

WELCOME TO CANSKATE!

[READ OUR NEWSLETTER](#)

CANSKATE

OVERVIEW & PROGRAM

- Objective of CanSkate: To teach the basics of skating for all ice sports
- Emphasis on good technique
- Program contains six stages - By the end of Stage 6 skaters have learned all the skills necessary to enter the ice sport of their choice
- Grouping skaters - Groups will be formed based on past skill testing, and capabilities. There is a possibility of skaters being moved from group to group at times to even out numbers or to allow for skater development.
- Session format - Our session components include (warm-up, lesson time, fast laps, group activities/cool-down).
- Assessment - Our assessment process is ongoing as skaters progress throughout the program. Skaters will collect their ribbons and badges as awarded.
- Dressing Rooms - Due to Covid, only one parent may enter the rink with a child this year.
- Rink/Building Information - We recommend wearing a mask and social distancing inside the facility.
- Club office and member information - Due to Covid, we will not be handing out stickers or coloring sheets. Check the bulletin board in the lobby for the latest info and sticker progress.
- Halloween Fun Day - Feel free to come dressed up in your Halloween costume.
- No Skating Days - Please pay attention to the dates with no ice, shown in the timeline below.



Sept 20/24, 2020

First Day Of CanSkate

Oct 11, 2020

No Skating

Oct 25/29, 2020

Halloween Fun Day

Nov 22, 2020

No Skating

Dec 6, 2020

No Skating

Dec 13/17, 2020

Last Day Of CanSkate
Christmas Fun Day

EQUIPMENT SAFETY

SKATES

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped.

This means making sure that:

- Skates fit comfortably.
- There is 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.

HELMETS

A CSA approved hockey helmet must be worn by all skaters at or below Stage 5. How should the hockey helmet fit? A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened. For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head. All CSA certified helmets have a sticker indicating their certification. Please see Skate Canada Helmet Policy for further details [HERE](#).

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 if possible.

Skaters should arrive dressed with their skates/equipment on, ready to go on the ice.

Due to Covid, wearing mittens or gloves is mandatory. They must also be washed after every session.

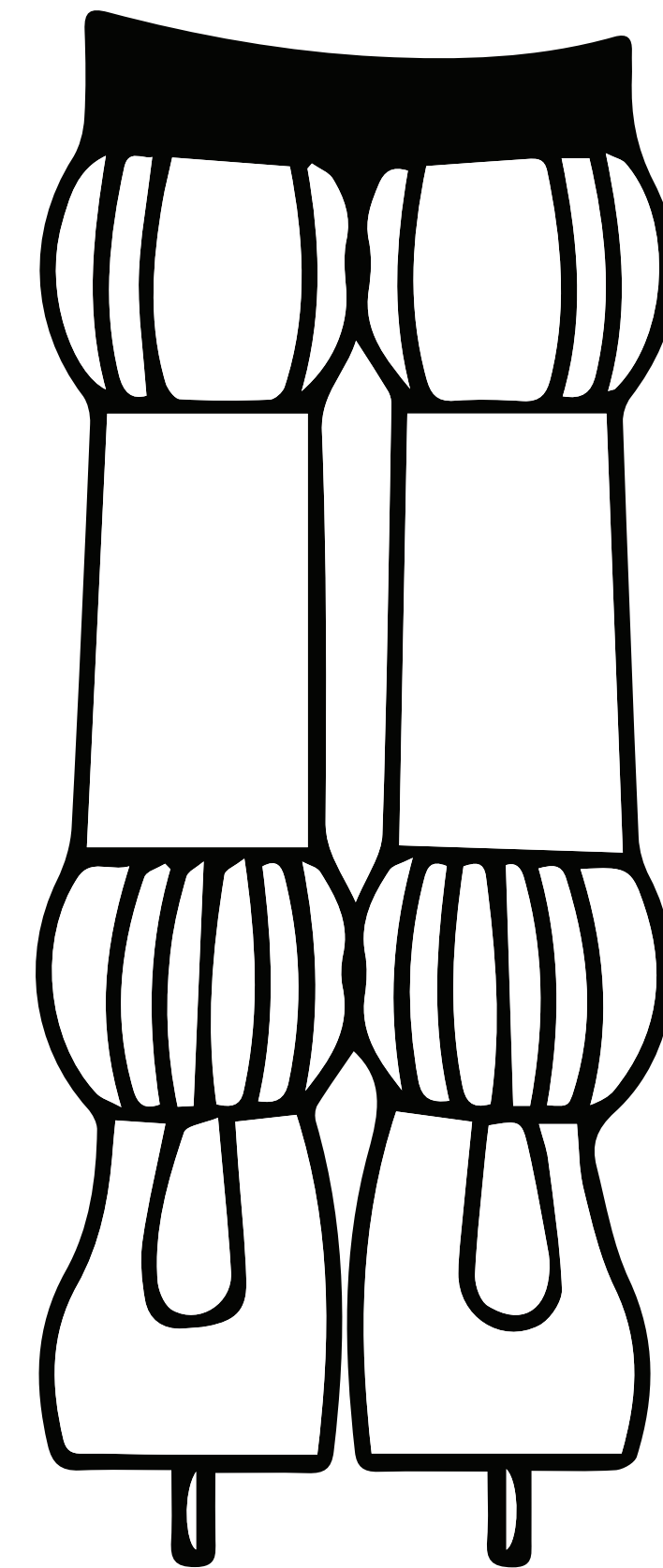
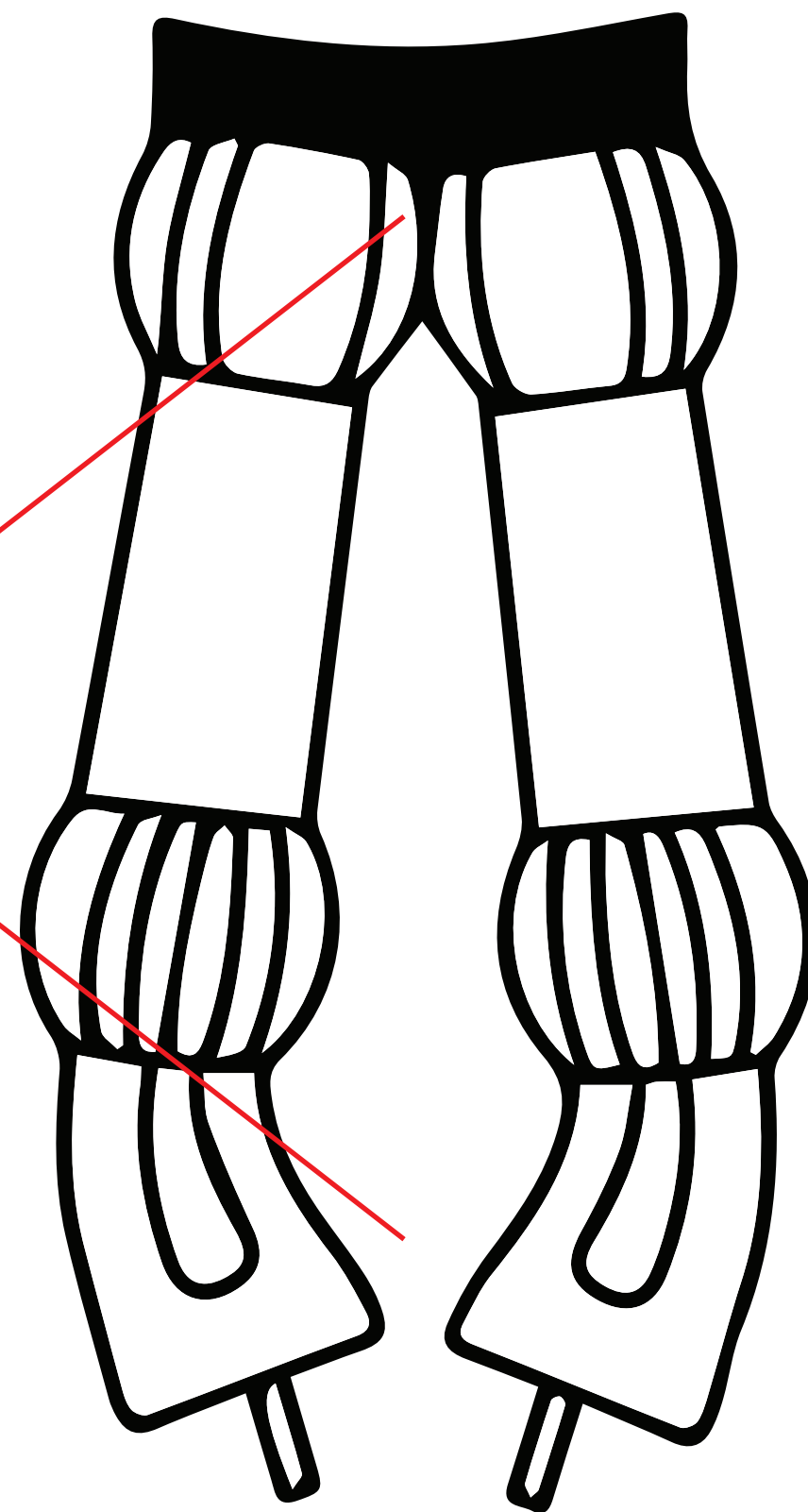
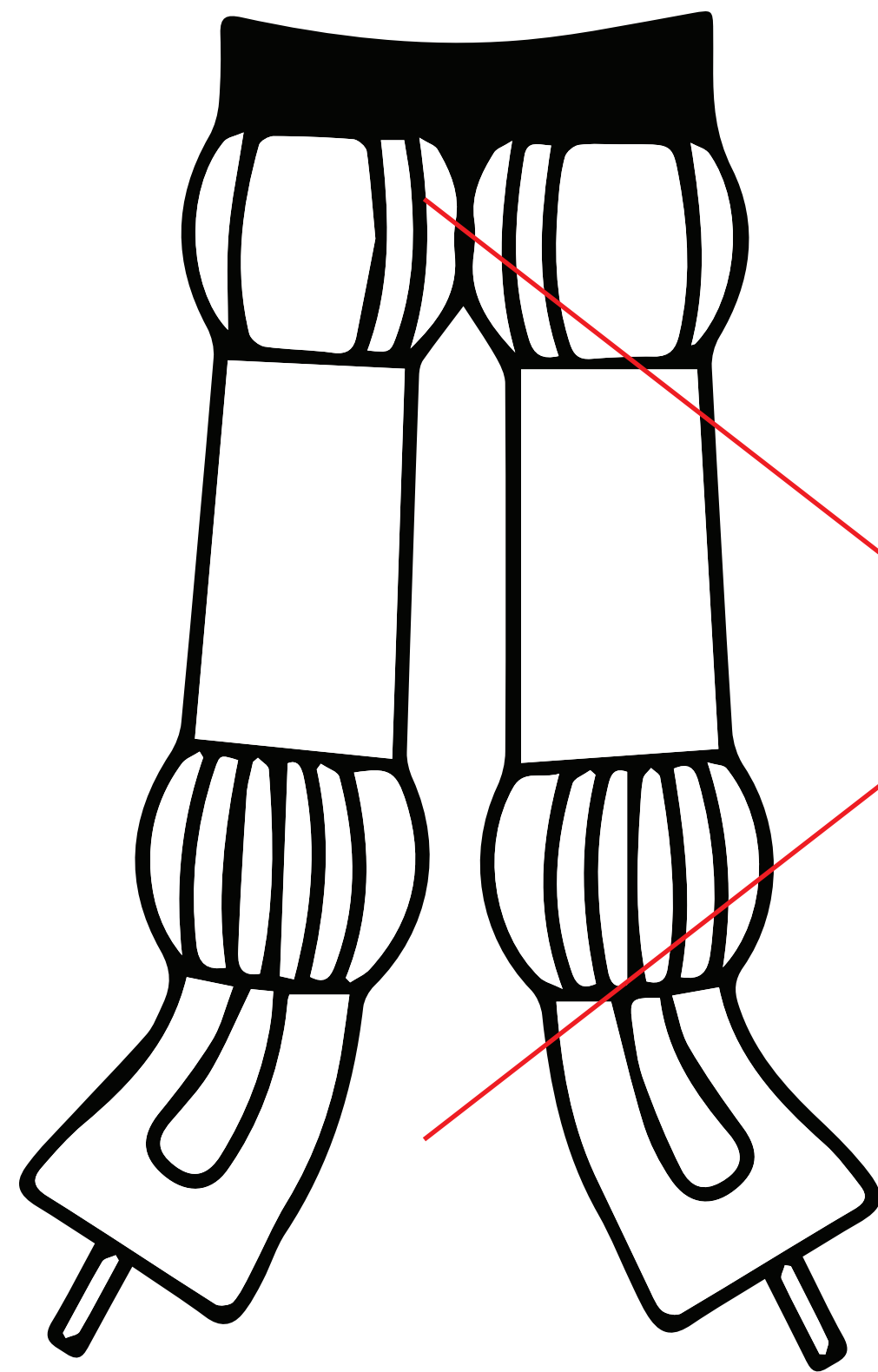
EQUIPMENT CARE

To protect the skate blades, hard skate guards should be worn in any area that is not protected by rubber mats.

At the end of every session the blades should be wiped with a dry cloth to prevent rusting. A soft guard can be placed on at this time, but please do not put on a hard/dirty wet skate guard.

Skate sharpening should be done periodically. For hockey skates we recommend Lakers Pro Shop, located in the Blue arena hallway near the exit (403-835-6028). For figure skates please use Professional Skate Service, located in Marda Loop, Calgary (403-243-3663).

POORLY EQUIPPED SKATER PROPERLY EQUIPPED SKATER



COACH INFO



Caitlin Bowers

- Regional Coach Certified
- 10 years coaching experience
- Gold Dance
- Gold Skills
- Senior Silver Freeskate Part 1
- Junior Silver Freeskate Part 2
- Provincial competitor in Freeskate
- Bachelor of Business Administration Degree



Rachael Matthews

- 2 years coaching experience
- 7 years as a program assistant
- Star 5 Freeskate
- Working towards Star 6 Dance
- Work towards Star 7 Skills
- Attending UofC for a combined Bachelor Degree in Sociology and Biological Science

Program Assistants

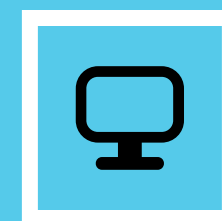
We also will have volunteer program assistants on the ice assisting with the CanSkate program. They will be wearing a blue vest at all times.



*“Only the best,
can bring out
their best!”*



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