

Welcome to Waitaha Artistic Roller Skating Club!

Whether you're a parent supporting your child's skating journey or an adult skater joining us, we're thrilled to have you here. At our club, we're all about creating a positive and encouraging space where skaters of all ages and experience levels can grow and thrive. Whether it's your very first time on skates or you're aiming for competitive success, we're here to support you every step of the way. For parents, we know how important your role is. Your encouragement and involvement make a huge difference, and we're excited to partner with you to help your child achieve their goals. For our adult skaters, we admire your passion and drive and can't wait to be part of your journey as you develop your skills. This guide is designed to outline the pathways for skater development, from learning foundational skills, to getting involved in competitions. We hope it's a valuable resource that helps you understand the opportunities available and the support systems we have in place.

Our Values

Integrity	Innovation	Excellence	Collaboration
We are honest and transparent, uncompromising in our commitment to strong moral, respectful and ethical principles.	We constantly look at working smarter and more efficiently – seeking improvement in all we do.	We aim high in everything we do, striving to be better in all we do.	We connect to achieve our purpose, we build trust in our relationships.

Club Colours

Our club colours are Red, Black, Blue and White. Club leotards are worn at Official Trainings at National Championships and are owned by the club. Skaters received their club leotard once at National Level.

Becoming a Club Member

Waitaha Artistic Roller Skating Club is an Incorporated Society, founded in February of 2023 by Alana Caunter. As our club has grown, and the passion for roller skating in Canterbury has increased, we have adapted to be flexible and accommodating to those who are interested. To compete in any competition in New Zealand, skaters need to be registered under the Federation of Roller Sports prior to competition. Waitaha invoices NZFRS fees annual in June, with discounts to new members registering after February 2025. The 2024/2025 fee structure is as follows;

NZFRS 24/25 Fees		
Class Level	Class Description	Cost (annually)
Class 1	Competitive skater may compete in all NZFRS events	\$80
Class 2	May participate in club events, leagues, achievement tests	\$45
Class 3	<ul style="list-style-type: none"> Recreational Skater Supporters Club Administrators/Representative 	\$5
<i>Family membership * Parent/s or caregiver/s [up to two] with 2 or more children under the age of eighteen (18) all living at the same address. * The qualifying age for children is at the 1st of July each year. * Any combinations of membership classes</i>		\$180
Waitaha 24/25 Fees		
Club Membership	All class 1 - 3 members in Waitaha ARSC (as above)	\$35
Artistic Number	All competitive skaters in NZFRS grades (Novice and above)	\$50
KiwiSkate Classes	KiwiSkate term classes (9 weeks)	\$130
Whetū Classes	Whetū term classes (9 weeks), includes coaching, routine and music	\$160
Adult Skating Skills	Adult term classes (9 weeks), includes coaching, routine and music	\$160
CAC Coaching Accreditation	All coaches teaching KiwiSkate and Whetū Classes	\$25
SSL1	Coaches with Sport Specific Level 1 in any discipline	\$50 (per discipline)
SSL2	Coaches with Sport Specific Level 2 in any discipline	\$100 (per discipline)
World Skate Accreditations	Coaches with World Skate, any level and in any discipline	\$150 (per discipline)

**Novice, Preliminary and Senior Skaters are invoiced by the Coach individually.*

Code of Conduct

Our club Code of Conduct is straight forward. We value respect of everyone in the sport. The club culture is created by the people in it and so far it is very positive environment. Any form of misconduct, bullying or poor treatment to either other club members, opposition club members, venue staff or towards coaches will not be acceptable. This applies to both skaters and parents/caregivers. If you have a complaint about a committee member, please contact the Artistic Committee Chairperson – Yvonne Lambert-Smith at artistic.secretary@gmail.com

Uniform Rules *New*

In 2025, we are implementing a uniform rule. The following clothing at training is acceptable;

Tops – Sports bras/singlets/t-shirts/long sleeves (not baggy)

Bottoms – bike shorts, activewear skort or tights

Alternatives – Activewear tennis dress w/ shorts attached, activewear one-piece/onesie, training leotard.

Strictly no denim, no school uniforms or loose, baggy clothing

Hair must be tied up including fringes/bangs. Hair must be off the face and secure.

Skaters must be warmed up, with skates on 5 minutes prior to class starting, unless coaches have been informed otherwise.



Information for Parents

Roller Skates

For those beginning their journey at the KiwiSkate level, we offer skate hire to make it easy to get started. While protective gear is not mandatory at this stage, we do encourage safety as a priority. As skaters progress to the Star Class level and beyond, owning personal skates becomes essential. This ensures that skaters have the right equipment to support their development and performance. For those aiming to compete, purchasing artistic roller skates is crucial. These skates provide the necessary ankle support and stability required for jumps, spins and footwork. Without the right gear, skaters may find themselves limited in their abilities and at risk of an increase in injuries. Investing in specific skates is a key step in the sport of roller skating.

Skate brands with the tick of approval from us:

Impalas - For skaters under 50kg. These are not practical skates for adults due to structural integrity). These can be found at sports/surf shops or their online store.

The Seed Project - For all skaters from beginners through until Whetu level. Purchase through their website or Skaters Edge

Edea - Purchase second hand online or direct from Skaters Edge

Risport - Purchase second hand online or direct from Skaters Edge

Growth Mindset

Having a positive attitude and a growth mindset is essential for success and enjoyment. Roller skating, like any sport, comes with its challenges and setbacks. A growth mindset fosters a belief that abilities can be developed through dedication and hard work. This outlook encourages skaters to view mistakes as opportunities for improvement rather than obstacles. By maintaining a positive attitude and a growth mindset, skaters are more likely to persevere through difficult times, continuously refine their skills, and ultimately achieve their best.

Commitment

Commitment is an essential part of your skater's journey. It means attending practice regularly, striving for improvement, and staying focused on their goals. This dedication not only supports their growth and discipline but also helps them overcome challenges and enjoy the sport to its fullest.

From experience, we've seen that when skaters miss consecutive training sessions, they can miss crucial information, making it harder for them to keep up. Consistency truly is key to their success and development.

Class Structure

Waitaha is structured through group lessons. Each group accommodates similar level skaters. KiwiSkate and Whetu Classes are run by CAC Coaches Sam and Emma, with higher grades from Novice through to Senior coaches by Alana Caunter. Coach accreditation is encouraged for all skaters over the age of 14, or interested supporters/parents.

Private Lessons

For competitive skaters, we have private lessons throughout the development season (August to February) to create and choreograph routines, followed by one-off privates when required. If your skater requires Private lessons outside our current club structure by either Same, Emma or Alana, hall hire and coaching fees are to be paid for by the skater/whanau. Private coaching only is no longer an efficient way of teaching artistic roller skating and groups are recommended for all disciplines, however we do understand individuals require additional supports. This can be discussed with the head coach prior to the season or classes starting.

Waitaha Training Timetable 2025

Please see below our training calendar for 2025. Group coaching is offered in both Free Skating (FS) and Solo Dance (SD).

We currently have 4 class opportunities available:

- o KiwiSkate (Recreational)
- o Whetū Class/Adults Skills (Competitive Pathways)
- o Novice/Preliminary (Competitive Regionally)
- o Senior (Competitive NZ and International)

Date	Jan 12	Jan 19	Jan 26
Venue	LEC	LEC	LEC
1:00pm - 4:00pm	Senior	Senior	Senior
4:00pm - 5:30pm	Free Skating	Free Skating	Free Skating
5:30pm - 7:30pm	Solo Dance	Solo Dance	Solo Dance
Notes:	<i>Routines</i>	<i>Routines</i>	<i>Routines</i>

Date	Feb 2	Feb 9	Feb 16	Feb 23
Venue	LEC	LEC	LEC	LEC
1:00pm - 3:30pm	Senior	Senior	Senior	Senior
3:30pm - 4:30pm	Whetū/Novice FS	Whetū/Novice FS	Whetū/Novice FS	Whetū/Novice FS
4:30pm - 5:30pm	KiwiSkate Wk1	KiwiSkate Wk2	KiwiSkate Wk3	KiwiSkate Wk4
5:30pm - 7:00pm	Novice/Prelim SD	Novice/Prelim SD	Novice/Prelim SD	Novice/Prelim SD
7:00pm - 8:00pm	Adult Skating Skills	Adult Skating Skills	Adult Skating Skills	Adult Skating Skills
Notes:		<i>Emma away</i>		

Date	Mar 2	Mar 9	Mar 16	Mar 23	Mar 30
Venue	<i>No venues available</i>	LEC	LEC	LEC	LEC
1:00pm - 3:30pm		Senior	Senior	Senior	Senior
3:30pm - 4:30pm		Whetū/Novice FS	Whetū/Novice FS	Whetū/Novice FS	Whetū/Novice FS
4:30pm - 5:30pm		KiwiSkate Wk5	KiwiSkate Wk6	KiwiSkate Wk7	KiwiSkate Wk8
5:30pm - 7:00pm		Novice/Prelim SD	Novice/Prelim SD	Novice/Prelim SD	Novice/Prelim SD
7:00pm - 8:00pm		Adult Skating Skills	Adult Skating Skills	Adult Skating Skills	Adult Skating Skills
Notes:				<i>Alana away</i>	<i>KT Coaching(TBC)</i>

Date	Apr 6	Apr 13	Apr 20	Apr 27
Venue	LEC	LEC	LEC	
1:00pm - 3:30pm	Senior	Senior	Senior	
3:30pm - 4:30pm	Whetū/Novice FS	Pre-Comp Whetū	4pm - 7pm Dress Rehearsal w Leotards and Music	
4:30pm - 5:30pm	KiwiSkate Wk9	Novice FS		
5:30pm - 7:00pm	Novice/Prelim SD	Novice/Prelim SD		
7:00pm - 8:00pm	Adult Skating Skills	-		
Notes:			<i>Easter Weekend</i>	Regionals/Areas

Waitaha Artistic Roller Skating Club Skater Pathways 2025									
Class Name	Kiwi Skate				Star Skate				
	Early Birds	Tūi	Kererū	Moa	Whetū/Novice 1	Novice 2	Preliminary	Bridge TBC	Higher Grades
Level	1	2 & 3	4 & 5	6R*	6C**	1/2	3	4-6	Senior 7+
Star Skate									
Basics	Safety (falling, getting up again, basics stops)	V Start, T Start, Rocking Horse	Stopping efficiently fwd & bwd, 2ft U-turns	Choreo combo, Power drills,	Choreo combo, Power drills	Choreo combo, fwd figure 8 cross overs, fwd figure 8 progressive runs	Choreo combo, fwd figure 8 cross overs, fwd figure 8 progressive runs		Loops, BI Rockers & Counters
Skating	Marching (fwd, bwd, helicopter), 2ft roll (fwd & bwd)	Fwd: Scissors, Scooter pushes, walking cross-overs	Bwd scissors, bwd scooter pushes, fwd stroking	Bwd stroking, skating cross-overs, bwd cross-strokes	FO 3-turns, FI-BI Mk, two foot travels (4t CC, 4t C), chasse	FI 3-turns, Closed Mk, Base travels (6t CC, 6t C), intro to rocker and counter	FI & FO Choctaw, FI Brackets, L1 Travels (6t CC, 6t C, A+ L feat), F/BO rocker, F/BO counter	Level 2 footwork	Level 3 footwork
Balance	2ft bob, 1ft stationary	fwd 1ft balance (flamingo, chair, 1/2 glide), bwd 2ft bob	Fwd full glide, ship, pukekos	Bwd full glide, ship, pukekos	Bwd full glide, ship, pukekos w upper body choreo	Fwd rebends, 3-turn on t/s, fwd baskets,	Bwd rebends, 3-turn on t/s C & CC, bwd baskets,		Illusions
Edges	2ft fwd slalom	2ft fwd slalom, fwd u-turn rolls, 2ft transition fwd to bwd flat	1ft fwd & bwd slalom, bwd u-turn rolls, 1ft transition fwd to bwd edged	Fwd bounces drill, FO field edges, FI field edges	Held FI, FO, BI, BO edges, correct free leg and body position for turn preparation	Held FI, FO, BI, BO edges, correct free leg and body position for turn preparation	Held FI, FO, BI, BO edges, correct free leg and body position for turn preparation		
Off Skate	2ft jump		180/360 rot jump	spinner work, jumps	spinner work, jumps, rebends	spinner work, jumps, rebends, choreo	spinner work, jumps, rebends, choreo	spinner work, jumps, rebends, choreo	spinner work, jumps, rebends, choreo
FS Specific									
Jumps	2ft stationary jump	2ft fwd jump, 2ft bwd jump	2ft 1/2 jump	2ft to 1ft (fwd to bwd), Bunny hops, CJu	1W, 1TL, 1S	1F, 1Lo, 1Th	1Lz, 1A, 2T<<, 2S<<<	2F<<, 2Lo << ??	2T, 2S, 2F, 2Lo
Spins	360 Helicopter	Fwd toe pivots	Bwk toe pivots, heel toe manual balance	Heel-toe spin, (U) Spin entry	BI (U), FI (U), CSp	BO (U), FO (U), CSp, Intro to BI (S)	BI (S), CSp		FO (S), CSp
Dance Specific									
FD/SD Elements									
Compulsories				Skating in time to music	Base Levels Waltz Sequence, March Sequence	Base Levels Glide Waltz, City Blues, Progressive Tango	Base Levels, Cluster Seq Carlos Tango, G-Reggae, Denver Shuffle, Academy Blues, Canasta Tango	Level 1 & 2 Warner Tango, Tudor Waltz, Southland Swing, Casino March / Association Waltz, Dench Blues, Harris Tango, 14 Step Plus	Level 3+ Rhythm Blues, Imperial Tango

*R = Recreational
**C = Competitive

ARTISTIC ROLLER SPORTS COMMITTEE
 Chairperson – Yvonne Lambert-Smith
 Secretary – Janine Price
 Email: artistic.secretary@gmail.com

2025 Artistic Calendar V5			
Month	Date	Event	Venue
January	19 - 23	Americas Cup Championship	Orlando, Florida, USA
February	7 - 9	Graeme Sheppard Challenge & Joan Alexander Champs	Rotorua Sportsdrome
March	8	Waikato/BOP Higher Medal Tests	Hamilton Rink, Melville
	15 - 16	East/West Regional Championships	Arena 3, Palmerston North
April	11 - 13	Northern Area Championships	B&T Stadium, Auckland
	25	Combined Southern Regionals	Nelson
	26 - 27	Southern Area Championships	Nelson
May	9-11	Central Area Championships	Arena 3, Palmerston North
	24	Central League Day	Jubilee Stadium, Whanganui
June	6 - 8	Laurie Hastie Cup	Arena 3, Palmerston North
	15	Waitaha Cup/Mid year Show	Lincoln Event Centre, Christchurch
	30 - 5	2025 Artistic NZ Championships	Blenheim
July	30 - 5	2025 Artistic NZ Championships	Blenheim
August	TBC	Nelson Open Day	Nelson
	25-31	Oceania Championships	Australia
September			
October		World Championships	
November	30	Waitaha End of Year Show	Lincoln Event Centre, Christchurch
December			