



# Kamloops Skating Club

## CANSkate Registration Package

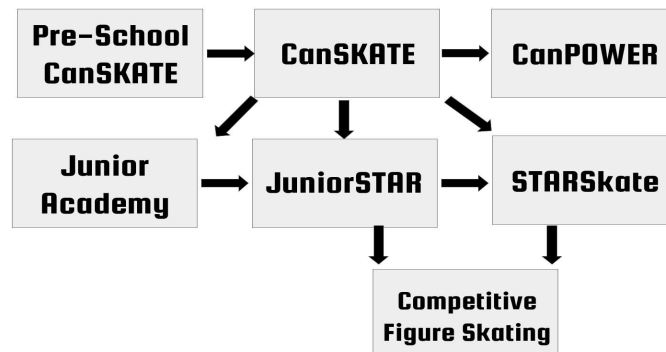
*Canada's BEST Skating program*

The Kamloops Skate Club (KSC), is a Skate Canada affiliated club and we are proud to offer CANSkate. CANSkate has been designed to fit with Sport Canada's Long Term Athlete Development (LTAD) characteristics. CanSkate has a tested and proven curriculum. It has produced some of the world's best skaters. With Nationally certified coaches it provides the best start in skating for figure skating, hockey, ringette, speed skating and leisure skating. CanSkate promotes fun, fitness and participation throughout its program. This program is designed for all levels of beginners. 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 Kamloops Skating Club offers a thirty minute preschool CanSkate for ages 3 & 4 and a forty-five minute CanSkate program for those whom have completed the preschool portion or are school-aged and older. The CanSkate programs are the prerequisite programs for the rest of our clubs program offerings, as shown below in our KSC/Skate Canada Programs flow-chart.

### Requirements for Participation:

- **Skates**
  - Skates that fit are a must- they are crucial to your child's learning. When buying used skates, watch they still have excellent ankle support and aren't starting to go soft in the ankles and the blades are nick and rust free.
- **CSA Approved helmet are MANDATORY for Preschool and CanSkate**
- **Warm clothing (We are all HAPPIEST when we are warm)**
  - Mittens (waterproof)
  - Jacket or Warm Sweater
  - Waterproof/water resistant pants or lined jeans
  - Underlayers can add additional warmth
  - Please remember children need to be warm to be happy and at first they will likely spend a fair bit of time on the ice, sitting, laying and trying to get up. Slippery clothing, bulky clothing and hockey mitts etc. may get in the way of their success, however-warmth is key.

### KAMLOOPS SKATE CLUB & SKATE CANADA PROGRAMS FLOWCHART



### CANSKATE EXPECTATIONS

All children must have a designated adult in attendance during skating. Once the child puts his or her foot on the ice, the coaches are responsible for your child's well being and will take excellent care of you child/children. However, off the ice they are the parent's or responsible adult's responsibility. Once your child is on the ice, we encourage our parents to sit in the stands (and not in the bench), it helps your child be able to focus on the task at hand. 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 non-profit run by a volunteer board. We require our skaters and/or skater's parents to either fundraise a minimum amount, volunteer for a certain number of hours or a specific task. 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, for our CanSkate it is a minimal amount. This program allows us to keep our prices down; as ice-time, coaches and other overhead are costly.

### PROGRAM FEE:

Preschool CANSkate 10 week program                      \$105  
30 minutes per lesson

CANSkate Program 10 week program                      \$135  
45 minutes per lesson

### SKATE CANADA FEES:

All Kamloops Skating Club members pay a \$38 per year Skate Canada Fee, as a part of our \$45 membership fee. This allows Skate Canada to operate, and to create programs like CanSkate. 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.



**SKATE**CANADA

**CANSKATE**