



Welcome to CanSkate ~ 2025-2026

Welcome to our new and returning skaters. **Please read this important information carefully and keep it handy for a reference throughout the season.**

Parkhill Skating Club is run by a hard working executive who are all volunteers and here to help you and your child(ren). As with any club, your help is necessary and appreciated at all times. We provide two National Coaching Certification Program (NCCP) trained professional coaches, and several trained program assistants. Communication is one of our keys to success. We provided many ways for you to stay in touch with us. **Please check your emails, the bulletin board at the arena (located at the end of the warming area hallway close to the arena doors), website, Facebook, and/or Instagram.**

Occasionally there are cancellations due to inclement weather. Our Instagram and Facebook pages will be updated when skating is cancelled, and emails will be sent out immediately. Please use your own discretion, as many of our skaters and coaches travel from out of town.

Looking forward to a great skating season ahead!

Important Information

- **CanSkaters must have an adult in attendance at the arena during their lessons**
 - If you must leave the arena while your skater is on the ice, please make arrangements for someone else to be responsible for your skater. If a child is hurt or upset, the club coach will be looking for their parents.
- **Please check in with our CanSkate table to pick up your skater's name tag (and return back at the end of the night)**
- **All skaters should use the dressing rooms provided (check the screen upon entry to see what dressing room CanSkater is in)**
 - Check the area before you leave for any personal articles. The arena does have a lost and found box and it is always full.
- **Newsletters will be emailed, put on the bulletin board, and posted on our Parkhill Skating Club website**
- **Fundraising forms will be available at the CanSkate table (this is where you can pick up and drop the forms once completed)**
- **Helmets are mandatory up to and including CanSkate Stage 6.**

What to Wear to CanSkate



CSA Approved Helmet

- Added protection from the cage
- Make sure to check for the CSA approved label
- Must be worn until the end of CanSkate Stage 6



Layers

- Skaters can remove layers if too hot.
- Layer over a long sleeve shirt or sweatshirt



Waterproof Mittens/ Gloves

- Won't stick to the ice or soak up the water and be wet



Splash Pants

- Easy to move in, can layer over sweatpants, won't get wet



Laced Up Hockey Skates or Figure Skates

- Provides proper ankle support
- Provides proper skating technique

Program Assistants

Who are they and what is their role?

Program assistants are annually trained volunteers who play an important part in the CanSkate program, and can contribute greatly to the success of the club's program. To assist the Skate Canada Coach in on-ice and off-ice program delivery, demonstrate skills and teaching progressions, supervise practice time, lead warm-ups and cool-downs under the direction of the Skate Canada coach, reinforce learned skills (follow-up on coach instruction), lead exercises, drills, learning activities and creative expression, hand-outs and incentives, assist with on-ice circuits, provide individual/ group assistance, act as a role model for young skaters, and be trained on an annual basis. Since the PA's will be working very closely with the coaches, we need the best people for the job. Program Assistants must have a helping nature, have patience with others, be able to communicate ideas clearly, be reliable, have a sense of commitment to tasks, have the qualities of a good role model, be able to lead activities in a creative and enthusiastic manner, ideally be 10 years of age or older and can demonstrate appropriate skating skills or be invited by a coach. Program assistants earn a nominal credit towards their fundraising goals.

Information About The CanSkate Session

The CanSkate program is organized into 3 Fundamental areas and divided into 6 stages of learning. The 3 Fundamental areas are Balance, Control, and Agility. Balance focuses on forward skills, pushing technique, and edges. Control focuses on backward skills, stopping, and speed elements. Agility focuses on turning and jumping skills. During the first few minutes of the session, the skaters get an opportunity to warm up and to work on skills, which require the full ice surface. Then they go to a station where the program assistants and coaches put them through a circuit. The circuit contains the skill they are working on (e.g. GoForward, Jump, Stop). Skaters who are having difficulty with the skill will receive additional support.

How can you help your skater get the most out of the CanSkate Program?

- Taking your skater to public skating so they can practice their new skill can be beneficial but there are many other things that will help you as well:
- Wipe off the skate blades after each skating session. Store skaters with cloth guards so the blades won't rust.
- Keep the blades sharpened. For figure skates, don't have the picks ground down.
- If your skater is having an off day (and don't we all?) or have any special needs, let the PA's or coaches know. They have lots of tricks to try to cheer them up.
- Some of the younger skaters may have separation anxiety and sometimes take a few weeks to get used to the new experience. Please help by keeping the rink doors shut and sitting in the stands, so your skater can focus on the coaches. If your skater is still having troubles, please see a board member or a club coach for some more ideas on how we can all better support your skater.
- Our club coaches are happy to answer any questions or concerns. Due to ice sessions being busy, we ask that you please save any discussions or questions you may have for coaches until after the coaches are off the ice. Coaches contact information is also available.
- If you have concerns about how your skater is doing, please come and speak to the coaches or board members. We can't help if you don't let us know. Our club is run by volunteers but our goal is to provide the best learn-to-skate program we can.
- ... **And if you think we are doing something well, let us know too – so we can continue to keep doing it!**

Remember it's your decision:

Parents should expect their child(ren)'s coach to: Be safety conscious. Be a properly certified coach. Make the sport enjoyable for their child(ren). Treat each child as an individual.

Parents should not expect their child(ren)'s coach to: Be a babysitter. Push children unreasonably. Force a non-competitive child into competition.

Note: If you have any questions or suggestions regarding the coaches on staff, please address them to any of our board members.