



NEWSLETTER

Canskate in a Nutshell

Welcome to all our returning and new members to our CanSkate program!!! Our CanSkate program is Skate Canada's flagship learn-to-skate program. Skaters progress at their own rate, and our coaching staff make our sessions active by using teaching aids and interactive music in order to create a fun environment which promotes learning. CanSkate is a feeder program to all other Skate Canada Programs.

During the session you will see 3 fundamental movement stations where skills are grouped for easiest acquisition.

BALANCE (*forward strides, glides, edges & crosscuts*)

CONTROL (*backward skating skills & stopping*)

AGILITY (*turning, spinning & jumping*). On our sessions you will see your skater move through these **3** fundamental movement stations in **10** minute lesson intervals. At the beginning of the session we have a **10** minute warm up, and at the end of the session there is a **10** minute cool down, making the session **50** minutes in total.



There are **6** stage badges & **18** fundamental ribbons. When a skater completes the skills and receives ribbons for **balance 1, control 1, agility 1** they are given a **stage 1 badge**. Your children can complete their ribbons at their own pace, as they

complete a ribbon in a level they automatically begin to work on the next level.

The most important pieces of equipment in CanSkate are a proper fitting CSA hockey helmet and proper fitting skates!!! Look for good support & fit and be sure to **SHARPEN** your blades! **MFSC** coaches are very experienced, so feel free to ask them any questions you may have on skates, the canskate program or your skater's progress. The best time for questions is before or after the session.

DATES TO NOTE:

(Port Credit: All sessions take place at Port Credit Arena)

March 8: Test Day

March 11-15: No Skating

March 23 – Port Credit

March 30 – Port Credit

Sign up for spring session!

Registration is now open

SUMMER CAMP INFORMATION WILL BE AVAILABLE SOON

*Did you know that you when you become a PA not only do you earn volunteer hours and you can also earn a \$5.00!
Minimum age to PA is 10 yrs and must be Junior or higher level.
Training available in September 2019.*

Program Assistant 2018-19

Club News

Program A:
individuals on our CanSkate sessions who have been trained by a coach to assist in the delivery of the CanSkate program.

They are all skaters themselves with busy schedules who volunteer & give their time in helping our young skaters learn skating skills.

Every month we give recognition to a **Senior PA** & a **Junior PA** who have demonstrated enthusiasm in their role as a PA.

Here are our **PA's** of the month for this season.

OCTOBER:

Sr PA - Vanessa Holowka
Jr PA -

NOVEMBER:

Sr PA - Melanie Trinh
Jr PA - Grace Chi

DECEMBER:

Sr PA - Gabriella Jasinska
Jr PA - Naomi Ashton-Jametti

JANUARY:

Sr PA - Madinah Mirza
Jr PA - Rebecca Cafaro

Kudos to all of Team MFSC's Skaters!

We are so proud of each skater and all the personal and season bests that they achieved.

Fundraising

We are looking forward to our next fundraising campaign—**LCBO Tag Day**, scheduled on May 11, 2019. Calling all STARSkaters to participate in this event to earn volunteer credits, build friendships and get involved in our community.

Volunteer Commitment

All members are expected to earn **16** volunteer credits during the season. Those new skaters who moved up to STARSkate after the december break are expected to earn **10** volunteer credits or **\$120.00** buyout. There are still volunteer opportunities available including working at the CanSkate table for the spring session or **LCBO Tag Day**.

Please [email](#) and let the volunteer coordinator know your availability.

Get More Involved

Although our current season isn't quite over yet, we are already looking for candidates for the **2019/2020** Board of Directors. All club members are eligible to submit their names to fill volunteer positions on the Board.

Our Annual General Meeting is taking place on **May 4, 2019** at Iceland Arena! More information coming soon.

Synchro Corner

The **MFSC Synchro Stars** competed for the first time in their very first season at **SynchroFest** that was held in Oakville, Ontario. They were in a tough category competing against **14** other teams! Their hard work, performance skills and determination paid off as they finished with a bronze level skate overall and a gold on one of their elements!

MFSC Synchro Stars will be holding synchro skills sessions synchro skills sessions in the month of May for anyone who wants to give synchro a try!