
	<h1 style="text-align: center;">Parkhill Silver Blades Skating Club</h1> <h2 style="text-align: center;">Welcome to Canskate</h2> <p style="text-align: center;">2024-2025</p>	
<p>Welcome to our new skaters. Please read this important information carefully and keep it handy for a reference throughout the season.</p> <p>Your club is run by a hard working executive who are all volunteers and here to help you and your children. As with any club, your help is necessary and appreciated at all times. We provide two professional coaches, and several Program Assistants. Communication is one of our keys to success. PLEASE check your emails/the bulletin board at the arena for any information. Information such as our calendar can also be found on our website, https://parkhillskatingclub.wixsite.com/mysite</p> <p>Occasionally there are cancellations due to inclement weather. Our Facebook page will be updated when skating is canceled, and text messages or emails will be sent out immediately. Please use your own discretion, as many of our skaters and coaches travel from out of town.</p>		
<h3 style="text-align: center;">Important Information</h3>		
<ul style="list-style-type: none"> ○ CanSkaters must have an adult in attendance at the arena during their lesson <ul style="list-style-type: none"> ○ If you must leave the arena while your child is on the ice, please make arrangements for someone else to be responsible for your child. If a child is hurt or upset, the club coach will be looking for their parents. ○ All skaters should use the dressing rooms provided check the screen upon entry to see what dressing room CANSKATE is in. <ul style="list-style-type: none"> ○ 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 and put on the bulletin board on the website. ○ Fundraising forms will be in the front lobby, and they will be able to be dropped off there when completed. ○ Helmets are mandatory up to and including stage 6 <ul style="list-style-type: none"> ○ <u>Only CSA approved hockey helmets are acceptable</u> 		
<h3 style="text-align: center;">What Parents Need To Do</h3>		
<ul style="list-style-type: none"> ○ Volunteer to help with a committee/event/fundraiser-Google sheets will be shared with you for sign up! ○ Stay at the arena (or leave someone in charge of your child) during your child's lesson 		
<h3 style="text-align: center;">Program Assistants</h3>		
<p><u>Who are They?</u></p> <p>Program Assistants are volunteers who play an important part in the CanSkate program, and can contribute greatly to the success of the club's program.</p> <p><u>What is their role?</u></p> <p>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, take attendance, assist with on-ice circuits, Provide individual/group assistance, act as a role model for young skaters, and be trained on an annual basis.</p> <p><u>How are Program Assistants selected?</u></p>		

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. P.A.'s earn a nominal credit towards their fundraising goals.

How are Program Assistants Trained?

They will be trained by the Club coaches. The training will be ongoing throughout the season through meetings. In this way, they will continue to improve in their ability to assist skaters learning to skate as well as leading warm-ups, cool-downs, circuits and stations, and fun activities.

Information About The CanSkate Session

There are 6 fundamental movements that are worked into each of the 4 stages of the program:

Go Forwards, Go Backwards, Stop, Turn, Spin, Jump.

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 (PA's) and Professional Coaches put them through a circuit. The circuit contains the skill they are working on (eg. Go Forwards). Skaters who are having difficulty with the skill will receive additional help.

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 skills is, of course, beneficial.

But there are many other things that will help as well:

-Wipe off the blades after each skating session. Store with cloth guards so the blade won't rust.

-Keep the blades sharpened. For Figure skates, don't have the picks ground down.

-If your skater is having a bad day (and don't we all?!) or 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 suffer from separation anxiety and sometimes takes 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 they are still having problems, please see one of the committee members or talk to the coach.

Our Professional Coaches are approachable but not on the ice. If you wish to speak with the Coach about your skater, please see one of the committee members and we will pass the message on or contact the coach once she is done the session.

If you have concerns about how your skater is doing, please come and speak with us. We can't help if you don't let us know. We are just parent 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 be sure to keep doing it!

REMEMBER IT'S YOUR DECISION

Parents should expect their children's coach to:

Be safety conscious. Be a properly certified coach. Make the sport enjoyable for their children. Treat each child as an individual.

Parents should **not** expect their children'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 executives.