

Skate West Skating School 2016-2017 Handbook for Pre-CanSkate & CanSkate

Bowness Arena
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403-975-2165

www.skatewestss.com

Welcome to Skate West Skating School

Skate West is a community-based skating school that operates out of Bowness Arena. We strive to teach the magic of skating with quality, creativity and a strong technical standard. We thank you for choosing Skate West Skating School and look forward to an exciting and productive skating season with both our members.

Pre-CanSkate Program (Ages 3-5)

This program introduces children to basic skating movements on ice. They will learn skating skills such as: balance, standing and forward march. Children will progress through specific stations that will teach them ice movements in a fun, and friendly environment. Helmets and mittens/gloves are mandatory. Report cards are given at the end of the session.

CanSkate Program (Ages 4 & Up)

The objective of the Skate West CanSkate program is to teach children age 4 and up the skills of ice skating that will be the foundation for pursuing all ice sports such as figure skating, hockey, ringette or speed skating. The children are immersed in a positive and fun, environment where they constantly receive encouraging feedback from our qualified teaching team.

The program will help skaters' progress towards Skate West's Skate Canada Test and Competitive Programs. Report cards will be given at the conclusion of the season, and achievement ribbons are given throughout the entire program. Helmets and mittens/gloves are mandatory.

Junior STARSkate (passed CanSkate Stage 4 or higher)

This program comprises of a 60-minute long group session that has a stroking component, one off ice and one junior freeskate session for independent practice and private lesson with a private coach. The program runs from September to April. Skaters will have the opportunity, at the coach's discretion, to participate in Skate Canada Competitions and take Skate Canada Tests.

During the year, coaches will use their discretion to progress skaters through appropriate group levels according to their skating ability.

Skates and Gear

HELMETS

All skaters participating in Pre-Canskate to CanSkate Level 4 must wear a CSA approved hockey helmet.

CLOTHING

Please dress skaters appropriately. Sweats, track pants, snow pants and yoga pants are all good bottoms. Layers of long sleeve shirts, hoodies and vests allow for easy movement and warmth. Be sure to have a few pairs of mittens and gloves on hand. Items such as long drawstrings, scarves, dangling coat belts etc. can be a hazard on the ice and should be avoided.

SKATES

Help your skaters to ensure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than $\frac{1}{4}$ inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice

Skaters in the Pre-CanSkate to CanSkate Level 4 are allowed to use hockey or figure skates.

Figure skates are recommended for CanSkate level 4 and up.

To protect the skate blades, skate guards should be worn when in any area that is not protected by rubber mats. At the end of every session, the blades should be wiped with a dry cloth to prevent rusting.

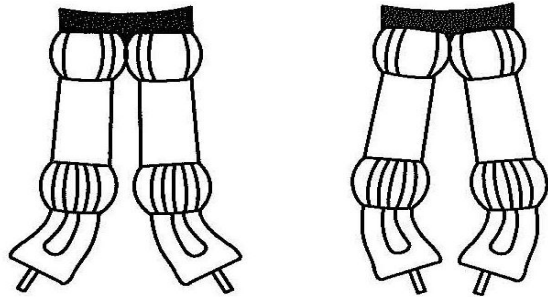
Please ensure that all skates are sharpened regularly at least twice a season. Hockey skates may be sharpened at any hockey skate specific store. Figure skates should be sharpened at Professional Skate Service.

Professional Skate Service (Marda Loop)

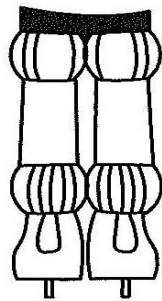
3515 18 Street SW Calgary

403-243-3675

Skaters attending our sessions will have more fun and progress faster if they are properly and safely equipped.



Poorly Equipped Skater



Properly Equipped Skater

Pre-CanSkate & CanSkate Coaching Team

Jennifer Wickson - ISPC Certified, National Coach in training

Rhett Myers - Level 3 Certified Coach

Program Dates 2016- 2017

	Monday	Tuesday	Thursday	Saturday (JR)
CanSkate	11:00-11:30 11:30-12:00	9:00-9:30	9:00-9:30	4:30-5:30 pm
September	12,19,26			24
October	3,17,24,31			1,8,15,22
November	7,14,21			12,19,26
December				10
January	9,16,23,30			
February	6,13,27			
March	6,13,20	21,28	23,30	
April		4,11	6,13	
May		23,30		
June		6,13,20,27	8,15,22,29	

Liability Disclaimer

Skate West Skating School is not liable for personal injuries or loss of or damage to personal property. Each skater may decline to participate in any activity. Please inform your coach of any personal limitations you may have. If you have any doubt about your personal physical abilities, please consult your physician before participating.

Questions? Email or call Rhett / Jennifer at the Skate West office at Skate@SkateWestss.com or call 403-975-2165

HAPPY SKATING!