

Welcome to the Winter 2020 CanSkate Session!

Hello IESC members and happy new skating season!

After a fantastic summer we hope everyone is excited & ready to get back on the ice. A busy, fun-filled fall session is planned out & we can't wait to get started. Thank you for being part of our CanSkate Program!

Fall 2019



Adult Skating

Have you always wanted to learn how to skate? Want to increase your skills? Be more active? Our adult program is suitable for adult skaters of all levels, with extra ice time available mornings for those who want more! Consider joining our awesome group of fun loving, hard working participants! Classes run Sundays 2:45-3:30pm following CanSkate.

Ribbons, Badges and more!

This fall over 150 ribbons and badges were handed out to our PreCanSkate, CanSkate and AdultSkate participants. Five of our skaters progressed and have joined our Junior STARSkate program.

Congratulations to everyone!



News to Note:

- Have a friend who wants to skate? Feel like giving our adult class a go? Registration will remain open and is automatically prorated!
- Need a club jacket? Need club embroidery completed? Contact Coach Heather by January 31
- Have questions, comments or concerns? Please grab Coach Heather at your convenience – she will be more than happy to help you!

Dates to Remember

January 2020

10 & 12 – PreCanSkate, CanPower & CanSkate begin

February 2020

7 & 9 – Valentines/Red & White Day
Club Picture Day
Bottle Drive-In
14-17 – No Skating

March 2020

6-8 – No Skating
27 & 29 – Last Day CanSkate

April 2020

Spring Session Begins

Stay tuned for Spring Skating and Summer Camp information and registration!

Save the Dates:

Camps will be running the weeks of:

July 20-24 2020

July 27-31 2020

August 10-14 2020

August 17-21 2020



SKATECANADA

Reminders, Rules & Policies

- Parent viewing is available in the bleachers or upstairs viewing area. Parents are asked to not stand in players boxes or at gates during sessions as this can be a distraction for our skaters and coaches as well as a safety concern in the event of an emergency.
- IESC has a zero tolerance policy for bullying. Profanity, disrespect, harassment, inappropriate behaviour or otherwise towards skaters, program assistants, coaches, board members, volunteers and arena staff may result in suspension or expulsion.
- Parents are responsible for their children in unsupervised areas. Due to insurance restrictions, parents cannot step onto the ice. Ice Edge Skating Club is not responsible for lost or stolen items. IESC does not offer make up classes.
- Whenever possible, please direct questions or concerns regarding programming to your coaches.

Full code of conduct, ice etiquette and code of ethics are available on the club and Skate Canada National websites.

General Information

To help our class run smoothly, please have your child ready for their lesson before the class start time; also remember to take them to the washroom before class. When you take your child to the ice, we will have a table outside of the dressing room that will have your child's nametag on it. Please put the nametag on your child's jacket zipper or in a place where it can be seen by the coaches. Returning the nametag at the end of the session ensure your child will receive any earned ribbons and badges at their next session. On the reverse side of your skaters tag you will find a record of their development so far.

Proper clothing and equipment for the lessons include properly fitting and sharpened figure or hockey skates, warm layered comfortable clothing, mittens or gloves and a CSA approved ICE HOCKEY HELMET.

Announcements will be made via email, on our website and through our facebook, on our bulletin board in the Rec Centre lobby and in our newsletters. Please like and follow us on social media!

Our CanSkate Coaching Team:

coaching@iceedgeskatingclub.com

Heather McFarlane
Head Coach

Sonya MacMillan
Team Coach

Emily Wegner
Team Coach

Rachael Matthews
Team Coach

www.iceedgeskatingclub.com inquiries@iceedgeskatingclub.com

CanSkate Program

CanSkate, Skate Canada's learn to skate program, is one of the most sought after skating programs in the world. CanSkate was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. Designed for beginners of all ages, the focus is on fun, participation and foundational skill development. Participants earn ribbons and badges as skills are mastered. Skaters are taught in a group lesson format by a NCCP certified professional coach, assisted by trained program assistants. The coach/assistant to skater ratio is 1:10. Delivery Standards have been nationally developed and tested for success by experts and are a part of our CanSkate program. On-ice activities require 90% movement – skaters are moving and learning using circuits and stations to practice skills, use teaching aids and music, use activities and games according to age groups and are awarded CanSkate incentives as skills are mastered. The CanSkate program is organized into three Fundamental Areas, and then divided into six stages of learning.

The Fundamental Areas are:

AGILITY: Concentrating on turning and jumping skills

BALANCE: Concentrating on forward skills, pushing technique and edges.

CONTROL: Concentrating on backwards skills, stopping and speed elements.

