

INFORMATION TO PARENTS

Congratulations! When you sign up for a skating program at your club you become a member of Skate Canada. Your Skate Canada membership fee of \$30.00 which is included in the registration package includes access to all Skate Canada programs and also provides insurance coverage. Skate Canada offers a variety of programs including CanSkate, CanPowerSkate, CanSynchroSkate, STARSkate and CompetitiveSkate. For more information on Skate Canada visit www.skatecanada.ca or call 1-888-747-2372.

Equipment And Safety



Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper fit
- Firm ankle support
- Good quality leather
- Correct blade placement

How skates fit

- Wear only one pair of tight fitting socks or tights (the same pair that will be worn when skating)
 1. Partially lace boots through instep.
 2. Slide foot forward so toes can touch the front but are not cramped.
 3. Stand with weight equally distributed over both feet.
 4. Bend knees.
 5. The space at the back of the heel should be no more than a pencil width.
- Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep.
- Skates should fit snugly around the ankle and heel with some room for movement of toes.
- There should be no looseness or creases in the boot.
- The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.
- Walk around in the skates off the ice; they should feel comfortable.

Tips

- Avoid buying a larger size for skater to "grow into".
- Moulded plastic skates are not recommended.
- Look for blades that are screwed on rather than riveted, so that the blade can be moved if necessary. If the blade is riveted make sure it is straight and centered. The foot should not fall to one side.
- A leather boot is preferable to vinyl.
- Make sure the boot does not have any wrinkles.



Care of skates

- Always wear protective guards when walking off-ice.
- Dry blades and sole plate completely with a cloth after use.
- Always remove guards before storing skates.
- Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip.
- Air out boots after use (depending on usage and care).

Clothing

- Clothing should provide warmth, allow for movement and provide some protection from falls
- Layering of sweatsuits, sweaters, jackets and long underwear or leotards is recommended
- Warm mittens or gloves are a must
- Long scarves are not advised

Parent information session

Find out when your club is holding their Parent Information Session. The session should cover topics such as what the session components are, how the session will run, safety rules and conduct, skills to be taught and scheduling of special days. This session is also the opportunity for you to meet the coaches, program assistants and club administrators and/or CanSkate coordinators for your session and have all your questions answered.

Sharpening your skates

- Sharpen skates as soon as they are purchased.
- Use a good skate-sharpening company.
- Re-sharpen skates after approximately 30 hours of skating (depending on usage and care).
- The bottom pick should not be removed - the pick is part of the design of figure skates and is essential to proper balance.

Helmets

- Hockey helmets are strongly advised for beginner skaters of any age.
- Fit should be snug.
- Both the strap and the helmet should be adjustable.
- Look for helmets made of hard plastic with a thick layer of sponge.
- Look for helmets approved by the Canadian Standards Association (CSA) as they are safest and of the best quality
- A hockey helmet is recommended over a cycling helmet as it is designed to withstand repeated bumps and protect against penetration and care).

Safety points for skaters...

- Get up quickly after falling down
- Look in the direction of travel when skating backwards
- No pushing, playing tag or bumping into others or the boards
- No food, gum or candy on the ice
- Coaches and club administrators and/or CanSkate coordinators should be advised of any skaters with special medical conditions



Who are we?

Skate Canada is dedicated to the principles of enabling every Canadian to participate in skating throughout their lifetime for fun, fitness and/or achievement. It is:

- the governing body for figure skating in Canada
- a member of the International Skating Union
- the largest figure skating association in the world with over 180,000 members across Canada

SKATE CANADA

- Provides standards and rules for the activities of its members
- Qualifies and appoints evaluators, judges, referees and other officials
- Conducts training for coaches and club administrators
- Offers a skill-testing program for skaters
- Conducts competitions for skaters from the learn-to-skate levels through to international championships
- Develops instructional skating programs for Canadians of all ages, skill levels and interests

Why become a member of Skate Canada?

By belonging to Skate Canada you become part of a national association, with access to the highest quality skating programs in Canada developed and tested nationally. You have a voice in Association matters through your local club. Membership has its advantages!

Benefits when you are a Skate Canada member:

- An accident insurance benefit at a substantially lower cost to the members than that available in other sports (80 cents per member).
- Access to high quality programs that are recognized and often sought after internationally and by other national sport organizations.
- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada.
- National registry of figure skating qualifications (tests) and results (for qualifying events) held in a central computerized system for easy access.
- Test certificates and Award of Merits for tests passed.
- Web site
- Online store with special pricing for members on materials and Skate Canada merchandise
- Members only access to information including event announcements, rulebook, information on athlete development, talent ID and off-ice training.
- Toll free telephone and fax access to member services and national office.
- Have the opportunity to participate in interclub and invitational competitions.
- Elite athlete and skater development funding and programs.
- Opportunities for skaters to compete for positions on the national teams.
- Voting privileges and opportunity to participate in the decision-making and direction of the Association.
- The opportunity to purchase selected Skate Canada event tickets prior to the general public.
- Benefit from participation in a sport that promotes fun, fitness, achievement and the development of essential life skills such as confidence, time and stress management, teamwork and motivation/commitment.



What programs are available?

CanSkate – Canada's learn-to-skate program for people of all ages. CanSkate introduces basic skills and fundamental movements in a fun, active group lesson format taught by NCCP certified coaches and trained program assistants.

For skaters interested in building on the skills learned in CanSkate, the following programs are offered:

STARSkate - Skills introduced in the higher CanSkate stages are advanced and refined in the STARSkate program. STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating in both group lesson and private lesson formats. Skaters have the option of taking Skate Canada Tests through a nationally standardized testing system and participating in invitational competitions.

CompetitiveSkate - Athletes who enjoy a competitive environment will excel in this program that incorporates a series of tests and other training opportunities to help competitors reach and surpass their goals. Provincial, national and international competitions are a part of this program, with elite athletes vying for spots on Canada's national, world and Olympic teams!

CanPowerSkate - is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Great for both physical conditioning and skill development, CanPowerSkate is the only nationally regulated power skating program in Canada.

SynchroSkate - Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of twelve or more skaters performing group formations and transitions in unison to music, while demonstrating quality edges, power and flow. There are two streams available to skaters depending on their goals - Festival or Competitive. Resource materials are also available for coaches and clubs wishing to introduce synchronized skating at the CanSkate level.

And there's more! For information on other programs including AdultSkate, CollegiateSkate and special needs visit www.skatecanada.ca

Volunteers Welcome!

Skate Canada enjoys tremendous success due, in large part, to its strong volunteer base. Volunteering in skating provides many opportunities for increasing personal management and leadership skills, as well as social interaction, and contributes significantly to the team that is synonymous with skating excellence in Canada.

For more information about Skate Canada contact your local club AT 938-0728, MAIL PO BOX 1002 OKOTOKS, AB T1S 1B1, email card_sandra@hotmail.com, website <http://okotoks-skating-club.tripod.com> or visit www.skatecanada.ca or call 1.888.747.2372