

Canskate

Welcome to Canskate! My name is Shayla Sarton, and I am the head coach of the PRSC. I'm a Kinesiologist who studied Exercise Science and High Performance Sport. I have coached for many years and skated for many more. Canskate is Skate Canada's learn-to-skate program. This program showcases a comprehensive series of skills, using a curriculum that supports skater success in developing stronger basic skills on the ice. These skills transfer to all ice sports, and prepare the skaters for success in skating recreationally or competitively. Over the first week I will be evaluating and assessing all of the new skaters to match the current technique quality standard used across Canada. If you participated last season, we will continue on with the evaluations you earned already. Please be patient, as this process will help the skater's achieve greater growth, earn ribbons and badges at a steadier pace, and provide some flow and organization to the session.

SESSION BREAK DOWN 45 mins:

- Fast Track Warm Up
- Transition Song - head to assigned ring
- Lesson A
- Fast Track Quick
- Transition Song
- Lesson B
- Fast Track Quick
- Transition Song
- Lesson C
- Fast Track and hand in name tag
- Group Activity and Cool Down

There are approximately 10-20 skills to learn in each level. These skills are broken down into agility, balance and control. When a skater completes the required skill elements within a learning category, they will receive a ribbon. **Once the skater has earned all three ribbons for that level they will receive their badge and move up to the next level.** There are 6 official levels that skater's can work their way through before moving on to our Starskate or Teen, Tween, Adult programs.

Canskater's are **required to wear CSA approved helmet**, that has not expired. As well as, have **their own skates, gloves, and jackets** that are zipped up. I will have **name tags** on a table each session, and PA's will collect them before the end of the session.

Our program assistants (PA's), play a vital role in the success of this program. They are newly learning as well, so please be kind and patient, as they have new roles and responsibilities and are **youth helpers**. They are there to help and answer any questions you may have. If you have any questions they can't answer please email me. You will find your name tags on a table inside, please ensure you are wearing them. **If you earn a ribbon or badge it will be attached to your nametag at the start of the next session.**

Lesson time is taught with the use of 3-6 instructional circuits, giving skater's a chance to learn a variety of elements at their own pace. The circuits in which the skater's rotate through, highlight skill requirements of all three learning categories:

Agility Balance Control

The participants are evaluated on at least one of the circuits each session, so **please be disciplined in arriving to skating on time** so that the skater does not miss their evaluation time. If you happen to arrive after the session start time, please close the gate after them. **It is a required safety policy that gate doors be shut during program sessions, it also prevents the skaters from running on & off the ice and causing a distraction.** We will be using the closest gate to enter onto and off of the ice.



Kindest Regards,

Coach Shay
email: ssarton23@gmail.com

Canskate Session Times

Wednesday 5:30 pm - 6:15 pm
Thursday 5:45 pm - 6:30 pm

Sept. 11th --
Nov. 28th