIST OF COMPETITIONS 2008 – 2009

2008 – 2009 Competitions		
<p>List of competitions to which skaters of the Saint-Laurent FSC are invited</p> <p>For a complete list, refer to :</p> <ul style="list-style-type: none"> • Fédération de patinage artistique du Québec (www.patinage.qc.ca) • Skate Canada (www.skatecanada.ca) 		
Date	Compétition	Lieu
July 31 – Aug 3	Minto Summer Skate 2008	Ottawa (ON)
Aug 15 – 17	<u>Championnats québécois d'été BMO 2008</u>	Pierrefonds(QC)
Sept 18 – 21	Figure 8 Autumn Skate 2008	Ottawa (ON)
Sept 25 – 28	<u>Souvenir Georges Éthier 2008</u>	Trois Rivières (QC)
Nov 6 – 9	<u>Championnats de section Québec – 2008 BMO Groupe Financier</u>	Québec(QC)
November 1 – 2	Invitation Claudette Demers 2008	Mascouche (QC)
November 9 – 11	Invitation Saint-Jean 2008	Saint-Jean (QC)
November 14 – 16	Invitation Mont-Tremblant 2008	Mont-Tremblant (QC)
November 21 – 23	Invitation Sud-Ouest 2008	Beauharnois (QC)
November 14 – 16	Invitation Dorval 2008	Dorval (QC)
November 15 – 16	Invitation Repentigny	Repentigny (QC)
November 27 – 30	Invitation Souvenir Maurice Richard 2008	Montréal (QC)
November 28 – 30	Compétition Souvenir Guy Scott 2008	Chateauguay (QC)
November 29 – 30	Invitation Marieville 2008	Marieville (QC)
Dec 3 – 7	<u>Défi de l'Est du Canada</u>	Mississauga (ON)
December 12 – 14	Invitation Rivière des Prairies 2008	Rivière des Prairies (QC)
December 5 – 7	Invitation Saint-Eustache 2008	Saint-Eustache (QC)

2008 – 2009 Competitions (continued)

List of competitions to which skaters of the Saint-Laurent FSC are invited

For a complete list, refer to :

- Fédération de patinage artistique du Québec (www.patinage.qc.ca)
- Skate Canada (www.skatecanada.ca)

Date	Compétition	Lieu
January 9 – 11	Invitation Pierrette-Vaillant	Rosemère (QC)
January 9 – 11	Compétition invitation Varennes 2009	Varennes (QC)
January 9 – 11	Finales Régionales - Lac St Louis (Eva Findlay, STARS, Jeux de la Participation)	Outremont(QC)
January 14 – 18	<u>Championnats canadiens</u>	Saskatoon (SK)
Jan 31 st - Feb 1	Invitation Lachute	Lachute (QC)
Feb 11 – 14	<u>Championnats nationaux juniors</u>	Calgary (AB)
February 9 – 11	Invitation Carole Pageau 2009	Laval (QC)
February 14 – 16	Invitation Terrebonne 2009	Terrebonne/La Plaine
February	14^{ème} Rencontre Patinage Plus Souvenir Jeannot Bouchard 2009	To be confirmed
February 20 – 22	Invitation Lanaudière 2009	LeGardeur (QC)
February 26 – Mar 1	Invitation Vaudreuil	Vaudreuil (QC)
February / March	<u>Finale provinciale STAR-Michel Proulx 2009</u>	To be confirmed (QC)
March 2 – 7	<u>Jeux du Québec 2009</u>	Blainville, Rosemère, Ste-Thérèse(QC)
April 4	Jeux de Montréal	Montréal (QC)

3.0 TESTS

3.1 CLUB TESTS

Date	Deadline to Submit Name	Deadline to Withdraw Name
December 10-12, 2008	November 19, 2008	November 26, 2008
February 23-25, 2009	February 2, 2009	February 9, 2009

The exact days for the tests will be determined according to registrations.

Note:

No application for tests will be accepted or removed from the list after the deadlines. The tests must be approved by the coaches. The fees (**10\$ per test**) must be submitted to the Test Chairman **at the time of registration (date of submission)**. Please note that hospitality fees of \$10 per test will apply to those skaters who are not members of the Saint-Laurent FSC.

3.2 CENTRALIZED TESTS

LIST AND COST OF TESTS

\$ 10 or \$ 20

Centralized tests, Lac St-Louis Region

Date	Deadline to Submit Name	Deadline to Withdraw Name
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TO BE CONFIRMED

Notes:

- **All requests must addressed to the Saint-Laurent FSC Test Chairman** who must will forward these requests to the Lac Saint-Louis Region Test Chairman. Web Site: www.lacstlouis.ca
- You can find the dates of centralized tests at the Saint-Laurent FSC office or on the Fédération de patinage artistique du Québec (FPAQ) - Web Site: www.patinage.qc.ca
- No application for tests will be accepted or removed from the list after the deadlines. The tests must be submitted and paid for by the skater's coach to the Test Chairman at the time of registration. The fees are \$10-\$20 per test; must be paid **by the registration date**.

4.0 CLUB RULES

4.1 ***RECREATIONAL GROUP***

1. To become a member of the Saint-Laurent FSC, a child must be 5 years old at registration time. Proof of age may be required at the registration.
2. **Club uniform is mandatory.** For girls, Club sweatshirt, blue skirt and beige tights and for boys: Club sweatshirt and blue or black pants.
3. The parent is responsible for assisting his/her child to put on their skates. Once ready, the skater must go to the dressing room and wait until his/her group is ready to go on the ice.
4. Parents are not permitted in the dressing rooms or in the corridors during or after the lessons. Club volunteers will ensure the safety of the skaters.
5. Only volunteers are allowed on the side of the rink.
6. Figure skates are recommended for all skaters, boys or girls. New or used skates should be purchased from a specialty store. If necessary, do not hesitate to ask the Saint-Laurent FSC representatives and coaches for information. Skates should be sharpened and the blades regularly wiped after every use. Skate guards are an absolute must for the skaters' protection.
7. All of the skater's personal items should be clearly identified. Their full names must be indicated on a name tag or written with indelible ink on their uniform, guards and skates.
8. Five (5) minutes are allowed at the beginning and at the end of the session to enter and exit the rink.
9. The evaluation of the skaters will be assessed only during the skater's regular session.
10. Skaters must at all times follow the directions of the instructors and volunteers.
11. Food, beverage and gum are strictly forbidden on the ice and in the rooms.
12. Long hair must be tied back with an elastic.
13. The "Board of Administrators" of the Saint-Laurent FSC reserves the right to establish the scheduling of the ice show practices.
14. All skaters must possess a valid Saint-Laurent carte-Loisirs at the time of registration.

4.0 CLUB RULES (Cont.)

4.2 WHAT IS A PROPER SKATE

1. A PROPER SKATE

- A proper skate is made of **LEATHER**. It must hold the foot well in place and give proper **SUPPORT TO THE ANKLE**. It must be **WELL ADJUSTED to the foot** and suited to the skater.
- A good skate must feel comfortable and give adequate support to facilitate certain maneuvers. **TO BECOME A GOOD SKATER A GOOD SKATE IS REQUIRED.**
- In a properly fitted skate, you must be able to **MOVE YOUR TOES**, however, the **HEEL MUST NOT LIFT** when the skate is laced up.

2. Where to BUY a good figure skate?

You can purchase a good pair of skates at certain specialized boutiques. The sales clerk usually knows **ENOUGH** about figure skating to recommend skates offering the proper support required based on the level of skating. If your child is of the **CANSkate** level, the sales clerk should make the child try different models until the child feels comfortable. Lots of different models are available; one of them should meet the skater's needs.

Addresses to a few specialized boutiques are provided for informational purposes only. The inclusion does not constitute an endorsement by the Saint-Laurent Figure Skating Club.

Boutique de Patinage H&L 824 Décarie Ville Saint-Laurent, Qc Tel. (514) 744-2026	Boutique Patinage Plus 2805 boul. de la Concorde Laval, Qc (Duvernay) Tel. : (450) 661-6655	La Maison Du Patin Xpression 9371 rue de Meaux Saint-Léonard, Qc Tel. : 514-324-2662 www.EliteXpression.com
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3. What KIND of BOOT to choose?

There are many models of skate boots, but not every model will suit every skater. Some skaters have higher arches; some have wider feet, etc... Manufacturers make different models to fit different skaters.

WHAT SHOULD YOU BUY? YOU HAVE TO TRY the different models to make sure the skater is comfortable in the boot, there is no other way.

Here are some renowned makes of figure skates:

- GAM
- DON JACKSON
- RISPORT
- REIDELL
- GRAF (Advanced skaters)

4.0 CLUB RULES (Cont.)

4.2 WHAT IS A PROPER SKATE

4. WHAT SHOULD I PAY FOR A GOOD PAIR OF SKATES?

It is possible to find a good pair of skates for between **\$60.00 and \$100.00** for a beginner. Considering that you are paying for your child to learn how to skate and to become a good skater, you should invest in a good pair of skates. Although good skates are a little more expensive, you should be able to sell them the next year for a good price. Some specialized boutiques may take your skates in for resale and give you a discount on a new pair.

5. SHARPENING & MAINTENANCE OF YOUR SKATES

To remain good, skates must be kept in good condition.

➤ SHARPENING

A skate blade is like a sharp knife peeling a potato. If the knife blade has dents, you cannot peel the skin off smoothly! If a skate blade has dents or is not properly sharpened, the skater won't be able to slide smoothly on the ice.

➤ MAINTENANCE

To remain GOOD SKATES, the skates have to be cleaned on a regular basis. Blades have to be DRIED after each session; never leave the plastic guards on the blades. Plastic guards are made to preserve the blade when the skater is walking with the skates on. The BOOTS must be well ventilated in order to preserve the leather. The life span and resale value of your skates depend on the care you have given them.

6. REMEMBER!

- Get yourself GOOD SKATES.
- Skates purchased at stores like; Canadian Tire, Sears, Zellers, Wal-Mart, etc., ARE NOT MADE TO LEARN THE BASICS OF FIGURE SKATING, they are made for skaters who go skating, on an outside rink, 2-3 times a year.
- Have your skates sharpened by a specialist; NEVER use an automatic "sharpening machine" or a hockey sharpening specialist. (Please consult the specialized boutiques.)
- Take good care of your skates.

The Saint-Laurent FSC and its professional coaches will be happy to answer all your questions and give you proper council.

4.0 CLUB RULES (Cont.)

4.3 STARSkate / COMPETITIVE GROUP

1. At the beginning of each session, the doors to the rink will be closed in order to avoid comings and goings and for the security of all; they will reopen ten (10) minutes before the end of the session.
2. A skater may skate in another session at the same level for \$3 (\$6 for skaters registered as 2nd club and \$10 for all non registered skaters) provided ice patches are available 15 minutes after the beginning of the session.
3. A skater cannot replace the session in which he or she registered, for another one even if requested by the coach. He or she can skate in another session on another day only if he or she buys a 'patch'.
4. No skater will be permitted on the ice unless he or she is under the supervision of a coach sanctioned by the club.
5. All skaters will get their private lessons during their own sessions.
6. WARM UP is mandatory and no skater can begin his or her lesson during warm up time.
7. Skaters and professionals should be courteous to one another and should be considerate to those doing their solos.
8. It is strictly forbidden to chew gum, eat or drink while on the ice. **This regulation applies to all, skaters and professionals.**
9. Dresses or body suits for girls are mandatory in free style. Long hair should be neatly tied back. Jogging pants and jeans are strictly forbidden.
10. Coarse language or rudeness will not be tolerated among skaters nor towards the volunteers or administrators of the club.
11. If a skater is asked to skate in an exhibition by another club, he or she must request permission from the Saint-Laurent FSC before accepting.
12. All skaters who do not conform to these rules may be expelled without refund and without further notice.
13. The Club is not responsible for any damage, theft or loss of personal belongings.
14. During a group lesson, a skater who does not work properly with the group may be expelled after one (1) warning by the board without possibility of return.
15. A skater who is endangering the well being of another skater on the ice will be expelled after one (1) notice from the board without possibility of return.
16. To be eligible for a Club Bursary, the «elite» (international) skaters must be registered at a minimum of 2 sessions per season and skate possibly a minimum of two (2) sessions per month.
17. To be eligible for a Club Bursary and benefit of the Club's advantage, the competitive skater must have been a member of the club for at least 2 years and skate a minimum of three (3) sessions per week (not for the skaters registered in Sport-Etudes or Elites Schools).
18. If a skater from another club wishes to change his «Home Club», it must be indicated on the registration form. They must provide his/her Skate Canada membership number (fees may apply).
19. A skater must possess a valid Saint-Laurent Carte-Loisirs at time of registration.

4.0 CLUB RULES (Cont'd)

4.4 *MUSIC*

During the free-style sessions, solos will be played in rotation at the skater's request, a professional coach giving a private lesson will have priority. (Maximum of 1 per 15 minutes).

Dances will be played in rotation **one dance at a time** at the skater's request during, a professional coach giving a private lesson will have priority to play **one dance at a time** during a child's lesson. (Maximum of 1 per 15 minutes).

Music will be played as follows if there are many requests in queue: 1 music for 2 coaches, 1 music for 1 skater.

Skaters on list for a test or who participate in a competition will have priority during the week preceding those events before a 2nd request from another skater. Additional sessions will be free for these reasons only, and only in the week preceding the competition or test. Skaters will be permitted to skate only in sessions of their level and discipline.

4.0 CLUB RULES (Cont'd)

4.5 PROGRAM ASSISTANTS

QUALIFICATIONS

- 12 years old as of September 30th
- Free style Preliminary test passed
- Successfully completed the Training clinic
- Patient, serious and able to communicate clearly
- Helpful and responsible
- Able to show creativeness and enthusiasm in the activities
- Able to demonstrate the skills and sequences in teaching
- Priority for the active skaters and Saint-Laurent FSC members.

Note: All skaters who register for the Program Assistant's Clinic and who **do not** complete the training clinic will be required to reimburse the Saint-Laurent FSC for the clinic fees.

RULES FOR COACHING A CANSkate GROUP

1. Assistants must show up at least fifteen (15) minutes before the beginning of each session.
2. In case of absence, the Assistant:
 - a. Must make arrangements to find a replacement.
 - b. If they are unable to find a replacement, they must then contact the Head Coach in charge of the session.
 - c. If the Assistant is unable to reach the Head Coach, they must then contact the club office at 514-334-2619 and leave a message.
3. THE ASSISTANT MUST WEAR THE CLUB UNIFORM SUPPLIED BY THE CLUB (JACKET AND BLUE OR BLACK PANTS). No jeans are permitted.
4. The Assistant must abide by the Saint-Laurent FSC safety rules. [Hair must be tied back, gum chewing and jewellery (long earrings) are not permitted.]

DUTIES OF THE PROGRAM ASSISTANT DURING THE CANSkate SESSION

1. Retrieve the skaters from the rooms and bring them on the ice.
2. Work with the skaters on the ice during the warm-up.
3. Take attendance at the start of the class.
4. Help the skaters off the ice at the end of the session, bring them back to their rooms and help them to put on their skate guards.
5. MUST return all documents to the designated coach.

CLUB UNIFORM

Saint-Laurent FSC provides the program assistants with the initial Club uniform. The loss or replacement of the uniform is at their own expense.

Note: All program assistants are in constant evaluation and there will be two(2) formal evaluations per year.

4.0 CLUB RULES (Cont'd)

4.6 PROFESSIONAL COACHES

COACHES and the CLUB

1. New coaches must meet the club requirements and provide the club with the necessary documents to confirm their qualifications.
 2. All new professional coaches must apply to the club in writing. Furthermore, they must be under the direction of a professional coach whose home club is the Saint-Laurent FSC.
 3. The coaches are encouraged to promote and enforce the club rules.
 4. The Club reserves the right to hire a professional coach without requiring that they are under the direction of a professional coach whose home club is the Saint-Laurent FSC.
-

COACHES and the SKATERS

1. The parents and the coach determine the payment and number of lessons to be given to a skater.
2. The session in which a skater is registered **cannot** be replaced nor substituted for another one even if requested by the coach. He/she can skate in another session **only** if space is available and if he/she buys a 'patch'.
3. In case of absence without prior notice, the coach may charge for the lesson.
4. Make sure all lessons are paid before the end of the season.
5. For a change of professional coach, the skater or parents must advise his/her coach that they have found a new coach and have paid all their fees to the coach.
6. The new coach must ensure that all accounts have been settled before starting to coach his new skater.

5.0 "IMAGES SUR GLACE 2009" SHOW

5.1 PRACTICE AND SHOW DATES

SHOW DATES

The Saint-Laurent FSC year-end show will be held at the Arena Raymond-Bourque on:

APRIL 25th, 2009 at 7:00 PM & APRIL 26th, 2008 at 2:00 PM

Dress rehearsals will begin on:

- Thursday April 23rd at 5:30 PM for SUNDAY, MONDAY and SATURDAY CANSkate Groups & CANSkate ADVANCED
- Friday April 24th at 5:30 PM for all other groups.

PRACTICES

Practices for the show will start around **February 28, 2009**

All skaters **must attend all show practice sessions.**

ONE MISSED PRACTICE = NO PARTICIPATION IN THE SHOW

For this occasion, the parents must confirm if their child will be **present during the two (2) shows and the dress rehearsal**. Your child must attend all practices

Beginning around February 28th, 2009 during his/her regular skating session, your child will start preparing for the show choreography. Each time someone misses a practice, the overall production is delayed. Therefore, if your child misses a practice, he will not be allowed to participate in the show.

At the dress rehearsal, all skaters must bring their skates. The skates will be kept at the arena until the end of our Sunday show. You need not worry, the rooms will be locked.

The skaters must be dressed in their CANSkate uniform for both the dress rehearsal and all the shows.

When the skaters arrive, a volunteer will take charge of them for the duration of the dress rehearsal and the shows. A small snack will be served in their rooms during the shows only.

ALL PARENTS ARE REQUESTED TO WAIT FOR THEIR CHILDREN IN **THE FRONT HALL** during the dress rehearsal and the shows; no parents will be allowed in the children's room without authorization.

TICKETS

Tickets for the show will be on sale at the Saint-Laurent FSC office starting March at **\$10 a ticket**.

MONDAY, TUESDAY, WEDNESDAY, and FRIDAY: 6:00 PM TO 8:00 PM
SATURDAY: 12:00 AM TO 2:00 PM
SUNDAY: 10:30 AM TO 12:00 PM

5.0 "IMAGES SUR GLACE 2009" SHOW (Cont'd)

5.2 CRITERIA FOR SELECTION OF SOLOS

The listed criteria is subject to review each year

SOLO AT 2 SHOWS

- Participation in «Défi de l'Est», in Canadian Championships or in International Competitions, or participation in SkateCanada qualifying events in the Junior or Senior categories (Junior Competition Test passed)
- Tests passed in the season: GOLD Medal in Free Style, Dance (group number) and/or Interpretive (group performance) or Senior competition Test

SOLO AT 1 SHOW

Competitive skaters (Juvenile and higher): (40 points minimum)

In order to qualify for a solo, the Competitive skaters must participate in the following SkateCanada qualifying events:

- Summer Provincials
- Compétition Souvenir Georges Éthier (including dance)
- Quebec Championships
- Lac Saint-Louis Regional Competition (for available categories)
- Autumn Skate – **Dance only**

The category in which a skater is registered at the Quebec Championships will be the skaters' category for the whole season. If a skater does not participate in the 4 mandatory competitions, the scoring system of the STAR skaters will determine the skaters who get a solo.

A competitive skater cannot remain in the same category for more than 3 years in order to get a solo, 2 years in the Pre-juvenile category.

If, for a valid reason (medical, death, injury) a skater cannot participate in one of the 4 mandatory competitions, half of the minimum points will be given on presentation of a proof (doctor letter, newspaper clipping, etc.)

STAR skaters (Test Skaters – Intermediate and higher, "sans limite"): (40 points minimum)

To be eligible for a solo, the skater must perform a solo whose duration is 2 minutes or more in competition and must participate in following competitions:

- Regional Lac St-Louis STAR-Michel Proulx competition (mandatory)
- One of the following Invitational competitions: St-Eustache, Terrebonne, Dorval or Maurice Richard
- + 2 Invitational competitions of the skater's choice.

5.0 "IMAGES SUR GLACE 2009" SHOW (Cont'd)

5.2 CRITERIA FOR SELECTION OF SOLOS

PRE-JUVENILE: (40 points minimum)

To be eligible for a solo, the skater must participate in four (4) competitions:

- 2 provincial competitions or 1 provincial competition + Regional Lac St-Louis STAR-Michel Proulx competition
- + 2 Invitational competitions of the skater's choice.

PRE-PRELIMINARY skaters (40 points minimum)

To be eligible for a spot, skaters must perform a solo whose duration is of one and a half minutes (1min30sec) in competition and participate in the following competitions:

- Regional Lac St-Louis Eva Findlay Regional Competition (mandatory)
- One of the following Invitational competitions: St-Eustache, Terrebonne, Dorval or Maurice-Richard
- + 2 Invitational competitions of the skater's choice.
- ❖ Jeannot Bouchard Competition and CANSkate competitions cannot be considered in the calculation of the points.

Selection Conditions for all categories:

- The category is defined at the beginning of the season according to the last test passed as of the date of registration.
- A skater must be Saint-Laurent member for 2 years to be eligible for a solo at the show.
- Points are accumulated according to the scoring system on the following page; only the 4 best scores are kept as follows: the score for the first 2 categories above + the 2 best scores of the competitions chosen by the skater.
- Minimum required: 40 points
- Solo can be either individual or a group performance or a spot in a group.
- When a STARskater gets a solo for a year, he or she is only eligible for a solo in a superior category the following year
- Pre-preliminary skaters are eligible for a spot (30 to 45 seconds) in a group performance
- If there is a tie in the scores, the award of a solo/spot will be determined by the medals won and /or by draw.
- In order to participate in the Competitor Number, skaters must participate in at least 2 competitions; skaters competing in the Jeannot Bouchard Invitational, Débutant and CANSkate categories are not eligible
- The skaters in the dance number must have the Junior Silver Dance test passed before February 28th, 2009.

Notes:

- **Number of solos per show: approximately 10 per day**
- **Skaters must submit a copy of their competition results to the Saint-Laurent FSC office by the selection deadline of February 28th, 2009. To facilitate the compilation process, we kindly request that copies of the competition results are submitted to the Saint-Laurent FSC as soon as they are obtained.**

5.0 "IMAGES SUR GLACE 2009" SHOW (Cont'd)

5.2 CRITERIA FOR SELECTION OF SOLOS

SCORING SYSTEM

Position	Points
1	20
2	18
3	16
4	10
5	6
6	5
7	4
8	3
9	2
10 and +	1
Group of 4 skaters or less	position÷2

Official Competitions	Total Points X2
Pre-Juvenile and +	
Official competitions	
- Championnats Provinciaux d'été	Position X2
- Georges Ethier	Position X2
- Finale des Jeux du Québec ou de la Participation	Position X2
- Michel Proulx - STAR	Position X2
Quebec Championships	
- Semi-Final	(Position +10) x2
- Final	(Position +10) x2
- Eastern Championship	(Position +10) x2

COMPETITION RESULTS MUST BE SUBMITTED TO THE SAINT-LAURENT FSC NO LATER THAN:

FEBRUARY 28, 2009

Any results provided after that date will be refused.

LAST DATE TO PROVIDE A PASSED COMPETITIVE TEST, JUNIOR SILVER DANCE TEST OR GOLD TEST RESULT TO OBTAIN A SOLO IN THE SHOW OR TO PARTICIPATE IN THE SHOW DANCE NUMBER.

FEBRUARY 28, 2009

6.0 2009 GENERAL ANNUAL ASSEMBLY

Saint-Laurent Figure Skating Club

6.1 ANNOUNCEMENT

The official closing of the 2008-2009 season will take place at the time of the **General Annual Assembly** of the Club which will be held **on Wednesday, June 17th, 2009, 8 PM**. The location will be posted on the bulletin board of the club office two (2) weeks before the General Assembly.

You will find enclosed the Board of Administrators for the 2008 – 2009 season, the election as well as the nomination procedures. **All the nomination papers must reach the Election Chairman, Saint-Laurent FSC, 2345 Thimens, Saint-Laurent, H4R 1T4, by June 12th, 2009 at 5:00 p.m.** All candidacies received after June 12th, 2009 at 5:00 PM will be rejected. The nomination papers must be signed and accepted.

All members of the Saint-Laurent FSC who are present and are 18 years old or older and registered with Skate Canada have the right to vote. In accordance with Saint-Laurent FSC general regulations, parents of minor members are deemed to be the active members and can vote on behalf of their children. **Active members can have one (1) vote per family regardless of the number of children registered. They must bring in their children's memberships cards to be able to vote.**

Your participation shows your personal interest in the Club. Therefore, we sincerely hope to see you on June 17th 2009.

Etienne Bouillère
President
Saint-Laurent FSC

6.0 2009 GENERAL ANNUAL ASSEMBLY (Cont'd)

Saint-Laurent Figure Skating Club

6.2 AGENDA

AGENDA

1. Opening of the meeting
2. Approval of the minutes of 2008 General Annual Assembly
3. Adoption of the agenda
4. Reading of reports from different committees
 - Lac St-Louis Region Representative
 - CANSkate Groups
 - Test Chairman
 - Coaches Representative
 - Year-end show
 - Secretary
 - Treasurer
 - Vice-President
 - Club President
5. Ratification of the Board of Administrators decisions
6. Amendments to the Club charter and general regulations
7. Thanks to the Administrators
8. Election of Administrators for the 2009-2010 term
9. New business
10. Close of the meeting.

Note : The final agenda will be distributed at the assembly.

6.0 2009 GENERAL ANNUAL ASSEMBLY (Cont'd)

Saint-Laurent Figure Skating Club

6.3 ELECTION PROCEDURES

ELECTION PROCEDURES

The "Board of Administrators" appoints a president of elections who, in turn, appoints two (2) deputy returning officers, if necessary. He will then read the nomination papers received and opened in the presence of the executive committee three (3) working days before the meeting. The deputy returning officers distribute a ballot to every member eligible to vote. The vote will be held by secret ballot. After the voting, the deputy returning officers will collect each ballot; the ballots will be destroyed once they have been counted and the results checked by the president of elections and the two deputy returning officers. The candidates having received the most votes will be declared elected.

Each person can vote only once for each position. The right to vote is not cumulative regardless of the position or office held within the Club. Votes by proxy are not accepted.

NOMINATION PROCEDURES

Any member who is authorized to vote can nominate another member for an unfilled position on the Board of Administrators.

Only a member who is already on the Board of Administrators can be nominated to a position on the executive committee.

The nomination forms must be deposited at the Saint-Laurent FSC office by the date and time indicated in 6.1 Announcement. The nomination forms are provided under 6.5 NOMINATION FORM.

Please note that faxed or email forms will not be accepted.

With regard to the election of the coaches' representative, only professional coaches have the right to vote.

6.0 2009 GENERAL ANNUAL ASSEMBLY (Cont'd)

Saint-Laurent Figure Skating Club

6.4 CREATION of BOARD OF ADMINISTRATORS

POSITIONS FOR ELECTION FOR THE 2009-2010 SEASON

General annual assembly of Wednesday, June 17th, 2009

PRESIDENT*	1 year to complete
VICE-PRESIDENT*	Election – 2 year term
SECRETARY*	1 year to complete
TREASURER*	Election – 2 year term
ADMINISTRATORS (5)	Election – 1 year term
COACHES' REPRESENTATIVE	Election – 1 year term (elected by coaches)

* EXECUTIVE COMMITTEE

6.0 2009 GENERAL ANNUAL ASSEMBLY (Cont'd)

Saint-Laurent Figure Skating Club

6.5 *NOMINATION FORM*

FORMULAIRE DE MISE EN CANDIDATURE NOMINATION FORM (2009-2010)

Par la présente, je propose / I hereby nominate :

Nom / Name :
(lettre majuscule / Print Name)
Téléphone :

Au poste de / To the position of :		
PRÉSIDENT / PRESIDENT	<input type="checkbox"/>	(N/A – 2009-2010)
VICE-PRÉSIDENT	<input type="checkbox"/>	
TRÉSORIER / TREASURER	<input type="checkbox"/>	
SECRÉTAIRE / SECRETARY	<input type="checkbox"/>	(N/A – 2009-2010)
DIRECTEUR / DIRECTOR	<input type="checkbox"/>	
Proposée par / Proposed by :		

Par la présente, j'accepte ma candidature / I hereby accept the above :

Signature :	Date :
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Veillez retourner à / Please return to :

CPA Saint-Laurent FSC
Président d'élection / Election Chairman
2345 boul. Thimens
(Aréna Raymond-Bourque 2^{ième} étage / 2nd Floor)
Saint-Laurent, Québec H4R 1T4

Date limite /Deadline : Vendredi 12 juin 2009 (17h00) • Friday – June 12th, 2009 (5 PM)
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7.0 SAINT-LAURENT FSC DIRECTORY

7.1 2008 – 2009 BOARD OF ADMINISTRATORS

ETIENNE BOUILLÈRE	PRESIDENT*
NAM PHAN	VICE-PRESIDENT*
JENNY LEE	SECRETARY*
JEAN-PIERRE RAYES	TREASURER*
JEAN PIERRE FORTIER	SAINT-LAURENT DISTRICT REPRESENTATIVE Aréna Raymond Bourque (514) 956-2580
ANH TRUONG	ADMINISTRATOR / TEST CHAIRMAN
RIMA ARAJI	ADMINISTRATOR
JEAN-PAUL LAPOINTE	ADMINISTRATOR
GRACIA MIMRAN	ADMINISTRATOR
DIANE SERVANT	ADMINISTRATOR
LOUISE GAGNÉ	COACHS' REPRESENTATIVE

* EXECUTIVE COMMITTEE

HOW TO CONTACT THE SAINT-LAURENT FSC

ADDRESS

Saint-Laurent FSC
Aréna Raymond Bourque
2345 Thimens
Ville Saint Laurent, QC
H4R 1T4

Telephone: (514) 334-2619
Fax: (514) 334-6183
EMAIL: cpa.stlaurent@gmail.com
WEB SITE: www.cpastl.com

OFFICE HOURS

Monday, Tuesday, Wednesday, Friday	6:30 PM – 7:30 PM
Saturday	11:30 AM – 12:30 PM
Sunday	10:00 AM – 11:15 AM

PHONE NUMBER - RAYMOND-BOURQUE ARENA: (514) 956-2580

7.0 SAINT-LAURENT FSC DIRECTORY (Cont'd)

7.2 OUR PROFESSIONAL COACHES

NAME	TELEPHONE	QUALIFICATIONS	LEVEL	email
Anastasia Baikov	514-966-2999 (cell)	Skills/ Free Style/ Dance / Choreography	I	anastasia_baikova@hotmail.com
Daniel Beland	450-978-3006 514-247-9608 (cell)	Free Style	IV	Danielbeland5@videotron.ca
Chaya Borelowski	514-714-8420	CanSkate	I	chaya_borelowski@hotmail.com
Karine Bouchard	514-693-1383 514-754-3982 (cell)	Skills/ Free Style / Dance	I	kabouka28@hotmail.com
Sylvain Bouillere	514-748-8349 514-449-8349 (cell)	Skills / Free Style / Dance	I	dudesylvain@yahoo.ca
Hannah Deegan	514 630-1090 514-296-4785 (cell)	Skills / Free Style / Dance	I	h_deegan@hotmail.com
Louise Gagné	450-689-7766	Skills/ Free Style / Dance	III	luisegagne@videotron.ca
Mélanye Goldyn	514-762-5819 514-999-4462 (cell)	Skills / Free Style / Dance	II	maracujas@videotron.ca
Caroline Haddad	514-943-2226	Skills/ Free Style / Pairs	III	carolinehaddad@videotron.ca
Alexandre Hamel	514-963-1501 (cell)	Free Style	II	alex@lepatinlibre.com
Natascha Kubisch	514-249-8130	Skills / Free Style / Choreography	III	nata@videotron.qc.ca
Perlyne Kugler	514-347-9500 (cell)	CanSkate/Dance	I	p_kugler1@hotmail.com
Marie-Anne Kwiatkowski	514-620-7095 514-570-4889 (cell)	Skills / Free Style / Dance	II	makwiatkowski@stockeryale.com
Sylvie Lamothe	450-722-3091	Free Style	III	sylvie_lamothe_6@hotmail.com
Christine Larivière	450-933-3013	Skills / Free Style / Dance / Choreography		christine.lariviere14@gmail.com
Katrina Lessard-Perez	514-515-1929 514-422-8001 (cell)	Skills / Free Style / Dance	I	Katrina_lp2@hotmail.com
Mari-Elizabeth MacFadyen	514-804-7446	Skills / Free Style / Dance	I	mbmacfad@videotron.ca
Michele-Lyn MacFadyen	514-804-1682	Skills / Free Style / Dance	III	harleykiwi@yahoo.ca
Peggy Meus	514-777-5152 (cell)	Skills / Free Style / Dance	II	gapchick77@hotmail.com
Sophie Nault	514-884-0761	Skills / Free Style / Dance	II	naultsophie@hotmail.com
Monika Papert	514-994-3556	Skills / Free Style / Dance	III	mpapert@hotmail.com
Camille Rayes	514-956-7881	Free Style / Choreography	I	cam.ray@hotmail.com
Véronique Servant	514-332 -2505 514-966 -3260 (cell)	CanSkate / Skills	I	veronique.servant@gmail.com
Vicki Valiquette	514-747-9378	CanSkate	I	vickval@hotmail.com

7.3 **OUR PROGRAM ASSISTANTS**

NAME
Aurélie Akl
Melissa Baz
Alyssa Brassard
Vanessa Bui
Jason Chan
Safie Diallo
Mélissa Di Michele
Gabrielle Elfassy
Samantha Elfassy
Jennifer El-Kassis
Audrey Gagnon
Stephanie Gentile
Justine Iskandar
Sara Jacques

NAME
Aaron Kugler
Stefanie Kugler
Ngoc Bich Le
Rita Mikhael
Maria-Victoria Miles
Meagan Nunes
Vanessa Nunes
Carolyn Phan
Claudia Rajaonah
Pascale Safi
Demitra Stappas
Victoria Wong
Kate Yafalian