



## WELCOME TO RIVERVIEW SKATING CLUB'S 2021/2022 CANSKATE & PRE-CANSKATE PROGRAMS!

CanSkate is Skate Canada's flagship learn-to-skate program, designed for skaters of all ages and abilities. The program focuses on fun, participation and basic skill developments. Skaters will earn ribbons and badges as they learn fundamental skating skills.

**PLEASE BE SURE TO READ OUR COVID-19 POLICY. IT WILL BE SENT BY EMAIL, AND IS ALSO AVAILABLE ON OUR WEBSITE.**

### **ARRIVAL AT THE RINK**

**New Session Starts on Monday, January 10<sup>th</sup>.**

**CANSKATE 6:00-6:45**

**PRE-CANSKATE 6:10-6:40**

All sessions are held at the Byron Dobson Arena (55 Biggs Drive, Riverview, NB). Please be on time. Late arrivals are disruptive to the class.

**Monday & Wednesday – Upper Rink** (You must walk up the sidewalk and come in the doors at the top of the stairs)

**Tuesday & Thursday – Lower Rink** (You must enter at the parking lot level doors)

Skaters will get ready on the bleachers. Please do not allow your skater to walk on the bleachers unless they have hard skate guards on, as this causes blades to become dull quickly.

### **NAME TAGS**

Each skater will have a color-coded name tag on the table by the entrance door on the first night of their program. The name tag will be kept by the skater until the end of the session. Skaters will not be allowed on the ice unless their nametag is attached to their jacket/sweater and is visible to the coaches.

### **CLOTHING**

Skaters should wear clothing that is comfortable, warm and allows them to move freely. Make sure to layer clothes so they can remove or add a piece of clothing to suit changing temperatures and exertion levels. Don't forget gloves or mittens – but no fuzzy mittens, as the fuzz sticks to the ice. Also, nothing long or dangly such as scarves that could create a tripping hazard.

### **HELMETS & SKATES**

**All CanSkate & Pre-CanSkate participants must wear a CSA approved hockey helmet** while on the ice.

Bike and other types of helmets are not permitted. Face cages are recommended for Pre-CanSkate. Any

type of skate can be worn; however we do not recommend the plastic type skates as they are more difficult for skaters to move in. Please be sure new skates have been sharpened before the first session.

### **ENTERING THE ICE**

Doors will be labeled with a color that will co-ordinate to the sticker on your skater's name tag. Your skater will be met by a coach or program assistant (PA) at the door, and helped onto the ice. Skaters are not to enter the ice until a coach or PA is present at the door.

### **PARENTS & SPECTATORS**

A parent or guardian must remain at the rink while skaters are on the ice. Parents are not permitted on the ice under any circumstances. Parents, guardians and spectators MUST sit on the bleachers.

**Standing at the boards is not permitted as it is distracting to the skaters and the coaches.**

### **FOOD AND DRINKS**

Absolutely no food or drinks are permitted on the ice. Please ensure your skater does not have any candy or gum in their mouth before they get on the ice.

### **PROGRESS/RIBBONS&BADGES**

Skater's progress is evaluated on an ongoing basis. There are three skills necessary to master each badge (agility, balance & control). Ribbons are given for each skill, and once the skater has passed all three skills, they will receive their badge for that level. CanSkate consists of Stages 1 to 6. See attached chart for requirements for each CanSkate stage. Once a skater has passed stage 4, if they are interested in joining our figure skating program, please send us an email to [riverviewskatingclub@gmail.com](mailto:riverviewskatingclub@gmail.com), and we will let you know if they are eligible to move into our Jumpstart program.

PreCanSkate focuses on standing on the ice, learning how to get up and fall down, balance, posture, skating forwards and backwards. Once the skater has mastered these skills, they will be moved to the CanSkate program. (As CanSkate is 45 minutes in length there is an additional cost, which will be prorated, depending on when the skater is moved).

The skaters have been grouped with other skaters of similar skill levels – they do not necessarily match a specific badge level. Each group has a PA (Program assistant) who stays with the group and moves them from one station to the next as well as assisting at each station. If some skaters are advancing faster than other skaters in their group, they may be moved to another group. Some groups advance at a similar rate and will then be kept together; your child not changing groups does not mean they are not advancing. Not only that, but each of the 6 stages of CANSkate, particularly 3-6 can take quite some time to progress through, as there are quite a few skills to achieve.

The new program is also designed so that skills are repeated at different stages to allow introduction of a skill, development and then refinement. Example: Backwards 2ft skating/walking at Stage 1, Backwards push/glide sequence at Stage 2 and again at Stage 3. The expected level of performance at each stage is quite different even though the description is similar.

Circuits are used throughout. Skate Canada has designed circuits so that the skaters are continually moving without very much standing around. Circuits allow for work on specific skills while continually practicing other skills that the skaters are needing. Switching circuits often means the skaters do not get bored with one particular circuit and also allows covering of all three focus areas every day.

### **CANCELLATIONS**

If there are any cancellations due to unforeseen circumstances (weather, power loss, etc.) there will be an e-mail sent out, as well as a post to our Facebook page. Please ensure your settings on your Uplifter account are set to receive emails (This is the account you would have created when you registered your skater). All of our communication is sent through Uplifter.

### **ICE SHOW**

During the last week of the season, skater from all groups will be practicing a routine for our annual ice show, which is set to be held on Saturday, March 19<sup>th</sup> from 2:00-4:00. All skaters are invited and encouraged to attend. For many skaters, this is the highlight of the skating season. More information will be sent as the date gets closer.



## CanSkate Stage Chart

	BALANCE	CONTROL	AGILITY
STAGE 1	<b>SKATE FORWARD</b> ○ Fall down & get up ○ Fwd push/glide sequence ○ Fwd 2-foot glide ○ Fwd 2-foot sit glide	<b>STOP</b> ○ Snow slide steps ○ R ○ L <b>SKATE BACKWARD</b> ○ Bwd 2-foot skating/walking ○ Bwd 2-foot glide	<b>TURN</b> ○ 2-foot turn ○ CW ○ CCW <b>JUMP</b> ○ 2-foot jump <b>EXTREME</b> ○ Fwd skating perimeter of ice
STAGE 2	<b>SKATE FORWARD</b> ○ Fwd 2-foot sculling ○ Fwd 2-foot to 1-foot glide ○ R ○ L ○ Fwd push/glide sequence <b>EXTREME</b> ○ Fwd 1-foot glide	<b>STOP</b> ○ Fwd stop <b>SKATE BACKWARD</b> ○ Bwd 2-foot sit glide ○ Bwd 2-foot to 1-foot glide ○ R ○ L <b>EXTREME</b> ○ Bwd push/glide sequence	<b>TURN</b> ○ Fwd 2-foot turn ○ Bwd 2-foot turn ○ Fwd 180° glide turn ○ CW ○ CCW <b>JUMP</b> ○ Fwd 2-foot jump
STAGE 3	<b>SKATE FORWARD</b> ○ Fwd stationary blade push (T, V or L) ○ R ○ L ○ Fwd 2-foot slalom ○ Fwd circle thrusts ○ CW ○ CCW ○ Walking crosscuts ○ R ○ L <b>EXTREME</b> ○ Fwd 2-foot to 1-foot curve glide ○ R ○ L	<b>STOP</b> ○ Fwd stop with speed ○ R ○ L ○ Both <b>SKATE BACKWARD</b> ○ Bwd 2-foot sculling ○ Bwd 2-foot to 1-foot glide ○ R ○ L ○ Bwd push/glide sequence <b>EXTREME</b> ○ Bwd 1-foot glide ○ R ○ L	<b>TURN</b> ○ Fwd 2-foot quick turn ○ Bwd 2-foot quick turn ○ Fwd 360° step turn <b>JUMP</b> ○ Bwd 2-foot jump <b>EXTREME</b> ○ Fast fwd perimeter skating ○ CW ○ CCW
STAGE 4	<b>SKATE FORWARD</b> ○ Fwd crosscuts ○ CW ○ CCW ○ Fwd inside slalom ○ Fwd outside slalom <b>EXTREME</b> ○ Fwd drag <b>SPINS &amp; SPIRALS</b> ○ Fwd spiral <b>HOCKEY &amp; RINGETTE</b> ○ Drop down drill ○ Fwd "V" start	<b>STOP</b> ○ Bwd stop <b>SKATE BACKWARD</b> ○ Bwd circle thrusts ○ CW ○ CCW ○ Bwd 2-foot slalom <b>EXTREME</b> ○ Bwd 1-foot glide with speed ○ Fwd 1-foot glide from blue line to blue line <b>SPEED</b> ○ Skate goal line to 1st blue line in 9 seconds or less	<b>TURN</b> ○ Fwd 1-foot turn (small curve) ○ FI ○ FO ○ Bwd 360° step turn <b>JUMP</b> ○ Fwd to bwd 2-foot jump ○ Bwd to fwd 2-foot jump <b>SPINS &amp; SPIRALS</b> ○ 2-foot spin ○ 2-foot sit spin
STAGE 5	<b>SKATE FORWARD</b> ○ Fwd crosscuts - figure 8 ○ Fwd inside edges ○ Fwd push/glide sequence <b>EXTREME</b> ○ Fwd perimeter stroking with jumps ○ Inside spread eagle ○ Fwd 1-foot slalom <b>HOCKEY &amp; RINGETTE</b> ○ Running lateral crossovers	<b>STOP</b> ○ Fwd 2-foot side stop ○ CW ○ CCW ○ Bwd stop with speed ○ R ○ L ○ Both <b>SKATE BACKWARD</b> ○ Bwd crosscuts ○ CW ○ CCW ○ Bwd inside slalom ○ Bwd push/glide sequence <b>SPINS &amp; SPIRALS</b> ○ Bwd spiral <b>SPEED</b> ○ Skate goal line to 2nd blue line in 12 seconds or less	<b>TURN</b> ○ Fwd 1-foot turn (large curve) ○ LFI ○ LFO ○ RFI ○ RFO ○ Fwd 360° glide turn ○ CW ○ CCW <b>JUMP</b> ○ Fwd to bwd 1-foot jump ○ FI ○ FO ○ Fwd power jump <b>SPINS &amp; SPIRALS</b> ○ 1-foot spin ○ Alternating foot spin <b>HOCKEY &amp; RINGETTE</b> ○ Fwd tight glide turns
STAGE 6	<b>SKATE FORWARD</b> ○ Fwd power crosscuts ○ CW ○ CCW ○ Fwd perimeter skating with crosscuts ○ CW ○ CCW ○ Fwd outside edges ○ Fwd 1-foot slalom <b>EXTREME</b> ○ Fwd shoot the duck ○ Fwd perimeter skating with side stops <b>SPINS &amp; SPIRALS</b> ○ Fwd spiral on a curve <b>HOCKEY &amp; RINGETTE</b> ○ Fwd "crossover" acceleration	<b>STOP</b> ○ Fwd 1-foot side stop ○ Fwd 2-foot side stop with speed ○ CW ○ CCW <b>SKATE BACKWARD</b> ○ Bwd outside slalom ○ Bwd crosscuts - figure 8 ○ Bwd perimeter skating with crosscuts ○ CW ○ CCW <b>EXTREME</b> ○ Bwd 1-foot slalom <b>SPIN &amp; SPIRALS</b> ○ Bwd 1-foot spin <b>SPEED</b> ○ Skate perimeter of ice in 35 seconds or less	<b>TURN</b> ○ Fwd 180° step turn (mohawk) ○ R ○ L ○ Bwd 180° step turn (mohawk) ○ R ○ L ○ 2-foot multi-turns <b>JUMP</b> ○ Rotating power jump ○ Bwd toe-assisted jump ○ Bwd 360° 2-foot jump <b>SPIN &amp; SPIRALS</b> ○ Fwd 1-foot spin with spiraling edge <b>HOCKEY &amp; RINGETTE</b> ○ Fwd 2-foot reverse pivot turn ○ CW ○ CCW



## Session Dates, Cancellations and Schedule Changes

Program	Start Date	End Date
Pre-CanSkate	January 10	March 17
CanSkate	January 10	March 17
PowerSkating	January 11	March 15
Jumpstart/Star 1	January 12	March 24
Star 2-3	January 5	March 24
Star 4-5	January 5	March 24
Star 6+	January 5	March 24
IceBreakers	January 16	March 6
IceBreakers +	January 11	March 15
Adult Learn to Skate	January 16	March 6

<b>CanSkate</b>		
Thursday, Mar 3rd	Time Change	5:15-6:00

<b>Pre-CanSkate</b>		
Thursday, Mar 3rd	Time Change	5:25-5:55

<b>Star 2/3</b>		
Sunday, January 9	Time Change	4:15-5:15
Sunday, January 16	Time Change	1:00-2:00
Sunday, January 23	Possible Time Change, TBA	
Sunday, January 30	Time Change	4:15-5:15
Sunday, March 6	Cancelled	
Sunday, March 13	Cancelled	

<b>Star 4/5</b>		
Friday, January 7	Cancelled	
Sunday, January 9	Time Change	6:30-7:30
Sunday, January 16	Time Change	5:30-6:30
Sunday, January 23	Possible Time Change, TBA	
Sunday, January 30	Time Change	4:15-5:15
Friday, March 3	Cancelled	
Sunday, March 6	Cancelled	
Friday, March 11	Cancelled	
Sunday, March 13	Cancelled	

<b>SYNCHRO</b>	
Sunday, January 9	All Synchro Cancelled
Sunday, January 16	Beginner Synchro Time Change 2:00-2:30
Sunday, January 23	All Sessions TBA
Sunday, January 30	All Synchro Cancelled
Sunday, March 6	All Sessions Cancelled
Sunday, March 13	Beginner & Adult Cancelled Open/Intermediate Combined 6:15-7:30
Saturday, March 19	Ice Show Practice: Beginners 11:15-11:45 Adults 11:45-12:15

**PA Training Star 2-6+      Wed, Jan 5      6:00-6:45**

**Annual Ice Show      Sunday, Mar 19      2:00-4:00**

**SCNB Provincial StarSkate Competition - Date TBA  
Session times could change to accommodate this.**

<b>IceBreakers/Adult Learn to Skate</b>		
Sunday, January 9	Time Change	5:15-6:15
Sunday, March 6	Time Change	6:15-7:30

<b>Jumpstart/Star 1</b>		
Sunday, January 9	Time Change	4:15-5:15
Sunday, January 16	Time Change	1:00-2:00
Sunday, January 23	Possible Time Change, TBA	
Sunday, January 30	Time Change	3:15-4:15
Sunday, March 6	Cancelled	
Sunday, March 13	Cancelled	

<b>Star 6+</b>		
Friday, January 7	Cancelled	
Sunday, January 9	Time Change	6:30-7:30
Sunday, January 23	Possible Time Change, TBA	
Sunday, January 30	Time Change	6:30-7:30
Thursday, March 3	Time Change	4:00-5:00
Friday, March 4	Cancelled	
Sunday, March 6	Cancelled	
Friday, March 11	Cancelled	
Sunday, March 13	Cancelled	

