



LEARN TO SKATE HANDBOOK

PreCanSkate - CanSkate - PreStar



**Strathroy
Skating Club**

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Welcome to the Strathroy Skating Club Family! We are delighted you've chosen our CanSkate program to begin your child's skating journey. Our club has proudly served the Strathroy and surrounding area community since 1953 by offering quality skating programs supported by dedicated Skate Canada certified coaches and volunteers.

As a CanSkate family, you'll find our sessions encouraging and engaging. Complete with upbeat music, games, badges, ribbons and positive reinforcement to celebrate every milestone. Our coaches and trained program assistants are here to support your child's success and help foster a lifelong love of skating.

Thank you for joining us! We look forward to a session filled with fun, growth and memorable moments on the ice. Please don't hesitate to reach out if you have questions, we're here to help make this experience a rewarding one for you and your skater.



Coaches & Program Assistants

Coaches:

All Strathroy Skating Club coaches are certified through the National Coaching Certification Program (NCCP). These coaches guide skaters through foundational skills like agility, balance and control.

Program Assistants:

Program Assistants (PAs) are individuals who have been trained to assist in the delivery of the CanSkate program. PAs are volunteers who help ensure a fun and safe learning environment.

First Session

What to expect at your first session:

Please be sure to arrive 15 minutes early so that you can collect your skaters name tag, dressing room assignment and have enough time to prepare to enter the ice. It is recommended to arrive 15 minutes early for every session.

Please have your skater use the washroom before each session to avoid interruptions once they're on the ice.

Skaters must wait at the rink doors until the coaching team invites them onto the ice.

During sessions parents are asked to view from the stands. The rink level is for skaters and coaches. If your skater needs assistance (e.g washroom) a coach will signal for you to come down.

Once the session has started, parent's/guardian's are to remain in the building.

Once skaters have exited the ice, parent's/guardian's are able to enter the ice level to collect their skaters.



What To Bring

Helmets:

An approved helmet are those that are CSA approved and have not exceeded the expiration date. Helmets are required to be worn by all Learn-to-Skate and CanSkate level skaters.

Those that are in Learn-to-Skate and CanSkate Stage 1 and 2 must have a cage on their helmet. Only those skaters who have passed Stage 5 of CanSkate and have been approved by their coach can enter the ice without a helmet.



Skates and Skate Guards:

Lace up skates are strongly recommended, as they provide the best support and stability. Skates should have a firm boot that offers proper ankle support. Ensure skates are sharpened regularly to help your child perform skills safely and effectively.

Mittens or Gloves:

Gloves or mittens (preferably waterproof) should be worn while on the ice.

Dress in Layers:

Skaters should wear warm, layered and non-restrictive clothing that allows for movement. Waterproof splash pants to help keep skaters dry and warm, avoid bulky snow pants that may restrict movement.

Equipment Care

Figure Skates

Figure skates should have minimal creases at the ankles to provide correct ankle support.

Laces should never be wrapped around the ankle.

Hockey Skates

Hockey skates should be tied as tightly as possible to provide proper support.

Make sure you lace the skates all the way to the top.

Skate Sharpening

Skates should be sharpened regularly.

We recommend getting your skates sharpened after every 10-15 hours of skating.

Skate Storage

Store skates between sessions without skate guards, preferably with soft cloth “soakers” to prevent rust and absorb condensation.



Progress Reports & Awards

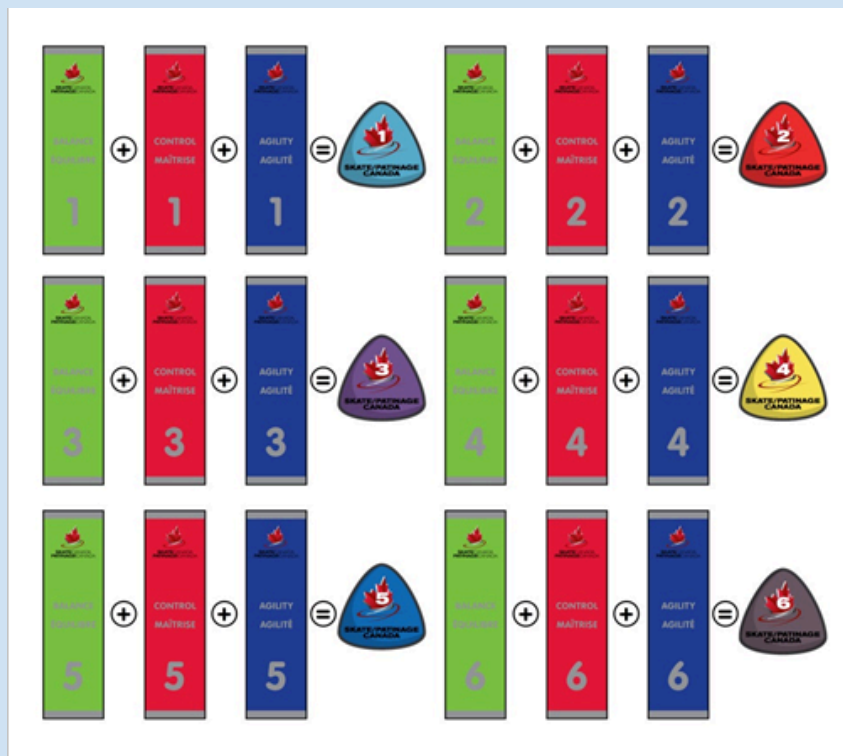
Awards

Participants earn ribbons and badges as they master new skills. The CanSkate program is built around six progressive stages of learning. Each stage develops a skater's ability through three fundamental areas:

Balance - Focused on forward skating, pushing technique and edge control.

Control - Emphasizes backward skating, stopping and speed management.

Agility - Develops turning, jumping and quick maneuvering skills.



Progress Reports

All participants enrolled in our program will receive a personal progress report outlining the elements they have achieved at the end of each CanSkate Season.

Learn to Skate Programs

What is Learn to Skate?

Our Learn-to-Skate programs are designed to teach fundamental skating skills to people of all ages interested in ice sports such as hockey, figure skating and ringette, as well as those wanting to skate for fitness and enjoyment of life.



Pre CanSkate

This is an introductory skating program for children aged 3 years + and can be accompanied by an adult 18 years of age or older. This is a group based learn-to-skate program focused on building confidence and basic skills in a fun, energetic environment. Skaters learn to fall down and get back up, balance, move forward and backward, preparing them to progress to the CanSkate Program. Once your child has passed the learn-to-skate and Stage 1 they will be moved into our CanSkate Stage 2-6 program.



CanSkate and PreStar

CanSkate

CanSkate is a structured program focused on developing balance, control and agility on the ice. CanSkate uses a nationally-tested and proven curriculum that guarantees skater success in developing stronger basic skills. Lessons are given in a group format with a coach-to-student ratio of 1:10. Skaters progress at their own rate.



PreStar

PreStar is an introduction to the fundamentals of figure skating for CanSkaters between Stage 3 and Stage 5. Upon their coach's recommendations, a CanSkater can register for an accelerated PreStar program. This combined program offers the CanSkater early exposure to the fundamentals of figure skating while they are still progressing to their Badge 5 in their CanSkate Session. Early introduction to these fundamentals allow skaters to master edges, crossovers, stronger backward skating, agility, speed and endurance



Fundraising and Volunteering

Just like most other non-profit organizations, fundraising and volunteering helps keep the club costs down, which in turn keep our registration fees down. Registration fees alone do not cover the costs of operation.

Each CanSkate family is asked to fundraise \$125, find sponsorship of \$200 or use 3 volunteer credits. Throughout the year we offer many opportunities to fundraise. Please keep an eye on emails, board by the office, the skating club website and our Social Media pages for current and upcoming fundraising opportunities. If you have any suggestions for a fundraiser or require a letter for sponsorship please reach out to the club.

The fundraising fee is paid at the time of registration and is given back as a credit to your account and the end of the year in April. The amount credited is determined by how much sponsorship/fundraising or volunteering completed. You will only get back the maximum bond you paid.

The Strathroy Skating Club offers many opportunities for families to get volunteer credits. Some volunteer opportunities currently available are helping with office duties for CanSkate, you could also join the Board of Directors, help with fundraising distributions. Volunteers will be needed to build props, set up backdrops, lights and board cover up, assist with admission and raffle sales, security, announcing, music etc. This year's ice show will be held on **INSERT DATE**.

Do you have any experience with photography, dance or fitness instructions? We are always looking for volunteers to help with our off-ice sessions.

What's Next?

STARSkate

STARSkate is a Skate Canada program for skaters of all ages who have passed the preliminary levels of CanSkate and are looking to develop their figure skating skills in a structured and progressive way. It focuses on figure skating skills, freeskate, dance and artistic skating, with opportunities for testing and competitions.



Hockey

Skaters who have completed the CanSkate program can move into the hockey league programs with local organizations like the Strathroy Caradoc Youth Hockey, Strathroy District Minor Hockey and Bluewater Hawks Girls Hockey.



Board of Directors

President	Kelly Freeland
Vice President	vacant
Treasurer	Celia Fraser
Secretary	Abby Bilinski/ Celia Fraser
Program Director	Kelly Giffen
Test Chair	Abby Bilinski
Directors at Large	Jaymie Starling Nik Patel

President:

- Leads board meetings
- Provides leadership and direction
- Acts as the primary representative of the club
- Ensures policies are followed

Vice President:

- Supports the President
- Assumes responsibilities when the President is unavailable
- Assists with operational planning

Treasurer:

- Manages financial records
- Provides financial reports at meetings
- Oversees budgeting
- Ensures appropriate financial controls

Secretary:

- Records meeting minutes
- Maintains club records
- Distributes meeting agendas and documents

Program Director:

- Oversee programs, their operations, develop skating programs
- Assist with coach management and skater development/achievements
- Communicate with parents, skaters, coaches
- Organize events and share updates/schedules

Directors at Large:

- Participate in board decisions
- Assist with programs, events and club operations





Strathroy Skating Club

FAQ

Can I go on the ice with my skater?

Parents are not permitted on the ice in any of our programs, except for our PreCanSkate (Learn-to-Skate) Program. Our Certified professional coaches have many years of experience coaching your skaters and are well equipped to take care of your child during their session.

What happens if I miss a session?

Sessions will not be refunded or rescheduled if they are missed. Please refer to our Refund Policy on our website for more details.

What is the Skate Canada Membership Fee?

When you sign up for a skating program you are required to also become a member of Skate Canada. This annual fee is valid from September 1st to August 31st of that year. It includes insurance coverage along with access to all Skate Canada Programs.

Helpful Links

Strathroy Skating Club: <https://strathroy.sc.uplifterinc.com/>

Skate Ontario: <https://skateontario.org/>

CanSkate Program Information: <https://skatecanada.ca/learn-to-skate/canskate/>

Rowan's Law - Concussion Safety: <https://skateontario.org/rowans-law-concussion-information/>

Contact Information

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