



CanSkate Information Package

Everyone at the Valleyview Skating Club welcomes you to the wonderful sport of skating. Our goal is to provide a safe and fun learning environment that will not only enhance your skating capabilities but also teach you valuable life skills, such as discipline, self-motivation, confidence, and work ethic.

We will provide a well-rounded program which incorporates all aspects of our sport for every level of ability. Whether you are learning to skate for the first time at age 3 or 93, relearning old skills, training to compete in STARSkate or Competitive events, or if you simply want to enjoy the feeling, flow and creativity that skating can give, we aim to provide you with the basis to achieve your goals.

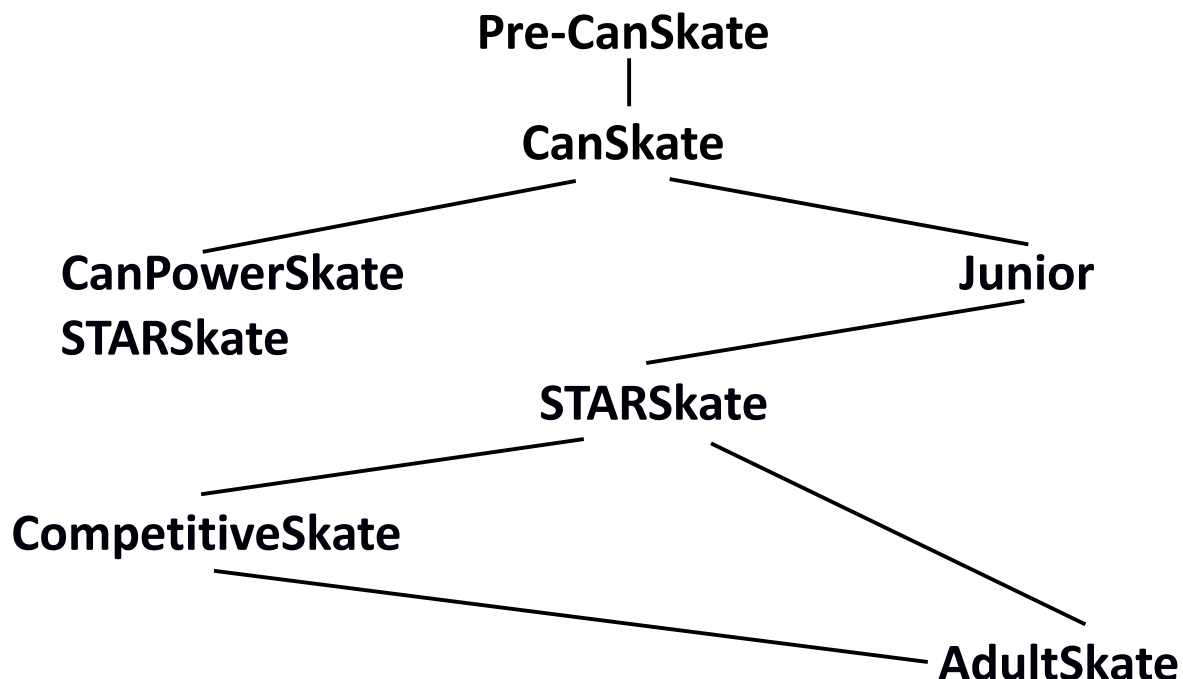
Valleyview Skating Club Mission:

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





CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

Why sign up for CanSkate?

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. When you/your child registers for a CanSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada.

Membership benefits in the CanSkate program include the following:

- A complete series of balance, control and agility skills that will prepare skaters for any ice skating sports or recreational sports.
- Nationally-tested and proven curriculum and delivery methods that guarantee skater success.
- Designed for 90% movement skaters learn in an active and fun group setting.
- Provides kids with the best foundation for figure skating, hockey, speed skating and ringette.
- Introduces a healthy lifelong activity at an early age.
- Promotes fun, fitness and participation.
- Skaters receive ribbons, badges, and stickers.
- Theme days where the skater gets to dress up.
- A report card at the end of the session.

Most importantly, this is where most skaters do their first performance in Ice Shows or Galas. CanSkaters will have their own routine so their skills can be showcased to friends & family. Whether you want to learn the basics of skating or begin a skating career, Skate Canada CanSkate is where it begins.

Visit www.vvsc.ca for dates, times, and prices.

CanSkate Attire:

Helmets:

Helmets are **mandatory** for all skaters on the Pre-CanSkate and CanSkate 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:

Coaches recommend that skaters consider the following when preparing for CanSkate sessions:

- Wear layers of warm, comfortable clothing such as tights, long johns, sweat pants, sweaters, jackets, mitts or gloves (no hockey gloves).
- Avoid snowsuits - although they are warm, they are too bulky, difficult to move in and very slippery when the skater falls and tries to get up.
- Please don't wear elbow or shin pads – although they provide extra security to skaters, they are too bulky and difficult to move in when the skater falls and tries to get up.

Important Information for CanSkate Parents

On-Ice Etiquette:

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.

Please remember that when skaters step foot on the ice, they are the coaches' responsibility. The coaching staff wants to instil proper ice etiquette, both for skater safety and to begin developing skating discipline. 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 CanSkate fees must be paid in full at the time of registration.

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.