



# Welcome to CanSkate



## Program Overview

CanSkate is an excellent learn-to-skate program for all skaters. It has been developed over time using feedback from coaches, sport science and Long-Term Athlete Development (LTAD) experts. The focus is to master strong basic skills in a progressive manner and develop the speed, strength and flexibility needed for all ice sports – hockey, ringette and figure skating. The skater to coach ratio is low (10:1 or less) in order to ensure individual attention and continuous advancement through the program.

The fundamental movements of skating are arranged into three areas called Balance, Control and Agility (the ABCs of skating!):

- Balance: Skate Forward and forward moving Extreme, Spins & Spirals and Hockey/Ringette skills
- Control: Stop, Skate Backward and backward moving Extreme, Speed, Spins & Spirals and Hockey/Ringette skills
- Agility: Turn, Jump and Turn and jumping skills from Extreme, Spins & Spirals and Hockey/Ringette skills.

There are six stages of skating skills development. Skaters progress through these at their own rate, and move to next stage upon completion of a stage.

## Class Structure

There are four stations on the ice – Balance, Control, Agility and Fun Zone, and a Fast Track outside the stations area. Each 50 minute session consists of a warm-up (10 minutes), three small group lessons (10 minutes each at three stations, different coach at each station), a group activity (?) and a cool-down (10 minutes) with a focus on continuous movement. Skaters use the Fast Track to move from station to station. The sessions incorporate upbeat music, teaching aids and a wide variety of activities to add fun and variety.

## Assessments

Skaters are assessed the first time they take a session with our club and placed in a group for lessons. They are continuously assessed and moved to another group as soon as they are ready.

A ribbon is awarded once a skill level (agility, balance or control) in a Stage (1 to 6) has been attained. A badge (Stages 1 to 6) is awarded once all three ribbons (agility, balance and control) have been attained. Report cards are given out at end of each session (Fall, Winter and Spring) that summarize the progress the skater has made during the session.

## Helmet Policy

CSA approved hockey helmets are mandatory for Pre-CanSkate, CanSkate, Adult CanSkate stages 1 through 5 and PrePowerSkate skaters. This policy is mandated by Skate Canada and will be enforced during all skating activities including competitions, ice shows or any other special on-ice activities throughout the season.

## Supervision

During the session it is important for a parent or chaperone to stay in the arena. Sometimes skates need to be retied, clothing adjustments need to be made, children need to use the washroom, etc. It is important for children to not have any food or gum in their mouths during the sessions. Please make sure that we can find you at the rink in case of an emergency during your child's session.



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## Coaches

All coaches in our Skate Canada-affiliated club are NCCP certified (National Coaching Certification Program) and possess up-to-date first aid certification.

Private Lessons with a coach during a CanSkate session are available for any skater on that session. These should be arranged by the Parent/Guardian directly with the coach. A complete list of our Coaches, along with their qualifications, experience and contact information, is available on our website.

Please speak to Leanne Pilon, our CanSkate Coordinator, or one of our board members at the CanSkate Table if you have any questions about CanSkate or private lessons.

## Program Assistants

You may see some of our STARSkate skaters helping out during a CanSkate session. These skaters are called Program Assistants and are vital to the success of any CanSkate program. Program Assistants must be trained both on and off ice before they are able to begin helping during a CanSkate session. Program assistants assist the Skate Canada coach in many ways. Their responsibilities may include:

- Assist the Skate Canada coach in delivering the program
- Demonstrate skills and teaching progressions
- Supervise practice sessions
- Lead warm-ups and cool-downs under the direction of the Skate Canada coach
- Reinforce learned skills (follow-up on coach instruction)
- Lead circuits, drills, group activities
- Distribute awards (stickers, badges, etc.)
- Take attendance
- Be a role model for young skaters

## CanSkate Table

The CanSkate table is set up in front of the rink before every CanSkate session. You should check it each time you come for a class. This is where the ribbons and badges achieved the previous week are set out for pick up. You should also check to see if there is any information such as special fun days, notice of exception days, and messages from the Board of Directors. It is also the place to speak to someone if you have any questions.

## Skate Canada Membership

When you or your child registers for a CanSkate program at a Skate Canada club, you also become a member of Skate Canada, the national governing body for figure skating in Canada. Membership is renewed every season (September to August).

## Communications

The Club occasionally sends out emails to remind parents of upcoming events, class cancellations due to snow or other events and other news. Please ensure that we have your current email address and that you can receive our important messages.

## Contact Us

If you have any questions about the CanSkate program, please contact us:

Website: <http://mississaugafsc.com/contact-us.php> and fill out form

Email: [info@mississaugafsc.com](mailto:info@mississaugafsc.com)