

PARENT MEETINGS

**SHERWOOD
PARKDALE
SKATING CLUB**



BACKGROUND INFORMATION ABOUT SHERWOOD PARKDALE SKATING CLUB

1

WE ARE A NOT-FOR-PROFIT ORGANIZATION AND WE ARE A REGISTERED CLUB WITH SKATE CANADA UNDER THE SKATE CANADA PEI SECTION.

2

THE MANAGEMENT OF THE CLUB IS RUN BY PARENT VOLUNTEERS.

3

OUR PROGRAMS ARE RUN BY NATIONALLY CERTIFIED PROFESSIONAL COACHES AND THEY WILL BE TEACHING THE INSTRUCTIONAL PORTION OF THE CANSKATE LESSON.

4

ADDITIONAL SKATERS YOU'LL SEE WORKING WITH YOUR CHILDREN AND WHO YOUR CHILD MAY REFER TO AS "THEIR COACH" ARE PROGRAM ASSISTANTS (PA'S) WHO ASSIST OUR PROFESSIONAL COACHES.

5

PA'S ARE SKATERS FROM OUR STARSKATE PROGRAM, OR QUALIFIED SKATERS WHO VOLUNTEER THEIR TIME EACH WEEK TO HELP OUR COACHES WITH THE CANSKATE LESSONS.

SPSC 2019-2020 COACHING TEAM

Jessica Godfrey: Canskate Co-Ordinator (Beginner CanSkate, Canskate, Sledge Canskate), Junior Group, Senior Group, Community Club Lead, PreCanPower CanSkate

Hannah Hardy: Canskate & Beginner CanSkate Coach, Jumpstart Group, Senior Group, Community Club Coach & CanPowerSkate Coach.

Olivia Compton: Beginner Canskate & CanSkate Coach & Senior group time until December

Madeline MacDonald: Beginner CanSkate & CanSkate Coach

Kaylynn Vessey: Beginner CanSkate & CanSkate Coach

Wayne Roper: CanPowerSkate Coach

Our coaches work as a team! Most all coaches provide private lessons based on availability. Contact information can be found on our website under Coaches.

PROGRAMS WE OFFER

- Canskate & Beginner CanSkate (Monday, Thursday & 2 on Sunday)
- Advanced Canskate for Stages 4-6 (some stage 3's may be recommended for this level) - Sunday
- Sledge CanSkate in partnership with ParaSport - Sunday
- PreCanPower CanSkate - Friday
- CanPowerSkate - Wednesday
- Synchro - Friday
- Adult Skate & Adult Synchro - (Beginner to Advanced every Thursday 7:00)
- CanSkate program in Crapaud - Saturday mornings



THINGS YOU SHOULD KNOW

- Ice Gala will take place March 15th at 4:00
 - For all program participants
 - Fundraiser for Community Food Banks
- Canskate Merit Event will be Monday, December 2nd
 - For All Canskaters and Jumpstart from Stage 1 – 6
 - Each Skater receives certificate with their achievements
 - A chance to celebrate their progress thus far



FIGURE SKATES VS HOCKEY SKATES

- Proper fitting skates are key. This means they are not too big and not too small. Ensure they are tied properly. Hockey skates in particular need to be tied very tightly. . . .if in doubt ask our coaches to assess.



- If when your skater stands up, if their ankles are not straight, your skates may be too loose.

- You may skate in a figure skate or a hockey skate. It is ultimately personal preference. If your thought is that your child may enter hockey or ringette, a hockey skate may be best. If your child may continue with figure skating then a figure skate is best and is required once you pass CanSkate and enter our StarSkate program.

Check out this link to help you properly fit into your hockey skates

<http://newtohockey.com/hockey-skate-fitting-guide/>



LOOKING AFTER YOUR SKATES

- Each time you skate, make sure you wipe off the blade with a dry towel.
- Do not keep skate guards on your skates when stored. This leaves the blade wet and can cause rust. Instead use a blade cozy or simply wrap them in a towel.
- The blade protector that comes on the skate when you purchase it is NOT a skate guard and should not be used as one.
- When wearing skates with no skate guard, do not walk anywhere in the rink besides the black rubber mat. Wood concrete and tile will quickly damage your blade and can cause accidents on the ice.





SHARPENING YOUR SKATES

- Skate sharpening
 - Brand new skates...need to be sharpened
 - After approximately 10hrs of use or if they have been used on an outdoor rink or if they haven't been used for a long period of time.
 - Figure skates or recreational skates with picks.....**DO NOT** take the pick off when having sharpened

WHERE TO GET SKATES SHARPENED

Figure Skates

Jamie Frizzell at Frizzells Skate Sharpening. Located in the basement of the Bell Aliant Centre.

Leith MacEwen at On the Edge Skate Shop in Stanley Bridge
Find him on Facebook - On The Edge Skate Shop

Hockey Skates

Jamie Frizzell at Frizzell's Skate Sharpening

Leith MacEwen at On The Edge Skate Shop

Chuckies Sports Excellence - 14 Exhibition Drive

Sport Check in the Charlottetown Mall





CLOTHING

- Dress warmly but in layers that can be easily removed
- Avoid snowsuits that are bulky
- Skater needs to be able to move freely
- CSA Approved Hockey Style Helmet is mandatory; face mask is recommended
- Mittens or gloves are mandatory (avoid fluffy/fuzzy mitts they have proven to be a safety hazard as they stick to the ice.)
- Knee pads may be used but avoid plastic type or cover this type with sock or leg warmers



• HELMETS AND MITTS MUST REMAIN ON UNTIL SKATERS ARE COMPLETELY OFF THE ICE

WHAT TO EXPECT



BEGINNER CANSKATE

- Recommended for new “non-movers”. Age 16 years and up can register for our Adult session.
- We have found that it takes 3 to 4 weeks for the skaters to get used to the idea of skating.
- Registered parents WHO HAVE PURCHASED Skate Canada Insurance may go on the ice to assist their skater
- NON registered parents may NOT go on the ice under any circumstance
- Just as children learn to walk at different stages, so do children learn to skate. Have patience and keep practicing.

CANSKATE

- Complete series of balance, control and agility skills that will prepare skaters for any ice skating sport or recreational skating.
- Nationally-tested and proven curriculum and delivery methods that guarantee skater success.
- Designed for 90% movement so skaters learn in an active and fun group setting
- Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that help create a motivational environment and promote learning.
- Our professional coaches are assisted by Program Assistants (PAs). PAs are skaters in our club or other volunteers who have been trained to instruct under the supervision of the Club Professional. These skaters volunteer their time to assist in the successful operation of the CanSkate Program.

ADVANCED CANSKATE

- For Canskaters working on STAGE 4 -6 (some STAR 3's may be considered)
- Run jointly with Jumpstart Skaters (working on stage 5-6)
- Sledge Canskate has shared ice and is integrated into Advance Canskate

SLEDGE CANSKATE

- 3rd season hosting Sledge for central and eastern PEI
- Certified Professional Coaches have trained for this specific program
- Same format and skills as our Canskate Program with some modified adjustments.
- In partnership with ParaSport and Skate Canada PEI
- Depending on level, some participants will mix with regular Canskate and CanPowerSkate Programming.

HOW DO I CHECK MY PERSONAL CALENDAR?



Calendar



Message Board



Achievements



Development Goals



Evaluations



Snapshot View

Participant Calendar

< > today

October 2019

month week day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 NB Fall Skate Competition	30	1	2 5:30 PM High test day (STAR 6 - Gold) 5:45 PM STARskate Open Freeskiate	3 12:00 AM StarSkate Motivation & Education	4	5 12:00 AM Section Coaches Retreat
6 Section Coaches Retreat	7 5:00 PM Winter Beginner CanSkate "C" Monday	8	9	10	11	12
13	14 Thanksgiving Break	15	16	17	18	19
20	21 5:00 PM Winter Beginner CanSkate "C" Monday	22	23	24 12:00 AM Halloween Theme Week	25	26
27 Halloween Theme Week	28 5:00 PM Winter Beginner CanSkate "C" Monday	29	30	31 12:00 AM Halloween No Skating	1	2 12:00 AM PEI Sectionals TBD
3 PEI Sectionals TBD	4 5:00 PM Winter Beginner CanSkate "C" Monday	5	6	7	8	9 12:00 AM SS Hockey Tournament Crapaud

- Log into www.sherwoodparkdaleskatingclub.com
- Click on your name in the top right-hand corner.
- Then click on the "Calendar" tab.
- That's it! You've got it!

DAILY ROUTINE FOR CANSKATERS

- Check off your name on the attendance list on the lobby table
- Pick up name tag off the table
- The coloured tab on your tag represents the group NOT their level. If you skate more than one day you may have a different colour for each day.
- Line up at the door to the ice surface. If your skater needs help getting on the ice, please wait. A coach or PA will come to you. No parent or guardian is permitted to step on the ice to help their skater.
- All Skaters do a warm-up and cool down together
- Skaters will stay with and move to each station with their group
- Coaches are available after the class for questions or please go to our “contact us” page on our website for any questions or concerns
- Private lessons are not permitted during the Canskate Sessions due to space availability.
- Canskaters may arrange with coaches for a private lesson (based on availability) during another session. Contact information is on our website or speak to them in person.

Sledge Canskate: Please be at entrance roughly 10 minutes before your session start for assistance.

Your skater asks to leave the ice...

Have a conversation with your skater before your session about what your expectations are as a parent.

Make sure your child has a drink and uses the washroom before going on the ice. Those will be two less reasons they need to leave the ice.

If a child asks to see their parent or guardian, they will be escorted to the entrance of the ice surface by a coach or volunteer PA. You are expected to be watching your child at all times. The coach or PA does not have time to wait to see if your child has been collected although it is very helpful to know the child is being taken care of. If you have to run to the washroom yourself, please ensure someone is watching for your child while you are not.

We ask that you do not leave the building while your child is on the ice. If for some reason you do need to pop out, it is important you assign someone to watch for your child who has some way of reaching you in case of an emergency. We keep the contact # you have listed online by the ice surface but sometimes that is a work number or home number and cell phones don't always work inside the rink. Our coaches are not permitted to leave the ice surface during a session to help with a skater and there may not be a board member present to assist.

WHERE DO I WATCH?



Please enjoy watching your skaters from the appropriate seating areas which would be in the stands or in the warm viewing areas upstairs.

Please do not stand at the doors unless collecting your child.

Bleachers at rink side (players bench) is prohibited.

Parents are not allowed on the ice except for those who have purchased Skate Canada Insurance and who have been approved to be on the ice.

CANCELLATIONS



SNOWSTORMS

- CHECK OUR NEWS COLUMN ON OUR WEBSITE
- E-MAILS
- RADIO STATIONS
- NO MAKE UP CLASSES OR REFUNDS

TOURNAMENTS & ARENA FUNCTIONS

- MISSED DAYS FOR TOURNAMENTS HAVING BEEN TAKEN INTO CONSIDERATION AND WERE NOT INCLUDED IN YOUR PURCHASED INSTRUCTIONAL DAYS
- WATCH YOUR PERSONAL ON-LINE CALENDARS
- WATCH NEWS COLUMN
- REMINDER E-MAILS
- NO MAKE UP CLASSES OR REFUNDS

WHERE TO FIND INFORMATION

·<http://www.sherwoodparkdaleskatingclub.com/>

·Home page News

·Winter Schedule

·Club Events

·List of Contacts and Coaches Information

·Your Account and Status

·Personal on-line Calendars

·Achievement Records

·And on our Bulletin Boards

HOW CAN YOU GET INVOLVED?



DURING THE SEASON, PARENTS/GUARDIANS MAY BE APPROACHED TO HELP OUT IN SOME WAY – MAYBE FOR A ONE-TIME ACTIVITY SUCH AS OUR ANNUAL "ICE GALA" OR "CLUB COMPETITION – MERIT EVENT"

ON A MORE REGULAR BASIS SIT ON OUR BOARD AS A MEMBER AT LARGE.

BECOME A CANSKATE REPRESENTATIVE

YOUR SUPPORT AND ASSISTANCE IS CRITICAL TO THE SUCCESS OF THE CLUB AND YOUR HELP IS ALWAYS APPRECIATED.

MY CHILD LOVES CANSKATE! NOW WHAT?

·Cankaters may have the opportunity to move up to Jumpstart in the Starskate Program once they have passed all of Stage 3 with coach approval.

·StarSkate is recommended to those skaters who want to be figure skaters.

·Multi-sport participants interested in Ringette, Hockey, Speedskating are recommended to follow through our Stage 6 of Canskate or Advance Canskate (stages 4 -6) for all the foundations of skating.





THANK YOU

THIS IS YOUR CLUB, ENJOY!

QUESTIONS?