



CANPOWERSKATE

# FALL SCHOOL 2019

Elgar Petersen Arena • Humboldt, SK

## SEPTEMBER

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

		1	2	3	4	5
6	7	8	9	10	11	12

■ = Class Days   ■ = Test Day



5:00 - 5:45 p.m.   Level 1 Group A

5:50 - 6:35 p.m.   Level 1 Group B

———— FLOOD ————

6:50 - 7:35 p.m.   Level 2

7:40 - 8:40 p.m.   Level 3

8:45 - 9:45 p.m.   Levels 4, 5, and 6

*\*Dates and session times may be subject to change.*

## Benefits of CanPowerSkate

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance.

Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams.

Its unique skill award program provides incentives and motivation for skaters to continue to achieve. The coach to skater ratio is 1:10.

## Eligibility Requirements

CanPowerSkate is geared to skaters aged approximately six years or older who already have basic skating skills. The program is taught in a group environment, so skaters should have the ability to follow the direction of the coaches with minimal intervention.

- ⇒ Skater must be able to get up on their own.
- ⇒ Skater must be able to skate forward and backward the length of the ice using alternate strides.
- ⇒ Skater must be able to stop without the use of the boards.

Skaters who cannot perform these skills on their own are recommended to join the CanSkate: Learn to Skate program. Please contact Skate Humboldt to find out more about this program, which provides young skaters a solid foundation for any type of skating – hockey, ringette, speed, figure, and recreational.

Hockey and ringette players in the CanPowerSkate program must wear full hockey equipment that is CSA approved. There will be a range of recreational, hockey, ringette, and experienced skaters involved in the program.

The CanPowerSkate program is available only to Skate Canada member clubs and sanctioned skating schools. All participants will be registered with Skate Canada.

**IMPORTANT** The CanPowerSkate program begins *before* city-wide registration and is extremely popular. Applications will be accepted on a first come, first served basis. Register early to avoid disappointment!



Applying for funding? Please contact Skate Humboldt's president directly by emailing [president@skatehumboldt.com](mailto:president@skatehumboldt.com).

## Chelsea Wytrykusz, CanPowerSkate Coach

Chelsea knew by the age of five that she had a love for skating and playing hockey. She has been playing hockey for over 30 years and throughout that time has had the opportunity to not only play at a local level, but also at a provincial and national level.

Chelsea played minor hockey in Outlook, Saskatoon, and Eston, SK. She had the opportunity to compete at the 2002 ESSO Women's Nationals in Ottawa representing Team Saskatchewan, then went on to play college hockey with the Red Deer College Queens from 2002 to 2004. After college, she played one season with Saskatchewan Prairie Ice in the Western Women's Hockey League, then continued to play competitive hockey until 2010. Although she doesn't play competitive hockey anymore, she enjoys playing recreational hockey with a local women's hockey club.

Coaching has always been an interest of Chelsea's. In the past, she has coached hockey and power skating. This will be Chelsea's fifth year coaching Skate Humboldt's CanPowerSkate program.



## Dan Wytrykusz, CanPowerSkate Coach



Dan was raised in the proud hockey town of Kelvington, SK. The caretaker at the local rink always made the ice available, so Dan spent most of his free time skating. Through his years in minor hockey, Dan was fortunate to have trained under a number of great

coaches. He participated in the annual power skating program offered in Kelvington as well as the town's annual Barry Melrose Hockey Camp, where he trained not only under this accomplished NHL player and head coach, but also a number of prominent NHL players.

Dan played Junior B hockey for the Saskatoon Royals, winning a championship in 2001. He then played 13 years of senior hockey, winning a championship with Kelvington in 2012.

This will be Dan's second year with CanPowerSkate and he is looking forward to coaching this season's enthusiastic young hockey and ringette players from the Humboldt region.



# CANPOWERSKATE

### Levels 1-2 (10 Sessions):

\$226.35 + 43.65 Skate Canada membership and insurance + \$30 Skate Canada Saskatchewan fee

**Total \$300**

### Levels 3-6 (10 Sessions):

\$241.35 + 43.65 Skate Canada membership and insurance + \$30 Skate Canada Saskatchewan fee

**Total \$315**

Maximum 20 skaters per group

Fees must be ***paid in full before the first class.***

- Cash
- Cheque payable to: **Skate Humboldt**
- e-Transfer to: **payments@skatehumboldt.ca**
- PayPal \* *There is a fee to use the PayPal option. Please use the 'Pay Now' button at [skatehumboldt.ca/programs/canpower](http://skatehumboldt.ca/programs/canpower).*

NO REFUNDS except for complete cancellation due to injury or illness. Doctor's certificate must be submitted to receive refund. Skate Canada membership (effective to August 31, 2020) and Skate Canada Saskatchewan fee are non-refundable.

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**skatehumboldt.ca**

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For more information, please contact

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