



Skate Canada



CanSkate

Objective of the program:

- To provide participants and families with a safe, welcoming and inclusive first experience in the sport of skating
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention/mastery)
- To use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills
- To capitalize on key windows of trainability (sensitive periods in development when the body is more responsive to specific training) through various program components and curricula
- To foster personal achievements and satisfaction through skill acquisition, rewards and recognition
- To evoke an interest in life-long participation in skating



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Overview of the program and format:

- 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 - skaters will be grouped according to their age and skating abilities, and may be moved from group to group at times to even out numbers or to allow for skater development
- Session format - sessions are broken down into components (warm-up, lesson time, group activity and cool-down).



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CANSKATE AWARDS

Overview of how skaters progress and are assessed:

- Assessment is ongoing
- Skaters collect ribbons and badges





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Helmet policy, safety and equipment:

- Skaters working on STAGE 5 and below, as well as all skaters in the CanPowerSkate program, MUST wear CSA approved hockey helmets.
- Skaters working on STAGE 6 or higher may choose to continue to wear a helmet at their discretion. The skater, parent/guardian have the final say as to whether or not the skater will or will not wear a helmet.
- Coaches are in charge of ensuring what a skater wears on the ice is safe. This applies to clothing, hair, skates etc.

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.
- Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.
- All CSA certified helmets have a sticker indicating their certification.



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Facility information:

- All classes are held at the Chestermere Regional Recreation Centre
- Classes are primarily in the Blue Arena
- Screens in the lobby identify the rink and dressing room assignment
- Skaters should be dressed and ready to get on the ice for the class time
- Bulletin board in the lobby highlights the upcoming events and programs



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Ice Edge Skating Club Information:

- www.iceedgeskatingclub.com
- Contact us at inquiries@iceedgeskatingclub.com
- Other programs offered: StarSkate, Special Needs Learn to Skate, Adult Learn to Skate, Hockey Skating Skills
- Classes are typically offered in the Fall, Winter, and Spring season, plus Summer Camps
- Club programs are all coached by certified professional coaches with Skate Canada
- We are always thankful for volunteer program assistants and parent volunteers!