



Cochrane Skating Club

Pre-Season Information

Congratulations and thank you for enrolling in the Cochrane Skating Club's Learn to Skate and CanSkate program, Canada's only nationally recognized elite learn to skate program. Learn to skate for life!

The following letter is an introduction about our program, a guide for equipment fit and requirements as well as any additional information you will need as you prepare for the upcoming season.

Equipment And Safety

Please recognize that proper fitting and appropriate equipment is essential to your child/children's safety and success. Coaches and Program Assistants are specifically trained on ensuring the safety of the program and safety is always a main concern. The following will be covered:

- Proper skate fit
- Helmet fit
- Clothing

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

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).
- If using figure skates, the bottom pick should not be removed - the pick is part of the design of and is essential to proper balance.

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.



Clothing/Helmet Use

- Clothing should provide warmth, allow for movement and provide some protection from falls.
- Layering of sweat suits, sweaters, jackets and long underwear or leotards is recommended.
- Warm mittens or gloves are mandatory and children will not be allowed to skate without them.
- Loose clothing that gets in way of movement is not allowed, ex: bulky jackets not zipped up, long scarves, etc.
- Helmets are required for all skaters and should fit snug. Please read the info provided by Skate Canada for new guidelines.

First day of Skating

- Arrive with ample time to get ready.
- When you arrive at the rink, pick up your name badge, and look on the rink board to see what dressing room you are in.
- Please do not go onto the ice, until a coach has opened the door and let you on.
- **The first day of skating is grouping day and can tend to look quite hectic. There can be some switching of groups to ensure that your child/children are placed in the appropriate group for their skill level.**

How the Sessions Work

Canskate is 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/Skate Canada certified coaches and trained program assistants. The session is divided into 4 different parts; a warm up, group lesson time, group activity and cool down.

Evaluation is on going throughout the program and badges will be awarded immediately upon completion. Report cards are distributed twice a year in December and March. For more information on stages and their corresponding skills, please check the club bulletin board.

Communication

Each month, a newsletter will be distributed through hard copy as well as posted at the bulletin board at the rink. The newsletter will outline important days to remember, such as fun days, and will include other important information. Please make sure to read these newsletters to ensure you are well informed.

Please feel free to contact a member of the coaching staff or executive with any questions.

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Canskate Liaison-VACANT

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