

CANSKATE / PRECANSKATE INFORMATION

Thank you for choosing to enroll your skater in the Cochrane Skating Club's Pre-CanSkate and CanSkate program, Canada's only nationally recognized learn to skate program. Learn to skate for life and for all ice sports!

Inside is an introduction to our program, a guide for equipment requirements and fit, as well as important dates as you prepare for the upcoming season.

EQUIPMENT AND SAFETY

Appropriate and well-fitting equipment is essential to your child/children's safety and success in CanSkate. CSC Coaches and Program Assistants are trained on ensuring the safety of your skaters.

HELMET POLICY

A CSA approved hockey helmet MUST be worn by all skaters up to and including stage 5. You may read the policy [HERE](#). This policy will be strictly enforced, please read carefully to avoid disappointment. A cage is recommended for Pre-CanSkaters.

SKATE FIT GUIDELINES

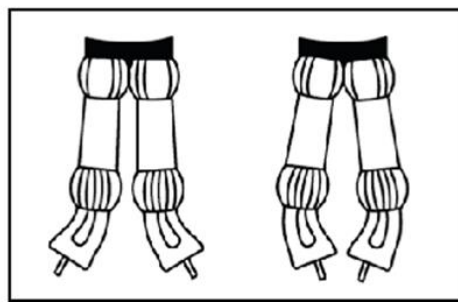
Skaters who are equipped properly will have more fun and will advance faster through the program. This means that:

- ✓ Skates fit comfortably
- ✓ Opt for a figure skate or hockey skate that provides good ankle support. **Molded plastic skates are not preferred.**
- ✓ Room for toes to wiggle slightly

- ✓ Heels do not lift inside the skate more than ¼ inch
- ✓ An adult finger can fit in the top of the boot when done up

Excess laces are tucked or tied up so that they do not hang loose or drag on the ice.

POOR ANKLE SUPPORT



SUFFICIENT ANKLE SUPPORT & APPROPRIATE SKATES (HOCKEY OR FIGURE SKATE)



MOLDED PLASTIC SKATES ARE NOT PREFERRED AS THEY DO NOT PROVIDE GOOD FIT OR SUFFICIENT ANKLE SUPPORT.



EQUIPMENT CARE

To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every class, the blades should be wiped with a dry cloth and hard guards kept off blades to prevent rusting.

Skate sharpening should be done periodically, about every 30 hours of skating (depending on usage and care). The bottom pick on figure skates should not be removed – the pick is part of the design and is essential to proper balance.

Should you have any questions about skate fit, please do not hesitate to talk to one of the coaches.

CLOTHING

Skaters should dress warmly for our sessions; however some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided.

We recommend snow pants for new skaters in Pre-CanSkate however, the skater needs to be able to kneel without being restricted. Layering is recommended, jeans and denim is not recommended. **Warm mittens or gloves or hockey gloves are mandatory and children will not be allowed to skate without them.**



“Fuzzy” mittens are not allowed, as they leave the ice surface extremely slippery and can cause skaters (and coaches) to slip and fall unnecessarily.

WHAT TO EXPECT

CanSkate is Canada’s learn-to-skate program for all ice sports. CanSkate introduces basic skills and fundamental movements in a fun, active group lesson format taught by NCCP/Skate Canada certified coaches and trained program assistants. The session is divided into 3 different parts; a warm up, group lesson time, and cool down.

CanSkate develops balance, control and agility skills for all ice sports.

Evaluation begins 3-4 weeks after the start of the program. Ribbons and badges will be awarded in your skater’s report card based on their skill development. Report cards are distributed twice a year in December and March. For more information, please attend one of our parent meetings on the first day of skating or speak to one of the program coaches.

FIRST DAY OF SKATING

- ✓ Arrive with ample time to have your child ready for the beginning of class.
- ✓ When you arrive, pick up your name badge and look on the rink screen in the lobby to see what dressing room your program has been assigned. A volunteer will help you with this process for your first day.
- ✓ **IMPORTANT!** Please note on the sign when/where the parent meeting will be.
- ✓ Please do not go onto the ice until a coach has opened the rink door.
- ✓ During the first week of skating, coaches are grouping skaters and it can tend to look quite hectic.
- ✓ There can be some switching of groups and adjustments to ensure all skaters are in appropriate groups according to skill level.
- ✓ Under no circumstances are parents allowed on the ice surface, if you would like to have your child come off the ice for any reason, please flag down a coach or program assistant.

IMPORTANT DATES

Fall 2023

September/October

Sept. 18 – First Monday class
 Sept 23 – First Saturday class
 Oct. 3 – First Tuesday class
 Oct. 5– First Thursday class

NO CLASS: Sept. 30, Oct. 7 + Oct. 9 (In lieu of Reconciliation / Thanksgiving)

October/November

***Halloween Party: Oct. 26, 28, 30, 31**

*Skaters are welcome to dress up, no masks or long skirts past knee length.



NO CLASS: Nov 11 & 20

December

Dec. 11 – Last Monday Class
 Dec. 12 – Last Tuesday Class
 Dec. 14 – Last Thursday Class
 Dec. 16 – Last Saturday Class
 (* Dec 16 ONLY at Spray Lakes 800 Griffin Rd E, Cochrane *)

***Christmas Family Skate: Dec. 11, 12, 14 & 16**

*Skaters are welcome to dress up, no masks or long skirts past knee length.



Winter 2024

January

Jan. 8 – First Monday class
 Jan. 9 – First Tuesday class
 Jan. 11 – First Thursday class
 Jan. 13 – First Saturday class

February

***Birthday Party Fun Day: Feb. 10, 12, 13, 15**

Skaters are welcome to dress up. Be creative & have fun!



NO CLASS: Feb. 17, 19, 20, 22 (Family Week)

March

NO CLASS: Mar. 11

Mar. 19 – Last Tuesday Class
 Mar. 21 – Last Thursday Class
 Mar. 23 – Last Saturday Class
 Mar. 25 – Last Monday Class

***Decorate Your Helmet Day: Mar. 16, 19, 21, 25**

*Skaters are welcome to decorate their helmets. Be creative & have fun!

***Cochrane Skating Club Carnival – Mar 23**