

**Rockland Skating Club Member Handbook**

**2018 - 2019**



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## Rockland Skating Club Overview

This handbook has been created to assist parents and skaters to help understand the sport of skating. A list of the Rockland Skating Club Board of Directors is listed on our website at [www.rocklandclub.ca](http://www.rocklandclub.ca) as well as other useful information on our programs, schedules, registration, news and special events. If you have any questions please do not hesitate to contact the club at [rocklandskatingclub@hotmail.ca](mailto:rocklandskatingclub@hotmail.ca) or speak with a coach or Board member.

We hope that the information contained in this handbook helps answer the many questions that come up throughout the year. We hope that your experiences as a parent and skater with the Rockland Skating Club are happy and memorable.

**OUR VISION:** To provide a positive sport experience to all members of our community

**OUR MISSION:** To provide quality programs in a safe inclusive environment, to reach one's potential.

**OUR VALUES:** Individuality – Respect – Passion – Dedication - Ethical - Accountable

## Membership Overview

All members of the Rockland Skating Club (RSC) are members of Skate Canada (SC) and must abide by the rules and policies of RSC and SC.

### Skate Canada Fee Schedule:

- Registrant fee - \$32.00/registrant
- Participant Accident Insurance Fee - \$0.65/registrant+tax
- Safe Sport Fee - \$3.00/registrant

This fee has been paid to Skate Canada for each member of RSC.

The Skate Canada Code of Ethics applies to all skaters, board members, volunteers and Skate Canada employees. Here is a link to the policies:

<https://info.skatecanada.ca/index.php/en-ca/policies/79-skate-canada-code-of-ethics.html>

Club Code of Ethics policy

Position Statement on Bullying

Membership Harassment, Bullying and Discrimination Policy

Membership Complaints Policy

Club Dispute Resolution Procedures Policy

SC Incident report

Parent Handbook

All RSC programs are delivered as per the SC skating program delivery standards

<https://skatecanada.ca/skating-lessons/our-programs/>

### Helmet Policy

All Pre-CanSkate, Pre-Power, CanSkate, CanPowerSkate and Adult CanSkate skaters up to and including Stage 5 MUST wear a CSA approved hockey helmet while on the ice.

## Skaters' Code of Conduct

Skating is an individualized sport that requires safe and courteous behaviour from all participants, on and off the ice. Skaters need to be aware of one another, and react predictably to ensure their own and others' safety. Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below.

- Due to insurance requirements, **only registered Skate Canada members** are permitted on the ice, except in a medical emergency.
- **Food, drink, and gum** are not permitted on the ice; plastic water bottles are acceptable, but must be left at the boards. Glass bottles are prohibited.
- The gates in the rink boards must be kept **closed** while a session is in progress, to ensure the safety of skaters on the ice. Sitting on the boards is not permitted.
- Skaters must **clear the ice promptly** at the end of each session.

**Foul language**, yelling, and abusive or aggressive behaviour, including kicking holes in the ice, are prohibited, and will result in loss of privileges.

## Parent's Role

Parents we want to provide challenges and goals for our children. This can be difficult, not only on a day-to-day basis, but especially when involved in an organized sport. Not all children learn at the same rate as others and we should always allow the children to control their own dreams and ambitions.

Keeping children motivated is always a difficult challenge. As a parent, always try to instill enthusiasm with support. Encourage your children to believe in themselves and that you believe in them too. Be positive in their accomplishments and supportive during the ups and downs.

Set goals, foster self-responsibility, discourage excuses, encourage persistence, support their coach and always remember that winning is not always measured by a medal but by achieving a goal they have set, whether that be a test passed, landing a double loop or doing their best program ever.

Please always try to remember that we all strive to provide a safe and happy environment for our children to learn, develop self-confidence and pride in their accomplishments.

### All parents must:

- Place the well being and safety of their child above the training. Do not force your child to participate in sport, but do support their desire to participate in their chosen sport. Remember, they should skate for their enjoyment, not to please you.
- Be courteous to other parents, skaters, coaches, league officials, rink employees and visitors at all times.
- Insist that your child abides by the Code of Conduct and all club rules. Attempts to gain competitive advantage through improper behaviour and techniques will not be tolerated.
- Not approach or otherwise distract coaches or skaters during scheduled skating or off-ice training sessions. Coaches are not expected to leave the ice for consultation during a session unless it is an emergency. Coaches' time is valuable! Coaches deserve the full attention of the skaters and parents.
- Exercise control and restraint when dealing with difficult issues. The use of abusive, threatening or violent behavior and foul or abusive language in or around the grounds of the skating rink is strictly prohibited.
- Never in public question the judge's decision making nor their honesty.

- Never ridicule or humiliate their child or others for making mistakes or for underperforming. 'Remember, winning isn't everything, doing your best and putting in the effort is'.
- Help your child and others to work towards improving their skill and show good sportsmanship.
- Be proud of your family's contribution to Skate Canada and the Rockland skating club.
- Never appear at the rink or any activities hosted at the rink under the influence of alcohol and/or drugs.

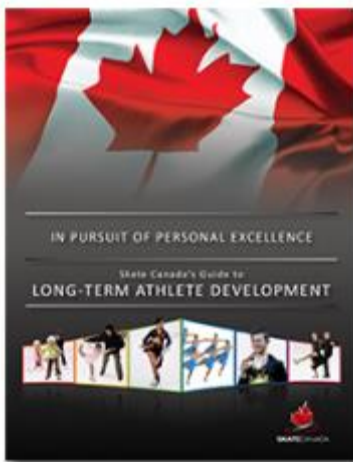
Non-compliance will result in formal action being taken against the offender. Continued non-compliance will result in being barred from the facility.

Due to insurance requirements, only registered Skate Canada members are permitted on the ice, except in a medical emergency.

## Long-Term Athlete Development (LTAD)

Skate Canada's comprehensive Long-Term Athlete Development (LTAD) model is designed to assist coaches, parents, volunteers and administrators create an environment that allows skaters to fully develop and reach their potential in the sport, regardless of whether their goals are recreational or competitive in nature.

Click below to read more about *In Pursuit of Excellence: Skate Canada's Guide to Long-Term Athlete Development*. This document was developed for the benefit of all members and is rooted in the philosophy of "skating for life" and being active for life.



*In Pursuit of Excellence: Skate Canada's Guide to Long-Term Athlete Development*

<https://skatecanada.ca/skating-lessons/long-term-athlete-development-ltad/>

## RSC Programs

All of our programs are taught by Skate Canada National Coaching Certification Program (NCCP) trained and certified coaches. RSC programs offered are: Pre-CanSkate, CanSkate, CanSkate Advanced, Teen/Adult Skate, STARSkate (figure skating), and Pre-Power.

## CanSkate (Learn to Skate)



CanSkate is our entry-level program where basic skating skills are taught to children, youths and adults. CanSkate is a dynamic learn-to-skate program that focuses on fun, participation, basic skill long-term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity. The program is for beginner and returning skater aged 5 and older and is 45 minutes in length. Coach to Skater Ratio 1 : 8 skaters

Pre-CanSkate - This program is for new skaters aged 3 – 5 years old and is a 30 minute class. This a modified delivery of the CanSkate program geared to get skaters CanSkate ready. Pre-CanSkate is for skaters who do not know how to skate and who are still developing the skills necessary for the CanSkate program There are 8 identified skills to master prior to entering Stage 1 of CanSkate. All participants must wear CSA approved helmets. Coach to Skater Ratio 1 : 8 skaters

CanSkate Advanced - RSC offers a CanSkate Advanced program for those skaters working on Stage 5/6 of the CanSkate program. It also helps to provide a transition to the STAR 1 Circuits program, the first stage into figure skating. Classes are 45 minutes. Coach to Skater Ratio 1 : 6 skaters

Teen/Adult Skate: RSC offers a teen/adult skate 30 minutes class to those new to skating, returning to skating or previous figure skaters wanting to return to the ice. Classes will cater to your level of experience in a group/semi-private format. All beginner adults must wear helmets. Coach to Skater Ratio 1 : 5 skaters

**Pre-Power** is an entry program for CanPowerSkate. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Skaters in Pre-Power have mastered Stage 5 of the CanSkate Program. The session runs for 30 minutes. Participants must wear full hockey/ringette equipment that is CSA approved. Coach to Skater Ratio 1 : 8 skaters

<https://skatecanada.ca/skating-lessons/our-programs/hockey-skating/>

**STARSkate - Skills, Tests, Achievement, Recognition** – this is what STARSkate is all about!

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. This program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner. Skaters have the opportunity to take Skate Canada Assessments and Tests through a nationally standardized system. The Rockland Skating Club offers three levels of the STAR program:

STAR 1 **Circuits** program for CanSkaters transitioning into the STAR program. The program is a group lesson format. Coach to Skater Ratio 1 : 6 skaters

STAR 1 – 3: The skaters participate in skating skills, ice dance, freeski (jumps, spins, solos), stroking and interpretive skating classes and have a private coach or team coaching is provided.

STAR 4 –10: More advanced skating and opportunities to take tests assessed by a judge, as well as participate in competitions in freeski, dance, interpretive and team events. Private/Semi-private lessons.

<https://skatecanada.ca/skating-lessons/our-programs/figure-skating/>



## STARSkate Program (STAR 1-5)

The STAR 1-5 competition program is where *figure skating* begins! The STAR competition program is comprised of five different levels of events for skaters who have completed the CanSkate program. It introduces participants to key components of figure skating including performance, assessment, and competition. STAR 1-5 fits into the Learn to Train level of Skate Canada's Long-Term Athlete Development Model (LTAD). Each stage of this national program emphasizes key skills such as turns, stroking, jumps, spins, and different aspects of performance that have been designated by figure skating experts as necessary for development and progression in our sport.

It is important to note that every skater is unique and will advance at different rates due to various factors such as growth spurts and participation. To accommodate individual needs, the STAR 1-5 competition program is designed to be fluid and allow skaters to progress at their own pace, even skipping levels if appropriate; skaters may move through several levels in a season or stay at the same level – it's all dependent on individual athlete development! At all stages and levels, parents should discuss their skater's progress with their coach to determine the best options for them. The chart below provides a brief description of each level:

Overview STAR 1-5 Test Content				
	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
<b>STAR 1</b>	Fwd edges Fwd 3-turns Fl-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
<b>STAR 2</b>	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
<b>STAR 3</b>	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
<b>STAR 4</b>	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
<b>STAR 5</b>	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom)  Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls

## What happens after STAR 1-5?

Skaters may choose to continue in higher levels of the STARSkate program (Star 6-Gold) or transition into in CompetitiveSkate (Pre-Juvenile, Juvenile, etc.). Skaters may also explore ice dancing, pair skating, interpretive skating, or synchronized (team) skating. There are many opportunities for skaters and the best path for athletes to take should be a decision made collaboratively (child, parent and coach).

## Helping your skater get the most out of STAR 1-5

There are a lot of options within figure skating and that can sometimes be overwhelming; here are some tips to make this a positive and fun experience for parents and children.

- **Keep it Fun.** The focus of STAR 1-5 should be on enjoyment and developing figure skating specific skills. Encourage skaters to have fun, try their best, and learn to find joy in all aspects of the sport. Remember this is *their* sport.
- **Ask Questions.** Don't be afraid to ask questions about the way the skating world works! Your coach is a good place to start as are experienced parents and club volunteers. You can also find excellent information on-line at [www.skatecanada.ca](http://www.skatecanada.ca), as well as your section and club websites.
- **Reward Effort.** Do not get hung up on results; instead, focus on personal progress and effort. Rankings only reflect the performances on the ice and not who skaters are as individuals. Skaters are not machines and top world skaters have bad days too.
- **Provide Emotional Support.** This is a really challenging sport. Even in the STAR 1-5 competition program skaters attempt fairly complex movements on a tiny blade and slippery surface; that's enough to make anyone nervous! Being anxious before competition is normal and it can be helpful to explain to your children that their nerves just show they care about how much they want to do their best.
- **Model Healthy Eating and Physical Activity.** Even beginner athletes need the right fuel to help them perform at their best. Modeling healthy eating behavior and providing meals that are nutritious and balanced will benefit your entire family. Encourage participation in a range of physical activities in addition to skating - can you find physical activities that you can do together as a family?
- **Communicate with your Coach.** Your coach is there to help you as well as your child. Communicate with them regularly about the progress of your skater and to chart a course for development that works for your family and your budget.

Skills introduced in the CanSkate stages are advanced and refined in the StarSkate Program. Advanced figure skating elements such as single and double jumps, spins, ice dance and skating skills, are taught in private and/or group lesson formats.

StarSkate program participants love to compete! The StarSkate program offers several opportunities for these skaters who may not choose to participate in the competitive program, but they still want the opportunity to test their skills in a competition situation. They have many opportunities to do this: Club Competition, Interclub Competitions and Invitational Competitions.

Interpretive Skating is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements. The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels: Introductory, Bronze, Silver, Gold.



# Etiquette & Rules of the RSC for STARSkaters

## General Rules and Guidelines

- Sportsmanlike conduct, safety, courtesy, respect and discipline are expected at all times towards all coaches, fellow skaters, judges and committee members.
- Proper skating attire must be worn at all times.
- No food or gum shall be taken on the ice- water bottles are encouraged.
- No sitting on the boards or standing in the middle of the ice. ( talking )
- Skaters must get up promptly after a fall, unless seriously injured.
- Skaters must follow the schedule, except when in a lesson which has been previously approved by the committee.
- Parents should ensure skaters are on the ice on time. Parents should also be supportive, patient and encouraging.

## Dance and Skills Sessions

- Dance partners have priority over ice surface at all times.
- Skaters need to watch out for skaters who are dancing to the music being played.

## Free Skating Sessions

- Give priority to the skater who is in a lesson or doing a solo with their music.
- Spin in the middle of the ice surface.
- Jumps at the ends of the ice surface.

## Music

- Be alert for other skaters at all times. Listen to the music and identify the soloist to avoid interfering with their program.
- In playing of music, priority will be given to lesson requirements by coaches and partners. Coaches should not line up their skater's music, if not in a lessons.
- It is each coach's responsibility to be sure his/her skaters are taught how to yield for skaters whose music is being played.

## Priority of Right of Way

1. Coaches
2. Skaters in a lesson with music
3. Skaters in a lesson
4. Skaters with music

\*\* EXCEPTION goes to dance partners \*\*

\*\*Coaches should try and teach standing on the sides of the rink to avoid being in the way of skaters.

## Behaviour on the ice

Skaters must always **look both ways** when leaving the boards.

- Skaters are expected to be **skating at all times** while on the ice, and to get up promptly after a fall in order to keep pathways clear for other skaters.
- The ice surface should be used for practice, **not for conversation**. (Working in small groups with coach's approval is acceptable.)
- When practicing routines, skaters must learn to **manoeuvre around other skaters** and still do jumps, spins, and footwork successfully. **The skater whose music is playing or is in a lesson**

has the right of way. Calling out “Excuse me!” or “Heads up!” will alert other skaters to get out of the way.

Skaters should use the **centre of the ice**, between the blue lines and away from the boards, for practicing spins. This allows room at the ends of the rink for preparations for jumps, and for other skaters to maneuver around the spinning skater.

## **Program Assistants/Volunteers**

Program Assistants are STARSkaters from our club who have been selected by the CanSkate coaches to help out during Pre/CanSkate sessions. Their role is to assist the coach during a CanSkate circuits by providing encouragement and demonstration. Program Assistants are also a role model for the younger skaters. We highly recommend our skaters participate in this program.

## **Skating Attire**

The key to “dressing for success” in figure skating is to look nice and neat. Do not allow your child to come to the rink for practice looking messy or sloppy. If your child is running to the rink directly from school, allow some time to change before skating practice.

### **Skating Clothing**

Layers and clothes that stretch are better than tight, restrictive or oversized clothes that restrict movement. CanSkaters should wear warm clothing such as splash pants or snow pants and a jacket. For figure skating, coaches need to see a skater’s body alignment to give proper advice and feedback about technique, so form-fitting clothing that allows for movement is better.

A sweater or snug sweatshirt can be worn but stay away from baggy “hoodie” sweatshirts. Even if it is very cold in the arena, do not allow your child to practice in a heavy or bulky coat. If possible, stay away from baggy sweatpants and baggy clothing in general.

### **Hair**

Hair should be tied back or put up. It is very important that hair be away from the face. If you are in a hurry, it is fine to quickly put your skaters hair in a ponytail. If their hair is very long, you may want to braid their hair or put it in a bun so that a long ponytail doesn’t distract your skater as they spin and jump.

### **Skates**

Before you buy your new skates, there are a few things that you should be aware of. First, you may have heard that beginner skaters should learn on dull blades, and sharpen them more as they advance. This is not only false, but dangerous. No one should ever skate on dull or unsharpened blades. Your skating edge will help you turn and maneuver as well as keep your balance. You can buy hockey skates or “Jackson” skates at Canadian Tire. Do not buy molded/plastic skates – skaters cannot bend well in these types of skates.

- Boots should be comfortable (there will be initial discomfort at ankles and "pressure" points). The skater's heel should fit snugly back into the heel "cup" and the toes should not be cramped and should have room to raise slightly (In a standing position the skater's big toe should just lightly touch the toe cap).

-Remove your shoes and put on a pair of thin sport socks. It is not suggested to wear skates bare foot as this promotes bacteria and corrosion of the materials.

- Put the skate on your foot and kick back in order to lock the heel into the back of the skate. Lace the skate firmly with the most lace pressure at the top 4 eyelets. Always try on both skates laced to the top as you would when playing.
- Walk around to feel if there is any painful pressure point or heel slippage. Adjust the size accordingly with the ultimate fit coming with the toes feathering the toe box in an upright position and a consistent pressure surrounding the foot.
- Skate laces should never be wrapped around the ankle, as this causes skate laces to loosen.
- Do not wear thick socks (wool or other) as a longer, wider skate will be needed and the proper fit will not be achieved. A white cotton sock is ideal.
- Dry the sole and heel area of boot after skating
- DO NOT leave boots in skate bag when not in use. Leave boots in open to air and completely dry; loosen laces and open boot 'throat' to better allow air flow [ NOTE: blades should also be dried and left with skate guards off - condensation will keep blades wet for some time - Absorbent 'terry cloth' blade covers may be left on blades and may help absorb condensation.
- Leather soles and heels should be waterproofed prior to installation of blade for best results. Also this maintenance should be continued periodically to stop water penetration into the leather and possible leather rot.

### **Skate Sharpening**

Figure skate sharpening is much different from sharpening other types of skates such as hockey skates. ONLY people who specialize in sharpening figure skates should be used, as figure skate blades can easily be completely ruined by improper sharpening. One clue to when skates need sharpening is when a skater is having trouble performing moves on the ice, feels that they are sliding excessively on landings, or has blades that feel dull. Frequent falls may be another sign of dull blades. Too-frequent sharpening, however, is not recommended, as it can shorten blade life and negatively affect skater performance. Do not remove the bottom pick, as it is essential for proper balance

### **Choosing a Coach**

All coaches at the Rockland Skating Club are Skate Canada professional coaches who are registered and in good standing. All of our coaches have been trained, evaluated and certified through Skate Canada's National Coaching Certification Program (NCCP), approved by the Coaching Association of Canada. The NCCP is an adult coach education program for coaches of all levels in over 65 sports. After completing components at each coaching level/program, coaches receive official certification in recognition of their accomplishments. There are various coach level's in Skate Canada's NCCP model including:

- Club Coach: CanSkate
- CanPowerSkate Coach
- Regional Coach
- Provincial Coach
- National Coach

*National Coaching Certification Program*  *Programme national de certification des entraîneurs*

  
coach.ca

The choice of coach is up to you as a parent. You may want to consider the coach's skill level, coaching style, personality and availability when making the best choice for your skater. Some coaches team coach and you have the option of working with more than one coach in some circumstances.

Coach profiles are available on the RSC website: <https://rocklandskatingclub.ca/coaches/>

When choosing a coach with your child here are some things you may want to consider:

- Select a coach carefully. Choose the right person for their teaching and coaching abilities, but also consider that the coach will be the role model for your child. The coach will be spending considerable time with your child, so it should be someone your child feels comfortable with.
- Coaches are the experts. Make sure you understand what the coach expects of you as parents. Work together with your coach to create realistic goals and objectives for your child.
- Take time when selecting a coach. Remember that a picture is worth a thousand words. Watch the coaches teaching other children and see how they interact and present themselves.
- Coaching fees may vary according to the certification level and experience of the coach. Ask what the fees are up front so there are no misunderstandings later. All coaching fees are billed by and paid directly to the coach on a billing cycle determined by each individual coach. The coach will bill additional for extra sessions, making of music, and competition attendance and mileage at the individual coach's discretion.

At the start of each season we recommend that you and your skater meet with the coach to discuss each of your goals for the skater (parent, skater, coach). The goals may change as your skater progresses. Remember that communication is the key to continuing a healthy relationship with the coach. We encourage you to discuss any concerns with the coach throughout the season.

If your skater will be absent at any time, we remind you to please notify your coach directly. In addition, if your coach will be absent, he/she will notify you and/or arrange for another coach to teach in his/her absence.

As your skater progresses, your child's needs may change; the choice to change coaches is yours. It is expected that you inform the coach you would be leaving prior to doing so.

## **Competitions**

Competitions offer skaters an opportunity to perform by themselves in front of an audience and to be assessed on their performance by officials. The children learn about good sportsmanship and they have the opportunity to work hard at being the best they can be. Competitions all have entry fees in order to participate. These fees will vary from one competition to another and must be paid when registering your skater for the competition. Please discuss entering competitions directly with your coach.

**Thank you for joining the Rockland Skating Club and have a great season!**

[www.rocklandskatingclub.ca](http://www.rocklandskatingclub.ca)