



ONLY THE BEST
can bring out their best

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

Proper 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

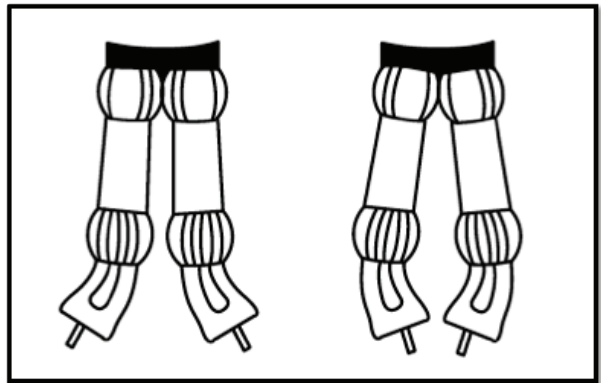
A CSA approved hockey helmet **MUST** be worn by all skaters up to and including stage 5. The policy is attached to your welcome email. This policy will be strictly enforced, please read carefully to avoid disappointment. **A cage is recommended for PreCanSkaters.**

SKATE FIT GUIDELINES

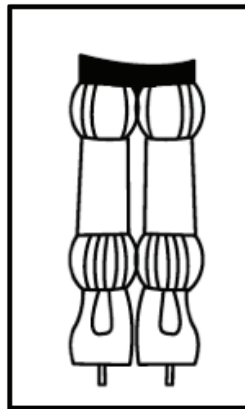
Skaters who are equipped properly will have more fun and will advance faster. This means that:

- 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.



CANSKATE / PRECANSKATE INFORMATION

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 PreCanSkate. Skater should still be able to move without being too 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.



These mittens are not allowed, 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 developing balance, control and agility. 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. Expect action, movement and FUN! CanSkate coaches use a number of circuits and on-ice teaching aids to make CanSkate a fun and inviting space to learn new skills.

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.
- Attend the parent information meeting in the dressing room 15 minutes before the start of class.
- 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.**

2018/2018 IMPORTANT DATES

fall 2018

Registration for winter 2019 programs is open now!

OCT 2018

OCT 1, 13, 16, 18 - First day of skating

OCT 8 - No skating, Thanksgiving

OCT 25, 27, 29, 30 - *Harry Potter Halloween Party

*Skaters are welcome to wear costumes, no masks, or long skirts or capes past knee length. Dress up is optional.



NOV 2018

NOV 10, 12 - No skating

NOV 13, 15, 17, 19 - *Blast off space day

*Dress up as an astronaut or martian for this fun space themed day. Dress up is optional.



DEC 2018

DEC 15, 17, 18, 20 - *Family Skate and last day of skating for fall 2018

*Look in the monthly newsletter for details about the family skate.



winter 2019

JAN 2019

JAN 14, 15, 17, 19 - First day of skating

JAN 26, 28, 29, 31 - *Under the Sea theme day

*Skaters are welcome to dress in beach themed gear, lei's, Hawaiian shirts, etc. Please no sunglasses. Dress up is optional.



FEB 2019

FEB 16, 18, 19, 21 - No skating, family week

FEB 23, 25, 26, 28 - *Olympic Sports Day

*Skaters are welcome to wear their favourite jersey, Canada gear, or any other sports gear. Dress up is optional.



MAR 2019

MAR 19, 21, 23, 25 - *Happy Birthday Party

MAR 25 - Last day of skating

*Skaters are welcome to dress in bright and crazy colors. Dress up is optional.

