



Parkhill Silver Blades Skating Club

Welcome to CanSkate 2008-2009

(Club # 1000886) Box 362 Parkhill, ON N0M 2K0

www.parkhillsilverblades.com



Welcome everyone to the 2008-2009 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 coaches 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
- **What to wear**
 - Helmets are strongly recommended (Please choose a well fitting helmet of any type)
 - Hockey or figure skates that fit well (make sure the laces aren't too long)
 - Warm layers that allow child to move freely (jeans or snowpants are not recommended)
 - Gloves or mittens (an extra pair is a great idea)
 - Warm, dry socks or socks and tights

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

Coaching & Program Assistants

Work together with our PA's & coaches to give your child the best skating experience possible.

NOTE: *If you have any questions or suggestions regarding our coaches please address them to our Pro Liaison.*

- **Parents should expect their children 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 children coach to**
 - Be a babysitter
 - Push children unreasonably
 - Make a star athlete out of their child, unless the child is naturally exceptionally talented
 - Force a non-competitive child into competition

What your child will learn from CanSkate

There are 6 fundamental movements that are worked in at each stage of the program and 5 stages:
Go Forwards, Go Backwards, Stop, Turn, Spin, Jump.

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. Then they go to a station where the Program Assistants (PA's) and Pro 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 Pro 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.

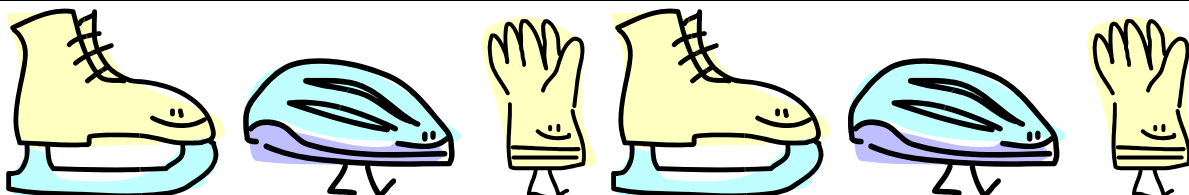
If your skater is having a bad day or any special needs (and don't we all?!), let the PA's know. They have lots of tricks to try to cheer them up.

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 Pro Coaches are approachable but not on the ice. If you wish to speak with a Pro 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 right, let us know too – so we can keep on doing it.



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