



## GLOUCESTER SKATING CLUB'S PRE-CANSKATE & CANSKATE '1' INFORMATION

**Welcome to all our new and returning members, we're looking forward to a great winter session! Here are a few important messages...**

### **What can we expect?**

Skating lessons are a fun and exciting challenge for young children. Our Skate Canada Certified Professional Coaches are fun and enthusiastic individuals who are committed to providing quality skating programs for our members. But parents please remember that ice is slippery and hard, not all children feel comfortable on the ice right away. Our coaches are well-trained in alleviating skater's fears, just be patient and your child will soon be gliding across the ice with a smile on their face!

### **Where do we go on the first day?**

Your child will be assigned to a dressing room before going out to the ice surface. Please check the poster on the door to the lower hallway for your child's dressing room number and group colour. Your child's coach will join you in the dressing room for a brief talk and will then take the children out to the ice surface. This process is for the first week only, the rest of the sessions, you will go directly to the ice surface. When you come to skating the next week, you will go directly to the ice rink's centre door. The group happy faces will be hanging up, please find your child's name tag and place it on their clothing before they enter the ice surface. The first few sessions may seem hectic, so please be patient. Skaters will quickly learn the routine and will soon be gliding across the ice. Our goal is to provide a challenging, fun and safe atmosphere where the skaters can reach their potential while having a good time!

### **Where do we enter the ice surface?**

Many of our classes are back to back. To control the flow of skaters, we ask that skaters enter the ice surface from the middle of the rink at the start of the class and exit at the side door when the class is over. Once your child is on the ice, please go up to the stands to watch the session. This allows the coaches to have their group's full attention during the lesson. **Parents are asked to remain in the arena during the session.**

### **What happens during the session?**

Skaters are greeted by our coaching staff as they enter the ice surface each week. The class starts with a warm-up and exercises to music, followed by a 25 minute group lesson time. Then our coaches lead the skaters through a series of games incorporating the skills learned in their lesson. The last part of the class is a fast track using the entire ice surface. The session is set to music with the focus on continuous movement and creative play while learning basic skating fundamentals.

### **How are the skaters divided into groups?**

Skaters are placed in groups according to skating ability and age. A portion of each class is the group lesson. The ice is divided into groups and there may be as many as seven different groups during one session. It usually takes a few weeks to assess all of the groups and move skaters according to their ability. Please be patient, and we will check every child to make sure they are in the right group.



### **Do you provide French instruction?**

We do our very best to provide French instruction upon request, but skating ability will always be our first priority. This means we cannot guarantee French instruction. Each session has French speaking coaches available along with our volunteer Program Assistants who assist our English speaking coaches. Please let us know at registration time if you would like a French speaking coach and we will do our best to provide one.

### **What should my child wear?**

Wear clothing that is comfortable, warm, and light and allows you to move freely. Make sure to layer clothes so you can remove or add a piece of clothing to suit changing temperatures and exertion levels.

### **Does my child need a helmet?**

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure **ALL CANSKATE** and **ADULT CANSKATE** participants up to and including Stage 5 must wear a **CSA APPROVED HOCKEY HELMET WHILE ON THE ICE.**

### **Markers**

The coaches will be using markers on the ice when drawing out the skater's circuits. The marker may rub off the ice if your child falls, so please dress your child in dark clothing. We cannot guarantee the marker will come out in the wash.

### **Do you have a session calendar?**

Please ensure you have a copy of the winter session calendar of all special events & cancellations. If you don't have one, ask the office or your child's coach for a copy. Copies can also be found on our website [www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca).

### **Skates & Skate Sharpening**

Skates are the most important tool a skater has on the ice. We recommend lace up skates that fit snugly and support the ankles. **We do not recommend Velcro enclosure skates.** Our club will be having a used skate and clothing sale on **Saturday, Jan. 14<sup>th</sup>** from 10am to 2pm, where there will be a good selection of second hand skates. Are you wondering where to take your child's skates for sharpening? We recommend '**Final Edge**' at the Ray Friel Recreation Centre, '**Lacroix Sports**' on St. Joseph Blvd and '**Figure 8/Hockey One**' on Industrial Ave. These shops will provide you with a good recreational sharpening.

### **Questions?**

If you have any questions, please call our office administrator, Cindy Lacelle, or our CanSkate Director, Sheilagh McCaskill at 613-830-1610.

