



WELCOME TO OUR SESSION CanSkate

Dear Members,

The Thunder Bay Skating Academy is excited to welcome members to what we expect to be a very exciting, quick and eventful session.

What do I need to bring?



When preparing for the first session, it is a good idea to wear some warm pants and a jacket on the ice along with mittens.

Please be aware that we do require that all skaters have on a **CSA approved helmet**. As per our governing body "Skate Canada" all skaters must wear a CSA approved helmet at all times while on the ice surface. There are no exceptions.

Please ensure that your skater has supportive footwear to ensure success in our programs. Single bladed, leather lace up figure or hockey skates are preferred. Moulded skates are not recommended as they are inflexible. Avoid buying a skate too large, poor fitting equipment will cause discomfort. Skates typically fit one size smaller than your shoes. Please make sure the boot does not have any wrinkles. **Reminder that skates should be sharpened as soon as they are purchased (new or used).**



What can you expect from a typical session?

1) On your first day of skating please enter the rink and make your way to our hanging "mail boxes" which will contain your **name tag**. Our mailboxes will be a place to collect your name tag at the start of **every** session as well as a place to receive notices and reminders as applicable. We ask that you please have the name tag visible on your child's jacket as it will assist us in grouping the skaters.

2) Skaters will gather for their off ice warm up prior to entering the ice. A member of our coaching staff will meet them and take them to the warm up location at each rink. We encourage parents to allow the skaters to go one their own to gain independence. Parents are welcome to join if skaters are uncomfortable leaving their parents.



3) Once skaters enter the ice surface, we will begin with a 6 minute warm up, then they will join their groups, as indicated by their coloured sticker on their name tag and the signs on the ice. Each group is clearly identified by a start marker with the coloured flag (see image). Skaters match their sticker to the flag.

4) Our program is based on circuits. Each group will start in the same place every session and then move to a different spot on the ice every ten minutes until they have completed all three circuits. This format is great for keeping skaters moving continuously and learning new skills in the process. We will once again be using the "fast track" to get from one station to the next – the focus during these transitions will be to improve speed. Skaters are encouraged to use the fast track around the ice until the "Move It Move It" song is over, at that time they will need to locate their group colour once again. Skaters will always follow their flag colour that matches their sticker.



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5) To conclude our session skaters will be involved in a group activity and then a cool-down period. This allows skaters of all levels to be a part of the group as a whole and to be able to have time to cool their bodies down prior to leaving the ice.

Please trust our program. We realize that the first few sessions may seem overwhelming. Please encourage your skater to know their colour and to stay with their group for the most optimal learning.

Schedule

We have attached a complete ice schedule for your skater's session, this schedule will include any cancelled dates, theme days and all other necessary information. These will also be posted on our website under our schedules tab if you misplace this initial copy.

Evaluation & Assessment

Skate Canada has an extensive reward system to track your skater's progress. There are three strands to each badge: Agility, Balance and Control. Once a skater has achieved all three strands gaining all three colour ribbons, they will receive their Stage Level Badge. Assessments are ongoing however we do have two specified "Assessment Days" during our 10 week session (see schedule for exact days). It is strongly encouraged that your skater attend these days (if possible). Achievements will be handed out the week after the assessment days occur.

	Stage 1	Stage 2	Stage 3
Balance	• Fall down & get up	• Fwd 2-ft sculling	• Fwd stationary blade push
	• Fwd push/glide sequence	• Fwd 2-ft to 1-ft glide	• Fwd 2-ft slalom
	• Fwd 2-ft glide	• Fwd push/glide sequence • Fwd 1-ft glide with speed	• Fwd circle thrusts • Walking crosscuts • Fwd 2-ft to 1-ft curve glide
Control	• Snow slide steps	• Fwd stop	• Fwd stop with speed
	• Bwd 2-ft skating/walking	• Bwd 2-ft sit glide	• Bwd 2-ft sculling
	• Bwd 2-ft glide	• Bwd 2-ft to 1-ft glide • Bwd push/glide sequence	• Bwd 2-ft to 1-ft glide • Bwd push/glide sequence • Bwd 1-ft glide
Agility	• 2-ft turn	• Fwd 2-ft turn	• Fwd 2-ft quick turn
	• 2-ft jump	• Bwd 2-ft turn	• Bwd 2-ft quick turn
	• Fwd skating perimeter of ice	• Fwd 180° glide turn • Fwd 2-ft jump	• Fwd 360° step turn • Bwd 2-ft jump • Fast fwd perimeter skating

Coaching Staff

All coaches are nationally certified coaches trained specifically in teaching the mechanics and proper technique of skating. They have extensive training by Skate Canada along with a completed BackCheck and First Aid Training. Each rink is assigned a **Lead Coach** to oversee the operations of the rink along with other coaches who run the circuits at each station. Our coaches are clearly visible in a grey Thunder Bay Skating Academy jacket.

Where Can I Get More Information?

We have lots to share this season be sure to stay tuned to your emails and check your skaters mailbox for exciting news and events. A Parent Information Meeting has been scheduled. Please check your schedule for its date. Our website and Facebook page are always full of information about upcoming events, time-changes and fundraising initiatives, check us out at thunderbayskating.com, Like us on Facebook, Follow us on Twitter and Instagram! Feel free to share!

If you have any questions or concerns please don't hesitate to contact us. Thank you for your interest in CanSkate, Canada's premier learn-to-skate program.

Yours in skating,

Thunder Bay Skating Academy

