

SKATE CANADA RINK

7:00am-8:15am	Open	M-F
8:15pm-8:30am	Flood	M-F
8:30am-8:45am	Sr A Enrichment (*to 9 am Fri)	M-F
8:45am-9:45am	Sr A	M-F
9:45am-10:00am	Sr B Enrichment (*to 10:15 am Fri)	M-F
10:00am-10:15am	Flood	M-F
10:15am-11:00am	Advanced A	M-F
11:00am-11:15am	Flood	M-F
11:15pm-12:15pm	Elite	M-F
12:15pm-12:30pm	Flood	M-F
12:30pm-1:30pm	Advanced A	M-F
1:30pm-1:45pm	Flood	M-F
1:45pm-2:45pm	Elite	M-F
2:45pm-3:35pm	Sr B	M-F
3:35pm-3:45pm	Flood	M-F
3:45pm-4:30pm	Elite Extra	M-F
4:30pm-5:15pm	Open	M-F
5:15pm-5:30pm	Flood	M-F
5:30pm-6:30pm	Open	M-F
6:30pm-7:30pm	Open	M-F
7:30pm-7:45pm	Flood	M-F
7:45pm-9:00pm	Evening Adult Session 16yrs & over	M—Th

CANUCK RINK

6:30am-8:30am	Comp Dance Teams	M-F
8:30am-8:45am	Flood	M-F
8:45am-10:45am	Comp. Dance Teams	M-F
10:45am-11:00am	Flood	M-F

OFF-ICE TRAINING

9:45am-10:45am	Elite	Multipurpose	M-F
10:45am-11:30am	Sr B	Banquet Rm	M-F
11:45am-12:45pm	Dance Teams	Multipurpose	M-F
12:45pm-1:45pm	Sr. A	Multipurpose	M-F
2:15pm-2:30pm	Sr B Dryland	Banquet Rm	M-F
1:45pm-2:45pm	Advanced	Multipurpose	M-F
3:10pm-3:30pm	Elite Cardio	Multipurpose	T/Th
4:35pm-5:35pm	Intermediate	Banquet Rm	M-F
5:25pm-5:55pm	Jr Academy	Multipurpose	T/Th

RINK 6

8:30am—9:15am	Adult Open	M-F
9:15am - 9:45am	Enrichment Advanced A	M-F
10:00am -10:15am	Sr. B Spins/Theatre B 9:45—10:15	M-Th
10:15am - 10:30am	Flood	M-F
10:30am - 11:15am	Sr. A	M-F
11:15am - 11:30am	Flood	M-F
11:30am - 12:15pm	Dance Development	M-F
12:15pm - 1:00pm	Sr. B	M-F
1:00pm - 1:15pm	Flood	M-F
1:15pm - 3:00pm	Dance Development	M-F
3:00pm - 3:15pm	Flood	M-F
3:15pm - 3:35pm	Enrichment Intermediate	M-F
3:35pm - 4:30pm	Intermediate	M-F
4:30pm - 5:15pm	Jr. Academy	T/Th
4:30pm - 5:15pm	Learn To Skate	M
4:30pm - 5:15pm	Happy Feet	W
5:15pm - 6:00pm	Learn To Skate	M-Th
6:00 pm-6:45 pm	Learn To Skate	Th



Emily Bausback
2019 Sr Nationals, 10th
2018 Snr Ladies Canadian
Challenge, 5th
2017 Jnr Nationals, 2nd
3X JGP Top Ten Finish

TRAINING PACKAGES

Elite Program

9:45am-10:45am	Off Ice	M-F
11:15am-12:15pm	Free Skate	M-F
1:45pm-2:30pm	Free Skate	M-F
2:30pm-2:45pm	Enrichment	M-F
3:10pm-3:30pm	Cardio & Stretch	T/Th
3:45pm-4:30pm	Elite Extra	M-F

Cost: \$1510 + GST / Full Summer or \$45 + GST / day
Opens Included

Senior A Adv Program

9:15am-9:45am	Sr A Adv Enrichment (Rink 6)	M-F
10:15am-11:00am	Sr A Advanced (SC)	M-F
12:30pm-1:30pm	Advanced A (SC)	M-F
1:45pm-2:45pm	Sr A Adv Off Ice	M-F
Option Time	Any Open	M-F

Cost: \$1450 + GST / Full Summer or \$42 + GST / day
Opens Included

Senior A Program

7:00am-8:00am	Open	M-F
8:30am-8:45am*	Sr A Enrichment (SC) *to 9 am Fri	M-F
8:45am-9:45am	Sr A (SC)	M-F
10:30am-11:15am	Sr A (Rink 6)	M-F
12:45pm-1:45pm	Sr A Off Ice	M-F

Cost: \$1425 + GST / Full Summer or \$41 + GST / day
Opens Included

Senior B Program

9:45am-10:00am*	Sr B Enrichment (SC)*to 10:15 am Fri	M-F
10:00am-10:15am	Sr B Spins (Rink 6)	M-Th
10:45am-11:30am	Off Ice (BR)	M-F
12:15am-1:00pm	Sr B (Rink 6) *	M-F
2:15pm-2:30pm	Dryland Jumps Sign Up	M-F
2:45pm-3:35pm	Sr B (SC) *	M-F

Cost: \$1395 + GST / Full Summer or \$40 + GST / day
One Open per day included. Dryland Jump fee \$45 + GST.
***Allowed only 2 of the 3 available Sr B accredited sessions.**

Important Dates

Wild Rose Competition	Leduc, AB	Aug 1-5
Glacier Falls	Anaheim, CA	July 24-28
BC Summer Skate	Burnaby, BC	Aug 15-20
Champs Inter Aug Extra Ice	Burnaby 8 Rinks	Aug. 19-30
Golden West	Ontario, CA	Aug. 29-Sept 1

Dance

6:30am-8:30am	Advanced Competitive Dance	M-F
& 8:45am-10:45am	Teams (Canuck)	
11:45am-12:45pm	Competitive Dance Off Ice	M-F

Advanced Competitive Dance Team Cost: \$200 + GST/Week

11:30pm-12:15pm	Dev. Dance Teams (Rink 6)	M-F
& 1:15pm-3:00pm		

Developmental Dance Teams Cost: \$150 + GST/Week

Champs Administration will determine a minimum of 50% discount on 2 full different discipline memberships.

Adults

8:30am-9:15am	Adult Open Rink 6 *cancelled days posted	M-F
7:45pm-9:00pm	Adult Open Rink 8	M-Th

Evening Adult

Cost: \$295 + GST / 2 nights per week
DANCE / ADULT BUY ON RATE: \$15 each hour/ 7:45-9 pm
\$20

Intermediate Academy

3:15pm-3:35pm	Group Enrichment (Rink 6)	M-F
3:35pm-4:30pm	Intermediate (Rink 6)	M-F
4:35pm-5:35pm	Off-Ice (BR)	M-F

Cost: \$1290 + GST / Full Summer or \$38 + GST / day
Opens Included for skaters registered for 6 weeks or more.
Full Time Summer have Registration Priority

Junior Academy

4:30pm-5:15pm	On-Ice (Rink 6)	T/Th
5:25pm-5:55pm	Off-Ice (Multipurpose Room)	T/Th

Cost: \$525 + GST for 8 weeks or \$345 + GST for 4 weeks

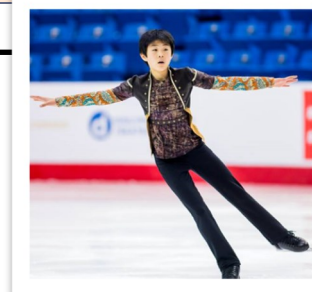
Open Sessions

7:00am-8:15am	Skate Canada	M-F
4:30pm-5:15pm	Skate Canada	M-F
5:30pm-6:30pm	Skate Canada	M-F
6:30pm-7:30pm	Skate Canada	M-F

Cost: \$575 + GST for Unlim Non CISCBC Member
\$150 + GST for Unlim CISCBC Intermediate Year Round Member

OPEN SESSION / BUY ON

RATE: \$15 ea/ 7-8:15 am \$20



Shuma Mugii
2nd Place Novice Men Canadian
Nationals
4th Place Novice Canadian Chal-
lenge
5th Place 2019 Novice Men
Canada Games

POLICIES AND PROCEDURES

1. Skaters MUST do Off-ice and Group Enrichment in order to maintain training plan with base coach.
2. Parents will not be allowed to view Gold B from Banquet Room when Off-ice is in session.
3. Parents are not allowed to coach, teach, lecture or encourage at rink boards. Interrupting focus during a moving session is considered hazardous. On certain days, there will be no parent viewing on Skate Canada Rink. No parents allowed in dressing rooms and downstairs area.
4. All coaches and skaters must follow music and solo playing rules:
 - Full time Coaches may request a solo once every 20 minutes.
 - If more than one coach requests a solo at the same time, a non-request solo would be played in between the coaches' requests.
- Skaters competing have priority.
- Part-time skaters must take solo after full time skaters have been played
5. No Buy-ons will be sold on Elite.
6. If sessions meet quota, daily buy-ons or guest skaters will be sold for Open Sessions.
7. The Skating Director has the right to place skaters on another session due to: membership situation, the skater's competitive record, the skater's work ethic and the skater's technical ability.
8. Group Enrichment and Off-Ice instructors have the right to dismiss skaters for lateness or inappropriate behavior.
9. No skates allowed upstairs. Outside food not to be consumed in the Thirsty Penguin restaurant. Only packed lunches from home permitted in the viewing area of Rinks #8 and #1.
10. During Free skate session the soloist has the complete right of way. Lesson skater will have the second right of way. When sessions end the Zamboni has the right of way and all skaters, must clear the ice surface.
11. Do not play; fool around in areas used as pre-ice warm up.
12. Skaters warming up prior to free skate should not talk or disrupt on ice training.
13. No swearing, temper tantrums, or improper behavior during on ice or off ice sessions. Disrespect to administrators, directors or full time coaches will be considered member in poor standing and will be bought forward to Canlan management. Skating Director and/or Canlan has the right to terminate membership
14. Do not put others at risk by kicking the ice. Do not stand or coast in the middle of the ice. Be aware of the fast moving sessions. The full time coaches will have the right to dismiss any skater with improper behavior or not keeping to session standard.
15. All sessions should commence on time, however allow the skaters to finish their solo. No solos shall start within 2 minutes to the sessions end.
16. Skaters should commit to an energized work ethic that enhances our training environment.
17. Crowded Open Sessions do not merit Elite Skaters to jump or have right of way.
18. Open sessions have procedures, please check with Admin office.
19. No tying skates on ice sessions. Head downward is considered dangerous.
20. Any skaters that start skating without registering with payment will be suspended.
21. REFUND POLICY: Skate Canada Champs International DOES NOT GIVE REFUNDS except in the case of a life emergency. No refunds for retired skater, injured skaters, club transfers and/or medical conditions.
22. All coaches must follow Champs Coach Policy and agree to accreditation system. Coaches must be on contract or have Director Approval to teach on accredited sessions.
23. No marketing photos or video taping is allowed without Champs Director approval.
24. Athletes must use dressing room assigned by Champs Admin.

Champs International Skating Centre of BC

ACCREDITED SESSIONS

Elite – ISU Triple Jump Skater, permission from J. McLeod approval.
Senior A Adv. – Must have 2-3 Triple Jumps/National Competitor. J. McLeod approval.
Senior A – Must land clean Double Axel/Sectional Competitor J. McLeod approval.
Senior B – Lands 3-5 different double jumps. Champs Full Time Coach approval.
Intermediate – Loop jump to 3 different double jumps. Champs Full Time coach approval (Jr. Academy Certificate).
Jr. Academy – Audition required.
Competitive Dance – Dance Teams Audition. (Wing/Lowe Approval)

CLASSES & SERVICES

Group Enrichment Classes

Classes such as: Theatre on Ice, Artistic Figures, Edge-Turn Work, Power Stroking, Skating Skill Development.

Off-Ice Programs

Complete classes offered in: Pilates, Hip Hop, Dryland Jumping, Ballroom, Plyometrics, Strength & Conditioning, Ballet, Modern Dance, Drama, Yoga & Cardio Run.

Performance Institute

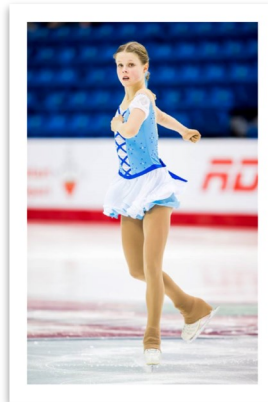
Year round personal training. Call 604-291-9941

www.performanceforsport.com

(Must seek base coach approval)

[Expert Physio \(Canlan/8 Rinks Location\)](#)

604-294-3376



Emily Millard

3rd Place Novice Ladies
Canadian Nationals 2019
1st BC Summer Skate Novice Ladies 2018
4th Place 2019 Novice Ladies Canada Games



Champs International Skating Centre of BC

Canlan Ice Sports—Burnaby 8 Rinks

6501 Sprott Street

Burnaby, BC, V5B 3B8

Telephone: 778-331-3932 or 604-291-0626 ext. 258

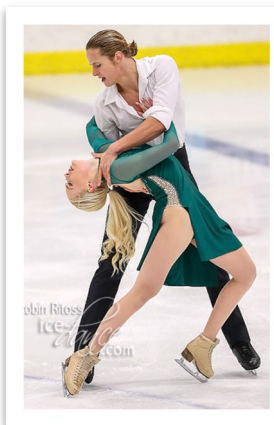
Fax: 604-291-2213

E: champsinternational@icesports.com

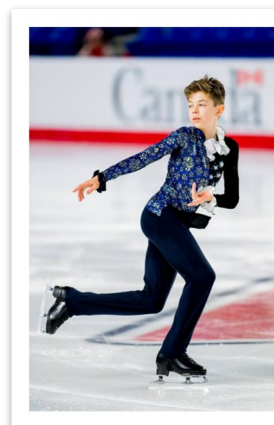
www.icesports.com

www.champsinternationalskating.com

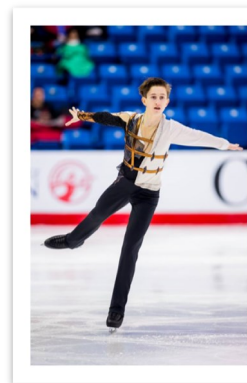
Champs International Skating Centre of British Columbia



**Haley Sales &
Nikolas Wamsteeker**
2019 Nationals, Sr Dance, 4th
2018 Sr National Team Members
2018 4 Continents Team



Aleksa Rakic
2019 Jnr Men Champion of Canada
2018 Novice Canadian Challenge Champion
2018 ISU Egna Trophy Italy, 1st Novice Men
2X ISU JG Prix Top 8 Finish



Beres Clements
2019 Jnr Men's, 2nd Canadians
2019 Bronze, Jnr Men, Canadian Challenge
2018 ISU Egna Cup, Jnr Men, Silver
2018 2X JGP Competitor Top 12



Sanctioned by Skate Canada
Summer Schedule
June 24— August 14, 2019

CHAMPS CENTRE STAFF

SKATING DIRECTOR & HEAD SINGLES

COACH

Joanne McLeod

604.291.0626 ext. 258 or
778-331-3932 (office direct)

draxel@shaw.ca

SKATING ADMINISTRATOR

Victoria Astren

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champsinternational@icesports.com

www.champsinternationalskating.com

LTS DIRECTOR

Diane Knutson

skate_ice_dk@yahoo.ca

HAPPY FEET & POWER PLUS

CO-ORDINATOR

Kathryn Kang

kathrynvkang@gmail.com

JR ACADEMY CO-ORDINATOR

Jill Marie Harvey

harveyjim@shaw.ca

SINGLES COACHING TEAM

Jill Marie Harvey harveyjim@shaw.ca
Rika Inoda coach.rinoda@gmail.com
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Megumu Seki megumu0225@me.com
Neil Wilson neilcoach@gmail.com
Julie Zhu juliezhu16@hotmail.com

ICE DANCE HEAD COACHES

Megan Wing/Aaron Lowe

winglowe23@gmail.com

Assistants:

Peter Ahluwalia, Tarrah Harvey, Nicole Orford

FREELANCE

COACHES

MUST SEEK CENTRE/DIRECTOR PERMISSION and SIGN IN AT ADMIN OFFICE PRIOR TO COACHING ON OPEN SESSIONS.