

# CanSkate



**Mondays 4:30pm and/or Fridays 5:30pm – Dressing Room 13**

## **What is the CanSkate program?**

CanSkate, Skate Canada's flagship program is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn ribbons and badges as skills are mastered. The CanSkate learning environment is enhanced through fun, music and colorful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life!

## **What should my skater wear?**

CanSkaters should dress warmly and in layers. We recommend warm pants covered with splash pants to keep the skaters dry and warm. Thicker mittens are also recommended. A CSA approved hockey helmet is mandatory, facemasks are optional. As skaters progress up through the badges they may require fewer layers of clothing, and some little girls may want to wear a favorite skating dress. Skates are an important item to consider in every program. No matter what level of skater you have, remember the fit is paramount. Skates should be sharpened when first purchased and then checked regularly. If the blade feels flat or rounded when you rub across it crosswise, or your skater is falling more than usual, a sharpening is likely required. Walking on the arena floors dulls your skates quickly. Skate guards are a low cost investment that will protect your blades!

## **Who teaches the program?**

The CanSkate program is taught by Skate Canada NCCP Certified Coaches who are assisted by trained Program Assistants (PA's).

## **How Does a Typical Session Run?**

Arrive before the session time and proceed to the dressing room to put on your child's skates and helmet. A few minutes before start time skaters should be lined up at the entry gate in the players box. After the warm up, the skaters will break up into their colored groups. The skaters are grouped based on skating level and age where possible. Skaters rotate to different stations on the ice to work on different skills and are taught and review their skills on circuits. There is also a 'Fast Track' around the perimeter of the ice where skaters work on their speed. The session concludes with a group activity and a cool down. During sessions we encourage parents to watch from the arena seating or the warmer lobby area, as skaters get very distracted when parents are in the players/penalty boxes. At the completion of the session, the skaters will be brought back to the entry gate they came on at to meet their parents.

## **How are ribbons and badges earned?**

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage badges

To pass a stage badge skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.

## **How long does it take to complete the CanSkate program?**

Every skater is different and all skaters progress at different rates. It often depends on the age of the skater, and readiness to participate in the program.

## **What's after CanSkate?**

If your skater is geared toward figure skating:

Once your skater has passed their Stage 3 badge and has the recommendation of the coach, they are eligible for our IntroSTARSkate program.

In IntroSTARSkate skaters continue to complete their CanSkate Badges, as well as receive an introduction to the STARSkate program.

If your skater is geared toward hockey/ringette:

Programs are available through local clubs.

## **Tips for success:**

Ensure your skater is dressed warmly in layers and that your skates are of a good quality as poor equipment can impede success. Remind your skater that you will be sitting in the arena seating to cheer them on!!

## **Questions or concerns on your skater or the program?**

Connect with a coach directly after the skating session, or by email, phone or text.

Misty Blake  
mistyjb@gmail.com  
780-674-7976

Faith Frigon  
faithfrigon@gmail.com  
780-305-1476

# PreCanSkate & CanSkate Equipment

GOOD EQUIPMENT = IMPROVED SKILLS 😊

## What do I need?

- **Lace up skates** – Hockey or figure skate. Plastic molded skates are NOT allowed as they have extremely bad flex and very rounded blades that skaters have difficulty balancing in. Proper skates will give your child the best chance at advancing in their skating lessons.
- **A CSA approved hockey helmet** (a mask/cage is not required, but is recommended in PreCanSkate). Bike and snowboard helmets are not permitted.
- **Layered clothing.** Please have your child wearing pants that allow movement. Sweatpants with splash pants are optimal as they are warm and do not inhibit movement.
- **Gloves / Mittens.** These are mandatory as they not only keep your skater's hands warm, they protect them from other skaters blades when they fall.

## What to look for

- Are the skates lace up? Lace up skates allow for proper tension along the entire foot.
- Do the skates stand up on their own around the ankles? If they don't, they will not support the skater's ankles.
- Can your skater keep his/her ankles straight when standing in the skates off the ice?

## How do I know what size skate to get?

When purchasing skates, trying them on is a must. You may know your child's shoe size but skates can be very different. As with shoes and clothes, you tend to buy one or two sizes too big because kids are always growing but when purchasing skates, this is not recommended. There are lots of good used skates out there, you do not need to buy new. Skate should fit snug with just enough room to wiggle the toes. Any bigger and it could impact your child's ability to skate. It is inconvenient to have to buy new skates every year or maybe even twice a year, but it may be necessary. When fitting skates, ensure that your child's heel is all the way back in the boot by hitting the heel of the blade on the ground. Have your child wear the socks or tights that he/she will be wearing on the ice. You don't want to try skates on in thin socks then find out the thick warm socks won't fit. After tying the skates, have your child stand up and make sure that they are balanced right over top of the blade and that their ankles are not caving in. If they are, you may need to tie the laces tighter or select a boot with support that extends farther up the ankle.

## Tying your skates

- Ensure socks are worn all the way up the skaters ankle, and fit higher than the top of the skate.
- Tie the skate's snugly, particularly around the ankles.
- The laces should be tucked in so there are no hanging laces (which leads to tripping or slipping).
- Please do not wrap extra long laces around the ankles – tuck them in or purchase shorter laces.

## Tips on sharpening skates

If your skater does not wear guards, you should sharpen his/her skates approximately every 10hrs of ice time. If you have taken your child to an outdoor rink, their skates may need a sharpening right away. If your skater walks in the hallways at the rink, their skates should be sharpened more frequently. This is due to the stones and/or dirt/sand taking off the edge of the skate's blade. Please check your child's skates blades often!

If you have any questions please contact your coach.

Thank you for helping your skater have a successful season!!!