



CANSKATE PARENT HANDBOOK



**CanSkate
PatinagePlus**



westlincolnskatingclub.uplifterinc.com



INTRODUCTION

WELCOME TO THE WEST LINCOLN SKATING CLUB!

At the club, we strive to foster a lifetime pursuit of excellence in everything our members do today, and beyond their skating years. Learning to skate teaches not only sport-specific skills, but also empowers our skaters with life skills such as perseverance, goal setting, mental focus, an active and healthy lifestyle, problem-solving, a desire for personal achievement, and much more.

In this handbook, we've outlined what to expect during your first few sessions, what equipment you will need, as well as an overview of programs offered. If you have any questions, please don't hesitate to reach out - you can email us at wlskaters@gmail.com or find a Board Member at the Welcome Table during sessions.



WHAT TO EXPECT IN YOUR FIRST SESSION

1. Your first day is orientation day. During orientation, you will meet your coaches and get familiar with the rink, and learn how our session operates.
2. Please be sure to arrive 15 minutes early so that you can collect your skaters name tag and have enough time to prepare to enter the ice. It is recommended to arrive 15 minutes for every session after your first.
3. During sessions parents are asked to be upstairs to watch their skaters. The rink level is for board members, skaters and coaches.
4. Once the session has started, parent's/guardian's are to remain in the building.
5. Once skaters have exited the ice, parents/guardians are able to enter the ice level to collect their skater. Skaters will not be released from the exit arena until a parent/guardian has arrived.



WHAT TO BRING TO THE RINK

ESSENTIALS

All skaters should come prepared to skate safely and warmly. The following is a list of items that skaters should have for their skating sessions:

1. A properly fitted CSA approved hockey helmet is mandatory for all Learn to Skate/CanSkate participants (A face shield built-in is preferred for younger skaters).
2. Gloves or mittens (preferably waterproof) are mandatory while on the ice. (Note: we do not suggest fleece mitts, as they stick to the ice)
3. Warm clothing should be worn by all skaters, but overdressing should be avoided to prevent overheating and movement impairment. Splash pants and sweaters are recommended
4. Skates that fit properly and are sharpened frequently (if using figure skates please ask coaches where to get them sharpened as places such as Canadian Tire, Pro Hockey Life, etc. tend to shave off the toe pick)
5. Hard Skate guards, a cloth for wiping off your skates after use and soft guards. Please ensure you wipe your blades after each session, this prevents them from rusting. Do not place hard guards on skates after drying



CSA APPROVED HELMETS

Bike, skate board, motocross, ski, and all other helmets are NOT allowed on the ice. Skaters **must** have a CSA approved hockey helmet.



- Hats worn under helmets must fit snugly so they do not slide down
- Long hair should be pulled back tightly and kept off the skater's neck so they do not overheat
- Skaters with bangs should have them pulled away from their face so their vision isn't compromised while skating



EQUIPMENT CARE

1. GENERAL RULE

Skates must be properly sized, sharpened and tied snugly

2. FIGURE SKATES

Figure skates should have minimal creases at the ankles to provide correct ankle support. Laces should never be wrapped around the ankle or underneath the skates

3. HOCKEY SKATES

Hockey skates should be tied as tightly as possible, especially over the instep and at the ankle to provide proper support. Make sure you lace the skates all the way to the top. Laces should never be wrapped under the skates

4. SKATE SHARPENING

Skates should be sharpened regularly (approx. every 20 hours of use).

We recommend getting your skates sharpened at a professional skate shop such as Front Row Sports (Grimsby or Thorold)

5. SKATE STORAGE

Store between sessions without skate guards, preferably with soft cloth “soakers” to prevent rust and absorb condensation. Let the skates dry out overnight removed from the skate bag



LEARN TO SKATE PROGRAMS

PRE-CANSKATE & CANSKATE PROGRAMS

Our Learn-to-Skate programs are designed to teach fundamental skating skills to people of all ages interested in ice sports such as hockey, ringette and figure skating, as well as those wanting to skate for fitness and enjoyment for life.

The CanSkate curriculum is based on six stages. Each stage contains three fundamentals: Balance, Control & Agility. Each skater has the opportunity to achieve each fundamental with the incentive being a ribbon. Progress through fundamentals may not be linear. Skaters may be on stage 3 balance, while on stage 2 control. When a skater has achieved the entire stage, they receive a badge. After each term, the skater receives a report card that indicates their success.



WHAT'S NEXT?

PRESTAR & STARSKATE

PreSTAR is a program designed for skaters who have completed stage 1-3 and wish to pursue figure skating. The PreSTAR Program is a stepping stone between our Learn to Skate programs and the STARSkate figure skating program. PreSTAR will focus on the CanSkate curriculum through small group instruction on the ice, as well as learn more advanced skills specific to figure skating and the StarSkate program. This program is suitable for any skater who has an interest in figure skating, and figure skates are required to participate.

StarSTAR offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skills, free skate and artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Assessments through a nationally standardized assessment system. Skaters working on figure skating skills in StarSkate may also choose to pursue synchronized skating, partner ice dance or pairs skating.

StarSkate also offers skaters the opportunity to enter into competitions. Skaters have the opportunity to compete against skaters from other clubs in FreeSkate, Dance and Artistic events.

West Lincoln Skating Club also provides performance opportunities for StarSkaters.



WHAT'S NEXT?

CANPOWERSKATE

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.



FAQ

1. CAN I GO ON THE ICE WITH MY SKATER?

Parents are not permitted on the ice in any of our programs, except for our Parents & Tot program. This allows our coaches to have the complete attention of the skaters. Our Skate Canada certified professional coaches have many years of experience coaching young skaters and are well equipped to take care of your child during their skating session.

2. MY CHILD IS HAVING A DIFFICULT TIME LEARNING TO SKATE. WHAT SHOULD I DO?

Skating lessons are a fun and exciting way for young children to learn life skills such as overcoming challenges, but not all children feel comfortable on the ice right away. We suggest taking advantage of family public skates so parents and siblings can assist them in a relaxed and fun environment. It is also important to ensure that the skater's equipment does not hinder their ability to move.

3. HOW DO I FIND OUT ABOUT MY CHILD'S PROGRESS?

Learn to skate programs will have progress report cards done at the end of each term. Ribbons and badges will be handed out throughout the season, on the session.

4. WHAT HAPPENS IF I MISS A SESSION OR WANT TO CHANGE A SESSION?

Sessions will not be refunded or rescheduled if they are missed. Please refer to our Refund Policy on our website for more details.



