

## 2019 Fall CANSKATE PROGRAM

### CANMORE SKATING CLUB



Welcome back to another session of Canskate! While the name of the program is the same, expect some changes in this year's on-ice delivery as we stay up-to-date with changes from our national organization, Skate Canada.

While there is still Levels 1-6 for badges, report cards are arranged differently:

- 1) A new focus on SPEED with the development of the "Fast Track"
- 2) EXTREME skills, which are bonus agility skills at every skill level
- 3) SPINS & SPIRALS for those skaters moving on to figure skating, OR
- 4) HOCKEY/RINGETTE skills for those skaters enhancing their skating for other disciplines.

Skills will also be taught in 3 "FUNdamental" areas:

- 1) BALANCE- Forwards skating & Speed
  - 2) CONTROL- Backwards skating & Stopping
  - 3) AGILITY- Turning & Jumping
- \*Extreme skills are taught at all stations

**Other notes:** Expect to see a lot of activity on the ice!! This new format of Canskate uses level-appropriate circuits and the "Fast Track" to make sure skaters are constantly moving. Also, the rotation of groups, changes of activity, and fun exercises are choreographed to a 45 minute session, so skaters will know what to expect when they are on the ice. All the while, our trained instructors keep a variety of warm-up and cool-down activities running, so the skater is constantly engaged. It's really a great a program!!

## **SESSION CALENDAR**

Monday, OCTOBER 7th - First Class of the FALL season.

Monday, October 28<sup>th</sup> – Halloween Party Dress-up

\*Please, no scarfs, or choking hazards allowed

Monday, October 14<sup>th</sup> NO Classes and October 31<sup>st</sup> - NO Classes

Thursday, December 19<sup>th</sup>- Family Day Skate/Report Cards & Last Day of skating.

\*All family members are welcome to join us on the ice for a family skate!  
Please, no sleds on the ice. All children and some adults may require helmets.

## **CANMORE SKATING CLUB FREQUENTLY ASKED QUESTIONS- CANSKATE**

### **When is class?**

Monday & Thursday at 4:45-5:30pm **THELMA CROWE ARENA**

### **What do I do to get ready?**

Make sure you have all the right equipment (See equipment handout provided) and have your skater dressed, with skates on and ready to go for 4:45pm!

What is a PA? Program Assistants help us on the ice who are current Canmore Skating Club skaters. They lead classes with the coaches as well assist with our youngest skaters. We couldn't run this program without out them and we hope you appreciate the time and energy they bring to our program!

### **How/When can I approach a coach if I have a question?**

If you have any questions or concerns regarding your skater or our program, you are welcome to contact us in one of the following ways, depending on the nature of your comment:

- 1) Equipment question or concern- in person with Canskate Leader- Meghan Jones, or another professional coach immediately after the session.
- 2) Email directly to Meghan Jones @ megkurt@telus.net

**Please note: the Coaches' Room is for coaches only ☺**

Where can I purchase skates?

- a) Sports Experts- 1080 Railway Avenue- Canmore (new skates)
- b) Wapiti Sports & Outfitters- 1506 Railway Avenue, Canmore (used skates and service)
- c) Canadian Tire- Gateway Avenue, Canmore (new skates)
- d) Stickworxs- 105 Bow Meadows Crescent (Sharpening of Skates)

For all additional questions, please:

- a) Consult the club website at: <http://canmoresc.uplifterinc.com>
- b) Contact your Canskate Leader: Meghan Jones @megkurt@telus.net
- c) Contact your Club President- Mark Tkacz @ canmoreskatingclub@gmail.com

**CANSKATE EQUIPMENT HANDOUT**

Proper equipment is essential to becoming skilled in most sports and skating is no exception! One of the common concerns of coaches working with beginners is poor equipment. Children cannot learn skills such as balancing on one foot unless boots fit well and support the ankles.



## **SKATES!**

### Proper fit:

- Boots should be fitted with one pair of socks only. There should be room to move the toes but the foot should not slide around. The maximum amount of space between the toes and the end of the boot should be 1/2" or 1.3cm.
- A good idea is to take the liner out of the skate and have your child stand on the liner. This way you can see how much room there is at the end of the skate.
- Skates should fit snugly around the ankles and heels.
- There should be some room for movement but the ankle, instep, and heel must be firmly supported.
- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent laces from cutting into the foot.
- The front opening of the boot should be sufficiently wide to pull the laces tight.

### Hockey skates or figure skates?

- If you have an idea of what direction your child would like to go in (hockey/ringette/figure skating), pick a skate appropriate to that sport. Nothing is more frustrating for a skater than having to re-learn how to skate in a different style of skate.
- If you are unsure of whether or not your child will like skating, by all means, use the hand-me-downs available to you!
- Molded or adjustable skates are discouraged, but if you do buy them, please be sure they are equally aligned with each other.

### Lacing Skates:

- Skates should be laced fairly loosely over the toe and front of the foot but gradually fitting a bit more snugly as you lace up over the ankle. \*Please note that figure skates are softer than hockey skates and if tied too tightly, may seriously restrict movement.

## **HELMETS!**

- CSA approved hockey helmets are required for participation (no bike helmets allowed!) Skaters without helmets will not be permitted on the ice.

### **ATTIRE!**

- Snowpants or track pants are recommended for beginning skaters as skaters will fall and may become cold if exposed to the elements of an ice rink. Snowpants may impede mobility to higher-level skaters, especially when practicing crossovers.
- Mittens! Please be sure your child has properly fitted mittens. Ski mitts that repel water are the best choice to avoid frozen fingers.
- Layering: Please have a sweater or long sleeved shirt under your child's coat. They tend to get a bit heated and it's nice to have the option of peeling that winter coat off.

Happy Skating!

Coach Meghan/Canskate Coordinator

