

Welcome to the 2012 Winter CanPowerskate Session!

The Program

The CanPowerskate program is designed to systematically advance the skaters through six levels of achievement. At the conclusion of the 17 week session, skaters are evaluated on skill level and performance time.

Those skaters who are assessed and grouped according to the Pre Powerskate skill set will be evaluated based on specific skill achievements, rather than performance time. This program is the pre-cursor to the CanPowerskate program, and is instructed on the same session.

Basic Program Requirements:

This 50 minute CanPowerskate program is designed for skaters aged 6-12 who already have basic forward and backward skating skills. The program stresses balance, power, agility, speed, skating technique, and endurance skills, all of which are necessary for hockey and ringette.

Skaters in this program must wear full CSA approved hockey/ringette equipment (including neck guards, mouth guards, and sticks). Minimum skill requirements include; forwards skating, forwards stopping and basic backwards skating skills.

To maximize the intensity of the program, those skaters who do not meet the basic skating requirements will

be asked to further develop these skills in the Canskate program.

What to Expect the first day:

The Canpowerskate program will be structured the same each session; warm up, group skill review, individual group skill lessons, conditioning, and cool down. The first day the skaters will be assessed and grouped according to similar skill levels. Once the skaters are grouped they will remain with that group and instructor for the remainder of the session.

Parents are asked to remain in the arena during the session.

What to Bring:

Participants are encouraged to bring water to each session. Water bottles are to be placed on the side of the boards. Sport drinks, soft drinks, or juice bottles are not permitted.

Important Dates:

Please refer to the 2012 winter ice calendar for any pre arranged ice cancellations.

Questions?

Feel free to contact Renée Richard through the GSC office.

Phone: 613-830-1610

Email: info@gloucesterskatingclub.ca