



CanSkate

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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 - When you enter the rink, please look at the screens for room assignments.
- Rink/Building Information - We skate in the blue arena
- Club Office and Member Information - We hand out stickers and/or coloring sheets daily, you can check the bulletin board in the lobby for the latest information.
- No Skating Days - Please pay attention to the dates with no ice, shown in the timeline below.



Mar 30 (Thurs)/Apr 14 (Fri)/Apr 16 (Sun)

First Day Of CanSkate

Apr 7 (Fri)/Apr 9 (Sun)/ Apr 13 (Thurs)

No Skating

May 19 (Fri)/ May 21 (Sun)

No Skating

Jun 4 (Sun)

No Skating

Jun 8 (Thurs)/Jun 9 (Fri)/Jun 25 (Sun)

Last Day Of CanSkate

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 (hockey or figure skates)
- There is room for toes to wiggle slightly.
- Heels do not lift inside more than ¼ inch.
- An adult finger width in front of the big toe on the insole will allow growth for the season.
- Excess laces are tied up and do not drag on the ice. Do not wrap around the ankle of boot please.
- Avoid purchasing plastic skates or skates with buckles, skates with laces are acceptable. Used figure skates are available at Professional Skate in Calgary reasonable priced at \$50-\$150 and in great condition or new for around \$150.

HELMETS

A CSA approved hockey helmet must be worn by all skaters at or below Stage 5. How should it fit? A hockey helmet should fit snug to prevent any shifting and maximize protection. It must not be expired. 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 and expiry. 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.

Wearing mittens or gloves is mandatory.

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, Game Day Sports Inc. is located in the rink. Professional Skate Service is located in Marda Loop, Calgary for figure skates.

COACH INFO



Caitlin Bowers

- Regional Coach Certified
- 12 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



Mackenzi Newman

- Regional Coach Trained
- 13 years coaching experience
- CanPowerskate certified
- Quad Gold Skater
- Competitive off-ice dancer
- Competitive long track speed skater
- Strength and conditioning coach
- Team Canada group competitor in Triathlon
- Bachelor of Science in kinesiology



Michelle Janzen

- National Coach Certified
- 30 years coaching experience
- Gold Freeskate, Figure, Skills
- Junior Silver Dance
- Junior Competitive FreeSkate Tests
- National Ice Theater of Canada, Original Performer
- Theatrical Production & Workshop Coordinator
- Bachelor of Science, Biological Science & Physics
- Canada Winter Games Team Coach 2011 & 2003
- Team Canada Coach University Games, Korea 1997

Program Assistants

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

Parent Volunteers

We also will have volunteer parents off the ice assisting with the CanSkate program. If you are available to help please contact coaching@iceedgeskatingclub.com.

Toy Donations

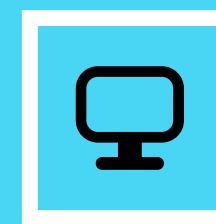
We will graciously accept toy donations for our CanSkate program. If you have any used plastic or wooden toys in decent condition please contact coaching@iceedgeskatingclub.com.



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



Chestermere Regional Community Centre
201 West Chestermere Drive, Chestermere, AB T1X 1B2



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