



ABC Skating Club

CanSkate Information Session Outline

1. Purpose - to provide information about the Club and the CanSkate program to parents
2. When - the second or third week of skating
3. Who - Club President or Vice President, CanSkate Liaison and a skater to demonstrate skill progressions

Information to provide:

1. Skate Canada

- a. National Organization
- b. Skate Canada is an Association dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime, for fun, fitness and/or achievement.
- c. Skate Canada is the largest figure skating governing body in the world.
- d. Your child skates in the same organization as Canadian skaters on TV and at international competitions.
- e. The ABC Skating Club is a member of Skate Canada.
 - i. Our goal is... (i.e. to offer quality programs that are available to everyone in our community).
 - ii. Club motto is... ("We believe that every Canadian should learn to skate.")

2. Programs offered

- a. Pre-School CanSkate
 - i. A version of CanSkate, playschool on ice
 - ii. Skaters are pre-school age
 - iii. Lessons are 30 minutes in length
 - iv. Skaters move on to CanSkate
- b. CanSkate
 - i. Learn to skate program
 - ii. Explain the advantages of 2 days vs. 1 day per week of skating
 - iii. Goal is continual movement
 - iv. Weekly themes provide variety and fun
 - v. Skater receive incentives including stickers, colouring sheets, etc.
 - vi. Ongoing assessment of skills, badges awarded for progress (show sample badges). Badge charts are available
 - vii. Small groups
- c. STARSkate Program
 - i. Group and/or semi-private or private lessons in skills, dance, stroking and freeski
- d. SynchroSkate
 - i. Skating in a group
- e. CanPowerSkate
 - i. High energy skating skills development
 - ii. Develops skills required in hockey and ringette.

3. Professional Coaches

- a. Provide names of Coaches. State qualifications and programs that they coach

4. Program Assistants

- a. Provide names
- b. Usually senior skaters or experienced skaters
- c. Participate in monthly training sessions with Coach

5.

Equipment

- a. Review quality of skates and places to buy them
- b. Plastic skates are not recommended
- c. Toe picks must not be removed
- d. Clothing
 - i. Wear mitts and why
 - ii. Snow pants restrict movement. Layers are a better solution

6. How the Club Runs

- a. Volunteer driven
- b. Monthly Executive meetings
- c. General Meetings conducted...
- d. Communicate with Executive Committee and Coaches any time. How to contact the Executive...
- e. Bulletin Board

7. Fundraising requirements

- a. Activities planned for the year
- b. If time permits, explain various costs of the program (ice fees, coaches, incentives, etc)

8. Carnival

- a. Date

9. Demonstration by a skater showing progression of skills

- a. Show progressions from stage 1 to 6 of three different skills
- b. Provide copies of Skills Progression Sheets to parents

10. Demonstrate how to play music

Notes:

Refer to "Club Guide to Holding Parent Information Sessions."

Advertise meetings in club newsletter. Display posters at the Arena the day of the session, to remind parents of the session.