

SMSC CANSkate Newsletter Fall 2019



Welcome to our New Members and Welcome back to returning members!

As we settle in to our Fall 2019 CanSkate program we would like to thank members for being patient with us during the first few weeks of classes while the coaches assess new skaters and their equipment. It takes a few classes to get everyone settled and we think that we have finally reached that point this past week. **You have been given a nametag for your skater, please remember to bring this with you every week (keep it in the same bag as your skates and gloves)** this is the only way a coach can record your skater's progress on their marking sheets as they watch skaters progress through the skills drawn on the ice. If you have any questions please don't hesitate to ask the Canskate Administrator (Karen) who can usually be found at the gate or in the office, or email at info@smfsc.ca.

SMSC 2020 Ice Show!

SMSC is proud to announce the Ice Show webpage on our website is now live!! Mark your calendars! Streetsville Meadowvale Skating Club's Ice show will be held on Saturday May 30th and Sunday May 31st, 2020. Registration for the Ice Show has begun and all SMSC Skaters (including our CanSkaters) are invited to take part in this bi-yearly event, it is always the hi-lite of the year for our skaters! CanSkaters who are in Stage 1 right up to Stage 5 are eligible to participate, skaters will be grouped with other skaters of like ability and its always fun to see what happens when they're in front of an audience!! **CanSkaters must be registered for the January session of Canskate as Ice Show rehearsals will begin the week after session 2 classes finish. Session 2 is filling quickly so don't delay register soon!** If you have questions, please don't hesitate to ask Karen at the rink or email us at info@smfsc.ca. Make sure you attend an Ice Show info session, dates are posted on our website!

SMSC Adult Learn to Skate & Adult Figure Skating Sessions

Have you always wanted to learn to skate or improve your basic/advanced skating skills? Now is your chance! SMSC is offering an **Adult Learn to Skate** and an **Adult Figure Skating** program, both programs are currently in progress and run until May 2020 on Friday evenings in Rink 3. The Learn to Skate session starts at 7pm and runs to 7:40pm and the Figure Skating Programs starts at 7:30pm until 8:20pm, registration is ongoing. One (or more) of our Skate Canada professional coaches will be on the ice to help you get started or if you have skated before and join the Figure Skating session they will help with the skills you want to learn. Here's your chance to show your skater that you Can Skate too!!

FundScrip Fundraising with SMSC

FundScrip is a fundraising company that sells gift cards and the retailers who participate give a percentage back to groups who are raising funds. For example, when you purchase a \$100 Petro Canada gift card the club will receive 2% back! This may not sound like a lot but if we can get all members to participate it can be very rewarding. Think about it, we all purchase gift cards during the year for various reasons, gifts for teachers, coaches or Christmas gifts for family members and friends, so why not purchase them and help us fundraise! Funds raised will help subsidize various activities our club offers to our skaters such as our year end banquet, Santa Skate and activities during our Ice Show. Look for information on our next order in November! We thank you in advance for your help!

Dates to Remember!

No Skating Saturday December 7th
Last week of assessments Mon Dec 9th, Wed Dec 11th, Thurs Dec 5th and Sat Nov 30th
Last skating classes for the fall session Mon Dec 16th, Wed Dec 18th, Thurs Dec 12th & Sat Dec 14th
Report cards will be handed out during the last classes

Please turn over for more news!

Members must stay in the arena at all times!

Remember, you must stay in the arena at all times while your skater is on the ice for safety reasons. We are unable to take skaters to the washroom and if they are injured a parent must be available to take care of the injury. If you stay in the lobby during lesson time, please note the time and be sure to be back in the Rink when the CANSkate session ends. **It is very upsetting for young children to come off the ice at the end of a session and not be able to find their parents.**



FIGURE SKATING BOUTIQUE

One of our sponsors, FSB is a Figure Skating Speciality Store in Markham (Yonge & Steeles). If you need anything skating related (remember Xmas is just around the corner!) this is the store for you to visit. Remember to tell them you are with SMSC when you visit! Check their website at www.skatingboutique.com.

SMSC CANSkate Program Format 2019/2020

SKATERS ARE GROUPED USING COLORS: We group skaters of similar skill level together under a designated color. These color designations DO NOT correspond to the badge colors. Skaters are divided into 6 groups and are taught by a professional coach, with one or more volunteer program assistant helping. Due to the need to keep skaters of similar stage levels together, the group sizes will not all be the same but will vary in size from 5-12 skaters per group. Color groups are arranged in this order: Green, Blue, Yellow, Orange, Purple, Red.

YOUR SKATER'S COLOR/GROUPING CAN CHANGE: There may be several group color movements during the first few weeks of a new session. After this time a skater might be moved to another color group even if they have not passed a stage. These moves are NOT a demotion or necessarily a promotion, just a reorganization that has been necessitated by skaters passing to a new level. This is why we need you to check the bulletin board weekly for any changes to your skaters group color and therefore changing the color sticker on their nametag, this will help ensure that valuable lesson time is not missed as we try to find the right group for your skater.

PROGRAM FORMAT: Every time your skater steps on the ice for a CANSkate session, it will run in the same way.

WARM UP (FIRST 5 MINUTES) - When the music starts, skaters participate in a fast track stroking session around the perimeter of the ice.

LESSON PERIODS (3—12 MINUTE LESSONS) A music cue will prompt the skaters to move to their group after warm-up. Skaters will meet their program assistant group leader at a pylon with their color group flag. Their PA will take them to all 3 circuit areas each with a different skill lesson, Agility, Balance & Control. After each lesson music will cue the skaters to move to a quick lap of the fast track and then to their next circuit. Typically the Red group will move to their next circuit without doing the fast track lap.

COOLDOWN (LAST 2 MINUTES OF SESSION) Skaters will meet the one of our professional coaches at the end of the ice for some stretching exercises while they skate the length of the ice to the gates to exit.

Your skater is being assessed every week that they skate. Our program is set up that every few weeks we move skaters who have progressed to a new stage, if the skater is stronger than the group they are currently with the Canskate Admin Coach moves the skater right away and we will change the colored sticker on their nametag. **If they pass a stage then you will need to change their group color sticker so please check the CANSkate bulletin board (just inside rink 3 to the right) to see if your skater has moved to another colored group as you will need to change the colored sticker on their name tag.** If they have earned a badge it will be available for pick up in the office during the session (check the list below the class list). Fundamental Incentive Ribbons are available for \$1 each if you are interested, these ribbons encourage skaters to continue to work hard on their skating skills. Information on the skills required for each stage is on our website under the CanSkate tab, CanSkate Skills Chart. You can also find these skills on our bulletin board in Rink 3.

Skaters Achievements - Did you know that you can view your skaters achievements on our website? Simply log in and go to your account, choose the Skater's icon on the left and then click on your skater's name, then click on achievements.

Questions/Comments

We welcome your feedback! If you have any questions or comments on our programs or our club, please drop us an e-mail at info@smfsc.ca.