



2022-2023

EDMONTON SYNCHRONIZED SKATING CLUB

PRE-NOVICE

COACH: COURTNEY MIELNICHUK

PRE-SEASON

- Aug 25-27 (CHOREOGRAPHY - time TBC)

- Aug 29th

6:00-8:30 pm @ Russ Barnes Arena

PRACTICES

SATURDAYS, 8:00 am -11:15 am

Sep. 9 - Mar 2 at The Meadows Arena

- on-ice: 8:00-11:15 am

TUESDAYS, 7:00-8:00 pm

- online off-ice

1st Tuesday of every month (except Jan.)

- IN PERSON off-ice: 7:00-9:00 pm (Sept. 5,

Oct. 3, Nov. 7, Dec. 5, Jan. 9, Feb. 6, Mar. 5)

* Sep. 30th - 9:15 am - 12:15 pm @ Millwoods

* Jan. 22nd - 5:00 - 8:15 pm @ Kinsmen

NO PRACTICE

- October 7th (Thanksgiving)

- Dec 23rd - Jan 2nd (Holiday Break)

- Feb 19th (Family Day)

Training other skating disciplines minimum

2x/week is mandatory.

VOLUNTEER COMMITMENT

1 Club Volunteer Role

1 Mountain Regionals Shift (8 hrs)

1 Mandatory Bingo

1 Competition Manager Assistant

MANDATORY EVENTS & COMPETITIONS

DATE	EVENT	LOCATION
Sep 16, 2023	ESSC AGM	Meadows Arena
Dec 2, 2023	ESSC Season Debut	Meadows Arena
Dec 16, 2023	Rose Bowl	Calgary, AB
Jan 6, 2024	New Years Kick Off	Meadows Arena
Jan 26-28, 2024	Mountain Regionals	Leduc, AB
Feb 19, 2024	Family Day Event	TBC
Mar 9, 2024	Ice Fest	Carstairs, AB
Mar 11, 2024	Season Gala	Kinsmen Arena
Mar 16 or 17, 2024	Celebration Banquet	Edmonton, AB

Attendance at these events is required.

Skaters must also attend the on-ice practice immediately prior to these events.



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TEAM FEES

Total: \$2100/season per skater

Early Registration: **\$200 non-refundable fee** is due immediately upon acceptance of a position on the ESSC Prenovice team. This fee is a deposit to confirm your spot and will be applied as payment against your fees for the season

A \$100 credit will be applied to your account if registration is completed by June 15th

Payment options for remaining fees:

- payable in FULL upon registration
- 6 INSTALLMENTS payable on the 15th of each month from Sep 2023- Feb 2024

Fees payable by

- credit card through Uplifter (ESSC registration provider)
- e-transfer to:
edmonton.sychroskating@gmail.com

FUNDRAISING

Summer BINGOS

- Saturday, June 24: 4:30 - 12:00 am
- Sunday, July 9: 4:30 pm - 12:00 am

Workers must be 18 years of age and earn a credit of \$125 for each shift. For more info email ESSC or **[SIGN-UP HERE](#)** (or click SYNCHRONIZED SKATING -> FUNDRAISING on our website)

Season fees include:

- ice fees
- on-ice, off-ice & competition coaching
- choreography
- music production
- competition fees
- skater costume, tights & make-up
- team photos
- year-end banquet
- administration

Season fees DO NOT INCLUDE:

- Skate Canada membership fee (\$58.65)
- competition travel (hotels or transportation)




NEW SKATER FEES

- team yoga jacket embroidery (approx. \$15)
- team winter jacket embroidery (approx. \$15)
- club T-Shirt (approx. \$25)

TEAM COMMUNICATION

[Join us on BAND](#) to stay up to date on practices, competition, fundraising and general club info!

CONTACT

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