



## CanPowerSkate Information Package

CanPowerskate is a high energy, skill based powerskating course geared towards minor hockey players of all ages. The program exposes players to the fundamentals of balance, agility, and control, while continuously building on these skills. Young hockey players must build a strong skating foundation in order to facilitate optimal hockey skill development and refinement. All material is taught to apply to game-like situations, and each session builds on the fundamental hockey skill development.

CanPowerSkate is the only nationally recognized powerskating program offered in Canada, and only CanPowerSkate and Skate Canada recognized instructors are qualified to coach the program.

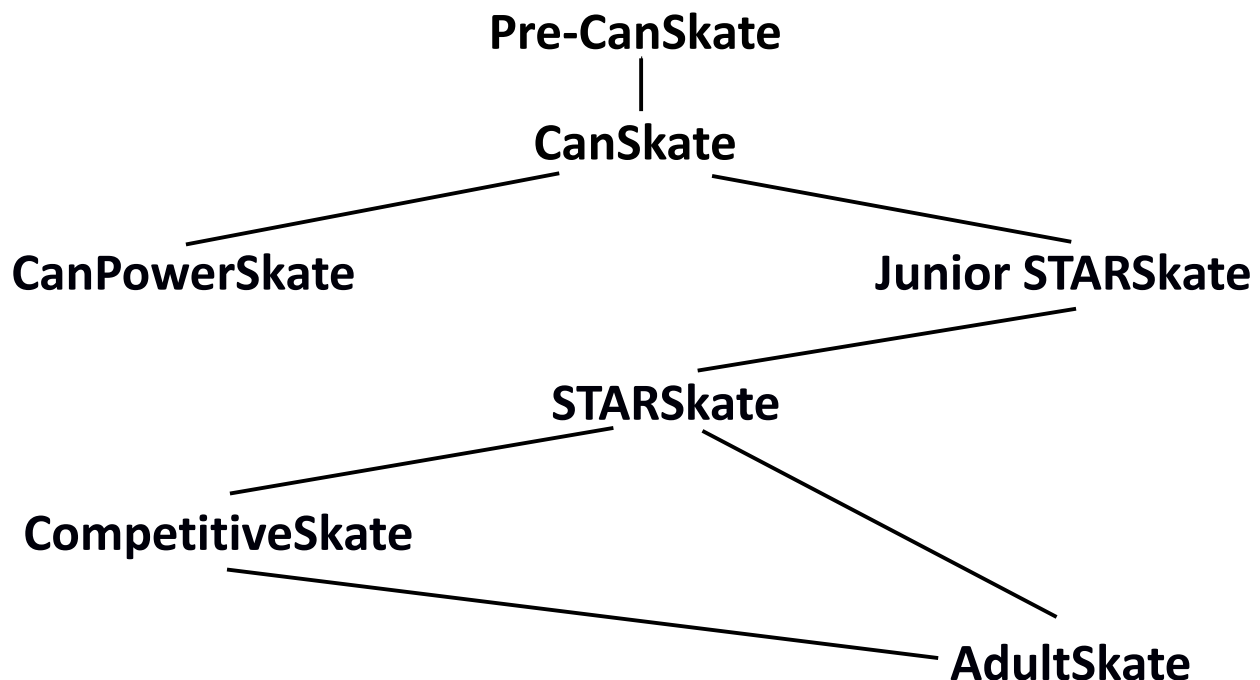
**Valleyview Skating Club Mission:**

To provide professional skating lessons to all ages in a fun and supportive environment.

**Valleyview Skating Club Vision:**

To build skills, instill confidence and inspire a healthy lifestyle through a life long passion for skating.

### Skaters' Pathway to Performance





## **Who should register for CanPowerSkate?**

Skaters entering CanPowerSkate will need to complete a “learn to skate” program (such as our CanSkate program) before entering CanPowerSkate. Skaters registering in CanPower Skate must have completed Skate Canada's CanSkate program to the minimum Stage 3 in control, agility, and balance.\* Skaters not yet at this level will be asked to participate in CanSkate to learn the basics needed to enter in to CanPowerSkate.

\* If you are unsure whether your skater meets these requirements, please email the VVSC Admin coach ([vvscadmin@telus.net](mailto:vvscadmin@telus.net)).

## **CanPowerSkate Levels:**

**Junior Power: (Stage 3 CanSkate complete)** Skaters entering the Junior Power level will already come with the ability to skate the full length of the ice forward and backwards. The focus at this level will be on the standard skill set needed to progress to higher levels of play (forward stride/backwards stride/intro to crossovers both directions, pivots if applicable).

**Senior Power:(Stage 4 or 5 CanSkate Complete)** Skaters entering the Senior Power Level will build on the skills learned in Junior Power. At this level, skaters will improve their speed, agility, control, and balance to facilitate optimal hockey skill development.

Visit [www.vvsc.ca](http://www.vvsc.ca) for dates, times, and prices.

## **CanPowerSkate Attire:**

### **Helmets:**

Helmets are **mandatory** for all skaters on the CanPowerSkate sessions.

In accordance of Skate Canada policy:

*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. Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.*

### **Skates:**

Well-fitting skates that provide firm support are crucial to the success of the CanSkater. Skates must fit the skater's feet properly. Good ankle support is very important. Many second hand skates are economical, but are usually "broken down" and do not have adequate support in the ankle area. Leather skates with good, firm support are best.

Tie skates firmly around the ankle area and less tight around the foot and toe area. Tie laces in a firm bow, leaving two to three inches of tails. Laces must not drag on the ice. Blades need to be in good shape, with no nicks or rust. Blades should be sharpened by a professional sharpener. Always remember to dry your blades with a clean cloth after skating, every time you skate.

There are two types of guards for blades, each for a very different purpose:

- Hard plastic or rubber guards that you put on blades (before you tie up your skates) to protect blades when walking on floors before you go on the ice.
- Soft, fabric guards that you put on your blades (after drying your blades when you come off the ice) to protect the blades when not skating and while being stored in your bag.

### **Clothing:**

Full hockey gear is required. Hockey skates, hockey gloves, helmet and stick are mandatory.

## **Important Information for CanPowerSkate Parents**

### **On-Ice Etiquette and Safety:**

It is mandatory that every skater have a parent, guardian or designated adult in the arena at all times in case of an emergency, or if the child needs help off the ice. Please know that when your child steps foot on the ice, they are the coaches' responsibility, but off the ice they are in the parents' hands. We have PA (Program Assistance) helpers to assist your child on the ice; for insurance reasons there are no parents allowed on the ice with their child unless special permission is granted prior to a skating session.

When skaters are on the ice, the coaching staff wants to instil proper ice etiquette, both for skater safety and to begin developing skating discipline. In order for optimal development of skating skills, skaters must be able to sustain expected safety and etiquette expectations for the duration of each lesson. Skaters who are unable to follow the expectations and requests of their coaches may be asked to leave the ice. The ice is a busy place, and we want to ensure the best safety and skill development for all skaters.

While we encourage parents to support their skaters from the stands and after the skating session is complete, we would ask that there be no 'coaching' from the stands, no coming on the ice to direct their child(ren), and trust that the coaches have the best interests of the skaters. If there are concerns or questions, the coaching staff would be more than happy to address anything that you may want to discuss. The best protocol is to speak directly to the coach involved with teaching your skater after the CanSkate session is complete and at a time that is private. Valleyview Skating Club coaches are very excited about the great possibilities we have for this new skating year and we understand that the parents are a huge part of it. We thank you so much for respecting our decisions and supporting our role as your child's coach!

### **Fees, Refunds, and Credit Policy (Check our Policies on the Web Site for more details)**

Skate Canada and CanPowerSkate fees must be paid in full at the time of registration.

As per our policy, there will be no refunds once a skating program has begun unless:

- The program is canceled by the club due to poor registration
- The skater has a medical reason
- The Coach(es) recommend the child withdraw from a program and the Board of Directors concurs

All other refund or credit requests must be made in writing to the Board for consideration. All refunds or credits will be prorated, subject to an administration fee, and minus Skate Canada and any other insurance, or outstanding fees.