

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 their 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 bio-mechanical 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 and a stick is 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 use of 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.

Any questions or concerns please contact: Denise Reid 519-371-1386
Professional Powerskating Coach