



# CanSkate Information Session

September 2023



## CanSkate

- Skate Canada's flagship – Learn to skate program
- Focuses on participation and basic skill development
- Lessons are given in group format by NCCP certified coaches
- Learn together in a fun environment

# About CanSkate

- Pre-CanSkate is a learn to skate program designed for skaters 3 to 5 years of age that have never skated before or have little skating experience.
- The CanSkate program is for skaters 5 years and older and the curriculum is organized into three Fundamental Areas, divided into six stages of learning.
- When your child joins the program, they become a member of Skate Canada and receives a unique Skate Canada membership number
- Many renowned figure skaters/hockey players/speed skaters started with CanSkate

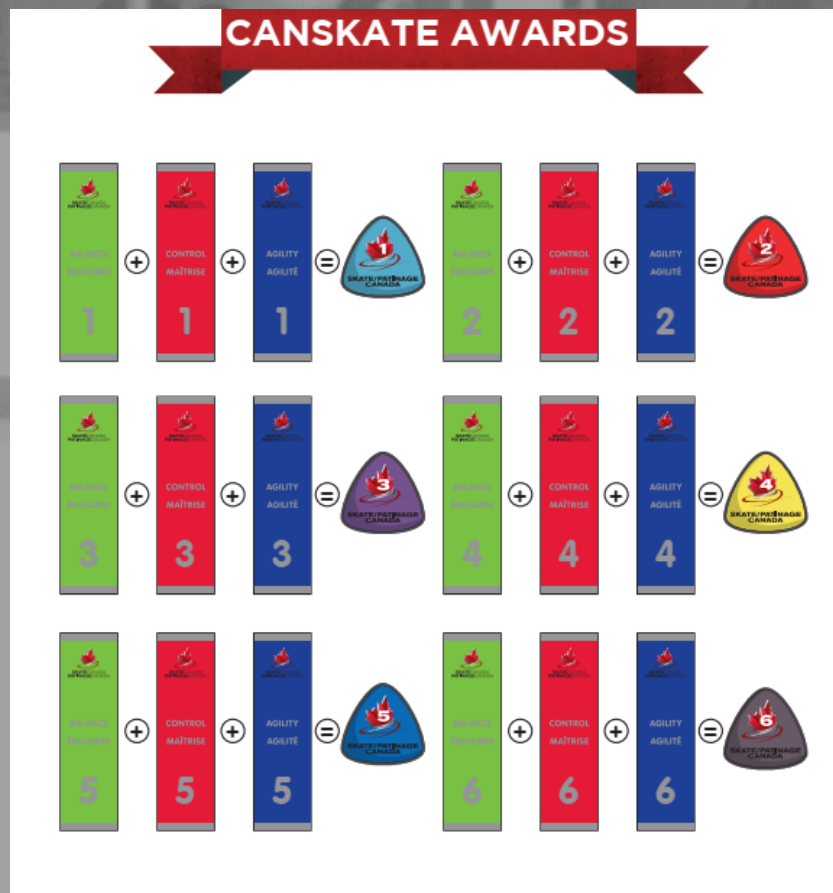
# Goals of the Program

- Develop skating movement skills (go, stop, turn, jump, spin)
- Promote motor skills (agility, balance, coordination, speed, rhythm)
- Be coach-directed with assistance from qualified Program Assistants
- Develop self-confidence and focus
- Have fun!

# Program Details

## The ABC's of CanSkate:

- **Agility** – Turning and jumping skills
  - **Balance** – Forward skills, pushing technique and edges
  - **Control** – Backwards skills, stopping and speed
- These movements are organized into 6 stages
  - When a skater passes all elements in an area (A, B or C), they are rewarded with a ribbon
  - Once a skater has received all 3 ribbons of the same stage, they are rewarded with a badge
  - Awards and incentives are provided throughout the season to motivate and encourage skaters.
  - Look on the table in the lobby for your child's envelope



# The CanSkate Program

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
<b>BALANCE</b>	<b>SKATE FORWARD:</b> <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	<b>SKATE FORWARD:</b> <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 push/glide sequence <b>EXTREME:</b> <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R <input type="checkbox"/> L	<b>SKATE FORWARD:</b> <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 slalom <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 <b>EXTREME:</b> <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R <input type="checkbox"/> L	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside slalom <input type="checkbox"/> Fwd outside slalom <b>EXTREME:</b> <input type="checkbox"/> Fwd drag <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> Fwd spiral <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd "V" start	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence <b>EXTREME:</b> <input type="checkbox"/> Fwd perimeter stroking with jumps <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot slalom <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Running lateral crossovers	<b>SKATE FORWARD:</b> <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 slalom <b>EXTREME:</b> <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter skating with side stops <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> Fwd spiral on a curve <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Fwd "crossover" acceleration
	4/4 checkmarks required Date:	4/4 checkmarks required Date:	5/5 checkmarks required Date:	5/7 checkmarks required Date:	5/7 checkmarks required Date:	6/8 checkmarks required Date:
<b>CONTROL</b>	<b>STOP:</b> <input type="checkbox"/> Snow slide steps <input type="checkbox"/> R <input type="checkbox"/> L <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide	<b>STOP:</b> <input type="checkbox"/> Fwd stop <b>SKATE BACKWARD:</b> <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 <b>EXTREME:</b> <input type="checkbox"/> Bwd push/glide sequence	<b>STOP:</b> <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both <b>SKATE BACKWARD:</b> <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 <b>EXTREME:</b> <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L	<b>STOP:</b> <input type="checkbox"/> Bwd stop <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot slalom <b>EXTREME:</b> <input type="checkbox"/> Bwd 1-foot glide with speed <input type="checkbox"/> Fwd 1-foot glide from blue line to blue line <b>SPEED:</b> <input type="checkbox"/> Skate goal line to 1 <sup>st</sup> blue line in 9 seconds or less	<b>STOP:</b> <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 <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside slalom <input type="checkbox"/> Bwd push/glide sequence <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> Bwd spiral <b>SPEED:</b> <input type="checkbox"/> Skate goal line to 2nd blue line in 12 seconds or less	<b>STOP:</b> <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 <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd outside slalom <input type="checkbox"/> Bwd crosscuts - figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>EXTREME:</b> <input type="checkbox"/> Bwd 1-foot slalom <b>SPIN &amp; SPIRALS:</b> <input type="checkbox"/> Bwd 1-foot spin <b>SPEED:</b> <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less
	3/3 checkmarks required Date:	3/4 checkmarks required Date:	5/5 checkmarks required Date:	5/6 checkmarks required Date:	6/7 checkmarks required Date:	6/8 checkmarks required Date:
<b>AGILITY</b>	<b>TURN:</b> <input type="checkbox"/> 2-foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>JUMP:</b> <input type="checkbox"/> 2-foot jump <b>EXTREME:</b> <input type="checkbox"/> Fwd skating perimeter of ice	<b>TURN:</b> <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 <b>JUMP:</b> <input type="checkbox"/> Fwd 2-foot jump	<b>TURN:</b> <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° step turn <b>JUMP:</b> <input type="checkbox"/> Bwd 2-foot jump <b>EXTREME:</b> <input type="checkbox"/> Fast fwd perimeter skating <input type="checkbox"/> CW <input type="checkbox"/> CCW	<b>TURN:</b> <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Bwd 360° step turn <b>JUMP:</b> <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to fwd 2-foot jump <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	<b>TURN:</b> <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 <b>JUMP:</b> <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Fwd power jump <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Fwd tight glide turns	<b>TURN:</b> <input type="checkbox"/> Fwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-foot multi-turns <b>JUMP:</b> <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump <b>SPIN &amp; SPIRALS:</b> <input type="checkbox"/> Fwd 1-foot spin with spiraling edge <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW
	3/3 checkmarks required Date:	4/4 checkmarks required Date:	5/5 checkmarks required Date:	5/6 checkmarks required Date:	6/7 checkmarks required Date:	6/8 checkmarks required Date:
	STAGE 1 BADGE: Date:	STAGE 2 BADGE: Date:	STAGE 3 BADGE: Date:	STAGE 4 BADGE: Date:	STAGE 5 BADGE: Date:	STAGE 6 BADGE: Date:

# Features of the MSC Program

- The MSC CanSkate session is run on a 50-minute format as follows:
  - 5 minute warm-up
  - 3 x 10 minute group lessons
  - 12 minute Fun Zone
  - 3 minute Cool Down
- Warm-ups are done to music to get skaters involved
- Fun Zone reinforces the skills that are taught in the group lessons through practice and repetition
- Skaters are assessed on a weekly basis (sometimes more frequently)
- If you're interested in faster progression, **private lessons** can be arranged with any of our StarSkate coaches (to be given after the group lessons)

# Our Coaching Staff

- Black Jackets - NCCP Coaches on all CanSkate & PreCanskate Sessions
- **Red Sweaters** - Program Assistants (StarSkate Volunteers)
- CanSkate Coordinator – Candice Glover





# National Standards vs. Our Program

## Skate Canada Requirement

- Minimum 1:10 coach/PA to skater ratio
- Minimum 10 minute lesson to each group by a NCCP coach
- Minimum of 90% movement throughout the session
- Age appropriate music

## MSC Program

- < 1:10 coach to skater ratio
- 30 minutes of group lessons by a NCCP coach for all skaters
- 99% movement throughout the session
- Fun, energizing music that informs skaters of segment changes

# Required Equipment – every session

Skaters joining our CanSkate program should wear the following equipment **every** session:

1. CSA approved **helmet** – MANDATORY
2. Proper fitting Figure or Hockey **skates with hard skate guards**
3. Proper clothing - layers are best
4. **Gloves or mittens**
5. Markham Skating Club issued **Name badge** (identifies which group the child is in) – available the first session

# Important Equipment information

## Helmet guidelines

- CSA approved hockey helmets are mandatory for ALL CanSkaters up to and including Stage 5 as well as Pre-CanSkaters
- The helmet and strap should be adjustable and the fit should be snug
- Face mask/cages are optional but recommended for beginners



# Important Equipment information

## Skate guidelines

- Hockey or figure style skates with laces are recommended rather than clips or dials
- Sharpen skates when purchased and re-sharpen after approx. 30 hours of skating
- No walking on concrete/hard surfaces without hard skate guards
- Wipe the blades dry after every use
- The bottom pick on figure skates should not be removed – it is part of the design of figure skates and is essential for proper balance



# Important Equipment information

## Clothing guidelines

- Clothing should provide warmth but is not too bulky or restrictive
- Wind pants or track pants over long comfortable pants are recommended
- Coaches draw circuits on the ice using bingo dabbers that may stain clothes. Please take this into consideration when choosing clothing for skating lessons
- Mittens and gloves are required



# Beyond CanSkate – Figure Skating

- Eligible to join StarSkate Novice session after CanSkate Stage 5
- Introduction to basic figure skating elements and skills
- Private lessons are highly recommended at this level as the program is less structured but still includes a stroking class and 2 group lessons
- Once a basic set of figure skating skills is achieved, skaters can then work towards an individual freeskate program or so-called ‘solo’
- Many skaters start to test and compete at this level

# Beyond Canskate – PowerSkate

- Eligible to join PowerSkate after CanSkate Stage 5
- Geared towards hockey and ringette players
- Skating skills, techniques and performance drills required in game situations are taught
- Not only about straight-line acceleration (power and speed) but also about the edge quality (balance, control and agility)
- Tuesdays 7:10-8:00pm: Younger players (min. 6yo)
- Tuesdays 8:10-9:00pm: More advanced players (min. 8yo)
- Require hockey skates, gloves, a stick and helmet
- Very limited spots

# The Loft

- Located under the timekeeping clock to the left of the Waxers' door – opposite end of the arena from the lobby
- Costumes – Halloween, school plays, dance recitals
- Test/competition dresses & boys shirts/pants (\$10-\$25)
- One time or full season rentals
- Book an appointment at [costumes@markhamskatingclub.com](mailto:costumes@markhamskatingclub.com).
- Watch for extended **Halloween** hours





Questions?

[info@markhamskatingclub.com](mailto:info@markhamskatingclub.com)



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