



NEWSLETTER PreCanSkate & CanSkate

WINTER 2024

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Welcome to PreCanSkate and CanSkate

We all know how integral skating is to being active in Canadian winters. Whether your child wants to learn to skate for fun with family and friends, or to skate to play ice sports, at the Ice Edge Skating Club, we welcome everyone to #SkateWithUs!

Ice Edge Skating Club is a member of Skate Canada and a non-profit club run by parent volunteers.



**Skate
Canada**



AB | NT | NU

CHESTERMERE REC CENTRE

201 WEST CHESTERMERE DRIVE

WWW.ICEEDGESKATINGCLUB.COM



Skate Canada
Patinage Canada

Class Times and Dates

Thursdays

PreCanSkate **(Ages 3+)**

Class Times
4:00-4:30 pm

CanSkate **(Ages 5-11)**

Class Time
4:30-5:30 pm

Dates

January 18,25
February 1,8,15,22,29
March 7,14,21

Sundays

PreCanSkate **(Ages 3+)**

Class Times
3:15-3:45 pm
3:45-4:15 pm
4:15-4:45 pm

Dates

January 14,21,28
February 4,11,25
March 3,10,17,24

CanSkate **(Ages 5-11)**

Class Time
3:15-4:00 pm
4:00-4:45 pm

No classes on
Family Day
Weekend
Sunday, Feb 18!

**In-person
Parent Meeting
at the Blue Rink,
Sunday January
21, 2024 @
4:45 pm!**

Let's get moving!
But before we hit the ice,
please make sure your skater
has a name tag on their
helmet with a colorful star
sticker which will be
provided by us to match
their group colour.
And let's make sure they
know which group they'll be
following during the rotation
(hint: it's the one with the
matching flower color!)



Let the skating magic begin!

Equipment

Helmets

All PreCanSkaters and CanSkaters must wear a CSA approved hockey helmet on the ice. Face cage is optional. Ski and bike helmets are not allowed.

Skate Lab Zoom call
on Jan 28 @ 6:45pm on Skates
and how to take care of them!
Zoom details will be e-mailed
close to date.

Skates

Skaters should use hockey skates with laces or figure skates with laces that are not colourful. Plastic skates are not recommended because they do not allow the ankle to bend correctly to learn the proper biomechanics of skating. They also have a lower quality of steel compared to a hockey skate so require to be sharpened more regularly. Skates normally fit like your shoe or one size smaller than your shoe size. You should avoid buying skates that are too big or are adjustable. There is not enough support in an adjustable size skate and skates that are too big or too small teach the wrong balance point of the blade and foot.

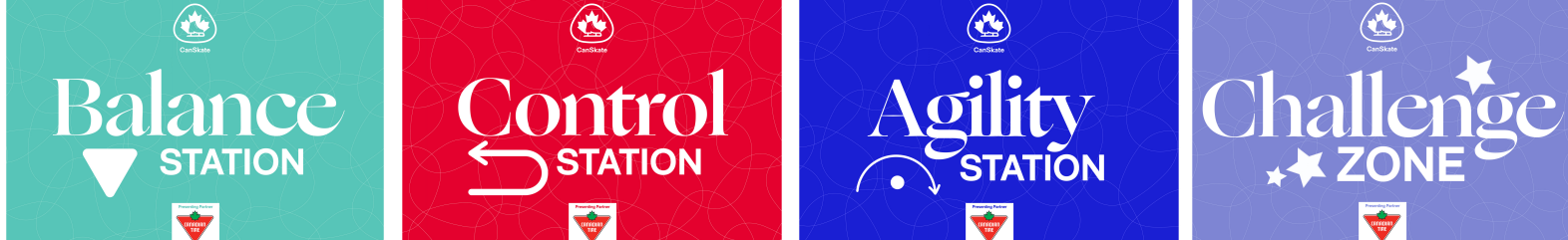
Clothing

All skaters should wear comfortable warm clothing as well as gloves or mittens to keep hands warm and protected.



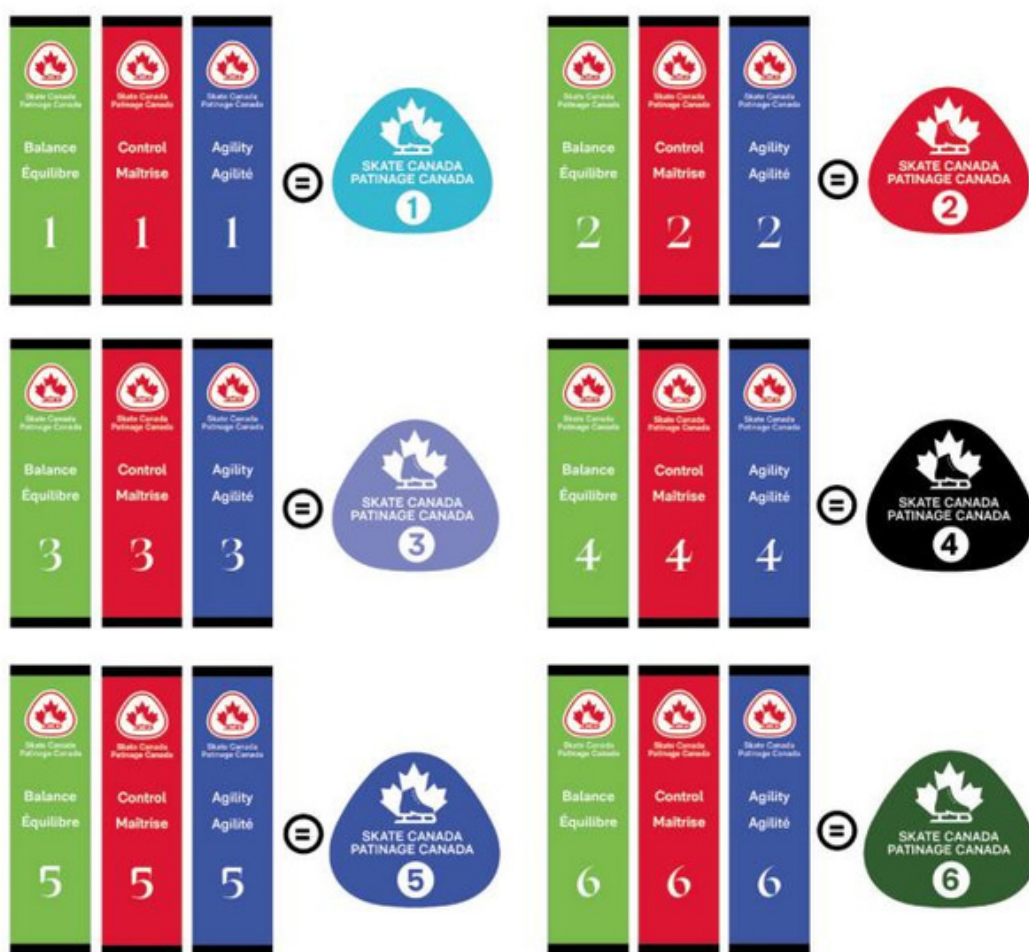
For those interested to add a logo on their skater's clothing, IESC has set up embroidery services with Angela Embroidery, a local Chestermere business:
Website: www.sewsen.com
Email: sales@sewsen.com
Telephone: 403-399-6555
Address: 233 Kinniburgh Way, Chestermere, AB

Warm up Jacket standard embroidery includes front left Ice Edge logo, right sleeve Skate Canada logo and large Ice Edge logo on the back. A name bar on the left sleeve if you wish can be added for an additional cost. In addition, Angela Embroidery has our club logo in silk screen, approx. 8.5"W x 7.5" H that can be applied to hoodies, t-shirts or sweaters. Colour of the logo can be adjusted to show up on whatever colour of clothing.



Skate Canada Badges

There are six levels in the Canskate program, and your skater will progress and receive a report card at the end of the final class. They will have the opportunity to earn a badge for levels 1-6 and a ribbon in control, balance, and agility in each of the six levels. Ribbons and badges will be given out as soon as the skater has earned them.



Canskate is taught by Professional Coaches, who are certified by Skate Canada, with the support of volunteer StarSkaters, who help out on the ice as Program Assistants (PAs).



Club Policies & Other Info

Parents are not allowed to leave their skater at the rink alone because there is no one to help them if they need to go to the bathroom or if there is an emergency for which a parent needs to be present. Please take a seat in the stands and not at the player's bench.

Due to insurance restrictions, parents cannot step onto the ice. Skaters are not allowed on the ice unless the coach is present.



Change Rooms

Skaters must use the dressing rooms or players bench to put their skates on. The TV's in the lobby at the entrance of the rec centre show assigned dressing rooms each week. Please read the screen for IESC and be sure you are in the correct room.

Entrance

We typically skate in the Blue rink. PreCanSkaters enter the ice on the far side of the blue rink near the stands and where the curling rink is. Canskaters enter the ice near the players bench and change room side.