

## CANSKATE INFORMATION SHEET

Welcome and Thank You for registering with our club for the 2016/2017 skating season. Our program operates under the guidelines of Skate Canada's Nationally recognized CanSkate program. Your patience is greatly appreciated as our first couple of weeks can be a bit hectic as we may possibly have to shift skaters from various groups to ensure they are in a group that is best suited for their ability and according to their level. We also ask that once your child is on the ice safe and sound that you sit in the stands as this will allow your child to focus on their skating session and instructor. After a couple of weeks and the session is established, we will be having a parent info session. It is very important for you to attend this meeting so you don't miss out on valuable information.

All our coaches are National Coaching Certification Program certified coaches. Our coaches are Melissa Baldwin, Lisa Conley, Gail Ellis. We also use Program Assistants and these are skaters who are members of our club and are volunteering their time to give back to the sport.

Throughout the year we will have fundraising opportunities as this is an integral part of our club and helps keep our ice costs down. Without fundraising we would not be able to provide the programs that we do.

Should you have any concerns or questions regarding your child's progression or just questions in general you can contact the club at [pecsinfo@gmail.com](mailto:pecsinfo@gmail.com) or Lisa Conley [sk8conley@gmail.com](mailto:sk8conley@gmail.com) (CanSkate Co-Ordinator)

Depending on which days you have registered for our schedule is as follows:

Monday – 5:50 – 6:00PM Off Ice Warm Up (Skates On) CanSkate & Pre CanSkate

Monday - 6:00 – 6:50PM Advanced CanSkate/CanSkate Picton Arena

Monday - 6:10 – 6:40PM Pre CanSkate Picton Arena

Fridays – 5:50 – 6:00PM Off Ice Warm Up (Skates On) CanSkate & Pre CanSkate

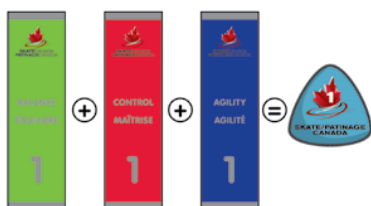
Friday - 6:00 – 6:50PM CanSkate/Advanced CanSkate Wellington Arena

Fridays – 6:10 – 6:40PM Pre CanSkate Wellington Arena

(Upon Arrival please be sure to pick up your child's name tag & proceed to assigned dressing room)

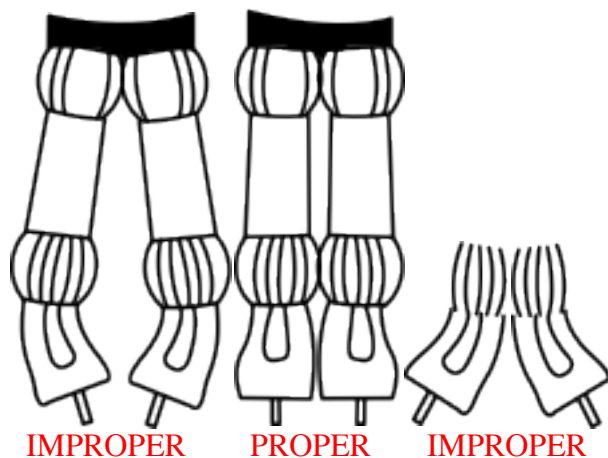
Please be sure to check the club web site [www.princeedwardcountysc.com](http://www.princeedwardcountysc.com) for up to date information and also you can like us on Facebook or email [pecsinfo@gmail.com](mailto:pecsinfo@gmail.com)

### Our Badges



A badge is achieved once a skater has passed all three fundamentals of the level they are on. Those fundamentals are Balance, Control & Agility. There are 6 badges to achieve in the CanSkate Program. The skills on each badge are geared towards skating skills required for all skating related sports.

## Proper and Improper Fitting Equipment



\*\*\* NOT RECOMMENDED \*\*\*

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped. This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than 1/4 inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice **EQUIPMENT CARE** To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session the blades should be wiped with a dry cloth to prevent rusting. Skate sharpening should be done periodically. We recommend Stephen's License skate shop.
- **HELMETS** A CSA approved hockey helmet must be worn by all skaters at or below Stage 5. We recommend a helmet with a cage.
- **CLOTHING** Skaters should dress warmly for our sessions; however, some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided if possible. We recommend wearing mittens or gloves to keep skaters warm.

