



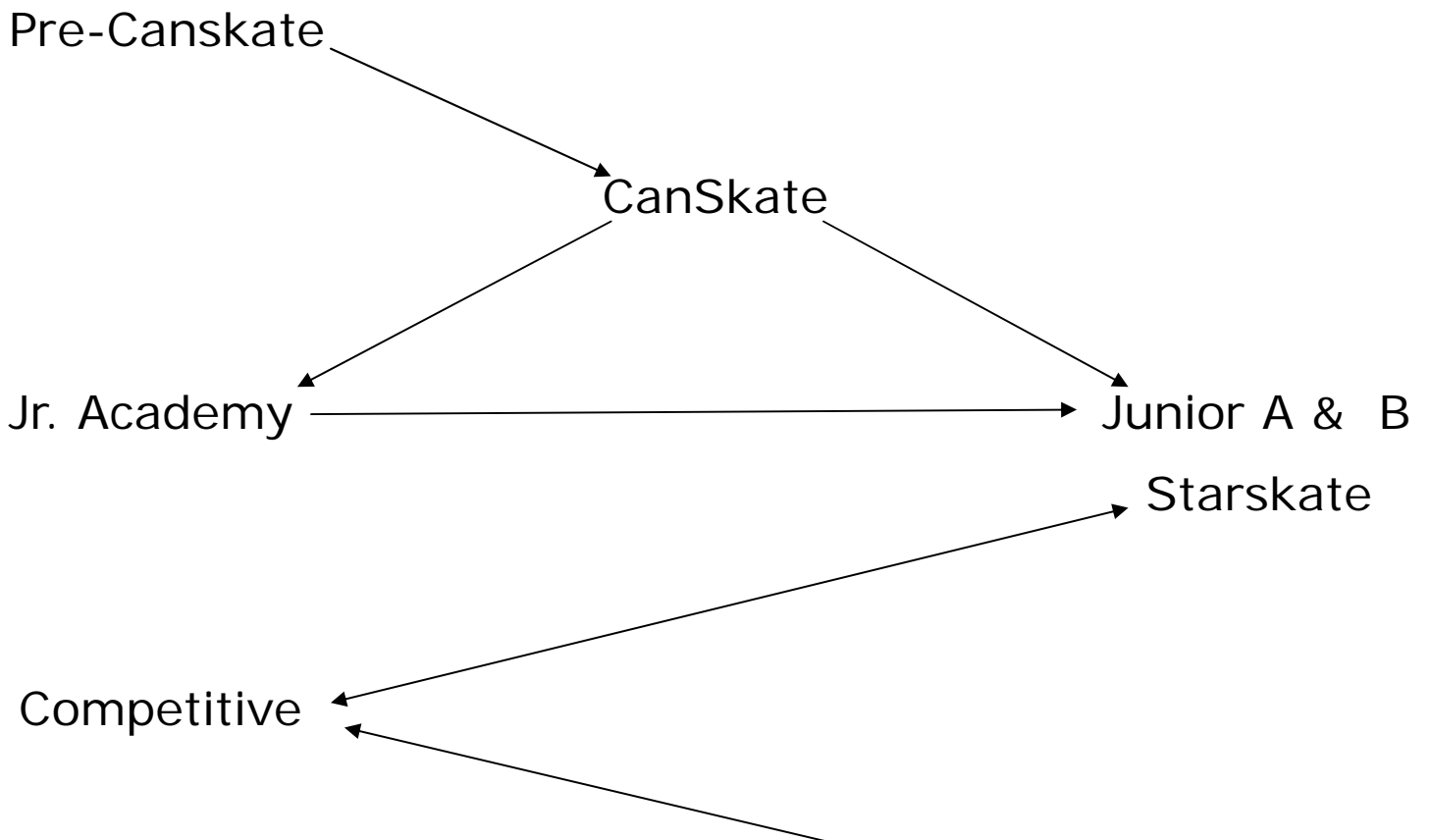
CanSkate Information Pack

2011 -2012

Everyone at the Valleyview Skating Club would like to welcome you to the wonderful sport of skating. Our goal as your coaches is to provide a safe, fun, learning environment that will enhance your skating capabilities, as well as teach you valuable life skills, such as discipline, self motivation, confidence, and work ethic.

Our goal is to provide a well rounded program which incorporates all aspects of our sport for every level of ability. Whether you are learning to skate for the first time at age 3 or 93, relearning old skills, training to compete in StarSkate or Competitive events, or if you simply want to enjoy the feeling, flow and creativity that skating can give, we hope to provide you with the platform to achieve your goals.

Club Pathway to Performance



The Programs

CanSkate:

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

Why sign up for CanSkate?

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

When you/your child registers for a CanSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanSkate program can include:

- badges
- stickers
- tattoos
- colouring sheets
- parent information sheets
- progress updates and report cards
- special CanSkate events and club functions
- BMO CanSkater of the Year award program
- opportunity to be talent-scouted
- opportunity to participate in a positive healthy lifestyle activity

Most importantly this is where most skaters do their first performance in Ice Shows or Galas. CanSkaters will have their own routine so their skills can be showcased to friends & family.

Whether you want to learn the basics of skating or begin a skating career, Skate Canada CanSkate is where it begins.

CanSkate Programs are offered by The Valleyview Skating Club on Mondays & Wednesdays at Valleyview Arena and Sundays at Memorial Arena. Visit www.vvsc.ca for times & prices.

CanSkate Attire:

Helmets:

- **CSA Hockey Helmets are mandatory** for all skaters on Pre-CanSkate and CanSkate sessions.



The following is the policy from Skate Canada:

- All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate and Adult CanSkate participants up to and including Stage 5 **must** wear a CSA approved **hockey helmet** while on the ice.
- Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.
- Clubs and skating schools may choose to expand the use of CSA approved hockey helmets in their club as they see necessary. In general, anyone who lacks good control/balance when skating forward, backward and has difficulty stopping, as well as manoeuvring around obstacles on the ice must wear a CSA approved hockey helmet.
- This policy is a minimum standard. Sections, at their discretion, may impose a higher standard which all clubs and skating schools within the sections' boundaries must adopt and implement.

Clothing:

- Snowsuits are warm, but bulky, difficult to move in and very slippery when the skater falls and tries to get up. Coaches recommend wearing layers of warm, comfortable clothing such as tights, long johns, sweat pants, sweaters, jackets, mitts or gloves [no hockey gloves].



Skates:

- Well fitting skates that provide firm support are crucial to the success of the CanSkater. Skates must fit the skater's feet properly. Good ankle support is very important. Many second hand skates are economical, but are usually "broken down" and do not have adequate support in the ankle area. Leather skates with good, firm support are best. Tie skates firmly around the ankle area and less tight around the foot and toe area. Tie laces in a firm bow, leaving two to three inches of tails. Laces must not drag on the ice. Blades need to be in good shape, with no nicks or rust. Blades should be sharpened by a

professional sharpener. Always remember to dry your blades with a clean cloth after skating, every time you skate.

- There are two types of guards for blades, each for a very different purpose:
 - Hard plastic or rubber guards that you put on blades (before you tie up your skates) to protect blades when walking on floors before you go on the ice.
 - Soft, fabric guards that you put on your blades (after drying your blades when you come off the ice) to protect the blades when not skating and while being stored in your bag.



Jr. Academy:

This program is to bridge the gap between Canskate and the Star Skate / Competition levels. It has been brought about to keep in line with the Long Term Athlete Development that minor sports have been mandated to implement.

This program will run for 45 minutes twice a week – Mondays and Wednesdays, with Dryland for 30 minutes following the Wednesday class.

It will typically run in the same format as CanSkate, with group lessons lead by a coach for 45 minutes.

In order to participate in this program the skater will have to be invited by a coach and there will be a short audition for the skater before starting. However, if you are interested in learning more about Junior Academy for your skater, please speak to your child's coach.

The focus of the Jr. Academy will be perfecting the basic skating skills, such as edge control, balance, body positioning, dance skills, music interpretation skills,

The skater will stay at this level for two sessions (one full season) and then move on to the next level (usually Junior A). If the coach feels it is necessary, the skater may stay a session longer, for a maximum of two sessions.

Our aim is to develop the skater to their full potential while having fun and learning to love the creativity and beauty of the sport, while still working in a group format.

Jr. Academy Attire:

Helmets:

- Helmets are not recommended – the skater may start the season with a helmet, but we will gently coax the skater to gradually wean themselves from not wearing one, by not wearing the helmet for a period of time each session they are on.



Clothing & Hair:

- Gloves are mandatory – no mittens.

- Skaters need to come in a skating skirt and a warm top, or dress, with leggings and a nice sweater. Hoodies will NOT be allowed on the ice.
- Valleyview Arena gets incredibly cold during the winter months. To reduce injury risk it is crucial that skaters dress in many layers that can be taken off when working hard and layer up again when cooling down. Extra pairs of tights are a good idea.
- Please ensure hair is always tied back and all strands are held back off the face – skaters will not be allowed on the ice with their hair down and in their face, so please keep extra hair ties in their skating bag.

Skates:

- Figure skates are mandatory – hockey skates will not be allowed.
- Skaters should wear their guards as soon as they leave the ice, dry their blades as soon as they take them off and use soft blade covers when their skates are in their bag.

