

Huntsville Skating Club



PreCanSkate and CanSkate Handbook 2018-2019

www.huntsvilleskatingclub.ca



**Huntsville Skating Club
Board of Directors
2018-2019**

President: Kerri Vallentin
Vice President: Michelle Breakenridge
Secretary: Muriel Blaker
Treasurer: Kellie Heap

Registrar: Ryan Vallentin
Publicity: Michelle Breakenridge
Fundraising: Juliah Kelsey & SunJu Park
CanSkate Liaison: Muriel Blaker
Test Chair: David Brushey
Ice Scheduler: Kerri Vallentin
Volunteer Liaison: VACANT
Carnival Chair: Muriel Blaker
Coaches Liaison: Louise Azzara
Coaches Rep: Chrissy Mantle-Marnoch

Huntsville Skating Club Coaches

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CanSkate is a dynamic learn-to-skate program designed for skaters of all ages and levels. Our Canskate program is designed for children as young as 3 years old.

The Canskate program focuses on the development of *balance, control and agility*. These skills are taught in six stages of learning that pertain to *hockey, ringette, speed skating and figure skating* as well as general recreational skating.

CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing *stronger basic skills* and developing them faster.

Lessons are given in a group format with a coach to student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. *Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.*

NOTE: Information on private lessons are available at the CanSkate table.

Please speak to a board member at the table for more information.

Our sessions are offered from October to April and are taught by professional coaches who are specifically trained and certified through the National Coaching Certification Program (NCCP). *All our coaches are also Power Skating certified.* Our Star Skaters, give back to the club and volunteer their time to be Program Assistants (PA'S). They assist the coaches in implementing the program to the CanSkaters.

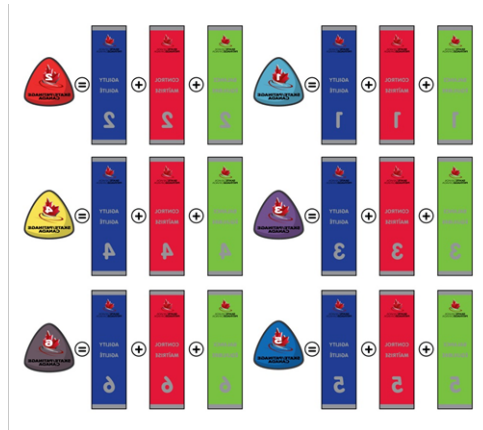
Our CanSkate Sessions are:

Monday 5:15-6:00 pm

Thursday 5:45-6:30 pm

**Thursday Stage 4,5,6 Stroking with Pre-Junior and Junior Star Skaters
5:30-5:45 pm**

Badges & Report Cards



	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SKATE FORWARD 1) Skate forward on ice 2) Skate with one foot on ice 3) Skate with two feet on ice STOP 1) Stop on ice 2) Stop on ice with one foot 3) Stop on ice with two feet SKATE BACKWARD 1) Skate backward on ice 2) Skate backward on ice with one foot 3) Skate backward on ice with two feet EXTREME 1) Skate backward on ice with one foot 2) Skate backward on ice with two feet	SKATE FORWARD 1) Skate forward on ice 2) Skate with one foot on ice 3) Skate with two feet on ice STOP 1) Stop on ice 2) Stop on ice with one foot 3) Stop on ice with two feet SKATE BACKWARD 1) Skate backward on ice 2) Skate backward on ice with one foot 3) Skate backward on ice with two feet EXTREME 1) Skate backward on ice with one foot 2) Skate backward on ice with two feet	SKATE FORWARD 1) Skate forward on ice 2) Skate with one foot on ice 3) Skate with two feet on ice STOP 1) Stop on ice 2) Stop on ice with one foot 3) Stop on ice with two feet SKATE BACKWARD 1) Skate backward on ice 2) Skate backward on ice with one foot 3) Skate backward on ice with two feet EXTREME 1) Skate backward on ice with one foot 2) Skate backward on ice with two feet	SKATE FORWARD 1) Skate forward on ice 2) Skate with one foot on ice 3) Skate with two feet on ice STOP 1) Stop on ice 2) Stop on ice with one foot 3) Stop on ice with two feet SKATE BACKWARD 1) Skate backward on ice 2) Skate backward on ice with one foot 3) Skate backward on ice with two feet EXTREME 1) Skate backward on ice with one foot 2) Skate backward on ice with two feet	SKATE FORWARD 1) Skate forward on ice 2) Skate with one foot on ice 3) Skate with two feet on ice STOP 1) Stop on ice 2) Stop on ice with one foot 3) Stop on ice with two feet SKATE BACKWARD 1) Skate backward on ice 2) Skate backward on ice with one foot 3) Skate backward on ice with two feet EXTREME 1) Skate backward on ice with one foot 2) Skate backward on ice with two feet	SKATE FORWARD 1) Skate forward on ice 2) Skate with one foot on ice 3) Skate with two feet on ice STOP 1) Stop on ice 2) Stop on ice with one foot 3) Stop on ice with two feet SKATE BACKWARD 1) Skate backward on ice 2) Skate backward on ice with one foot 3) Skate backward on ice with two feet EXTREME 1) Skate backward on ice with one foot 2) Skate backward on ice with two feet
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AGILITY	TURN 1) Turn on ice 2) Turn on ice with one foot 3) Turn on ice with two feet JUMP 1) Jump on ice 2) Jump on ice with one foot 3) Jump on ice with two feet EXTREME 1) Jump on ice with one foot 2) Jump on ice with two feet	TURN 1) Turn on ice 2) Turn on ice with one foot 3) Turn on ice with two feet JUMP 1) Jump on ice 2) Jump on ice with one foot 3) Jump on ice with two feet EXTREME 1) Jump on ice with one foot 2) Jump on ice with two feet	TURN 1) Turn on ice 2) Turn on ice with one foot 3) Turn on ice with two feet JUMP 1) Jump on ice 2) Jump on ice with one foot 3) Jump on ice with two feet EXTREME 1) Jump on ice with one foot 2) Jump on ice with two feet	TURN 1) Turn on ice 2) Turn on ice with one foot 3) Turn on ice with two feet JUMP 1) Jump on ice 2) Jump on ice with one foot 3) Jump on ice with two feet EXTREME 1) Jump on ice with one foot 2) Jump on ice with two feet	TURN 1) Turn on ice 2) Turn on ice with one foot 3) Turn on ice with two feet JUMP 1) Jump on ice 2) Jump on ice with one foot 3) Jump on ice with two feet EXTREME 1) Jump on ice with one foot 2) Jump on ice with two feet	TURN 1) Turn on ice 2) Turn on ice with one foot 3) Turn on ice with two feet JUMP 1) Jump on ice 2) Jump on ice with one foot 3) Jump on ice with two feet EXTREME 1) Jump on ice with one foot 2) Jump on ice with two feet
DATE PASSED:	STAGE 1 BADGE DATE:	STAGE 2 BADGE DATE:	STAGE 3 BADGE DATE:	STAGE 4 BADGE DATE:	STAGE 5 BADGE DATE:	STAGE 6 BADGE DATE:



The requirement to wear a helmet is a Skate Canada Policy and all clubs and members must abide by their policies. To participate in the CanSkate program *all skaters, who have not achieved Stage 6 in the CanSkate program must wear a CSA approved hockey helmet while on the ice.*

When skaters complete the 6 stages of the CanSkate program they will be eligible to move into the StarSkate program. Fast Track is a program where skaters are invited to join before completing CanSkate if the coaches feel that they have successfully achieved all the Stage 6 components.



Volunteering

There is a \$50.00 refundable volunteer fee with each skater registration. Upon completion of 2 volunteer commitments/skater your \$50,00 will be returned. The following are volunteering opportunities throughout our skating season

- Independent BBQ (usually done in the summer)
- Skokie Skate - an HSC hosted skating competition in October
- Carnival (April)
- Off ice Canskate door parent
- Test Days (December & March)

Fundraising

(on going throughout the season)

- **Buy & Sell** (bring in your used skates and skating clothing and we will sell for you. You set the price and the club keeps 20% of the sale price. This is out on display several times throughout the season for skaters and families to purchase items - CASH ONLY SALES)
- **Mabels Labels** - <http://mabelslabels.com/> click on support a fundraiser before placing your order and select HUNTSVILLE SKATING CLUB - place you order like you regularly do and the club gets 20% of all sales.
- **Fundscrip** - <http://www.fundscrip.com/> You can purchase Gift Cards for any occasion or maybe you just want to use gift cards for your weekly gas or groceries. Either way, when you place an order using our invitation code you can support The Huntsville Skating Club and raise money for yourself at the same time. 10% of each order goes to the club and HSC club members get 90% back as earned funds, that is paid out twice a year. Non-HSC members who place an order, 100% earnings will go back to the club. All you have to do is go to www.fundscrip.com and cli**Please note: Cards will be shipped to your home via Canada Post at a charge of .85 cents plus tax with a 4-card limit/order to keep the weight down**

Huntsville Skating Club

Fall & Winter Ice Schedule

2018-2019

Monday-Don Lough Arena

- 3:30 pm - Senior - Edges & Turns
- 3:45 pm - Senior - FreeSkate
- 4:30 pm - Senior - Dance & Dance Elements
- 4:50-5:05 pm - Junior - Off Ice Training (Oct.-Mar.)
- 5:00 pm - FLOOD
- 5:15 pm - PreCanSkate and CanSkate (Start date October 15)
 - Youth PowerSkating (13 & under) Sept 6-27
 - STARSkate Off Ice Training (Sept. 10,17,24) (30 min)
- 5:50-6:05 pm -Pre-Junior Off Ice Training (Oct.-Mar.)
- 6:00 pm Senior & Junior - STARPower
- 6:15 pm - Junior - Dance
 - Pre-Junior - Steps & Rhythm
- 6:30 pm - Junior - Steps & Rhythm
 - Pre-Junior - Dance
- 6:45 pm - Junior & Pre-Junior - Edges & Turns
- 7:00 pm - FLOOD
- 7:15 pm - Pre-Junior & Junior - FreeSkate
- 8:15 pm -Teen/Adult PowerSkating (13 & over) (Sept. & Oct.)
 - Teen/Adult Learn to Skate & Beyond (Nov.-Apr.)

Wednesday-Jack Bionda Arena

- 7:00 am to 8:00 am - Junior & Senior - FreeSkate

Thursday-Don Lough Arena

- 4:00 pm - Junior - FreeSkate
- 4:30 pm - Junior & Pre-Junior - FreeSkate
- 4:45 pm - Junior & Pre-Junior - Dance to Rhythm
- 5:00 pm - FLOOD
- 5:15 pm - Junior & Pre-Junior - Edges & Turns
- 5:30 pm - Junior, Pre-Junior & CanSkate Stage 4,5,6 - Power
- 5:45 pm - PreCanSkate and CanSkate (Start date Oct 11)
 - Youth PowerSkating (13 & under) Sept 7-28
- 6:30 pm - Senior - Power
- 6:45 pm - Senior - Spins & Spirals
- 7:00 pm - Senior -FreeSkate
- 7:45 pm - Senior - Dance Elements, Steps, Sequence & Rhythm
- 8:05 pm- 8:20 pm - Senior - Off Ice Training (Oct.-Apr.)

Sunday-Jack Bionda Arena

- 8:00 am to 9:30 am - Junior & Senior - Freeskate



Huntsville Skating Club

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