



## CANSKATE INFORMATION LETTER

**Welcome to all our new and returning members registered in the LSFSC CanSkate program. We are looking forward to a great skating season! For your information, we have developed a question/answer handout to assist in answering some of our more common parental questions.**

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

Skating lessons are a fun and exciting challenge for young children. Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to providing quality skating programs for our members. But parents please remember that ice is slippery and hard, not all children feel comfortable on the ice right away. Our coaches are well-trained in alleviating skater's fears, just be patient and your child will soon be gliding across the ice with a smile on their face!

### **Where do we go on the first day?**

When you arrive at the rink on the first day, please have your child get ready in one of the dressing rooms provided. Once you have your child's skates on, you can go directly to an ice rink door. The coaches and assistants will help the skaters onto the ice for the 5 minute warm-up using the entire ice surface. Then the skaters will be divided into groups for lesson time.

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

Skaters will learn to enter through the door associated with their group number. This will be organized in the first couple of sessions.

### **Where do parents watch?**

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. **Note: Parents are not to be past the change room area at the boards as it can be too distracting for our skaters and coaches.**

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

Skaters are placed in groups according to skating ability and age. The ice is divided up 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, so please be patient, and we will check every child to make sure they are in the right group. Lessons have been developed using a circuit training model, meaning skaters will move to different stations and will access different coaches during their ice time.

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

Wear clothing that is comfortable, warm, light and allows you to move freely. Make sure to layer clothes so you can remove or add a piece of clothing to suit changing temperatures and exertion levels.

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

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure **ALL CANSKATE** participants up to and including Stage 5 must wear a **CSA APPROVED HOCKEY HELMET WHILE ON THE ICE.**

### **Does my child get a certificate or badge when completing the program? How do I know how he/she is progressing?**

Your child will receive a certificate once they complete the program. There are six stages to the CanSkate program, your child will be evaluated by a NCCP certified CanSkate Coach in order to progress through the stages.

### **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.

### **Where do I go for 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.** Are you wondering where to take your child's skates for sharpening? Our coaches can recommend places in town that do sharpening.

### **What if I still have questions?**

If you have any questions, please contact:

705 542 6557

website: [www.lsfsc](http://www.lsfsc)

Email: [info@lsfsc.ca](mailto:info@lsfsc.ca)

Enjoy your season and happy skating!