



NICKEL BLADES SKATING CLUB



CANSKATE PROGRAM *Agility, Balance, Control*

CanSkate is Skate Canada's learn-to-skate program designed for beginners. The program focuses on fun, participation and basic skill development. Skaters will earn badges and other incentives as they learn fundamental skating skills. Lessons are given in a group format by Skate Canada certified professional coaches, assisted by trained Program Assistants. The CanSkate program focuses on the ABCs of skating: **A**gility, **B**alance and **C**ontrol. Skills are taught in progression and skaters progress at their own pace. Music, circuits and fun zones are used to help make the session and learning fun for all.

PRECANSKATE PROGRAM

All beginners start in the PreCanSkate program. At this level, our goals are to get the children moving, to teach them how to get up on their own and to view skating as a FUN activity. Sessions are 30 minutes in length.

We use music and toys to make the session a playtime on ice. Our coaches and program assistants are not there to hold a child or pick them up but to teach the techniques for the child to do the activities independently.

Skating can be a scary experience for small children and all children progress at different stages. As parents, please have patience, watch and encourage your children and let the session develop. Coaches will determine when children are ready to move to the CanSkate program.

CANSKATE PROGRAM

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges. Sessions are 50 minutes in length.

At the end of each 10 week session, parents are given a report on their child(s) progress and any badges they have achieved. At this time, parents will be advised whether to enroll their children in PreCanSkate or CanSkate for next session. Skaters who excel in PreCanSkate may be moved up to CanSkate before the end of a 10 week session if recommended by the coach and approved by parents (with additional fees paid according to remaining sessions).

EMAILS AND NEWSLETTERS

Email is the primary means of communication between the Club and the skater's parent/guardian. We also periodically have newsletters that can be picked up from the name tag table.

SKATING ATTIRE

CSA-approved helmets must be worn at all times. Bicycle helmets are not allowed. Skaters will not be allowed on the ice without an approved helmet.

Make sure you dress your child in warm clothing – jacket, pants, mittens, socks.

Either figure skates or hockey skates can be worn. Make sure skate blades have been sharpened, especially if skates are brand new.

HOW TO PREPARE A BEGINNER SKATER FOR PRECANSKATE

- Have them put on their skates with guards and walk around the house for a few weeks before skating begins. That will get them used to walking in skates and getting their balance.
- Come to the rink 15 minutes before the session and have your child watch the older skaters so they can see what skating is all about.
- Explain to your child what is going to happen, where you will be sitting and that you will be there to meet them at the rink doors when the session is over, so that they are not anxious on the ice.
- Dress your child appropriately. At the PreCanSkate stage, skaters will spend a substantial amount of time sitting/kneeling on the ice. Make sure they are wearing warm pants, jackets, mittens and socks. Thin knit items are not warm enough and do not stay dry.
- Check to make sure their CSA-approved helmet fits snugly.

WHAT TO EXPECT AT SESSIONS

- Parents should pick up the skater's name tag at the CanSkate table before the session and drop it off when the session is finished.
- Make sure you use the correct changeroom (PreCan/CanSkate sign on door).
- Make sure children use the washroom before going on the ice.
- Parents are expected to stay with their children in the lobby/changeroom until it is time for their session. PreCanSkaters and CanSkaters enter from different sides of the rink, with CanSkaters gathering at the far end of the ice and PreCanSkaters staying near the lobby end of the ice.
- Once you have put your child on the ice, please find a seat in the stands to watch the sessions. It is very distracting for children and coaches when parents are standing right next to the rink boards.
- You must remain in the building during the session in case there is a need for your child to leave the ice.
- The first few sessions of PreCanSkate may seem a little chaotic until we get everyone up and moving. Little ones may become frustrated, sit on the ice and/or cry. Please have patience and encourage your skater after each session. After the third week, most children will be up and moving. Others take more time, but that is OK too.
- There will be someone at the CanSkate table in the lobby at all sessions. If you have any questions or concerns please talk to them.

SKATES

Here are some tips for selecting and caring for skates:

- Skates need to fit properly and provide firm ankle support. Molded skates should be avoided, as they are inflexible in the cold and allow the skater less control. Leather skates are preferable to vinyl.
- The blade should feel centered when walking.
- For second hand skates, make sure that the skate is in good condition and still has good support. Check that the blade still has sharpening left. For figure skates, check that the pick is in good condition and that the back of the blade has not been rounded off.
- If possible, have the skates properly fitted by knowledgeable individuals to ensure you have the correct size for your skater. If sizing by yourself, consider these points:
 - Skates should be fitted with only one pair of tight fitting socks.
 - Pull the laces of the boots very loosely through the instep.
 - Slide the foot forward to the front of the boots so that the toes touch the end but are not cramped (they should not curl under).

- Have skater stand with weight evenly distributed over both feet (“like a soldier”)
- Bend knees but do not lift heels.
- The space at the back of the heel should be no more than a pencil width.
- If the laces are long on figure skates, use up the length by hooking more than once around the hooks. For safety, never tie the laces around the ankles.
- Have the skater walk around in the skates off the ice; they should feel comfortable.
- Skates should be sharpened at the time of purchase and re-sharpened after approximately 15 hours of skating (depending on use, care and the personal preference of the skater).
- Wear protective guards walking to and from the ice surface. Blades pick up all the grit on the mats and damage blades.
- Dry the blades and sole plate with a cloth immediately after use and apply cloth skate blade covers.
- Always remove guards for storage between sessions or the blades may rust.
- Air out boots following use.

FUNDRAISING

PreCanSkate and CanSkate participants are not required to fundraise. However, the Club does make it optional for PreCan and CanSkaters to participate in some fundraising activities (e.g., pizza sales). We also encourage parents to attend club fundraising events. Ice fees are high and fundraising helps to keep our program fees low.

FINANCIAL ASSISTANCE

If you require financial assistance, please contact the Human League @ 670-8633 or www.humanleague.on.ca. This is a non-profit organization that assists parents with the costs of registration, & equipment, which is geared to income.

REPORTING AN INJURY

If your child is hurt at any time at an Arena, the City of Greater Sudbury requires the parent to complete an incident report at time of accident. These reports can be found in the Arena Office, see the Supervisor on duty.