

# PrePower CanSkate



## Fridays 5:30pm – Dressing Room 13

Pre-Power CanSkate is a great option for skaters who are looking to develop skills required for hockey or ringette.

This program will cover the fundamental CanSkate skills as follows:

- **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 PrePower program has been designed to run concurrently with CanSkate. Sessions are 45 minutes in length and will consist of a warm-up, circuit/lesson time, group activity and cool down.

## Participation Requirements:

**Skaters must be 4 years of age or older and must be able to:**

1. Fall down and get up
2. Skate the length of the ice without support
3. Be able to scrape the ice with a basic understanding of a stop

If your child does not yet meet these requirements, please enroll them into PreCanSkate or CanSkate. Once they have acquired the skills needed they can move directly into the PrePower program.

## Equipment Requirements:

Skaters will wear partial or full hockey/ringette equipment. Allowing skaters to wear the equipment required for their sport will better prepare them in their development. Skates must be lace up, no buckles!

Please Note - Sticks will only be used for part of the session at the coaches discretion. No sticks during warm up as PrePower runs with CanSkate.

☺ We will have special days in which the skaters will skate with pucks ☺