

## Where does my child fit into this program?

In light of the curriculum changes to the Stage badges (several skills have been shifted to previous badges), it may be possible that there will be a transition period for some skaters. For example, if your child passed their Stage 1 badge using the old program last season, based on the changes to the elements in the new badge system they may be placed, at least initially, in a group that is working on the new Stage 1 badge. The CanSkate coaches will be able to assess and place skaters in the groups best suited to their abilities and interest. There is a possibility of skaters being moved from group to group at times to even out numbers or to allow for skater development.



## Safety and Equipment

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 ¼ 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 skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session that blades should be wiped with a dry cloth to prevent rusting. Skate sharpening should be done periodically.

### HELMETS

Skate Canada mandates that all CanSkate, Pre CanSkate and Adult CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet on the ice.

### CLOTHING

Skaters should dress warmly for our sessions; however, some items such as long 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 and for safety.



## Woodbridge Figure Skating Club CanSkate & Pre-CanSkate Program

## Parent Information

Thank you for your interest in CanSkate, Canada's learn-to-skate program. The Woodbridge Figure Skating Club is excited to have you aboard this season! Should you have any questions on the above please don't hesitate to contact us at 905 856-6740 [www.woodbridgefigureskatingclub.ca](http://www.woodbridgefigureskatingclub.ca) or email [contact@wfsc.ca](mailto:contact@wfsc.ca).

Lesley Parr CanSkate Coordinator



# Our CanSkate Programs:

CanSkaters are taught in a group lesson format by Skate Canada Professional Coaches and supported by trained Program Assistants. The session format will consist of a warm-up, lesson time, group activity and cool-down. On-ice delivery focusing on continuous movement emphasizes the use of more dynamic group teaching concepts including the Fast Track, Fun Zone and station rotation all of which has been proven to increase practice opportunities and improve the rate of skill acquisition among skaters. More visual aids and music are used to create a fun, stimulating and welcoming environment. The CanSkate program includes report cards and an exciting series of award ribbons to achieve, in addition to the Stage 1 to 6 badges.

## Pre-CanSkate

Is a component of CanSkate for participants who have never skated before or who are not confident with their balance on the ice.

Pre-CanSkaters work on 8 essential skills needed to move safely and effectively on the ice, which will ready them for Stage 1 CanSkate. A Pre-CanSkate ribbon will be awarded upon completion of these skills and they will then advance to our mainstream CanSkate.

Sessions will consist of a warm-up, lesson time, group activity and cool-down.

Visual aids, props, toys and music help to motivate skaters.

Each stage is broken down into three Fundamental Areas:

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



Additional awards in the form of ribbons that correspond to the new Fundamental Areas have been added to provide skill benchmarks and to help motivate skaters. Once a skater achieves the Balance, Control and Agility ribbons for a certain stage, they are awarded the badge for that stage.

- Report Cards will be sent home at the end of each term.

