



**SKATE**CANADA

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**CAN**SKATE

**BIGGAR SKATING CLUB**

**PARENT'S MANUAL**

**2017 - 2018**

**Biggar Skating Club Executive  
2017 - 2018**

<b>President</b>	Lesley Massie	306-948-2813
<b>Co Vice-Presidents</b>	Lauri-Ann Larochelle	306-948-2156
	Melanie Summach	306-227-1549
<b>Secretary</b>	Susan Evans	306-948-2626
<b>Treasurer</b>	Lorraine Falcon	306-948-2998
<b>Billing Assistant</b>	Brandy Magnus	306-491-0102
<b>Test Chairperson</b>	Brandy Magnus	306-491-0102
<b>CanSkate Coordinator</b>	Lauri-Ann Larochelle	306-948-2156
<b>STARSkate Coordinator</b>	Brandy Magnus	306-491-0102

*Supported By*



Carnival Convenor

Brandy Magnus

306-491-0102

Coach

Jennifer Mason

## CANSKATE LESSONS

CanSkate lessons will be from 4:15 - 5:15 p.m. twice a week (Tuesdays and Fridays – October 17, 2017 – March 13, 2018). Part-time skaters will come on one of those days.

However, on special days, which will be announced, and closer to our year end Carnival when additional preparation time is required, everyone will be on the scheduled day or not. Skaters are encouraged to come for the



CanSkaters will be put into groups according to level of completion in the program.

Skaters will move through the program at their own rate. Each CanSkater will wear a name tag which will denote the group she/he is in. Your skater's name tag can be picked up each skating day from the CanSkate Coordinator or from the table in the lobby.

Have your CanSkater dress warmly; scarves and bulky snowsuits are discouraged. Layered, stretchy clothing permitting free movement, including mittens are encouraged. Skate Canada policy also requires CSA approved hockey helmets be worn until Level 5 is passed. This rule also applies to competitions, festivals, carnivals, and bring a friend days. Other helmets (ie. bicycle or other winter sport helmets) are not approved by Skate Canada and are not permitted. The CSA logo (example below) must be on the helmet; face masks designed for hockey are optional. The helmet rule is not optional and skaters not wearing an approved helmet will be escorted from the ice until an approved helmet is obtained and worn.



Skate Canada has advised tape or stickers (other than those applied by the manufacturer) not be applied to the helmet to avoid compromising the integrity of the helmet. We give stickers to skaters periodically as incentive, the PA's will apply them to the skater's name tag or skate and not the helmet.

If you have any questions or concerns, please discuss them with the coach, CanSkate Coordinator, the President, or any member of the executive. Please do not approach the coaches on the ice. They will be happy to talk to you before or after the lesson. Please do not approach the Program Assistants with your concerns. They are volunteers and under the supervision of the coach.

## REFUND POLICY ON SKATING FEES

1. No refunds after December 1 except on a pro rated basis for medical reasons or at

the discretion of the executive.

2. Skate Canada membership fees of \$36.73 (2017-18) is non-refundable as it is sent to Skate Canada right after registration.
3. All refund requests must be submitted in writing and dated.

## SKATING INFORMATION

Information that might interest you throughout the year will be posted on the bulletin board.

Please check it regularly. A newsletter will go out regularly to keep you updated on upcoming events and news. These newsletters will be e-mailed to you if you provide an e-mail address or can be picked up at the skating table in the lobby. Information and reminders will be posted on the whiteboard in the lobby as well.

Information will also be posted on our website: [www.biggarskatingclub.com](http://www.biggarskatingclub.com)

In addition to Carnival assistance, our club requires Executive Members. We welcome new members with new ideas and co-positions so the work is minimal for any person as we all have lives outside of our skating family. Being an Executive Member is a wonderful way to volunteer in your community and a perfect example to set for your children.

## GENERAL SKATING RULES

In order to provide a safe and enjoyable atmosphere, the skaters are expected to abide by the following rules:

1. Profanity or use of foul language will not be tolerated on ice surface or in building.
2. Keep the rink clean, please use the garbage cans.
3. Thank-you for supervising younger, non-skating siblings as our insurance does not cover non Skate Canada members.

4. There is a NO SMOKING policy in the Biggar Jubilee Stadium during all youth activities. Any smoking must be done outside the building.
5. Anyone causing a disturbance will not be allowed to remain in the rink.
6. A CanSkate dressing room is located in the front of the rink – to the Left. It is appreciated if CanSkaters and younger siblings refrain from entering the StarSkate dressing room.
7. Skaters are encouraged to get up immediately when they fall, it is dangerous to remain on the ice surface after a fall.
8. No pushing, playing tag or bumping into others or the boards.
9. No gum, candy or pop on the ice.
10. Kicking ice surface because of temper will not be tolerated.
11. When the Zamboni enters ice area, skaters must leave immediately and not enter ice surface until the Zamboni has left.
12. Skaters are expected to utilize their ice time to the fullest. Particularly young skaters (preschool age) may find the 1 hour lesson a little long – feel free to have them leave the ice after 45 min if they haven't built up their endurance yet. Please make sure the Coach or a Program Assistant are aware if you are leaving early.
13. If problems arise, please see the CanSkate Supervisor as soon as possible.
14. Please report any undesirable behaviour to the executive of the club.
15. Please be on time for your sessions.

16. Dress warmly as the rink can be very cold.
17. It is mandatory for all CanSkate skaters below Level 6 to wear CSA approved hockey helmets.

**ANY SKATERS NOT COMPLYING WITH THE ABOVE RULES  
MAY BE SUSPENDED FROM ICE TIME!!!**

## **CARNIVAL**

Our annual Carnival to be held Sunday March 11, 2018 is our showcase and primary fundraiser for our Skating Club. All family and friends are invited to witness the accomplishments of our skaters through the season. Each grouping performs a number coordinating the theme of the Carnival and highlighting the skills skaters have been developing. All families are needed to help us plan for, costume, decorate, work, and take down the Carnival. Group and individual photos will be taken the morning of the carnival and packages will be available for purchase.

Our Carnival is a popular event in our community, it should be considered a part of the skating season. This is our celebration of our Skating Club and Skaters. Part-time skaters are encouraged to come full-time starting in mid-February for Carnival preparations – an e-mail will be sent to remind families.

## **FUNDRAISING/VOLUNTEER REQUIREMENTS FOR CANSKATE PARENTS**

Fundraising is necessary to keep the fees down as ice rental and other costs continue to rise. It is also important to our club's success for everyone to volunteer their time at club events such as carnival and competitions. Without everyone's support these events could not occur. Therefore, each Canskate family is asked to contribute. We have provided a variety of options

and hope that there is a fundraiser that everyone is comfortable doing. We ask that each family sell \$200.00 in total of any of the fundraising products we offer. These include Wreaths/Birdseed, In Good Taste Baking, Extra Skaters Lottery Tickets, or Easter Chocolates. Every family is asked to help out at our annual Skating carnival which will take place on March 12, 2017.

Each family will be asked to write a post dated cheque dated March 1, 2018 in the amount of \$200.00. These cheques will not be cashed unless the volunteer/fundraising commitment is not met. Please note that KidSport does not cover fundraising fees and a fundraising cheque (preferred) or cash provided at the beginning of the season.

### WHAT IS CANSKATE?

CanSkate is part of the larger Skate Canada organization which includes membership in the provincial and national organization. They have developed a new CanSkate program based on Sport Canada's long term athlete development (LTAD) principles. Exciting new features include a fresh new look, new awards, great tools for coaches and most importantly a tested and proven new curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster. But there's more! The new program also includes specific skills that pertain to hockey, ringette, speed skating and figure skating. The result is a dynamic new program that prepares all skaters for virtually every ice sport.

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

These are some of the awards and incentives that have been developed to encourage athletes in CanSkate:



## Program Structure

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

The names of the **STAGE** badges are:

Stage 1 - Balance

Stage 2 - Glide Forward

Stage 3 - Glide Backward

Stage 4 - Edges

Stage 5 - Power

Stage 6 - Speed

Stage 7 (optional) - Pre-Preliminary

The names of the **FUNDAMENTAL MOVEMENT** badges are:

Go Forward

Go Backward

Stop

Turn

Spin

Jump

The names of the FITNESS badges are:

Fitness I

Fitness II

## WHAT COMES NEXT?

As your skater approaches the higher levels in Canskate she/he may be interested in moving on to the STARSKate program which works on further developing and refining the skills they have already learned. STARSKate is divided into three disciplines: freeskate, skills and dance. Our club offers group lessons as well as private lessons. Most of our skaters participate in both. If you are thinking of moving your skater on to STARSKate, please talk to the coach or president.

## SKATES

Skaters may wear hockey or figure skates regardless of gender.

When buying skates, look for a proper fit, firm ankle support, good quality leather or materials and correct blade placement. When fitting skates, wear the same pair of socks the skater will wear for skating, preferably one pair of snug fitting socks. Partially lace the boots through the instep, slide the foot forward so toes can touch the front but are not cramped, stand with weight equally distributed over both feet, bend knees, the space at the back of the heel should be no more than a pencil width. Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep. Skates should fit snugly around the ankle and heel with some room for movement of toes. There should be no looseness or creases in the boot. The tongue should be well padded and wide enough to

cover the front of the ankle and stay in place. Walk around in the skates off the ice; they should feel comfortable.

Skaters should always wear protective guards on their skates when not on the ice. Dry the blades and sole plate completely with a cloth after use. Always remove guards before storing skates. Unlace skates sufficiently before removing them so that the back of the boot will not break or rip. Air boots out after use.

Skates should be re-sharpened after approximately 30 hours of skating. The bottom pick should not be removed.

**Happy skating! We look forward to seeing you at the rink!**