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September 6, 2017

RE: WELCOME TO CANSKATE!

Hello Skating Parent,

Welcome to the Prince George Figure Skating Club's CanSkate program. We are delighted to have you onboard and we're eager to help your son/daughter skate their way to success! We thought this would be a great time to touch base with you and bring you up to speed on everything you need to know about your child's program.

Equipment

Your skater will need a CSA approved hockey helmet, supportive skates and warm clothing including snow pants. Skates should be tied comfortably tight with laces done up and tucked in (please do not tie laces around the ankle).

What is CanSkate?

Accept no substitutions – CanSkate is the best learn-to-skate program in Canada! It is taught by certified professional coaches who are well-versed in teaching correct technique for long term success in any ice sport – hockey, ringette, speed or figure skating. Skating coaches understand how the blade works, how to get power and edges from the blade, and how the biomechanics of movement of the stride really work. The CanSkate program works to build and reinforce important basic skills. Instead of just introducing a skill at one level and then leaving it, the skater will work on the same skill at many different stages. The coaches have a chance to introduce the skill, develop it and then perfect it over a longer period of time.

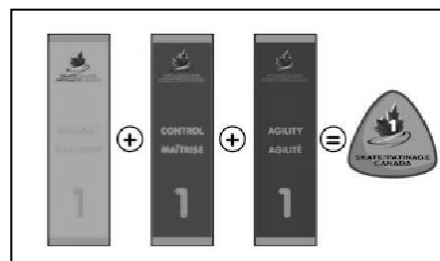
Program Structure and Awards

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- **Balance:** concentrating on most forward skills, pushing technique and edges
- **Control:** concentrating on most backwards skills, stopping and speed elements.
- **Agility:** concentrating on most turning and jumping skills.

The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage Badges



Program Structure:

1. Warm Up
2. Circuit Lessons
3. Group Activity
4. Cool Down

So how does this look in practice? It seems chaotic on the ice, but that's not a bad thing. In the old CanSkate program, skaters would line up, stand still and wait their turn while the coach worked with them. There would be lots of empty patches of ice, with no activity. In the new system, every little group is following its own path, in various circuits and stations. All of our stations and circuits are designed to introduce and practice skills in a progressive manner. Coaches and program assistants will be assisting skaters AS they practice.

Grouping:

Skaters will be grouped according to skill level. Grouping will take place over the first few weeks of the program. Skaters may be shuffled around as needed until everyone is where they should be. There are 3-5 groups and each group has a colour. Skaters will have a coloured pipe cleaner attached to their skate lace to indicate their group colour. **Please note it is important that each skater has a name label on their helmet.**

Coaches:

The CanSkate coaching team consists of Jennifer Auston, Danielle Sidsworth, Holly Burke, Christina Turnquist, Olivia Jenaway and Allyse Smith. The coaches are joined on the ice by volunteer program assistants. Together the coaches and program assistants make the program run as smoothly as possible.

Communication:

- **EMAIL is our main form of communication.** Please keep an eye on your email for important information from the PGFSC or the coaches.
- Website: www.pgpsc.ca
- Facebook – search Prince George Figure Skating Club and like us!
- Bulletin Board & Handouts – we will send letters and notices home from time to time and then they will get posted on the bulletin board(s). Currently our bulletin board is set up just inside Kin 2 near the PGFSC office.
- **Contact us:**
 - Jennifer Auston– September Canskate coordinator If you have questions, concerns please contact her: **250-640-9842** or by email: ltspgpsc@telus.net
 - For any and all club inquiries please contact the **PGFSC office: 250-563-4768** or pgpsc@telus.net

Viewing the session:

We invite parents to view the CanSkate sessions from the bleachers. The arena staff has asked that parents refrain from viewing from the players benches/box. **Parents are NOT permitted on the ice.**

Behaviour:

It is expected for all skaters to listen and follow instructions, participate in all activities and to adhere to all coaches and program assistants on the ice. If a skater is not doing this, they may be asked to leave the ice for the rest of the session. Skaters may not be left to sit or lay on the ice.

What happens if they cry? Our coaches and program assistants are trained for this. The ice can be a scary place for newbies. It can also be scary to fall. We will encourage your skater and do our best to ease their fears. While we will make every effort, it is not always possible to convince them to participate. Some skaters just aren't "ready". If this is the case, the coaches will discuss it with you and you will be given a pro-rated refund.

There will be no report cards for the September session – it is much too short!
Thanks for understanding. We encourage you to join our winter program!

Sincerely,

Jennifer Auston
Director of Skating
Prince George Figure Skating Club