



SKATECANADA

CANSKATE

Orientation



SKATECANADA
SKATE HUMBOLDT



Orientation

This slide show can be viewed at
www.skatehumboldt.ca



What is ?

CANSKATE

- Canskate is Canada's only national 'Learn to Skate' program for beginners of all ages
- Has been around since 1887
- Provides skating foundation for:
 - Hockey
 - Ringette
 - Figure skating
 - Speed skating
 - Just know how to skate as a life skill
 - BEGINNERS OF ALL AGES



What is



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- Focuses on...
 - Fun
 - Participation
 - Basic skill development



- Participants learn the ABC's of skating
 - **A**gility
 - **B**alance
 - **C**ontrol



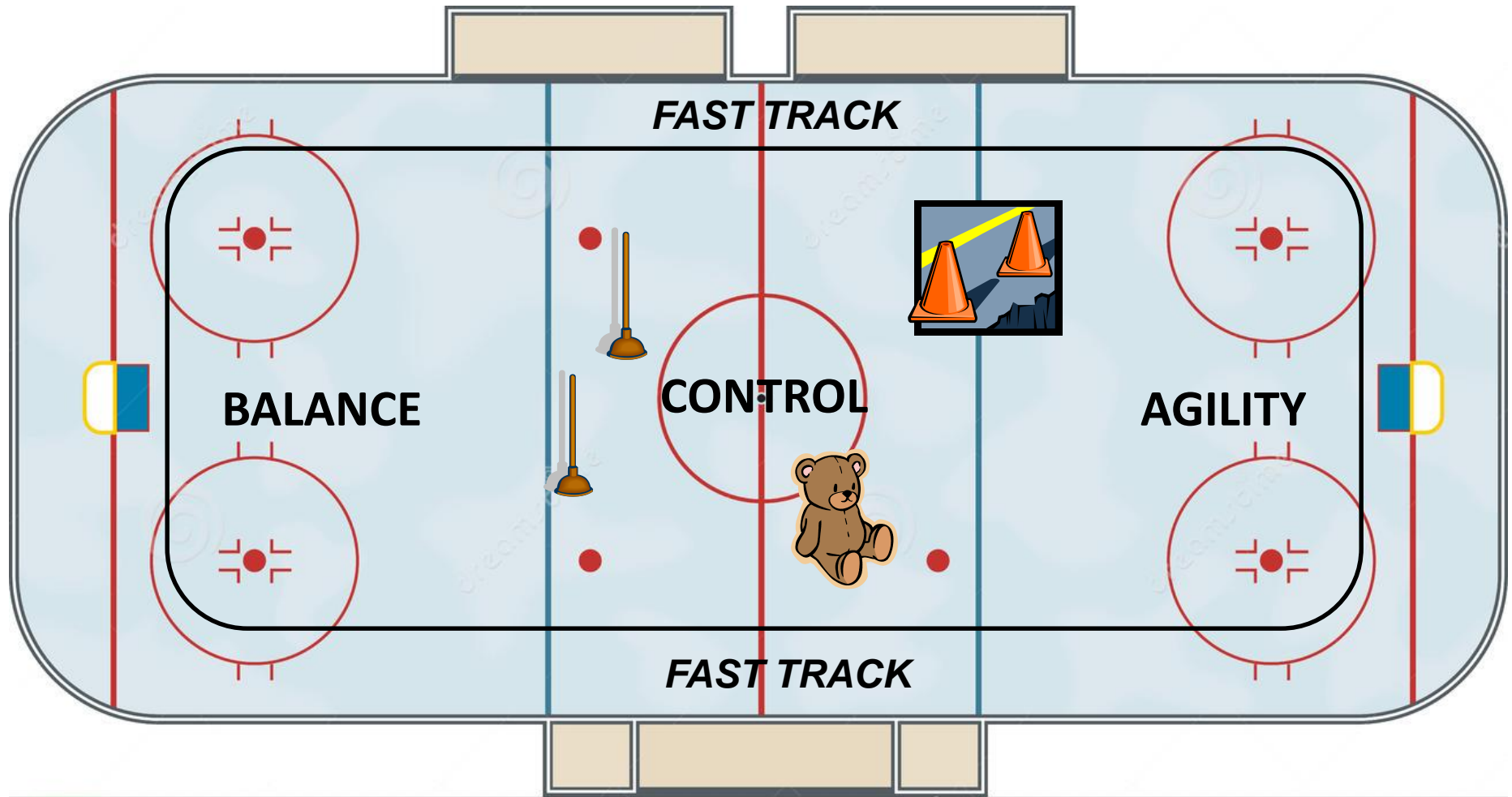
Typical



Session

- Total 45 minutes
 - 5 minute warmup
 - 10 minutes at each station
 - Agility
 - Balance
 - Control
 - 5 minute cool down
- Music

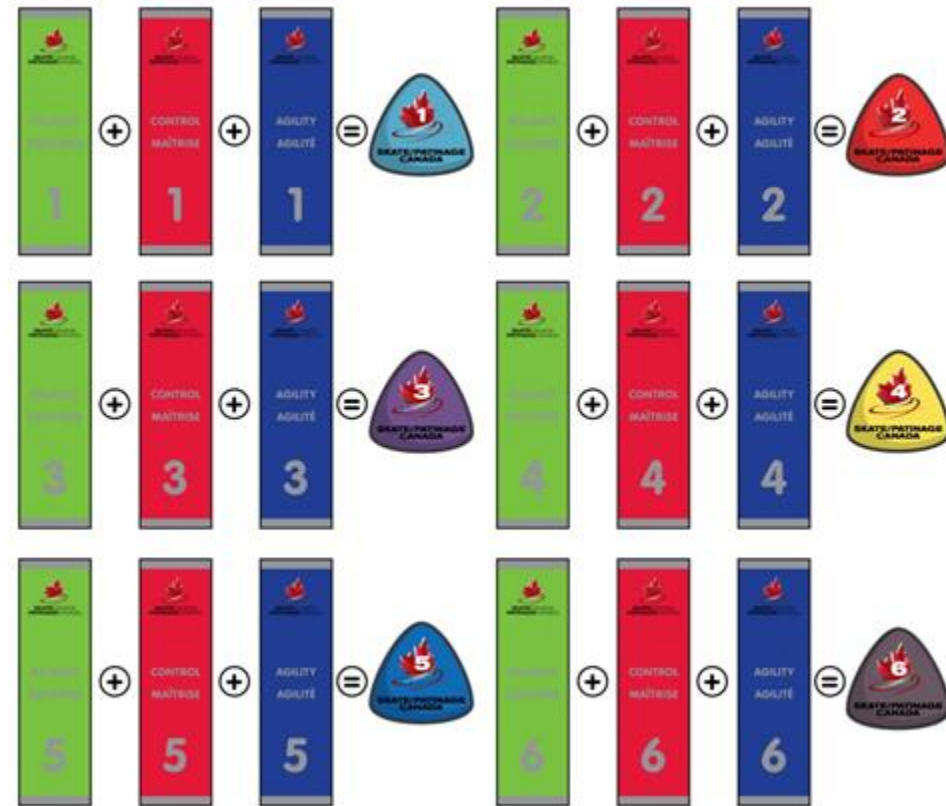




What is



- Skaters evaluated throughout the year
- Receive ribbons, badges, and report cards (6 Levels)



What is



?

- **JUNIORS**

- Level 6 Canskate
- Advanced Canskaters may get “pulled up” to Juniors part way through the year
- More one on one coaching
- More individual practice time
- Objective is to help with transition from Canskate program to STARSkate program
- Fees

Coaching

- Skate Humboldt has 4 Canskate coaches
 - Becky Ell
 - Brooklyn Alberts
 - Kelsey Parsons
 - Makenna Mueller
- Coaches are NCCP certified and are professionals
- Several ‘Program Assistants’ assist the coaches
 - Senior PA’s have attended ‘Canskate Team Leadership’ clinic
 - PA’s are volunteers

Coaching

- If you have a concern with a coach
DO NOT APPROACH THE COACH DIRECTLY
approach a board member & we will work with you and the coach to address the issue

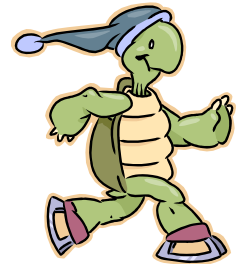
Important Notes & Rules

- Same for Monday & Friday sessions
- Use South entrance of Elgar Petersen Arena
- Use Dressing Rooms 1 & 2
- Canskate times:
 - 5:15 to 6:00 pm
 - Dressing rooms 1 & 2
- CanSkate Levels 1 - 5 must wear CSA approved **HOCKEY** helmets



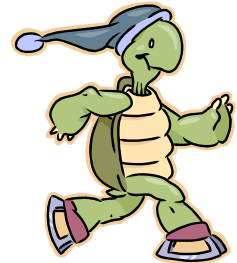
Important Notes & Rules

- Dress kids warmly but make sure that mobility is not restricted
- Sharpen skates regularly
- Parents cannot come on the ice
- At least one parent or other responsible adult must be at the arena while child is skating
- While watching, sit high up in the stands to avoid distracting the children



Important Notes & Rules

- Registration refund policy
 - No refunds for children 7+ years old
 - 6 and under, 30 day refund policy
 - Pro-rated refund if medical issue (Dr. note)
- Skate Humboldt Clothing
 - www.brandingbarn.ca online store
 - Online store tab
 - Code is Skate17



Communications

Skate Humboldt is a busy club. Stay on top of what is going on by frequently checking:

- Website: www.skatehumboldt.ca
- Email
- Bulletin board
- Listening to announcements in dressing room
- Text messages/Remind App
 - See Melissa after meeting to sign up



Special Events

- Christmas Party/Family Skate Day
– December 10th
- Ice Show – Sunday March 18th
- Canskate FunFest – tbd
- Other fun days...



COAT CHECKS



FUNdrai\$ing



Return tickets on or before Jan. 8th, 2018

Where to go for info

- www.skatehumboldt.ca
- Bulletin board
- Ask a Board member (contact info on website)
 - Canskate Coordinator – Melissa Sand (for now)
 - President – Amanda Schlachter
 - Other member you are comfortable with



REMINDER

- Please bring past report card to coaches at earliest convenience

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SKATE FORWARD <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Fwd push/glide sequence <input type="checkbox"/> Fwd 2-foot glide <input type="checkbox"/> Fwd 2-foot sit glide	SKATE FORWARD <input type="checkbox"/> Fwd 2-foot sculling <input type="checkbox"/> Fwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 2-foot stalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R <input type="checkbox"/> L EXTREME <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R <input type="checkbox"/> L	SKATE FORWARD <input type="checkbox"/> Fwd stationary blade push (T, V or L) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 2-foot stalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R <input type="checkbox"/> L EXTREME <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R <input type="checkbox"/> L	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside stalom <input type="checkbox"/> Fwd outside stalom EXTREME <input type="checkbox"/> Fwd drag SPINS & SPIRALS <input type="checkbox"/> Fwd spiral HOCKEY & RINGETTE <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd "V" start	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd perimeter stroking with jumps <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot stalom HOCKEY & RINGETTE <input type="checkbox"/> Running lateral crossovers	SKATE FORWARD <input type="checkbox"/> Fwd power crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot stalom EXTREME <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter skating with side stops SPINS & SPIRALS <input type="checkbox"/> Fwd spiral on a curve HOCKEY & RINGETTE <input type="checkbox"/> Fwd "crossover" acceleration
	4/4 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/7 check marks required Date:	5/7 check marks required Date:	6/8 check marks required Date:
CONTROL	STOP <input type="checkbox"/> Snow slide steps <input type="checkbox"/> R <input type="checkbox"/> L SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide	STOP <input type="checkbox"/> Fwd stop SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sit glide <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd push/glide sequence EXTREME <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L	STOP <input type="checkbox"/> Bwd stop SKATE BACKWARD <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot stalom EXTREME <input type="checkbox"/> Bwd 1-foot glide with speed <input type="checkbox"/> Fwd 1-foot glide from blue line to blue line SPEED <input type="checkbox"/> Skate goal line to 1st blue line in 9 seconds or less	STOP <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both SKATE BACKWARD <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside stalom <input type="checkbox"/> Bwd push/glide sequence SPINS & SPIRALS <input type="checkbox"/> Bwd spiral SPEED <input type="checkbox"/> Skate goal line to 2nd blue line in 12 seconds or less	STOP <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd 2-foot side stop with speed <input type="checkbox"/> CW <input type="checkbox"/> CCW SKATE BACKWARD <input type="checkbox"/> Bwd outside stalom <input type="checkbox"/> Bwd crosscuts - figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW EXTREME <input type="checkbox"/> Bwd 1-foot stalom SPIN & SPIRALS <input type="checkbox"/> Bwd 1-foot spin SPEED <input type="checkbox"/> Skate perimeter of ice in 36 seconds or less
	3/3 check marks required Date:	3/4 check marks required Date:	5/5 check marks required Date:	5/5 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
AGILITY	TURN <input type="checkbox"/> 2-foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> 2-foot jump EXTREME <input type="checkbox"/> Fwd skating perimeter of ice	TURN <input type="checkbox"/> Fwd 2-foot turn <input type="checkbox"/> Bwd 2-foot turn <input type="checkbox"/> Fwd 180° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> Fwd 2-foot jump	TURN <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° step turn JUMP <input type="checkbox"/> Bwd 2-foot jump EXTREME <input type="checkbox"/> Fast fwd perimeter skating <input type="checkbox"/> CW <input type="checkbox"/> CCW	TURN <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> F <input type="checkbox"/> L <input type="checkbox"/> R <input type="checkbox"/> Bwd 360° step turn JUMP <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to fwd 2-foot jump SPINS & SPIRALS <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	TURN <input type="checkbox"/> Fwd 1-foot turn (large curve) <input type="checkbox"/> LFI <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> RFO <input type="checkbox"/> Fwd 360° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> F <input type="checkbox"/> L <input type="checkbox"/> R <input type="checkbox"/> Fwd power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump SPIN & SPIRALS <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin HOCKEY & RINGETTE <input type="checkbox"/> Fwd tight glide turns	TURN <input type="checkbox"/> Fwd 180° step turn (mothawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd 180° step turn (mothawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-foot multi-turns JUMP <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump SPIN & SPIRALS <input type="checkbox"/> Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW
	3/3 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/5 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
DATE PASSED:	STAGE 1 BADGE: DATE:	STAGE 2 BADGE: DATE:	STAGE 3 BADGE: DATE:	STAGE 4 BADGE: DATE:	STAGE 5 BADGE: DATE:	STAGE 6 BADGE: DATE:

QUESTIONS?

