

CanSkate Parent Information

Who we are

Co-Presidents	Bev Deal	757-1690
	Diana Baldwin	542-4536
Registration	Wanda Blanchard	798-4824
Club Coach	Lee-Anne Cross	832-9612
CanSkate Coach	Jennifer Harvie	632-2379
KidSkate Coach	Shannon Sutherland	444-9980
CanSkate Coordinator	Tracey Munroe	219-4873
Volunteer Coordinator	Lesley Bishop	757-1626

Objectives of the KidSkate/CanSkate Program –

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. The program focuses on fun, participation and basic skill development. Skaters will earn badges and other incentives as they learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skater's progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

Program Times

Wednesdays	5:30 – 6:20	Saturdays	10:40-11:30
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Dressing Room Assignments

Wednesdays CanSkaters should use the Referee's room (#6)

Saturday CanSkaters may use Referee's room (#6) or Dressing Room #2 around the corner.

Please do not use Dressing Room #4 as it is reserved for Test Stream/PA's and Coaches.

KidSkate is the Preschool Version of the national CanSkate Program. Geared towards the 3 & 4 year old Preschooler, this 30 minute group program is an introduction to skating. The sessions mix fun and play on ice through games and creative exercises. Skaters will begin working on skill progressions that are part of the Skate Canada badge system and the focus of the CanSkate program. **IMPORTANT** - please note that all skaters must wear a helmet, preferably a CSA approved hockey helmet, in order to skate in this program. Also parents, however well-intentioned, are not permitted on the ice during KidSkate sessions, unless they are volunteering as a Program Assistant.

Program Times

Saturdays	10:40 (off-ice) 10:50-11:20 (on-ice)
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Dressing Room Assignments

KidSkate should use the dressing room #4

Skaters rules

All skaters must wear gloves or mittens at all times

KidSkaters and CanSkaters in Stage 1, 2 or 3 **Must** wear a helmet, preferably a CSA Approved Hockey Helmet. Alternately, a helmet designed for skiing or snowboarding is acceptable. Bike helmets are not recommended as they are not designed to protect against repeated impacts and provide little or no protection for the forehead or the bottom-rear portion of the head.

Skaters must wear their Colored nametags everyday. This helps to quickly identify which group the skater is in and also helps the coach know who the skater is when testing. When a skater passes a stage level they will receive a new colored nametag.

Stage & Colors are as follows:

Stage 1 – Red

Stage 2 – Blue

Stage 3 – Yellow

Stage 4 – Pink

Stage 5 – Green

Stage 6 – White

Please no long scarves or anything dangling around a skater's neck this poses a safety hazard.

Progress Reports

Progress reports will be handed out at the end of each session. The reports provide information to the skaters and parents about their skill progression and the types of skills each skater must be able to perform to advance to the next stage.

Activities

Please see the Club Newsletter (Skate Talk) for theme days and special events CanSkaters are encouraged to participate in. Also this year we will be awarding Star of The Month Awards. These are given to the skaters(s) judged to be the hardest working, most cooperative and who have lots of fun skating, as judged by the coaches and PAs.

There are many places to receive/get more information about club activities and programs.

Club Bulletin Board

Badge Station Attendant

SkateTalk – Club Newsletter published 2nd last Friday of each month

Club Executive at the rink or by phone

On the web:

<http://www.riverviewskatingclub.com>

<http://www.skatecanada.ca>

<http://www.sportnovascotia.com>

Riverview Skating Club Website

Skate Canada (National Organization)

Sport Nova Scotia

Private Lessons are available for any skater in the club. Lessons should be arranged by the Parent/Guardian directly with the coach of your choice. Following is a list of our club coaches and phone numbers:

Lee-Anne Cross 832-9612

Jennifer Harvie 632-2379

Shannon Sutherland 444-9980

Talia Greenough 757-3442