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## Welcome to CanSkate!

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### Ready, Set, SKATE!!

We are looking forward to a great season of fun and learning with our skating friends!

CanSkate is Skate Canada's universal learn to skate program. CanSkate offers basic skating instruction in a group format.

Our objectives are to:

- Provide basic skating instruction in a group format
- Introduce skaters to the 6 fundamental skating movements - go forward, go backward, stop, turn, spin and jump
- Provide a safe and FUN environment for skaters
- Promote self-confidence and self-esteem by providing opportunities for success and achievement
- Promote physical fitness by maintaining skater's movement 90% of the time



### Meet our Team



**Cheryl Davidson**  
CanSkate Director



**Heather Carmichael**  
Shooting Stars Director  
CanSkate/StarSkate Coach

Are you interested



Please see Cheryl Davidson

**Vacant**  
CanSkate Co-ordinator  
Parent representative to the Board of  
Directors

### The First Week

Our goal over the first CanSkate sessions will be to ensure every skater is placed in the appropriate group for their skating ability. These "grouping sessions" will look a little chaotic, however our coaches will spend time with each skater to assess their abilities.

Don't be surprised if some first-time skaters spend time crawling and sitting on the ice - the first step to skating is standing-up and sometimes it takes lots of practice to get our balance!

As skater's are placed in groups a a coloured sticker will be placed on their name tag to indicate group placement.

# What Will the Program Look Like?



## Senior CanSkate

### WARM-UP

- Perimeter and circuit skating to upbeat music.
- Get muscles warmed-up and stretched and get the heart-rate up

### LESSON TIME / REVIEW & PRACTICE / GAMES & ACTIVITIES

- Skaters join their groups and assigned Program Assistants (minimum of 1 Program Assistant to 10 skaters)
- Senior CanSkaters receive a minimum 10 minute group lesson with a Skate Canada Professional Coach
- Groups will work with Program Assistants to review and practice skills learned during lesson time
- Games and Activities will be played that allow skater's to have some fun and be creative while utilizing skating skills
- Pre-PowerSkaters (Wednesday only) will receive a 15 minute group lesson with Denise Reid.

### COOL DOWN

- Action songs and perimeter skating

## Junior CanSkate

- Warm up moving around the ice surface with music
- Lesson time when skaters will work with the coaches and program assistants in a group to learn and practice skills in the Stage 1 and 2 badges
- Cool Down Action songs or games to music

To keep skater's motivated we will be using on-ice props (toys, basketball nets, balls etc.) and incentives such as stickers, certificates, special responsibilities and extra "game" time

## Program Assistants

Program Assistants are our "helpers" that assist us in delivering the CanSkate program - supervising skaters, demonstrating skills, facilitating games and activities, and providing encouragement. Our Program Assistants (PAs). PAs are vital members of the CanSkate team, and they will make efforts to assist every child on the ice. Should you have any concerns with a Program Assistant, please speak to our CanSkate Director, Cheryl Davidson after the completion of a session.

## Assessing Progress

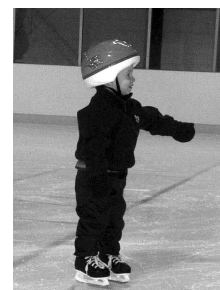
Skaters will progress at their own rate through the CanSkate Program. We will not have formal testing days, rather assessment be on-going with skaters receiving credit for skills as they are mastered. Assessment will be conducted by our coaches, and each skater will receive a "report card" in December and March.

Badges will be awarded when a skater has mastered the all their skills in his/her stage.



## Rules for Safe & Fun CanSkate

- Helmets **MUST** be worn by all CanSkaters., as per Skate Canada ruling. (See website for full ruling)
- Food, drinks, candy and gum are not permitted on the ice
- Get up immediately after a fall
- No sitting on the boards
- Don't use hair clips or pins that may fall on the ice
- Remain in your assigned group during lesson time
- Use the proper entry and exit doors when accessing the ice surface
- Treat all skaters, PAs, coaches and parents with respect – negative talk will not be tolerated
- Foul or inappropriate language will not be tolerated
- Dressing rooms are to be kept clean – put garbage and recyclables in proper containers



## Dressing Rooms/Entry onto Ice/Name Tags

When you arrive at the arena, please check the dressing room assignments located just inside the lobby. Please help your child get ready - tie skates, secure helmets, put on mitts, use the washrooms etc. DO NOT leave valuables unattended in the dressing rooms.

**Due to the limited space in the lobby of the Coliseum, we ask that you get your child ready for skating in the designated dressing room.**

Just before the beginning of the session, line your child up at the ice entry door nearest the lobby. Unfortunately this is a very tight space so try to encourage the waiting skaters to stand single file.

At the start of the session, Program Assistants will help each child onto the ice. Parents are encouraged to take a seat in our heated grandstands. **Please keep the walkways clear and remember at no time are parents permitted on the ice surface.**

Please do not leave the arena while your child is on the ice. We ask that you remain in the grandstands area for the duration of the your child's program. You are responsible for accompanying your child to the washroom and to ensure their safety and security at all times off the ice.

Name tags will be on the lobby table and must be worn to identify your skater and to know which group they are in.  
**NAME TAGS MUST BE RETURNED AT THE END OF EVERY SESSION!**

## Clothing & Equipment

Please see the Owen Sound Skating Club CanSkate Handbook for all Clothing and Equipment information.

Check out our website for news and  
program information  
[www.owensoundskating.com](http://www.owensoundskating.com)

