

PreCanSkate



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

What is PreCanSkate?

PreCanSkate is an introduction to skating for children ages 3 & up. In the PreCanSkate session our goal is to get the children independent and comfortable on the ice - moving, getting up on their own and to view skating as a FUN activity.

What should my skater wear?

We recommend that PreCanSkaters 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, and facemasks are recommended at this level. 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 PreCanSkate 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. PreCanSkate has a designated area on the ice that allows them to practice during the CanSkate session. The Coach and/or PA's will greet your skater at the entrance to the ice surface and bring them to the PreCanSkate area. The children are taught in a lightly structured group formation using toys and props to make the session a playtime on ice. Skaters spend their time rotating through different activities that aid in increasing their comfort level on the ice, and confidence in their balance to begin skating. 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 same entry gate they came on at to meet their parents.

How long does it take to complete the PreCanSkate 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 PreCanSkate?

Once your skater has completed their PreCanSkate certificate they move directly into our CanSkate program!

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
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780-674-7976

Faith Frigon
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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!!!