

CANPOWERSKATE PROGRAM

WELCOME to another year of the Owen Sound Skating Club's Canpowerskate program. We look forward to providing your child with an opportunity to develop his/her skating skills through our canpowerskate program.

Skaters should possess basic skating skills before beginning the Canpowerskate Program. Canpowerskate will teach the skaters to develop and improve both their personal style of skating plus improve the biomechanical efficiency of their skating.

Skaters in the Canpowerskate Program that are already signed up for hockey or ringette must wear full hockey/ringette equipment, with a C.S.A. approved helmet and a hockey/ringette stick. If the skaters are not registered for hockey or ringette they must wear a helmet with whatever protective gear they are comfortable with. Sticks are optional for these skaters.

Canpowerskate is best for skaters age six and older who already have basic forward and backward skating skills and are able to stop on command without using the boards.

OBJECTIVES OF THE CANPOWERSKATE PROGRAM

- To provide a quality, standardized, safe and enjoyable power skating program
- To provide incentives through a skill award program
- To teach hockey and ringette players the fundamental skating skills necessary to compliment their game playing skills

There will be one Skate Canada Professional Coach on the ice at all times. As well, we will have some hockey players who will volunteer their time to help our skaters develop their skating skills.

QUALIFICATIONS FOR THE CANPOWERSKATE PROGRAM

JUNIOR POWER QUALIFICATIONS:

- must have basic skating skills
- skaters up to age 8 and/or working on Level 1 or 2 of the Skate Canada Canpower Program

SENIOR POWER QUALIFICATIONS:

- must have strong skating skills
- skaters ages 9 and up and/or working on Level 3-6 of the Skate Canada Canpower Program

Any questions or concerns please contact: Denise Reid - Professional Powerskating Coach
PHONE 519-371-1386 OR EMAIL dandbreid@hughes.net

