



# CanSkate Information

Oct 2021



- Skate Canada's flagship – learn to skate program
  - Focuses on participation and basic skill development
- Lessons are given in group format by NCCP certified coaches
  - Coach to student ratio is a maximum of 1:10
- Wide variety of props, tools, music, rewards are used to create a fun environment

# About CanSkate

- When your child joins a CanSkate program, they become a member of Skate Canada (fee was included in your registration)
- Every child has a membership number – this stays the same for as long as your child is involved with Skate Canada programming
- Patrick Chan (10-time National Champion) & Nam Nguyen (current National Chamption) got their start in CanSkate



# Goals of the Program

- Keep skaters' attention span
- Develop movement skills (go, stop, turn, jump, spin)
- Promote motor skills (agility, balance, coordination, speed, rhythm)
- Be coach-directed with assistance from qualified Program Assistants
- Encourage MAXIMUM use of the ice
- Provide an opportunity for skaters of all ages to learn to skate in a fun environment
- Develop self-confidence and focus
- Inspire life-long participation



# Program Details

- The (2015) CanSkate program focuses on 3 fundamental movements:

**Balance, Control & Agility**

- These movements are organized into 6 stages (badges)
- All skills are arranged in 'progressions' that range from a simple introduction at the first stage to a more complex version of the same skill in a higher stage. Skills now have a chance to be **DEVELOPED!**
- When a skater passes all elements in a stage, they are then rewarded with a badge



As your child reaches the end of the CanSkate program, they will have developed the basic skills required for success in other ice sports such as Hockey and Ringette

# The CanSkate Program

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
<b>BALANCE</b>	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Fwd push/glide sequence <input type="checkbox"/> Fwd 2-foot glide <input type="checkbox"/> Fwd 2-foot sit glide	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd 2-foot sculling <input type="checkbox"/> Fwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd push/glide sequence <b>EXTREME:</b> <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R <input type="checkbox"/> L	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd stationary blade push (T, V or L) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 2-foot slalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> R <input type="checkbox"/> L <b>EXTREME:</b> <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R <input type="checkbox"/> L	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside slalom <input type="checkbox"/> Fwd outside slalom <b>EXTREME:</b> <input type="checkbox"/> Fwd drag <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> Fwd spiral <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd "V" start	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence <b>EXTREME:</b> <input type="checkbox"/> Fwd perimeter stroking with jumps <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot slalom <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Running lateral crossovers	<b>SKATE FORWARD:</b> <input type="checkbox"/> Fwd power crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot slalom <b>EXTREME:</b> <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter skating with side stops <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> Fwd spiral on a curve <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Fwd "crossover" acceleration
	4/4 checkmarks required Date:	4/4 checkmarks required Date:	5/5 checkmarks required Date:	5/7 checkmarks required Date:	5/7 checkmarks required Date:	6/8 checkmarks required Date:
<b>CONTROL</b>	<b>STOP:</b> <input type="checkbox"/> Snow slide steps <input type="checkbox"/> R <input type="checkbox"/> L <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide	<b>STOP:</b> <input type="checkbox"/> Fwd stop <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <b>EXTREME:</b> <input type="checkbox"/> Bwd push/glide sequence	<b>STOP:</b> <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd push/glide sequence <b>EXTREME:</b> <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L	<b>STOP:</b> <input type="checkbox"/> Bwd stop <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot slalom <b>EXTREME:</b> <input type="checkbox"/> Bwd 1-foot glide with speed <input type="checkbox"/> Fwd 1-foot glide from blue line to blue line <b>SPEED:</b> <input type="checkbox"/> Skate goal line to 1 <sup>st</sup> blue line in 9 seconds or less	<b>STOP:</b> <input type="checkbox"/> Fwd 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside slalom <input type="checkbox"/> Bwd push/glide sequence <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> Bwd spiral <b>SPEED:</b> <input type="checkbox"/> Skate goal line to 2 <sup>nd</sup> blue line in 12 seconds or less	<b>STOP:</b> <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd 2-foot side stop with speed <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>SKATE BACKWARD:</b> <input type="checkbox"/> Bwd outside slalom <input type="checkbox"/> Bwd crosscuts - figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>EXTREME:</b> <input type="checkbox"/> Bwd 1-foot slalom <b>SPIN &amp; SPIRALS:</b> <input type="checkbox"/> Bwd 1-foot spin <b>SPEED:</b> <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less
	3/3 checkmarks required Date:	3/4 checkmarks required Date:	5/5 checkmarks required Date:	5/6 checkmarks required Date:	6/7 checkmarks required Date:	6/8 checkmarks required Date:
<b>AGILITY</b>	<b>TURN:</b> <input type="checkbox"/> 2-foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>JUMP:</b> <input type="checkbox"/> 2-foot jump <b>EXTREME:</b> <input type="checkbox"/> Fwd skating perimeter of ice	<b>TURN:</b> <input type="checkbox"/> Fwd 2-foot turn <input type="checkbox"/> Bwd 2-foot turn <input type="checkbox"/> Fwd 180° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>JUMP:</b> <input type="checkbox"/> Fwd 2-foot jump	<b>TURN:</b> <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° step turn <b>JUMP:</b> <input type="checkbox"/> Bwd 2-foot jump <b>EXTREME:</b> <input type="checkbox"/> Fast fwd perimeter skating <input type="checkbox"/> CW <input type="checkbox"/> CCW	<b>TURN:</b> <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Bwd 360° step turn <b>JUMP:</b> <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to fwd 2-foot jump <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	<b>TURN:</b> <input type="checkbox"/> Fwd 1-foot turn (large curve) <input type="checkbox"/> LFI <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> RFO <input type="checkbox"/> Fwd 360° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW <b>JUMP:</b> <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> FI <input type="checkbox"/> FO <input type="checkbox"/> Fwd power jump <b>SPINS &amp; SPIRALS:</b> <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Fwd tight glide turns	<b>TURN:</b> <input type="checkbox"/> Fwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-foot multi-turns <b>JUMP:</b> <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump <b>SPIN &amp; SPIRALS:</b> <input type="checkbox"/> Fwd 1-foot spin with spiraling edge <b>HOCKEY &amp; RINGETTE:</b> <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW
	3/3 checkmarks required Date:	4/4 checkmarks required Date:	5/5 checkmarks required Date:	5/6 checkmarks required Date:	6/7 checkmarks required Date:	6/8 checkmarks required Date:
	STAGE 1 BADGE: Date:	STAGE 2 BADGE: Date:	STAGE 3 BADGE: Date:	STAGE 4 BADGE: Date:	STAGE 5 BADGE: Date:	STAGE 6 BADGE: Date:



# National Standards

Skate Canada sets the following minimum standards that each club must achieve to run the CanSkate Program:

- One 10-minute lesson per session
- Skater/Coach ratio at 10/1
- Continuous movement
- Coaches must be nationally certified



# How our Program Compares

## Skate Canada Requirement

- One 10-minute lesson per session
- Skater/Coach ratio at 10/1
- Continuous movement

## MSC Program

- All skaters receive 30 minute group lessons (TRIPLE the suggested lesson time)
- Average group size - 6 skaters per coach (almost 2x better than the suggested ratio)
- Station rotations used to provide increased learning & variety of coaches
- Visual aids and music to create fun environment



# Session Format

At MSC, our CanSkate session is run on a 50-minute format. Session format is as follows:

5 minute warm-up

3 x 10 minute group lessons

12 minute Fun Zone

3 minute Cool Down

# Features of the Program

- Warm-ups are done to music to get skaters involved – get heart rate going. Music also makes our sessions fun!
- Fun Zone reinforces the skills that are taught in the group lessons through practice and repetition
- Skaters are assessed on a weekly basis to promote movement – your skater will never be held back
- If you're interested in faster progression, private lessons can be arranged with any of our coaches (to be given after their group lessons)

# Circuit Learning

- In MSC's CanSkate program, you'll see the use of 'circuits' consistently used
- A 'circuit' is a collection of smaller movements set in a determined order to achieve an end result (ie. learning how to stop)
- Key points are emphasized
- Circuits allow skaters the opportunity to repeat the movements required to learn a new skill

## BENEFITS 😊 😊 😊

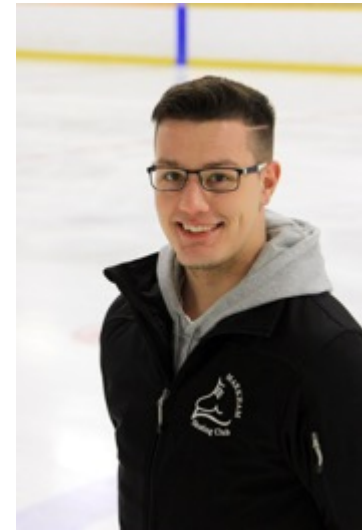
- When performed in sequence, skaters learn faster
- Keeps skaters continuously moving
- More practice = faster learning & better skills
- Already evident since Fast Track/Fun Zone introduced at MSC – skaters are moving up to Intermediate faster

# What's beyond CanSkate?

- Novice Session – next level up where simple figure skating elements are introduced
- When a skater passes Stage 5 in CanSkate, they are qualified to move up to Novice
- Private lessons are a good idea at this level as the program is less structured but still includes a stroking class and 2 group lessons
- Once a basic set of figure skating skills is achieved, skaters are then provided a 'program or solo'
- Many skaters start to test and compete at this level
- Other options include Power Skating, Teen/Adult, Ringette or Hockey.

# About our Coaching Staff

- 9-10 NCCP – Skate Canada Level 1, 2, or 3 on all CanSkate & PreCanskate Sessions – Black Jackets
- Program Assistants (volunteers) – Red Sweaters
- Co – Coordinators  
Candice & Brandon



# The Loft

- Located under the timekeeping clock to the left of the Waxers' door
- Costumes – Halloween, school plays
- Test/competition dresses & boys shirts/pants (\$10-25)
- One time or full season rentals
- Book an appointment at  
905-294-0673 or  
costumes@markhamskatingclub.com.



Watch for extended **Halloween** hours

# Questions?

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