



## Parkhill Silver Blades Skating Club

Welcome to Canskate  
2010-2011

Box 362 Parkhill, ON N0M 2K0  
[www.parkhillsilverblades.com](http://www.parkhillsilverblades.com)



Welcome to our new skaters the 2010-2011 skating year. **Please read this important information carefully and keep it handy for a reference throughout the season.**

Your club is run by a hard working executive who are all volunteers and here to help you and your children. As with any club, your help is necessary and appreciated at all times. We provide two Professional coaches, freelance coaches and several Program Assistants. Communication is one of our keys to success. **PLEASE READ THE BULLETIN BOARD AND CHECK YOUR FOLDER FOR UPDATED INFORMATION EACH SKATING DAY!!**

Occasionally there are cancellations due to inclement weather. Our website will be updated when skating is cancelled. Please use your own discretion, as many of our skaters travel from out of town.

### Important Information

- **CanSkaters must have an adult in attendance at the arena during their lesson**
  - Parents are not to be on the ice
  - If you must leave the arena while your child is on the ice, please make arrangements for someone else to be responsible for your child. If a child is hurt or upset, the club coach will be looking for their parent.
- **All skaters must use the dressing rooms provided to avoid crowding in the foyer.**
  - Check the area before you leave for any personal articles. The arena does have a lost and found box and it is always full.
- **Always check the white board as you come into the arena**
  - To see what dressing room you should be in
  - To find out if there is any important skating news you should know
- **Helmets are strongly recommended**
  - Please choose a well fitting helmet of any type

### What Parents Need To Do

- Volunteer to help with a committee or event
- Stay at the arena (or leave someone in charge of your child) during your child's lesson

### Program Assistants

#### **Who are They?**

Program Assistants are volunteers who play an important part in the CanSkate program, and can contribute greatly to the success of a club's program.

#### **What is their role?**

To assist the Skate Canada Coach in on-ice and off-ice program delivery, demonstrate skills and teaching progressions, supervise practice time, lead warm-ups and cool-downs under the direction of the Skate Canada coach, reinforce learned skills (follow-up on coach instruction) lead exercises, drills, learning activities and creative expression, hand-outs and incentives, take attendance, assist with on-ice circuits,

Provide individual/group assistance, act as a role model for young skaters, be trained on an annual basis.

### **How are Program Assistants selected?**

Since the PA's will be working very closely with the coaches we need the best people for the job. Program Assistants must have a helping nature, have patience with others, be able to communicate ideas clearly, be reliable, have a sense of commitment to tasks, have the qualities of a good role model, be able to lead activities in a creative and enthusiastic manner, ideally be 10 years of age or older and can demonstrate appropriate skating skill or be invited by a coach. P.A.'s earn a nominal credit towards their registration.

### **How are Program Assistants Trained?**

They will be trained by the Club coach. The training will be ongoing throughout the season through meetings. In this way, they will continue to improve in their ability to assist skaters learning to skate as well as leading warm-ups, cool-downs, circuits and stations, and fun activities. Our Region offers annual clinics.

## **Information About The CanSkate Session**

There are 6 fundamental movements that are worked into each of the 4 stages of the program:

### **Go Forwards, Go Backwards, Stop, Turn, Spin, Jump.**

During the first few minutes of the session, the skaters get an opportunity to warm up and to work on skills, which require the full ice surface. Then they go to a station where the Program Assistants (PA's) and Professional Coaches put them through a circuit. The circuit contains the skill they are working on (eg. Go Forwards). Skaters who are having difficulty with the skill will receive additional help. No more than 10 minutes is spent working at a station. At one station per session the skater is evaluated by a Professional Coach. If the skater "passes" the skill, this will be marked in the charts posted at each station. These charts are updated regularly, so the charts posted at your skater's session reflects their progress. A report card is also issued in January and at the Awards Banquet to see how your skater is progressing.

### **HOW CAN YOU HELP YOUR SKATER GET THE MOST OUT OF THE CANSKATE PROGRAM?**

Taking your skater to public skating so they can practice their new skills is, of course, beneficial. But there are many other things that will help as well:

- Wipe off the blades after each skating session. Store with cloth guards so the blade won't rust.**
- Keep the blades sharpened. For Figure skates, don't have the picks ground down.**
- If your skater is having a bad day or any special needs (and don't we all?!), let the PA's know. They have lots of tricks to try to cheer them up.**

**Some of the younger skaters suffer from separation anxiety and sometimes takes a few weeks to get used to the new experience. Please help by keeping the rink doors shut and sitting in the stands, so your skater can focus on the coaches. If they are still having problems, please come and see us at the information table.**

**Our Professional Coaches are approachable but not on the ice. If you wish to speak with a Professional Coach about your skater, please come to the information table. We will pass the message on and they will contact you.**

If you have concerns about how your skater is doing, please come and speak with us. We can't help if you don't let us know. We are just parent volunteers but our goal is to provide the best learn-to-skate program we can.

.....And if you think we are doing something well, let us know too – so we can be sure to keep doing it..

## **REMEMBER IT'S YOUR DECISION**

Parents should expect their childrens coach to:

Be safety conscious. Be a properly certified coach. Make the sport enjoyable for their children. Treat each child as an individual.

Parents should not expect their childrens coach to:

BE A BABYSITTER. Push children unreasonably. Make a star athlete out of their child unless the child is exceptionally talented. Force a non-competitive child into competiton.

NOTE: If you have any questions or suggestions regarding the coaches on staff please address them to our Pro-Liaison (see club website – [www.parkhillsilverblades.com](http://www.parkhillsilverblades.com)).