



Kamloops Skating Club

CanPOWER Registration Package

DRILLS, SKILLS, TECHNIQUES & CONDITIONING

The Kamloops Skate Club (KSC), is a Skate Canada affiliated club and we are proud to offer CanPOWERskate. CanPOWERskate has been designed to fit with Sport Canada's Long Term Athlete Development (LTAD) characteristics. CanPOWERskate has a tested and proven curriculum. It has produced some of the world's best skaters. With Nationally certified coaches CanPOWERskate is an action packed program designed for hockey and ringette skaters. Skills, techniques and conditioning drills are done in stages using real gametime circumstances. The Skate Canada program guarantees a minimum of 1:10 ratio of Program Assistants and Coaches to students. Students are allowed to progress at their own rate throughout the 10 week program. The CanPOWERskate program runs 50 minutes once a week.

Requirements for Participation:

- Skates
- CSA Approved FULL Hockey/Ringette Gear
- Hockey/Ringette sticks
- The ability to:
 - Skate a full arena's length alternating strides
 - Skate proficiently backwards
 - Stop without use of the boards

CANPOWER EXPECTATIONS

All skaters whom need supervision off ice should have a designated adult in attendance during skating. Once the skater puts his or her foot on the ice, the coaches are responsible for your skater's well being and will take excellent care of them. However, off the ice they are responsible for themselves or the responsibility of the adult in attendance. We encourage parents to stay and watch their child's progress. We do not allow parents on the ice for insurance reasons; except for our Christmas and year end family skate nights. If there is a time when you feel you would like to speak with a coach, please choose an off-ice moment.

VOLUNTEER HOURS/FUNDRAISING

Our Club is a run by a volunteer board. We require our skaters and/or skater's parents to either fundraise a minimum amount or volunteer for a certain number of hours. If this is not feasible or you would rather not participate in this we do offer a buyout option. These details are in our volunteer package. This allows us to keep our prices down, as ice-time, coaches and other overhead are costly.

PROGRAM FEE:

CanPOWERSkate \$150
50 min per lesson

SKATE CANADA FEES:

All Kamloops Skating Club members pay a \$38 per year Skate Canada Fee. This allows Skate Canada to operate, and to create programs like CanPOWERSkate. Skate Canada provides an affordable coach training program and gives clubs direction on the best ways to teach skaters of all levels to be their best.

SKATE CARE

Skates should be sharpened, blades free of rust and nicks. To keep them this way we recommend keeping a towel or rag with the skates, drying them after every skate and sharpening when needed. Blade guards may be something you may want to look into to keep the integrity of the skate blades as pristine as possible and it helps teach children proper skate care early.

