



## PRE-CANSKATE INFORMATION

Welcome to all our new members, we are looking forward to working with you to teach your child how to skate. This letter will provide you with the information you need to get started. It is important to understand that this is a big step for your child. Every child progresses at a different rate especially at this young age. Where some three year olds progress quickly, others may take more time or may not yet be ready to try skating. It is important for parents to review this information to determine if their child is indeed ready to start our program.

### **What can we expect?**

Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to following the National CanSkate Learn to Skate program.

### **What happens on the first 4 sessions?**

**Session 1** – Your child will be assigned to a dressing room. Please look for the room with the purple square on it. The coaches will join you there for the first session where there will be introductions. A brief overview of the program will be provided before taking the skaters for a brief 10 min introductory lesson on the ice. When you come to skating the next week, you will go directly to the ice surface from the change room.

**Session 2, 3 and 4** are a half hour in duration. Skaters in Pre-Canskate will enter the ice 15 minutes after the rest of the skaters and will come off 5 minutes before the more experienced skaters. The first few sessions may seem hectic, so please be patient. Skaters will quickly learn the routine and will soon be gliding across the ice. Our goal is to provide a challenging, fun and safe atmosphere where the skaters can reach their potential while having a good time. During these sessions, skaters typically will spend a lot of time sitting on the ice surface as they learn to stand up and take those first few steps so light snow pants are recommended.

**Session 5-20** are 50 minutes in duration. These young skaters will require extra time to come on and off the ice so expect the pre-CanSkaters to begin the process of exiting the ice 5 minutes before the other skaters. Skaters will come on and off the ice with the



rest of the CanSkate group. The 5-8 min. warm-up skating for this group will be at center-ice. P.A's (program assistants) and coaches will help skaters move to this area. During the duration of the year, your child will be assessed continually and may be moved to a new group depending on his/her rate of progress. Don't worry if they don't progress as fast as another skater. Each skater will progress at their own rate.

### **Where do we enter the ice surface?**

Enter the ice surface from the door closest to the first change room, in front of the stands. Once your child is on the ice, please go up to the stands to watch the session. This allows the coaches to have their group's full attention during the lesson. Parents are asked to remain in the arena during their child's session. Coaches will not be able to leave the ice surface if your child needs to use the washroom, hurts themselves, etc. A parent must also be present in case of an emergency like a power failure in the building.

### **What happens during the session?**

Skaters are greeted by our coaching staff as they enter the ice surface each week. The class starts with a warm-up and exercises to music, followed by a group lesson time. For safety and insurance reasons, no parents are to be on the ice or by the boards on the side opposite the stands at any time.

### **How are the skaters divided into groups?**

Skaters are placed in groups according to skating ability and age. A portion of each class is the group lesson. The ice is divided into groups and there may be as many as seven different groups during one session. It usually takes a few weeks to assess all of the groups and move skaters according to their ability. Please be patient, and we will check every child to make sure they are in the right group.

### **What should my child wear?**

Wear clothing that is comfortable, warm, and light and allows your child to move freely. Make sure to layer clothes so they can remove or add a piece of clothing to suit changing temperatures and exertion levels. Don't forget to check to see if they have to go to the washroom before dressing and sending on the ice.



### **Does my child need a helmet?**

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure ALL CANSKATE participants wear a CSA APPROVED HOCKEY HELMET WHILE ON THE ICE.

### **Markers**

The coaches will be using markers on the ice when drawing out the skater's circuits. The marker may rub off the ice if your child falls, so please dress your child in dark clothing. We cannot guarantee the marker will come out in the wash.

### **Do you have a session calendar?**

Please ensure you have a copy of the 2014-2015 calendar of all special events & cancellations. Copies can be downloaded from our website at [www.lsfsc.ca](http://www.lsfsc.ca). The calendar should be checked regularly as sometimes, due to unforeseen circumstances, times need to be changed or sessions cancelled (i.e. inclement weather). A copy of the calendar is also in our display cabinet.

### **Skates and Skate Sharpening**

Skates are the most important tool a skater has on the ice. We recommend lace up skates that fit snugly and support the ankles. We do not recommend Velcro enclosure skates. Coaches can suggest places in town that sharpen skates if you are unsure of where to take them.

### **Questions?**

If you have any questions, please email [info@lsfsc.ca](mailto:info@lsfsc.ca).