

## Program Overview

CanSkate is an excellent learn-to-skate program for skaters of all ages. It has been developed by Skate Canada with feedback from coaches, sport science and Long-Term Athlete Development (LTAD) experts. The focus is to master strong basic skills in a progressive manner and develop the speed, strength and flexibility needed for all ice sports: hockey, ringette, speed skating and figure skating. The skater to coach ratio is low (10:1 or less) in order to ensure individual attention and continuous advancement through the program.

The *fundamental movements* of skating are arranged into three areas called Agility, Balance, and Control (the ABCs of skating):

- **Agility:** Focus on jumps and turning skills
- **Balance:** Focus on forward skills, pushing technique and edges
- **Control:** Focus on backward skills, stopping and speed elements

There are six stages of skating skills development which skaters progress through at their own rate in the CanSkate program.

For those in PreCanSkate, there are eight basic readiness elements to prepare for entry into Stage One of CanSkate and a ribbon will be awarded upon completion.

## Class Structure

There are four stations on the ice – Balance, Control, Agility and Challenge Zone, and a Fast Track outside the stations area around the rink perimeter. Each 50-minute session consists of a warm-up of all skaters (10 minutes), three group lessons (10 minutes at three different stations with a different coach), a group activity and a cool-down of all skaters (10 minutes) with a focus on continuous movement. Skaters use the Fast Track to move from station to station upon hearing the change signal. The sessions incorporate upbeat music, teaching aids and a wide variety of activities to add fun and variety.

## Assessments

Skaters are assessed the first time they attend a session, placed in a suitable group and are continuously reassessed, moving upwards through the stages.

Awards and incentives are provided to motivate and encourage skaters. The ribbon and badge awards consist of:

- **Three Fundamental area ribbons for each stage**
- **Six stage badges (1 to 6)**

To receive a badge, skaters must achieve all three Fundamental area ribbons (Agility, Balance, Control) from the corresponding stage.

The skater's progress is regularly updated in our website to keep track of their level at the end of each seasonal session (Fall/Winter/Spring). [Click here to see how to see your skater's progress report.](#)

## Helmet Policy

CSA approved hockey helmets are mandatory for PreCanSkate, CanSkate, Adult CanSkate stages 1 through 5 and PowerSkate skaters. This policy is mandated by Skate Canada and will be enforced during all skating activities including competitions, ice shows or any other special on-ice activities throughout the season.

### Supervision

During the session it is important for a parent or chaperone to stay in the arena. Skates may need to be retied, clothing adjusted, washroom break, etc. It is important that skaters do not have food or gum in their mouth while on the ice. Please make sure that we can find you at the rink in case an emergency arises.

### Coaches

All coaches in our Skate Canada-affiliated club are NCCP certified (National Coaching Certification Program) and possess up-to-date first aid certification. A complete list of our Coaches, along with NCCP certification is available on our website under 'About Us'. Please speak to our CanSkate Director, one of our Board members or the volunteer at the CanSkate table if you have questions.

### Program Assistants

You may see our STARSkate level skaters helping out during a CanSkate session. These skaters are called Program Assistants and are vital to the success of the CanSkate program. Program Assistants must be trained both on and off ice before they are able to assist during a session. Program Assistant responsibilities may include:

- Provide general assistance to Coaches throughout session
- Assist with set-up of circuits and stations
- Lead warm-ups and cool-downs (under direction of a Coach)
- Lead circuits and group activities (under direction of a Coach)
- Aid skaters throughout circuits when needed
- Distribute awards (stickers, badges, etc.)
- Take attendance
- Be a role model and encourage young skaters

### CanSkate Table

The CanSkate table is set up in the lobby of the arena before every CanSkate session. Please check each time you arrive to find your skater's name badge and also ribbons and badges achieved to date. You may receive information on special fun days, Promotional Lottery Book handouts, notice of exception days, etc. We try to have a volunteer present at each session to answer your questions.

### Skate Canada Membership

When you or your child registers for a CanSkate program at a Skate Canada club, you become a member of Skate Canada, the national governing body for figure skating in Canada. Membership is renewed each season (September to August).

### Communications

The Club sends out emails to remind parents of upcoming events, class cancellations, exception days, fundraising events and other relevant news. Please ensure that we have your correct email address and you have *given permission to receive our important notifications*.

### Contact Us

If you have any questions about the CanSkate program, please contact us by email at [info@mississaugafsc.com](mailto:info@mississaugafsc.com)