

September 2015



Dear CanSkate & PreCanSkate Parents,

Welcome skaters and parents! We are so excited for the beginning of another skating session! We would like to touch base with you to address several things before our first day of CanSkate!

Our first day will be **Tuesday, October 6th, 2015**. **CanSkate runs Tuesdays and Fridays from 5:00 – 5:45**. Please see skill chart for specific objectives for CanSkate. **PreCanSkate runs on Tuesdays OR Fridays from 5:45 – 6:15**. Please see additional handout for more information on PreCanSkate.

Your coaches this year will be ***Ms. Jeanette McNalty, Ms. Shelby VanDeWoestyne, and Mrs. Tessa Scrups***. In addition, we have an amazing team of experienced and well-trained ***Program Assistants***, who you will see sharing their skills and enthusiasm with your children!

We want to be safe and comfortable at skating, so here are some things to remember for your first day! First of all, we hope you have found **a good pair of skates** to support your ankles, that fit you properly, with **sharp enough blades**. **Skate guards** to protect your blades are a good idea around the rink. **No skater will be allowed on the ice without a secure helmet and gloves or mittens**. It is also important to wear clothes that will keep you dry, warm, and allow you to move freely. All of these tips will help you enjoy skating even more! If you have any questions, please see *Jeanette* after lessons or an executive member for advice.

If you are new to skating, it is a great idea to try to get out on the ice once before your first day. Public skating is offered on Sundays. Check out the City of Weyburn Website. You could also practice walking around the house in your skates and practice sitting down and getting back up again. Don't worry if you have trouble, we will help you! Due to liability to the Weyburn Skating Club, **no parents are allowed on the ice during a CanSkate lesson**. The first few days can sometimes be challenging for a new skater, but we will provide assistance in every way possible to make sure everyone is having fun!

CanSkaters are pre-grouped as best as we can prior to the first day, based on age and experience. There are five colour groups: **Red, Yellow, Green, Blue and Purple**. (*Please note: these colours are just for grouping purposes. They do NOT necessarily relate to our stages or badges.*) They will begin at their corresponding colour poster and rotate through the remainder of the posters with their group. Your skater will be given a name tag, upon entering the rink, with his or her colour on it

Our daily lesson format will be very similar to last session:

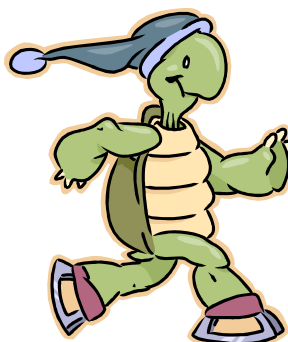
5:00 – 5:07	Warm Up
5:07 – 5:42	Begin at colour posters and rotate through lesson stations: Red - skill circuit Yellow – new skills Green – review skills Blue – Fun Zone (games, creative, interpretive) Purple – Fast Track (laps; focus on speed)
5:42 – 5:45	Cool Down, incentive, line up to exit ice.

We ask that **Red** and **Yellow** skaters as well as **PreCanSkaters** will enter and exit the ice on the WEST entrance (near the players boxes) of the ice. **Green, Blue, and Purple** should use the EAST entrance (near the stands). Dressing rooms will be posted on the screen when you enter the Sports Arena.

We communicate frequently by e-mail. Please look for our welcome/test e-mail – this email will also contain the colour grouping for your child. If you do not receive it or have an alternate e-mail address, please e-mail trscrupps@gmail.com. If you have any questions about CanSkate throughout the year, please feel free to contact Jeanette or Tessa after lessons, or contact via e-mail.

Happy Skating!

Jeanette McNalty
And
Tessa Scrupps



"PRE-CANSKATE"

A step to CanSkate

Who is it for?

3 year olds

When?

Tuesdays OR Fridays 5:45 - 6:15

First Session?

Tuesday October 1st OR Friday October 4th

What will a Pre-CanSkate Session Look Like?

5:45 - 5:55	Warm-Up
5:55 - 6:05	Group Lesson (including skill circuits)
6:05 - 6:15	Group Activity and Cool Down

We will focus on skills such as:

- Goal of the Program**
- "Pre-CanSkate" offers a fun, safe play environment for skaters to learn some of the skills they will need for CanSkate.
- These skaters will learn the fundamentals necessary for CanSkate as well as develop personal and social skills.
- We will focus on making the ice a fun place to be, while learning skills through play.

Skaters need:

- ✓ Warm, waterproof clothes
- ✓ CSA approved helmet
- ✓ Mitts
- ✓ We encourage parents to have skaters practice standing and walking in skates prior to first day of skating!

- Standing up
- Balance
- Falling down and getting up
- Making snow
- Taking steps to gliding
- Developing speed
- Independence
- Confidence
- Listening and following group instructions
- Working and playing within a group

How will "Pre-CanSkate" affect the CanSkate program?

The program is intended as a stepping stone to CanSkate. It is intended to free up PAs and coaches in our CanSkate program as well as get the ice moving a bit more. CanSkate will only benefit from this program, as CanSkate will now be for skaters 4 years and older.



Coach-skater ratio:

- We will accept a maximum of 12 skaters.
- There will be one certified professional SkateCanada coach and three trained Program Assistants on the ice at all times.
- Due to liability, we can not allow parents on the ice with skaters.