



# CanSkate

**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 is a group lesson format that promotes continuous movement, using tracks with a focus on skills using balance, agility and control. 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 CanSkate programs are the prerequisite programs for the rest of our clubs programs, as shown below in our KSC/Skate Canada Programs flow-chart. **Canskate has 6 levels of badges to complete.**

**If this is your skaters first experience on ice, please take the time to explain to your first time skaters that ice is slippery and that they most likely will fall and they will spend some time on the ice; reassure them that they will get taught how to get up off the ice and even if it takes a few classes they will learn how to get up and start skating.** We have found children's expectations are important to how much they enjoy the lessons; please allow the coaches the space to work with your skater, they will motion for you in the stands if they need parental assistance.

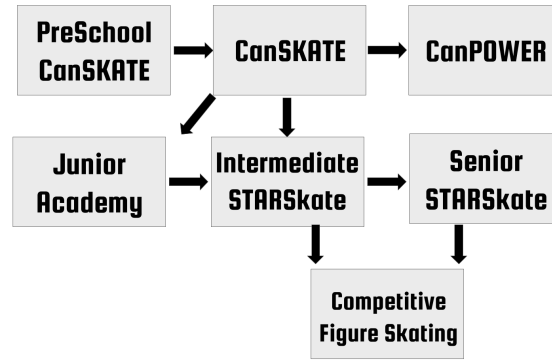
## Requirements for Participation:

- **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. New skates always need to be sharpened before use, otherwise they will not be able to skate in them, as they won't have an edge.
  - The club does not provide skates or helmets for Canskate, skaters must provide their own equipment.
  - Click for an equipment video link >> <https://youtu.be/aopnNyeRt6E>
- **CSA Approved helmet are MANDATORY for CanSkate - No bike helmets**
- **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, lying and trying to get up. Slippery clothing, bulky clothing and hockey mitts etc. may get in the way of their ability to easily get up off the ice and their ultimate success, however - warmth is key to comfort.

**[www.kamloopsskatingclub.com](http://www.kamloopsskatingclub.com)**

Kamloopsskateclub@gmail.com

## KAMLOOPS SKATING CLUB & SKATE CANADA PROGRAMS FLOWCHART



### CANSKATE EXPECTATIONS

All children must have a designated adult that is in attendance during skating. **Skaters are parents' responsibility once their skater leaves the ice surface**, to go to the bathroom or for other reasons. If parents wish to speak to coaches, they are asked to do so in an off-ice moment after skating has concluded. Skater's that are unable to meet the expectations of on-ice behaviour may be asked to leave the ice this is due to the nature of the busy ice and safety being of paramount importance of all our skaters. No disrespectful, abusive language will be tolerated. In the event it does occur it will result in action at the discretion of the club and coaches.

### VOLUNTEER HOURS/FUNDRAISING

Our Club is a non-profit run by a volunteer board. We ask that all our families take up any fundraising activity and volunteer when they can. We cannot run without your assistance, as we are a fully volunteer driven organization run by skating parents, this participation with the unprecedented rise in the costs of operations is key to keeping our rates low.

### SKATE CANADA FEES:

All Kamloops Skating Club members pay a \$58.65 per year Skate Canada Fee, as a part of our membership fee, the remaining charge of \$1.35 covers the processing charges. This fee allows Skate Canada to operate, and to continue to develop programming 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, with a national syllabus.

### 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 and prevent accidents/blade damage from things like walking on concrete or similar.

<https://kamloopsskatingclub.com/register/equipment-information/>



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