

# APPENDICES



## CANSKATE SESSION - SUGGESTED SONGS

### Warm-Up & Group Activity (action/high energy songs):

	Title	Artist
1	I Like To Move It	Reel 2 Real
2	Up	Shania Twain
3	Twist	Chubby Checker
4	Follow the Leader	Limbo Leaders
5	Hoe Down Throw Down	Miley Cyrus
6	Feeling Hot, Hot, Hot	Buster Poindexter
7	Casper Slide (Cha Cha)	Various
8	Locomotion	Kylie Monogue
9	Freeze Frame	J. Giles
10	I'm All Shook Up	Elvis
11	At the Hop	Danny and the Juniors
12	YMCA	Village People
13	Shakeable You	Imagination Movers (younger skaters)
14	Mover Music	Imagination Movers (younger skaters)
15	Can You Do It	Imagination Movers (younger skaters)
16	Put Your Hands Up	Danzel
17	Splish Splash	Bobby Darin
18	Let's Get Loud	Jennifer Lopez
19	Let's Go	Suzie McNeil
20	Thunderstruck	AC/DC
21	Rubber Band	Skate Canada (downloadable from website)
22	Far Out	Skate Canada (downloadable from website)
23	Full On	Skate Canada (downloadable from website)
24	Jungle Gum	Skate Canada (downloadable from website)
25	Zig Zag	Skate Canada (downloadable from website)
26	Ooey Gooley	Skate Canada (downloadable from website)
27	Beat Krazy	Skate Canada (downloadable from website)
28	Sailors Hornpipe	Skate Canada (downloadable from website)
29	Oh Yeah!	Skate Canada (downloadable from website)
30	That Winning Feeling	Skate Canada (downloadable from website)

**Lesson Time:** Soft background music, instrumental, children's dance music, themed tracks (use for special theme days – holiday, beach, western, etc.)

### Cool-down:

	Title	Artist
1	Ain't No Mountain High Enough	Diana Ross
2	The Lion Sleeps Tonight	The Tokens
3	The Climb	Miley Cyrus
4	Time to Say Goodbye	Andrei Boccelli and Sarah Brightman
5	Waving Flag	Chani or K'Naan
6	Rainbow Connection	Sarah McLachlan or Kermit (younger skaters)
7	What a Wonderful World	Rod Stewart or Louis Armstrong
8	Bye Bye Bye	'N Sync
9	Goodnight Sweetheart (it's time to go)	The Platters
10	Believe	Suzie McNeil







## CANSKATE PROGRAM INFORMATION

CanSkate, Skate Canada's flagship program is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn ribbons and badges as skills are mastered. Skaters are taught in a group lesson format by Skate Canada professional coaches and supported by trained program assistants. CanSkate is the foundational and feeder program for all other Skate Canada club and community ice sport programs.

The CanSkate learning environment is enhanced through fun, music and colourful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life!

### CANSKATE PROGRAM OBJECTIVES

- To provide participants and families with a safe, welcoming and inclusive first experience to the sport of skating
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention/mastery)
- To use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills
- To foster personal achievements and satisfaction through skill acquisition, reward and recognition
- To evoke an interest in life-long participation in skating

## PROGRAM STRUCTURE AND AWARDS

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

The awards consist of:

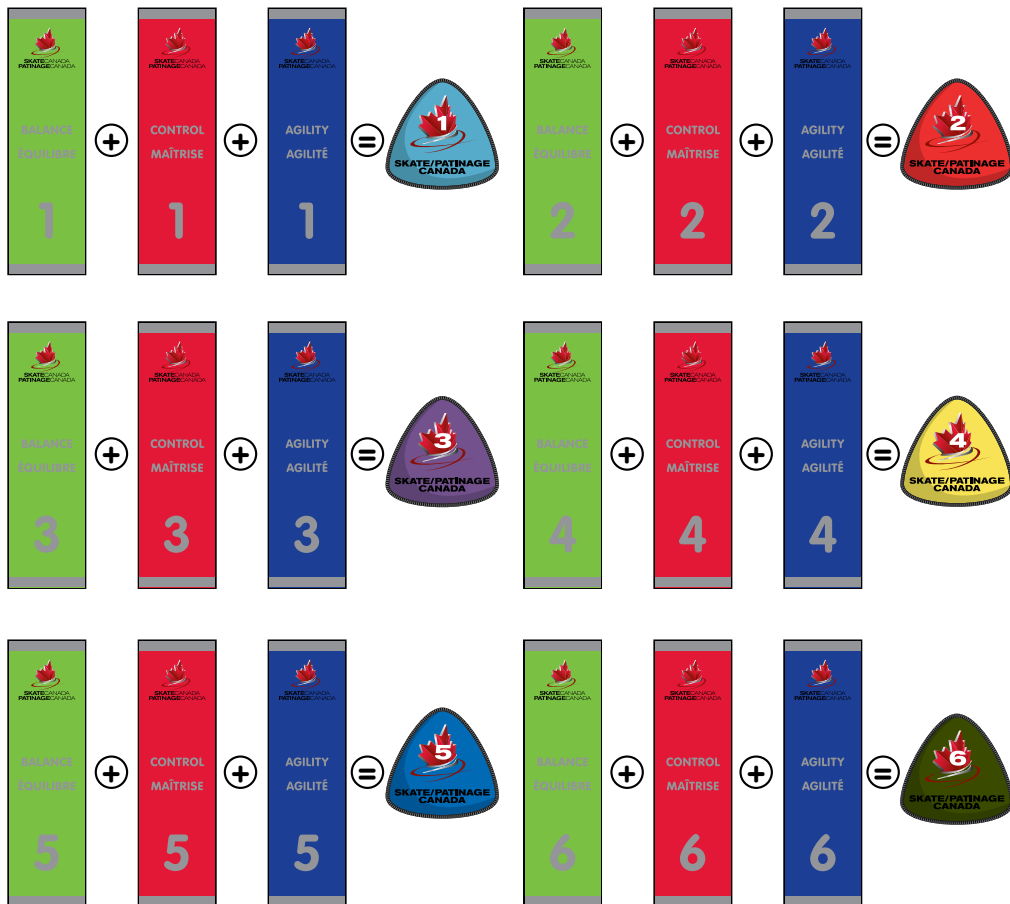
- Three Fundamental Area ribbons for each stage
- Six stage badges

To pass a stage badge skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.





## CANSKATE AWARDS





## SAFETY AND EQUIPMENT

Clubs and schools should develop a handout to provide participants with appropriate safety and equipment tips prior to their first session.

### SAMPLE PARENT LETTER TEMPLATE

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped. This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than  $\frac{1}{4}$  inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice

### EQUIPMENT CARE

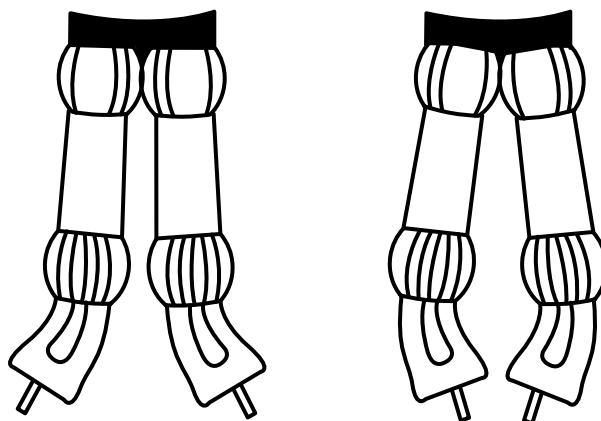
To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session the blades should be wiped with a dry cloth to prevent rusting. Skate sharpening should be done periodically. We recommend \_\_\_\_\_ skate shop (provide phone number, website, business cards or leaflets).

### HELMETS

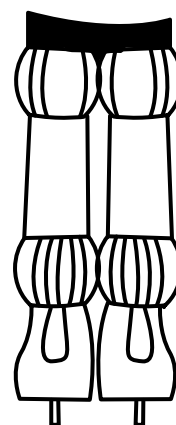
A CSA approved hockey helmet must be worn by all skaters at or below Stage 5 (please see Skate Canada Helmet Policy for further details).

### CLOTHING

Skaters should dress warmly for our sessions; however, some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided if possible. We recommend wearing mittens or gloves to keep skaters warm.



Poorly Equipped Skater



Properly Equipped Skater





## AGENDA

CanSkate Parent Information Session  
First Day/Week of Skating

Date:

Time:

Location:



### 1. Welcome

*Distribute hard copies of schedules, program overview, helmet policy, equipment and safety information, etc. (Note: Provide the website address if this information is available electronically.)*

### 2. Introductions: The CanSkate team

- Coaches – *insert info re: who they are and how they are identified on the ice*
- Program assistants (PAs) – *insert info re: who they are and how they are identified on the ice*
- CanSkate coordinators – *insert info re: who they are and how they can be contacted*

### 3. Overview of the program and format

- Objective of CanSkate: to teach the basics of skating for all ice sports
- Emphasis on good technique
- Program contains six stages – *explain that by the end of Stage 6 skaters have learned all the skills necessary to enter the ice sport of their choice*
- Grouping skaters – *include explanation re: possibility of skaters being moved from group to group at times to even out numbers or to allow for skater development*
- Session format – *explain breakdown of session components (warm-up, lesson time, group activity and cool-down).*

### 4. Overview of how skaters progress and are assessed

- Assessment is ongoing
- Skaters collect ribbons and badges

### 5. Helmet policy, safety and equipment

*Review the documents that are available (Helmet Policy and Equipment and Safety)*

### 6. Facility information

- Dressing rooms
- Rink/building information
- Club office and member information (mail box, bulletin board, etc.)

### 7. Club information

- Special dates, where to find information, website and other programs offered at the club, etc.

### 8. Questions

*Allow time for questions and discussion.*

### 9. Thank you

*Insert details regarding the next parent information session and review how to contact the club/coach if there are any further questions.*





(INSERT CLUB NAME HERE)  
**CUSTOMER SATISFACTION SURVEY**  
 (INSERT DATE HERE)



*Instructions: Please complete survey and return to \_\_\_\_\_. (DESIGNATE AN AREA OR A PERSON)*

Please check the program(s) in which you are/your child is currently registered:

_____ CanSkate	_____ Adult CanSkate	_____ SynchroSkate
_____ CanPowerSkate	_____ Adult CanPowerSkate	_____ Adult SynchroSkate
_____ STARSkate	_____ Adult STARSkate	_____ CompetitiveSkate

**1. Is this your/your child's first time skating with our club?**

\_\_\_\_\_ Yes \_\_\_\_\_ No

If not, how long have you/your child been participating?

\_\_\_\_\_ year(s)

**2. Did you/your child enjoy your/their skating lessons this season?**

\_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ Not sure

**3. What specifically did you/your child like about the program?**

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**4. What areas of the program (on-ice or off-ice), if any, could be improved?**

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**5. Did the program schedule meet your/your child's needs this season?**

\_\_\_\_\_ Yes \_\_\_\_\_ Somewhat \_\_\_\_\_ No

If not, please provide suggestions for improvement:

**6. Did the quality of coaching meet your expectations?**

\_\_\_\_\_ Yes \_\_\_\_\_ Somewhat \_\_\_\_\_ No

Comments/suggestions: \_\_\_\_\_

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**7. Did the club's methods of communication - (LIST THE METHODS HERE e.g. parent info sessions, newsletters, e-mail updates, bulletin boards, etc.) meet your needs and keep you informed of club news, schedule changes, etc.?**

\_\_\_\_\_ Yes \_\_\_\_\_ No

If not, please provide suggestions for improvement: \_\_\_\_\_

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**8. Please add any other comments/suggestions that you may have:** \_\_\_\_\_

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**Thank you for helping us to improve our programming and customer service!**



## GLOSSARY OF TERMS

TERM	DEFINITION
assessment circuits	Assessment circuits are circuits that have been designed to present the skills to be assessed on that day. It is not necessary for all skills to be on the circuit, only the ones being assessed.
assessment days	These are casual assessment opportunities allowing coaches to separate their teaching role and their assessing role.
assessment panel	A panel of three assessors used during a CanSkate element event
CanSkate	Skate Canada's flagship learn-to-skate program that is geared to beginners of all ages, CanSkate offers basic skating instruction taught in a group-lesson format by Skate Canada professional coaches and assisted by trained program assistants. CanSkate is the foundational and feeder program for all other Skate Canada club and community ice sport programs.
CanSkate coach trained	<p>The professional coach is referred to in several different ways. The CanSkate coach is an individual whose status in the National Coach Certification Program (NCCP) is CanSkate Coach Trained or higher and who has completed the most recent updates as required by Skate Canada.</p> <p>When the coach is referred to by any other title it is assumed that they meet this minimum requirement. The coach may also be referred to as the professional coach, CanSkate coach or simply coach.</p>
CanSkate coordinator	This is a volunteer or paid position. The individual holding this position is responsible for the administrative details of CanSkate.
circuit	A course that has a start but no end as it is a continuous pattern of skills for skaters to follow during their lesson time at the stations.
circuit in circuit	Two circuits , one inside the other (inner circuit and outer circuit)
cool-down	A period of time at the end of a physical activity to cool down and stretch the muscles and return the heart rate back to its normal pace.
Element Event	The purpose of this event is to provide skaters with the opportunity to showcase their skills in a fun and interactive environment.
Fast Track	A term used to indicate the perimeter of the ice. The Fast Track can be used in a number of different ways. Coaches must use the Fast Track during the warm-up and cool-down of a session. The Fast Track may also be used at any time during a lesson period to work skills or develop speed. In well-established sessions, the Fast Track may be used as an attachment to the Fun Zone as a tool to develop power, speed and rhythm.
Fun Zone	This is a term used to describe a station or area on the ice that is used for review or practice purposes. The Fun Zone should have more props, teaching aids and visual impact than the regular teaching or review stations to help keep skaters' interest and motivation levels high.
Fundamental Areas	<p>Balance: Concentrating on most forward skills, pushing technique, and edges.</p> <p>Control: Concentrating on most backwards skills, stopping and speed elements.</p> <p>Agility: Concentrating on most turning and jumping</p>

key words	Words used to help describe the teaching points or proper technique of a skill. Examples include: <ul style="list-style-type: none"> <li>- bend</li> <li>- push</li> <li>- glide</li> <li>- down/up/down</li> <li>etc.</li> </ul>
LTAD	Refers to long-term athletic development. LTAD focuses on how athletes train and develop skills to reach their goals and potential whether it be to reach the international podium or be an active participant for life.
LTAD stages	Learn to Skate/Learn to Train/Learn to Compete/Train to Compete/Learn-Live to Win/Active for Life
NCCP	National Coach Certification Program
PA	A short form used to indicate a program assistant.
physical literacy	Competency in fundamental movement skills (run, jump, throw, swim) and motor skills (agility, balance, coordination and speed), as well as basic sport skills
program delivery standards	Standards required for Skate Canada clubs to operate high quality CanSkate programs.
progression circuit	<p>A circuit that is designed with progressions to lead up to the actual skill that the coach is teaching that lesson. A progression circuit allows the coach to break down the skill into smaller steps. It also allows the skaters to practice the progressions, thus encouraging the steps to get better. A circuit will also enable the skill to be repeated for better and quicker skill acquisition.</p> <p>Use a progression circuit when teaching a new skill. Start with the simplest progressions and work up to the harder progressions and end the circuit with the actual skill. Ensure to include lots of areas to practice on the circuit for the skaters.</p>
session format	The on-ice layout plan for a CanSkate session.
skill circuit	A circuit designed to practice any skills of choice. The skills do not have to be related to each other. Order of skills does not matter. Use a skill circuit to evaluate skills already taught. This is an excellent way to increase muscle memory or develop quality of skills for acquisition and advancement.
skills descriptions and performance standards	Descriptions of all the skills in the CanSkate program and the level of performance needed at each stage to complete each skill successfully.
skill progressions	Parts of a skill which have been broken down into smaller steps
station	An area of the ice that is designated for a certain purpose. Examples of stations include: teaching station, review station, Balance station, Agility station, etc.
warm-up	A period of time allotted to warming up the muscles and joints of the body and raise the heart rate to prepare an athlete for more rigorous physical activity
windows of trainability	Sensitive periods in development when the body is more responsive to specific training.







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