

# First Day of CanSkate!

First Day is always a bit chaotic. Please make sure you arrive 10 minutes prior to your scheduled time. When you arrive at the arena, please pick up and attach your skater's Name Tag to their outer clothing where it is easily visible. The Name Tag may have a color sticker on it, or it may not. Returning skaters may be pre-grouped into colors. Not to worry, by the end of the first day, all skaters will have color stickers on their Name Tags to show what group they are in. At the end of each session, name tags are removed and we keep them for you to pick up each week.

Please utilize the arena lobby or designated dressing rooms to put equipment on. Skaters must then wait at the on-ice doors, until the coaches invite them to take the ice.

At the end of Warm Up, all skaters will move to center ice. Skaters will be assessed and moved into a color group suitable to their ability. CanSkate groups are organized with several considerations in mind including skating ability, group size, age, etc. You will see some skaters being moved around throughout the first few weeks as we find the best balance of skaters for each group. After the first few weeks, skaters will remain in their designated group until the end of the season. Skaters may progress more quickly or slowly than others within their group – this is ok! Coaches will address individual needs of skaters within the circuit format.

If there is a time when you ever feel the need to speak with a coach, please choose an off-ice moment before or after the session. Alternatively, you are always welcomed to email the club at [wsc1069@hotmail.com](mailto:wsc1069@hotmail.com).

## Equipment Needed:

Skaters will need to bring their own skates, hockey helmet, and mitts/gloves. No skating aids (such as bars, etc.) are needed. Sorry, we do not rent skates or helmets.

**Please note that CSA approved hockey helmets are mandatory for all CanSkate and Junior skaters.** (Juniors at Stage 5 may be allowed to skate without helmets at the coach's discretion. Please confirm with your coach.)

## The CanSkate Program:

The CanSkate program is a nationally developed learn to skate program offered by Skate Canada. Our coaches and assistants are Skate Canada trained and conduct CanSkate classes according to Skate Canada guidelines.

- CanSkate sessions have 4 components:
  - Warm-Up – This is done as a group.
  - Skill Instruction and Practice – Skills are grouped into three categories: Agility, Balance, and Control. Each category has a prescribed progression of skills to be taught. Circuits are used for skill practice with the goal of keeping skaters moving as much as possible.
  - Fast Track – Between mini lessons and circuits, skaters do a lap on the “Fast Track” as part of their transition to a new lesson/circuit.

- Cool Down – This will consist of a game or group activity.

For a good video summary of the program, please see the following link:

<https://www.youtube.com/watch?v=9Z7KBWwpVgU>

- Please note that there are 6 levels within CanSkate. Skaters will be placed in a group that corresponds with their skill level.