

SMSC CANSkate Newsletter Winter 2019



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

Our Winter 2019 CanSkate session is almost over and we wanted to thank our Canskate members for being patient with us during the first few weeks of classes while the coaches assess new skaters and their equipment.

You have been given a nametag for your skater, please remember to bring this with you every week (keep it in the bag with 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 required. These nametags are part of the cost of the program so to keep costs down we ask that members take care of them and keep them in their skate bag so that they don't get lost or forgotten at home.

Please do not stand at the gate near the office, this is where we take skaters on and off the ice for various reasons and it is easier to do so when the area is clear.

Colouring sheets are available in the office for skaters who are interested! Please see Karen in the office if you would like to keep your skater busy at home with a colouring activity!!

We are unable to offer our members make up classes, it is unfortunate but it is a scheduling nightmare to add skaters to an already existing full session and not fair to the other skaters who purchased that session. This has come up many times this season and so we wanted to remind members that we cannot offer make up classes for any reason (this information is on our website under the Canskate fees, policies and refund information). Please read our Inclement weather policy and stay alert for emails about the status of upcoming classes due to bad weather.

Parents must stay in the arena at all times during their skater's lessons. We do not offer babysitting services, parents need to stay in the arena in case their skater is injured on the ice or if they don't feel well or if they have to visit the washroom. If you need to leave due to an emergency then please ask to take your skater from the ice and take them with you.



Dates to Remember!

Mon Feb 18th — No Skating Family Day

Last skating days for Winter 2019 - Mon Mar 4th, Wed Mar 6th, Thurs Mar 7th, Sat Mar 9th

Report cards will be available on these days!

Spring Canskate sessions begin the week of March 18th

Registration is open, spots are still available, don't wait to register as we fill quickly!



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.**

CANSkate Program Assistant of the Month

We couldn't run this program without our volunteer Program Assistants so every month we select an outstanding program assistant as the "volunteer of the month" and we thank them for their hard work and dedication to CANSkate and our club. These skaters are our senior skaters who volunteer their time on our CANSkate sessions to help our professional coaches guide your skater in their lessons on the ice.

SMSC CANSkate Program Format 2018/2019

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 assistants 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: Red, Purple, Orange, Yellow, Blue, Green.

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, just a reorganization that has been necessitated by other 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 on ice coach administrator at the end of the rink 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) weekly 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.