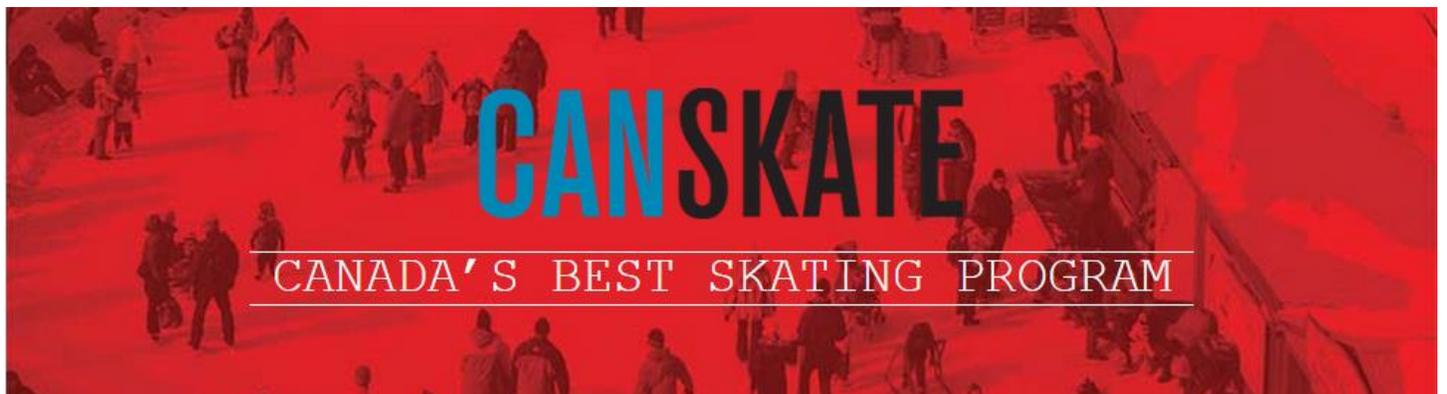




# ***CanSkate Parent Handbook***

## ***2020-2021 Skating Season***

[www.collingwoodskatingclub.com](http://www.collingwoodskatingclub.com)



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## Welcome!

Welcome to the Collingwood Skating Club! The CSC has been encouraging the instruction, practice, enjoyment and advancement of our members in all aspects of skating for over 60 years. Programming is geared towards skaters of all ages and skill levels, including pre-power-skating, figure skating, and learn-to-skate. Our environment helps young athletes to lead healthy active lifestyles, while promoting teamwork, independence, goal setting, community leadership, and fun. Every season, we strive to provide our skaters with opportunities for recognition and achievement in their sport and daily lives.

The Collingwood Skating Club is committed to growing, developing and encouraging skaters of all levels and abilities to strive for success in a positive, supportive environment. We are a non-profit organization, directed solely by dedicated volunteers from our community.

We are proud to be a Skate Canada member club. The Collingwood Skating Club has achieved the **'Advanced Standard'** in the Skate Ontario CanSkate Excellence Recognition program. The CanSkate Excellence Recognition Program is designed to reward Ontario Clubs/Skating schools that are implementing best practices in the delivery of their CanSkate programs. The Club achieved the advanced standard by delivering the CanSkate program in a way that ensures skaters are continuously moving on the ice, work through the program levels in a fun and safe manner, and keep skaters and families engaged and active. This award demonstrates the high quality of coaching being offered at the Club.

## ABOUT THE PRECANSKATE AND CANSKATE PROGRAMS

CanSkate is Canada's flagship learn-to-skate program and is one of the most sought-after skating programs in Canada. The program is for beginners of any age and teaches fundamental movements and basic skills including forward and backward skating, stopping and turning. The focus is on fun, participation as well as basic skill development. The CanSkate program provides an excellent foundation for all skating sports including figure skating, hockey, ringette, speed skating as well as recreational skating. Lessons are given in a group format and are led by our certified professional coaches and are assisted by trained Program Assistants who are volunteers.

**PreCanSkate** is our introductory skating program for children 3-4 years old who have little or no skating experience. Basic skill development focuses on balance, falling down and getting up unassisted, moving forward and backward, jumping on the spot, building confidence and most importantly having fun! Lessons are offered once a week for 30 minutes.

**CanSkate** is designed for children 5 years and older. Participants earn ribbons and badges as skills are mastered. The CanSkate learning environment is enhanced through fun, music, and colourful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life! Lessons are offered once a week for 1 hour.

## CANSKATE PROGRAM OBJECTIVES

- To provide skaters with safe, welcoming, and inclusive first experience to 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 foster personal achievements and satisfaction through skill acquisition, rewards, and recognition
- To evoke a life-long interest in skating

## LESSON FORMAT

CanSkate lessons are broken down into the following key activities:

1. Warm-up. Skaters arrive on the ice and immediately begin skating around the perimeter of the ice, following the Coach leading the warm-up. Help is available for unsure skaters.

2. Lesson time. Lessons addresses a Skate Canada Fundamental Skill - Balance, Control & Agility. Each Fundamental skill has increasingly more complex requirements as the skater progresses through the CanSkate Stages.
3. Circuits. Circuits allow for a series of skills joined together without a break in skating. Skaters benefit by moving over 90% of the time allowing for a focus on both fitness and skill development. Coaches will assess and give feedback to skaters as they move through the circuits and practice the skills.
4. Fun Zone. The idea of the fun zone is to promote agility, skill development, and fun! The fun zone encourages fitness, increases practice opportunities and improves the rate of skill acquisition among skaters through games and other activities.
5. Cool Down and Group Activity. This time gives the skater time to practice what they have learned that day in new and fun ways before they go home

## PROGRAM STRUCTURE AND AWARDS

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

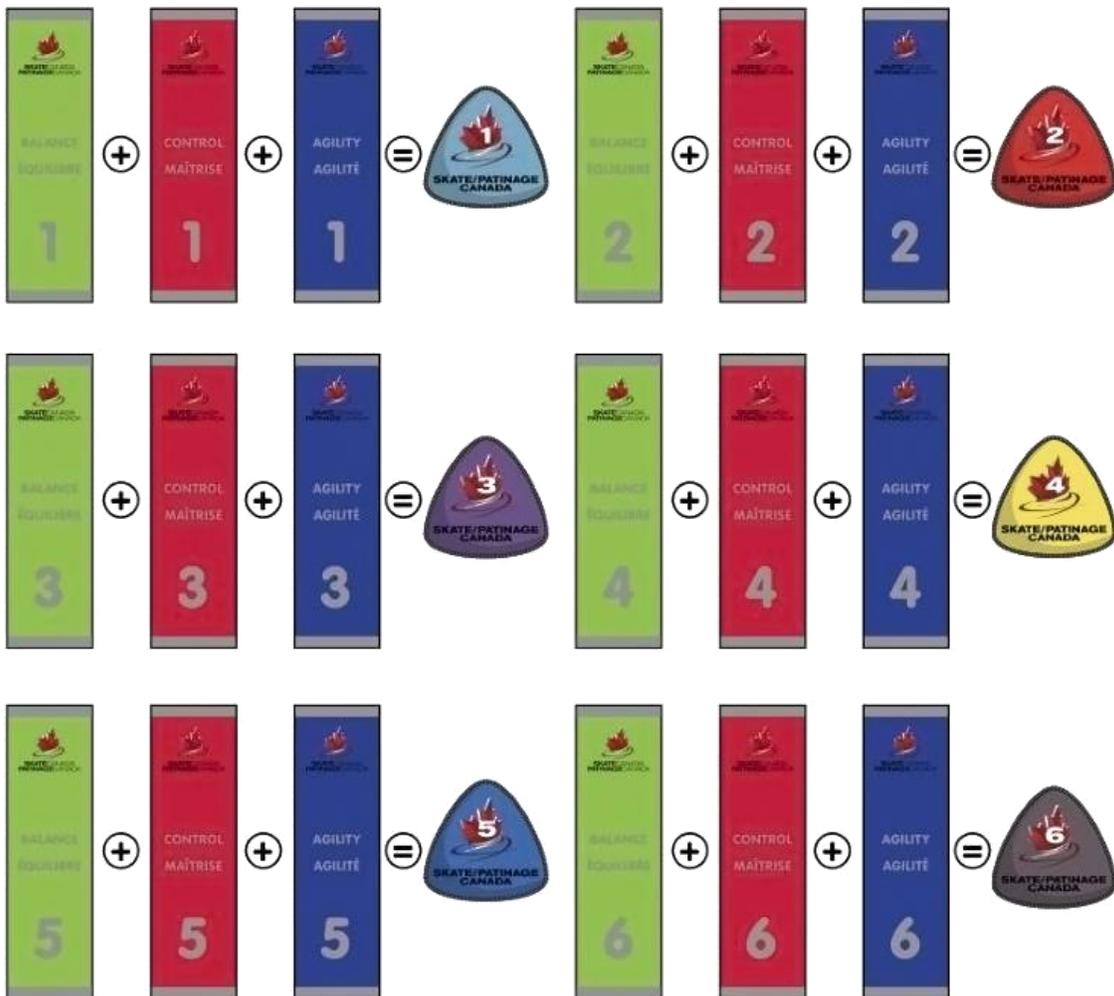
Stage Badges – There are 6 stage badges and 18 Fundamental movement ribbons. To pass a stage, skaters must achieve all Fundamental Area ribbons (Balance, Control, Agility) from the corresponding Stage. The skill requirements for each Fundamental area are indicated on the report card.



SKATECANADA



# CANSKATE AWARDS



## EQUIPMENT

- **Helmet:** CSA approved helmets are mandatory for all Pre-CanSkaters and must have a CSA sticker. Bicycle and ski helmets are not acceptable protection. Face masks are recommended but not required. After the skater passes Stage 5, it is up to the parent to decide when the skater no longer needs to wear a helmet.
- **Skate guards:** All skaters must ALWAYS have skate guards on their blades when not on the ice, including in the arena lobby.
- **Skates:** We recommend “lace-up” skates, as they provide the best support, allow proper movement, and accommodate adjustable fit. The skate’s boot must be firm and must provide good support to the foot and ankle.
- **Warm clothing:** Skaters should dress warmly and comfortably to enjoy their skating experience and enhance their skating skills. Snow pants or nylon pants over top of layers of clothing are a good idea as they provide warmth and dryness during the session. Skaters should wear mitts and warm waterproof clothing that lets them move freely.

YES	NO
<ul style="list-style-type: none"> <li>• Layers of light, stretchy clothing</li> <li>• Knit gloves</li> <li>• CSA approved helmet for skaters who have not yet passed Stage 5</li> <li>• Glasses if necessary</li> <li>• Undershirts</li> <li>• Turtlenecks</li> <li>• Splash Pants</li> <li>• Skating Dress</li> <li>• Beige Tights</li> <li>• Spandex Tights</li> <li>• Short, fitted sweater</li> <li>• Leggings</li> <li>• Hair neatly tied back</li> <li>• Slim-Fitting Pants (Stretchy if Possible)</li> </ul>	<ul style="list-style-type: none"> <li>• Hats or Headbands</li> <li>• Earmuffs</li> <li>• Scarves</li> <li>• Ski Jackets</li> <li>• Overcoats</li> <li>• Baggy Pants or Hoodies</li> <li>• Tight Pants</li> <li>• Pants longer than the ankle</li> <li>• Boot Covers</li> <li>• Long and/or Bulky Sweaters</li> <li>• Baggy or Fuzzy Mitts</li> <li>• Elbow, Wrist, Knee, or Face Guards are only needed to protect an injury</li> </ul>

# SKATES

Proper equipment in good condition is essential. Skaters who wear ill-fitting, poor quality or inappropriate equipment cannot expect to progress quickly or develop good technique. Skates should fit, provide appropriate support, be laced properly, have a good quality blade, and be protected with guards when being worn off the ice. Skates should also be professionally sharpened periodically after approximately every 20 hours of use but this is by no means a hard and fast rule. Skates will need to be sharpened far more frequently if the skater does not wear guards. Guards should be worn by all skaters, at all times when the skaters are not on the ice. The carpet at ice level will not harm skates but the dirt and debris on it certainly will.

Skates should fit like shoes, allowing no more than about half a size for foot growth. It is difficult for a child to tell whether a pair of skates fit well so it is best to rely on an experienced and knowledgeable salesperson. When a skate fits well the skater's heel should be firmly placed at the back of the boot with their toes gently touching the toecap. When the heel of the boot is held firmly down with one's hand, the skater should not be able to lift their heel away from the bottom of the boot to any great degree. When the skates are laced, the laces should be pulled snugly over the ankle but loosely over the toe and the front of the foot. The tongue should be wide enough to stay in place and the front opening of the boot should be wide enough to pull the laces tight. Tie the laces securely but be able to put one finger down the back of the boot.

Make sure the laces are long enough to be tied in a double bow and tucked in. When the skater's knees are bent there should not be too much buckling of the leather around the ankles. The leather in poor fitting skates can break down prematurely in areas that wrinkle regardless of the quality of the material of which they are made. A proper fitting pair of leather skates should stretch and mold around the feet. A good boot may take several sessions of 'breaking in' before it molds to the foot. This may cause some discomfort at first.

## NEVER HAVE THE BOTTOM TOE PICK REMOVED!

### Tips for Buying Used Skates

- Make sure leather skates give adequate ankle support. If the leather in the ankle area is badly worn, wrinkled, or weak, the necessary support will not be given.
- Check all stitched areas of the leather to make sure that the skate is not coming apart.
- Wiggle the blades to make sure they are securely attached. It is normal for the screws to work loose with wear but if they don't tighten it could be a sign that the soles have begun to rot.
- If the skates have a liner, remove it to check whether the boot has begun to rot inside.
- Excessive moisture and improper drying of skates can cause rot around the screws and can result in loose blades.
- Talk to the coaches if you have any questions about purchasing skates

## Care of Skates

- Make sure the blades are professionally sharpened at the beginning of the season and periodically check them for dullness or nicks. You can get figure skates sharpened at Trotts Sports Excellence in Collingwood and hockey skates sharpened at either Trotts or Play It Again Sports. Figure skates require a specific sharpening technique that is different than that used for hockey skates.
- Skate guards should be worn any time the skater is not on the ice.
- Do not store the skates with the guards left on – the blades will rust. After skating, blades and skates should be dried thoroughly with a soft cloth. Between skating sessions the skates should be taken out of the skate bag and allowed to air and dry completely – inside and out.
- Skates should be kept clean and the laces tucked in when they are worn.

## WHAT HAPPENS AFTER CANSKATE?

Once your child has completed CanSkate levels 3-4 they will be invited to participate in the Advanced CanSkate program. The decision to move up to Advanced CanSkate is made by the coaches and discussed with the parent(s). Advanced CanSkaters participate in an additional joint Intermediate (STARSkate) and Advanced CanSkate session on Friday afternoons.

If figure skating is your skater's passion, STARSkate is the next step in their development! Coaches, in partnership with parent(s) will make the decision on when a skater is ready to move to the Intermediate and Senior STARSkate program. STARSkaters can participate in performance days, test days and competitions. Please speak with the Coaches or Board of Directors for additional information.

## 2020 - 2021 ICE SCHEDULE

### Tuesday (4:30 – 9:00 pm)

- 4:30 – 5:30: Star Skate Program (Intermediate)
- 5:30 – 6:00: CanSkate Program – 30 minute fall/winter session
- 6:00 – 7:00: CanSkate Program
- Flood (10 minutes)
- 7:10 – 8:50: Advanced Star Skate Program (Senior)
- Flood (10 minutes)

### Wednesday (4:30 – 7:00 pm)

- 4:30 – 5:40: Advanced Star Skate Program (Senior)
- 5:40 – 6:50: Star Skate Program (Intermediate)
- Flood (10 minutes)

### Friday (4:00 – 6:30 pm)

- 4:00 – 5:20: Advanced Star Skate Program (Senior)
- 5:20 – 6:20: Star Skate Program (Intermediate)
- Flood (10 minutes)

## IMPORTANT CLUB DATES TO CONSIDER 2019-20 SEASON

Session One	Tuesday October 6 – Friday December 18 = 11wks
Session Two	Tuesday January 5 – Friday March 26 = 11wks
Ice Cancellation - CSC	Christmas Break: Mon Dec 21st - Fri Jan 1 st March Break: Mon March 15 <sup>th</sup> - Fri March 19 <sup>th</sup>
Theme Days:	
Winter Registration	TBD
Dress Rehearsal	TBD
Carnival	TBD
Awards Celebration	TBD
AGM	TBD

## SKATE CANADA MEMBERSHIP FEES

When you sign up for a skating program at our club, you are required to also become a member of Skate Canada. This annual \$43.65 fee is valid from Sept. 1 to Aug. 31. It includes insurance coverage, along with access to all Skate Canada programs. This fee is in addition to your registration fees. For more information about Skate Canada, visit [www.skatecanada.ca](http://www.skatecanada.ca).

## VOLUNTEER/BOND

***Please note: As a result of COVID-19, the Collingwood Skating Club will not be running the Volunteer/Bond Program in 2020-2021***

The Club may call on parent to volunteer if required to assist with specific programs or projects.

We sincerely appreciate the help and support of our Collingwood Skating Club families!

## USEFUL WEBSITES

### Collingwood Skating Club

- Our home club website: [www.collingwoodskatingclub.com](http://www.collingwoodskatingclub.com). Useful information about upcoming events and activities, registration and more.
- Check back often

### Skate Ontario

- This is where you can find information about upcoming competitions and skating shows.
- Technical guidelines are also found here: <http://www.skateontariocanada.ca>

### Skate Canada

- Your child's test data is found here.
- You must use their skater number and password to enter.
- Password is usually your last name in capitals the first time you enter: <http://www.skatecanada.ca>

### Apparel

- Spirals – [www.spiralsonline.com](http://www.spiralsonline.com)
- Play It Again Sports – [www.playitagainsportscollingwood.com](http://www.playitagainsportscollingwood.com)
- Trotts Sports Excellence – [www.trottsportsexcellence.ca](http://www.trottsportsexcellence.ca)