

2012-2013 HANDBOOK



Encourage your children to believe in themselves and that you believe in them too.

Be positive in their accomplishments and supportive during the ups and downs.

Set goals, foster self-responsibility, discourage excuses, encourage persistence.

Support their coach.

Winning is not always measured by a medal but by simply achieving a goal they have set.

Welcome to CanSkate!

CanSkate is Skate Canada's only national learn to skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

The Program

CanSkate teaches fundamental movements (go forward, backward, stop, turn, spin and jump) and basic skills. The program is set up in seven stages. The CanSkate program emphasizes fun and continuous movement and is taught in a group lesson format by an NCCP certified professional coach.

Coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs.

Membership benefits in the CanSkate program can include:

- badges
- stickers
- colouring sheets
- parent information sheets
- special CanSkate events and club functions
- CanSkater of the Year award program
- opportunity to be talent-scouted
- opportunity to participate in a positive healthy lifestyle activity

These are some of the awards and incentives that have been developed to encourage athletes in CanSkate:



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Program Structure

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges.

The names of the STAGE badges are:

Stage 1 - Balance

Stage 2 - Glide Forward

Stage 3 - Glide Backward

Stage 4 - Edges

Stage 5 - Power

Stage 6 - Speed

Program Assistants

Program Assistants (PAs) are our “helpers” that assist us in delivering the CanSkate program – supervising skaters, demonstrating skills, facilitating games and activities, and providing encouragement. Our PA’s are vital members of the CanSkate team, and they will make every effort to assist every child on the ice.

Assessing Progress

Skaters will progress at their own rate through the CanSkate Program. Skaters are tested when they are ready - there are no specific test days for CanSkate skaters.

Badges are awarded when a skater has mastered all the skills in his/her stage.

Rules for Safe & Fun Skating

- CSA approved hockey helmets MUST be worn by all CanSkaters as per Skate Canada ruling
- It is mandatory that each CanSkate participant has a responsible adult present in the arena at all times

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- Food and gum are not permitted on the ice. Skaters may have water in a bottle on the boards
- Pushing, tripping, horseplay, tag or intentional interference with other skaters is not permitted on the ice or elsewhere in the arena
- Appropriate skating attire must be worn at all times. No jeans, baggy or loose fitting clothing. No dangly, hanging or loose jewellery or scarves
- Longer hair must be tied back
- Skaters are asked to get up immediately after a fall
- Parents are not allowed on the ice during lessons and not permitted in the players bench.
- Lobby is to be kept clean – put garbage in proper containers
- All skaters have the right to a safe environment both on and off the ice, and as such verbal and or physical abuse of any kind will not be tolerated and could result in immediate suspension
- All complaints or concerns must be addressed to the board in writing; either given to a board member or by email to club email.

Name Tags

Name tags will be available at the beginning of each session at the lobby table and must be worn to identify your skater and know which group they are in. Name tags must be returned at the end of every session.

Off-Ice Conditioning

The JDFSC off-ice training program has been developed to improve performance on the ice and therefore, achieve greater results in each athlete's skating, in a shorter period of time, as well as reduce the incidence of skating related injury. The coaches feel very strongly that it is just as essential to give skaters the education they need to make sound fitness and nutritional choices for life.

The off-ice program will include skipping, running (middle and short distance), strength training, balance, agility, plyometrics, flexibility, and training of sport specific elements such as jump and spin technique.

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Equipment

Proper skates for your child are very important even at the CanSkate level. Improperly fitted skates can cause blisters, bunions, ankle and knee problems. When your child is getting fitted for skates, remember these basic guidelines:

- Skates should fit like a shoe and have good support around the ankle and heel with some room to wiggle the toes. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place
- Never buy skates with too much growing room. This causes wobbly ankles, tripping, and breaks down boot support. If toes touch the end of an unlaced skate, you should have only a finger width of room down the back of the heel
- Make sure your skater can stand securely in the boot. If the ankle is tilting to the one side, the boot is too big or too small or there is not enough support for their weight.
- Have your child walk around in the skates off the ice; they should feel comfortable. If not those skates are not the ones for your child

Sharpening is also very important. A dull blade can dramatically impact the quality of skating for your child. Intervals between sharpening are largely determined by personal preference. As a rule of thumb, blades can be sharpened after 25-30 hours of use. Always choose services from reputable technicians who are experienced at sharpening figure skates.

Always have your child wear skate guards to and from ice surface to protect blades. Cloth blade covers should be used to protect blades when skates are not in use. Do not store skates in guards as the blades will rust.

Hock Shop

We have a Hock Shop to purchase and sell gently used skates and ice wear. It is usually held in the lobby of the rink during the following CanSkate sessions:

- Saturdays 10:15-11:00
- Mondays 6:15-7:00

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Fundraising

In order to keep our fees reasonable, we must rely on fundraising to offset the operating costs and facility rental charges. There are various ways that you can help fundraise. We certainly don't expect parents to participate in every fundraising activity, however we hope that you will support the club where you can. Here are some of the ideas we are planning for this season:

Lottery Books

These are the booklets that you receive at registration. For each child registered, you pay \$25 per booklet. These tickets are yours to sell to friends, co-workers and family. The money that you receive is yours to keep. This year the three cash prizes are: 1st \$500, 2nd \$300, 3rd \$200 and an early bird draw of \$50.

Regal

Regal offers more than 1000 products with hundreds being priced under \$20. A website is designed specifically for our club to use, so no need to hand out booklets. Just share the link with your family, friends and co-workers. All orders are placed online and shipped direct to the purchaser!

Bottle Drive, Thrifty's Smile Card, Cobs Bread, Purdy's Chocolates, Poinsettias, Bulbs

We are always brainstorming different ways to raise money for our club. Please stay tuned for upcoming fundraising events throughout the skating season.

Do you have any suggestions on fundraising opportunities? The executive would love to hear them! Please email us with your suggestions.

Skate Canada Fee

The Skate Canada fee is set by the National level of Skate Canada. Skate Canada returns 50 percent of the membership fee to the Sections, thus eliminating the need for Sections to collect the Section Development Contribution.

Skate Canada reminds us that, amongst other benefits, we are offered an accident insurance benefit at a substantially lower cost to the members than that available in

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other sports and access to high quality programs that are recognized and often sought after internationally and by other national sport organizations.

Children's Fitness Tax Credit

The Federal Government created the Children's Fitness Tax Credit to cover eligible fees up to \$500 for enrolment in a physical activity program, effective January 1, 2007. The purpose of this credit is to facilitate access by children and youth to physical activity and recreation programs, as a means of helping them maintain a healthy active lifestyle. Children under 16 years of age, or under 18 years of age and eligible for the disability tax credit, at the beginning of the year in which the fees are paid are eligible. A receipt will be provided at the end of the season which you registered your child for. Further clarification and information may be viewed at the Canada Revenue Agency website.

Volunteer Opportunities

Volunteers are a vital part of any club. JDFSC is run by volunteers and help is always appreciated. The success of our club is a result of the involvement and time invested by our volunteers.

Help out as much as you can. Start with a few hours during your child's skating session and perhaps you may want to join the Club Executive. Volunteering is a great way to get involved, learn about skating and meet new people!

CanSkate Co-Ordinator(s) are needed for this season. This position can be carried by one person or shared by 2-3 people. It is a vital role in helping our CanSkate sessions to run smoothly. Please let us know if you're interested.

Canskate Director

Annaliese Forgiarini is the CanSkate Director of the Juan de Fuca Skating Club. If you have any concerns or would like to provide any feedback you can contact her at jdfcoach@yahoo.ca

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Board of Directors

The Juan de Fuca Skating club is run by a group of dedicated volunteers. We are always looking for new members to help out in any capacity. Contact us if you are interested.

President: Marci Huchzermeyer
Vice-President: Henriette Lem
Past President: Janys Langer
Treasurer: Todd Troyer
Comptroller: Hazel Agar
Secretary: Michelle Melancon
Registrar: Sheryl Barker
Test Chair: Anne MacDonald
Competitions: Sandy Hanson
Ways & Means: Dianne Keoughan
Publicity: Liz Monteiro
Music: Debbie Dupuis de Gallegos
Synchro: Cathy Steele
CanSkate Rep: Vacant
Director of Skating: Brian Evans

What's Next?

STARSkate (Skills, Tests, Achievement and Recognition)

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

More information can be found in the STARSkate Handbook and online at www.skatecanada.ca & www.skatinginbc.com

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