

Welcome to the Spring Skating Session!

Hello IESC members and happy new skating season to everyone! We hope your Spring/Easter break was fabulous and fun with friends and family. 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 CanSkate 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 your child's name badge on it. Please put the badge on your child's jacket zipper or in a place where it can be seen by the coaches. 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**.

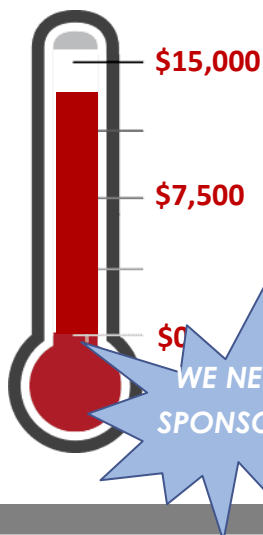
Announcements will be made via email, on our website, our facebook fanpage, our twitter (@iceedgeskate), our bulletin board

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 ask questions; otherwise any questions can be answered or fielded by the CanSkate 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



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

Our fundraising goal this year is \$15,000! Your \$25 fundraising/volunteer deposit is refunded when you have contributed by way of volunteering and/or fundraising. Your \$25 is not enough for us to offer our programs; we rely on your help!

All CanSkate members must earn 125 fundraising and/or volunteer credits in order to receive their \$25 refund.

Our volunteer roles and current fundraising events are posted on our website and we will also distribute information in April regarding the Spring fundraising event. Feel free to contact our fundraising coordinator for more info: fundraising@iceedgeskatingclub.com

IMPORTANT DATES

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APRIL

- 13 *Friday CanSkate Begins*
- 15 *Sunday CanSkate Begins*

MAY

- 4 *Friday CanSkate Bottle Drive*
- 6 *Sunday CanSkate Bottle Drive*
- 11 *Friday CanSkate Games Day*
- 13 *Sunday CanSkate Games Day*
- 18 **NO FRIDAY CLASS**
- 20 **NO SUNDAY CLASS**

JUNE

- 22 *Last Friday Class – Games Day*
- 24 *Last Sunday Class – Games Day*

Our CanSkate Coaching Team:

coaching@iceedgeskatingclub.com

Head Coach: Heather McFarlane

Team Coaches: Sonya MacMillan
Amanda Grover



Welcome to CanSkate!

We're so glad you and your skater(s) have decided to join us this session! Spring 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!

CanSkate has a fresh new look on and off the ice compared to years' past. Technical revisions include a renewed focus on teaching and mastering strong basic skills early to prepare skaters for all ice sports – hockey, ringette, speed skating and figure skating. On-ice delivery focusing on continuous movement emphasizes the use of newer and more dynamic group teaching concepts including the Fast Track, Fun Zone and station rotation all of which has been proven to increase practice opportunities and improve the rate of skill acquisition among skaters. More visual aids and music are used to create a fun, stimulating and welcoming environment. The new look also includes report cards and a series of award ribbons to achieve in addition to the Stage 1 to 6 badges.

Ribbons and badges will be attached to your skater's name tag within a week of them achieving the required skills. When you pick up your skater's name tag, some days there may also be a short handout or newsletter to keep you updated on club news and events. On the back of your skater's name tag is a chart which will show you what your skater has achieved thus far in the CanSkate program. A skater who passes the complete stage 6 will be set with a strong, solid foundation to pursue any ice sport they desire!

For those who are new to the CanSkate Program, please note that we adhere to Skate Canada's guidelines with our Coach/Assistant to skater ratio of 10:1 (at most). We also do not use skating devices to aide the children with skating or balancing on the ice...trust the process and watch your child flourish within the program before your eyes!

This Spring session we will also be having 2 theme days! Keep an eye on your skater's name tag and newsletter for more information!

Please speak to any of the three professional coaches on the ice with any questions regarding CanSkate or your skater's progress – we're here to help!
Looking forward to a great session with you! ~ Coaches Heather, Sonya and Amanda

What is CanSkate?

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 basic 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.

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

- Badges and Ribbons
- Coloring sheets
- Progress updates and report cards
- CanSkater of the Year award program
- Opportunity to participate in a positive healthy lifestyle activity
- Stickers
- Parent information sheets
- Special CanSkate events and club functions
- Opportunity to be talent-scouted

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 award CanSkate badges as skills are mastered.

Program Structure

Pre-CanSkate is a learn to skate program designed for skaters 3 to 5 years of age that have never skated before or have little skating experience. The CanSkate program is for skaters 5 years and older and the curriculum is organized into three Fundamental Areas, divided into six stages of learning.

The Fundamental Areas are:

AGILITY: Concentrating on most turning and jumping skills.

BALANCE: Concentrating on most forward skills, pushing technique & edges.

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

These are the ABC's of the CanSkate Program. The awards consist of:

- Three Fundamental Area ribbons for each Stage
- Six Stage Badges

To receive a stage badge, skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental are indicated on the report card.

A CanSkate session consists of four main components:

1. Warm Up
2. Lesson time
3. Group Activity
4. Cool Down



Example of Level 1
CanSkate Ribbons and Badges