

Huntsville Skating Club



CanSkate & PowerSkating Handbook 2022-2023

www.huntsvilleskatingclub.ca



Skate Ontario

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**Huntsville Skating Club
Board of Directors
2022-2023**

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Vice President: Michelle Breakenridge
Secretary: Kerri Moyer
Treasurer: Rebecca Brown

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Fundraising: VACANT
CanSkate Liaison: Jennie Exell
Assessment Co-ordinator: Kayla Dalrymple
Carnival Chair: VACANT
Coaches Liaison: Jillian Schickler
Professional Coach Consultant: Chrissy Mantle-Marnoch

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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 March and are taught by professional coaches who are specifically trained and certified through the National Coaching Certification Program (NCCP). Many of our coaches are also PowerSkating certified. Our StarSkaters 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 5:15-6:00pm

Thursday 6:00-6:45pm

Sunday 9:45-10:30am

Why do we play the music we play - The music used during our CanSkate session provides repetition, consistency and cues to allow skaters to learn what they should be doing and what is coming next.



exceeded standard



Skate Canada is recognized as having the best grassroots program in the country. CanSkate, Canada's flagship learn-to-skate program, emphasizes teaching quality fundamental movements and basic skills.

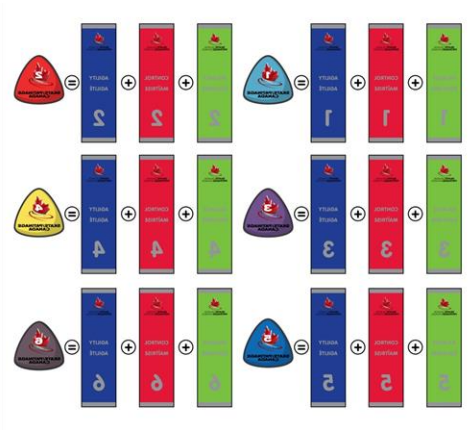
The *CanSkate Excellence recognition program* is designed to reward Ontario Clubs/Skating schools that are implementing best practices in the delivery of their CanSkate programs. This two-tiered recognition program identifies clubs who meet the minimum standard and highlight those who exceed standards.

Clubs/Schools who meet the delivery standards will be identified by a checkmark beside their club's name on the Skate Ontario website, to indicate they have achieved the CanSkate programming standards.

Clubs/Schools, like the Huntsville Skating Club, who meet and exceed the standards will be highlighted with a gold star on the Skate Ontario website. Starred clubs/schools will have priority listing on the website. These clubs will also be listed first in a club/school search.

***We are extremely proud of our designation as a
Skate Ontario CanSkate Excellence Club.***

Badges & Report Cards



	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SAFE FORWARD 1) Feet flat on ice 2) Feet not on edge 3) Feet not on toe edge 4) Feet not on heel edge	SAFE FORWARD 1) Feet flat on ice 2) Feet not on edge 3) Feet not on toe edge 4) Feet not on heel edge EXTERNAL 1) Feet flat on ice with knee 2) Feet flat on ice with knee	SAFE FORWARD 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge EXTERNAL 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge	SAFE FORWARD 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge EXTERNAL 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge	SAFE FORWARD 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge EXTERNAL 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge	SAFE FORWARD 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge EXTERNAL 1) Feet flat on ice with toe edge 2) Feet flat on ice with toe edge 3) Feet flat on ice with toe edge
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AGILITY	SWI 1) Feet flat on ice 2) Feet flat on ice AMP 1) Feet flat on ice EXTERNAL 1) Feet flat on ice 2) Feet flat on ice	SWI 1) Feet flat on ice 2) Feet flat on ice AMP 1) Feet flat on ice EXTERNAL 1) Feet flat on ice 2) Feet flat on ice	SWI 1) Feet flat on ice 2) Feet flat on ice AMP 1) Feet flat on ice EXTERNAL 1) Feet flat on ice 2) Feet flat on ice	SWI 1) Feet flat on ice 2) Feet flat on ice AMP 1) Feet flat on ice EXTERNAL 1) Feet flat on ice 2) Feet flat on ice	SWI 1) Feet flat on ice 2) Feet flat on ice AMP 1) Feet flat on ice EXTERNAL 1) Feet flat on ice 2) Feet flat on ice	SWI 1) Feet flat on ice 2) Feet flat on ice AMP 1) Feet flat on ice EXTERNAL 1) Feet flat on ice 2) Feet flat on ice
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.



Our Power Skating Program

PowerSkating is an action-packed, high energy instructional powerskating program geared to hockey skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques, and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. **PowerSkating** provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey teams.

For safety reasons participants, must wear full hockey equipment that is CSA approved.

To register for our **PowerSkating** Program you must already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and can stop on command without use of the boards.



Our PowerSkating sessions are on:

Youth PowerSkating - month of Sept. -Monday 5:15-6:00 & Thursdays 6:00-6:45

Teen/Adult PowerSkating – Mondays starting in Sept–Oct 8:00-8:50pm

All Ages PowerSkating – Sundays Oct-Dec 10:30-11:20am

Volunteering & Fundraising

We are always in need of volunteers whether it's helping at a fundraiser or special event days. We are also looking for volunteers who would like to take on a more active role with the Huntsville Skating Club by joining our Board of Directors. For more information on how to become a board member and the time commitment involved, please email the club @ huntsvilleskatingclub@gmail.com or talk to a board member at the arena.

Here are a few volunteer opportunities:

- **Independent Grocery BBQ**
- **Skokie Skate - an HSC hosted competition**
- **Performance Day Event/CanSkate Challenge**
- **Test Days**
- **Ice Show/Carnival**
- **Skate Ontario Raffle Tickets**
- **Music Playing**

Your skating fees DO NOT cover all Huntsville Skating Club costs. Fundraising is necessary to cover the cost of our programs. Below are a few of our ongoing Fundraisers. Please visit the website and the skating table for more Fundraising opportunities throughout the year.

- **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 - (E-TRANSFER ONLY SALES)

- **Skokie Skate**- We will be hosting the Skokie Skate competition in 2022. Skaters from across Ontario will attend this 3-day event to compete. It takes many Volunteers to host an event of this size. No skating experience is necessary. Jobs include admissions/program sales, setup and cleanup, skater, and music registration, dressing room attendants, to name a few. Keep an eye out for sign up charts via email or at the skating table.

- **Skate Ontario Skaters' Promotional Contest** - These are raffle tickets sold by the book. A draw will take place in June for some amazing prizes. Each skating family will be given a book of tickets worth \$40.00 to sell. If more tickets are required, please email the club or speak to a board member at the skating table. More information to come

We are always looking for new fundraising ideas. If you have an idea, feel free to share with any of our Club Board members.



Huntsville Skating Club Fall/Winter Schedule 2022-2023

Monday-Don Lough Arena

- 3:30 pm - **Gold** - Power
- 3:45 pm - **Gold** - Freeskate
- 4:45 pm - **Gold**- Dance & Dance Elements
- 5:00 pm - FLOOD
- 5:15 pm - **Youth PowerSkating (12 & under)** (Sept 12-Sept 26)
StarSkate Off-Ice September 12, 19, 26 (5:15 pm-5:45 pm)
PreCanSkate and CanSkate (Start date October 17)
- 6:00 pm - **Bronze** - FreeSkate
- 6:15 pm - **ALL STARSKATE** - Rhythm/Edges & Turns
- 6:30 pm - **Bronze** -Freeskate - **Silver** - Skill Elements
- 6:45 pm - **Bronze** - Dance - **Silver** - Dance & Dance Elements
- 7:00 pm - **Bronze** - Skills/Stroking - **Silver** - Stroking
- 7:15 pm - **Silver** - Freeskate
- 7:50 pm - FLOOD
- 8:00 pm - 8:50 pm - **Teen/Adult PowerSkating (13 & over)** (Sept 12-Oct 24)
Teen/Adult Learn to Skate & Beyond (Oct 31 -Apr 3)

Tuesday-Jack Bionda Arena (starts September 20)

- 4:00 pm - 5:20 pm - **ALL StarSkate Enrichment Program**
- 5:30 pm - 6:15 pm - **StarSkate Off-Ice**

Wednesday-Jack Bionda Arena (starts September 21)

- 7:00 am to 8:00 am - **ALL STARSKATE (1st Year Bronze must have coach approval)**- Freeskate

Thursday-Don Lough Arena

- 3:30 pm - **Gold** - Freeskate
- 4:15 pm - **Gold** - Spins & Spirals
- 4:30pm - **Gold & Silver** - Power/Edges & Turns
- 4:45pm - **Gold & Silver** - Dance
- 5:00pm - **Silver** - Spins & Spirals
- 5:15pm - **Silver** - FreeSkate
- 5:50pm - FLOOD
- 6:00pm - **Youth PowerSkating (12 & under)** (Sept 8-Sept 29)
StarSkate Off-Ice September 8, 15, 22 & 29 (6:00 pm-6:30 pm)
PreCanSkate and CanSkate (Start date October 13)
- 6:45pm - **Bronze** - Edges & Turns/Skills
- 7:00pm - **Bronze** - Dance
- 7:15-7:50pm - **Bronze** - Freeskate

Sunday-Jack Bionda Arena

- 8:00 am to 9:30 am - **ALL STARSKATE (1st Year Bronze must have coach approval)**- Freeskate
(starts September 25)
- 9:45 am-10:30 am - **PreCanSkate and CanSkate** (Start date October 16)
- 10:30 am-11:20am - **PowerSkating** (Oct 16 - Dec 12)



Huntsville Skating Club

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Huntsville, Ontario

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