

## Welcome to the Winter Skating Session!

Hello IESC members and Happy New Year! We hope your holiday break was fabulous and fun with friends and family. As the Winter Session begins, we are excited to help your child learn to skate with our certified Skate Canada Programs and Coaches! Thank you for being a part of the CanPowerSkate Program!

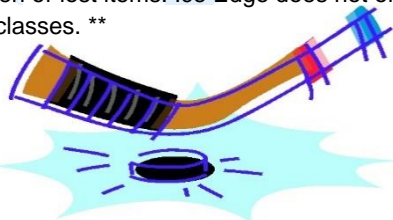
### General Information

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 our newsletters and any updates on it. Proper clothing and equipment for the lessons include properly fitting **sharpened** hockey skates, hockey gear, hockey stick and a CSA approved ICE HOCKEY HELMET.

Announcements will be made via email, on our website, our facebook fanpage, our twitter (@iceedgeskate), our bulletin board in the Rec Centre Lobby, and in our newsletters. Please like and follow us on social media!

If you have any questions for the coach, please use the time before or after the class to do so; otherwise any questions can be answered or fielded by the CanPowerSkate volunteer or a board member. Please visit our website for all requirements and policies.

\*\*All Ice Edge classes are unparented; parent viewing is available in the bleacher area on the far side of the arena or in the warm viewing area above the rinks. If your child is under 10, you cannot leave the arena. Parents are responsible for their children in unsupervised areas. Due to insurance through Skate Canada, parents cannot step onto the ice. Ice Edge is not responsible for stolen or lost items. Ice Edge does not offer make up classes. \*\*



### Fundraising/Volunteering



\$20,000

\$10,000

\$0

Our club is a nonprofit society that relies on the support of its members and the community in order to offer these amazing programs for your children!

Our fundraising goal this 2016/2017 year is \$20,000! Your \$40 fundraising/volunteer deposit is refunded when you have contributed by way of volunteering and/or fundraising. Your \$40 is not enough for us to offer our programs; we rely on your time and help!

A new option for fundraising this session is: Fill an Ice Edge Recycle Bag full of bottles and receive 25 credits. We will hand these bags out in January. You can request more bags from us if you wish to fill more than one!

Our Winter Fundraising Campaign will be Scentsy, Coco Brooks, World's Finest Chocolates and Big

Chief Beef Jerky! We will launch the campaign January 27/29, and will close it February 24/26. We will also have a bottle drive January 28.

**All CanSkate and CanPowerSkate members are required to earn 200 fundraising and/or volunteer credits in order to receive the \$40 deposit refund per session. You will receive a credit tracking sheet with instructions to complete and hand in before the end of the session.**

Our volunteer roles and current fundraising events are posted on our website and we will also have our fundraising credit values in our fundraising package on January 27/29. Contact [fundraising@iceedgeskatingclub.com](mailto:fundraising@iceedgeskatingclub.com) for more info!

### IMPORTANT DATES

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#### JANUARY

8-Sunday PrePower Begins  
8-Sunday Parent Orientation  
13-Friday Pre/Power Begins  
13-Friday Parent Orientation  
28-Winter Bottle Drive  
27/29-Winter Fundraiser Launch

#### FEBRUARY

3-NO FRIDAY CLASSES!  
5-NO SUNDAY CLASSES!  
19-NO SUNDAY CLASSES!  
24/26-Fundraising Orders Due

#### MARCH

15-Credit Tracking Sheets Due  
24-Last Day of Friday Classes /  
Report Cards  
26-Last Day of Sunday Classes /  
Report Cards

#### COACHES

Head Coach Heather McFarlane  
Coach Sheryl O'Farrell

\*\*\* WE ARE ALSO LOOKING FOR SPONSORS! \*\*\*

# Coaches' Corner



Welcome to CanPowerSkate!

We're so glad you and your skater(s) have decided to join us this session! Winter session is always packed full of fun times and new friends! Please remember to be patient the first couple of weeks while we organize our groups and ensure all skaters are appropriately placed in groups by skating ability and acquired skills. Happily, we are welcoming many new friendly faces!

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach/assistant to skater ratio is 1:10.

## What are the benefits of Participating in CanPowerSkate?

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

When you/your child registers for a CanPowerSkate program at Ice Edge Skating Club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanPowerSkate program can include:

- participation in a unique skill testing system which includes award bars and ribbons
- parent information sheets
- progress updates and report cards
- special CanPowerSkate events and club functions
- opportunity to be talent-scouted
- opportunity to participate in a healthy lifestyle activity

## How does CanPowerSkate work?

CanPowerSkate's **Pre-Power** is designed for young skaters, four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.

The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating, Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck/ring. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that Level. These are some of the awards and incentives that have been developed to encourage athletes in CanPowerSkate:



CanPowerSkate  
Pre-Power Ribbon



CanPowerSkate  
Participant Badge



CanPowerSkate  
Badge



Please speak to any of the two professional CanPowerSkate coaches on the ice with any questions regarding CanPowerSkate or your skater's progress – we're here to help! Looking forward to a great session with you!

~Coaches Heather and Sheryl