



**WELCOME TO THE 2016-2017
SKATE CANADA
BRAMPTON-CHINGUACOUSY
CANSKATE PROGRAM**

PRESENTING
PARTNER



ONLY THE BEST
can bring out their best



INFORMATION PACKAGE

CANSKATE OBJECTIVES

CanSkate is one of the most important programs in a Skate Canada club. This is where skaters of all ages have the opportunity to develop a life-long interest in the sport. CanSkate serves as a feeder into the STARSkate & Competitive Program; however, it is also ideal as a means of preparing skaters for hockey, ringette, speed skating and even pleasure skating.

Skate Canada has set National Standards that must be met by each club to ensure that the CanSkate program is the same wherever it is offered across Canada. Skate Canada is also proud to have all its programs taught by *professional coaches* who are specially trained and certified through the National Coaching Certification Program (NCCP).

The following are the objectives of the CanSkate program:

- To provide basic skating instruction in a group situation.
- To introduce skaters to the fundamental movements of skating in a safe, fun environment.
- To enable all skaters to move through the Skate Canada system in a seamless manner.
- To encourage and identify exceptional skaters and to expedite their progression through increasingly more challenging levels of the Skate Canada system.

Skate Canada Brampton-Chinguacousy offers a CanSkate program in which we strongly encourage feedback from parents, coaches and skaters. Please forward your comments, questions and/or concerns to canskate@skatescbc.ca and we will ensure that you receive a response.

We hope that your children have a fun-filled year of skating at Skate Canada Brampton-Chinguacousy.

Sincerely,

Sophie Clark
SCBC President

Kelly Morris
CanSkate Chair

Tara Dowdles
CanSkate Coordinator

CANSKATE PROGRAM:

CANSKATE has a fresh new look on and off the ice. Technical revisions include a renewed focus on teaching and mastering strong basic skills earlier to prepare skaters for all ice sports – hockey, ringette, speed skating and figure skating. More visual aids and music are used to create a fun, stimulating and welcoming environment. The new look also includes new report cards and an exciting new series of award ribbons to achieve, in addition to the Stage 1 to 6 badges.

What will I see on the ice?

The session will be divided into 4 parts – warm up, lesson time, group activity and cool down. During the lesson time, the ice will be divided into 4 parts, corresponding to the 3 fundamental movements – Agility, Balance and Control and the Fun Zone. Each session, your child will visit 3 stations, as well as taking a spin on the fast track. The fundamental movement stations will be set up in circuits to encourage continual movement. The skaters will be in groups and will travel to the stations with their Program Assistant (blue jackets). Instruction at each fundamental movement station will be provided by a Skate Canada Professional Coach.

For skaters returning to CanSkate:

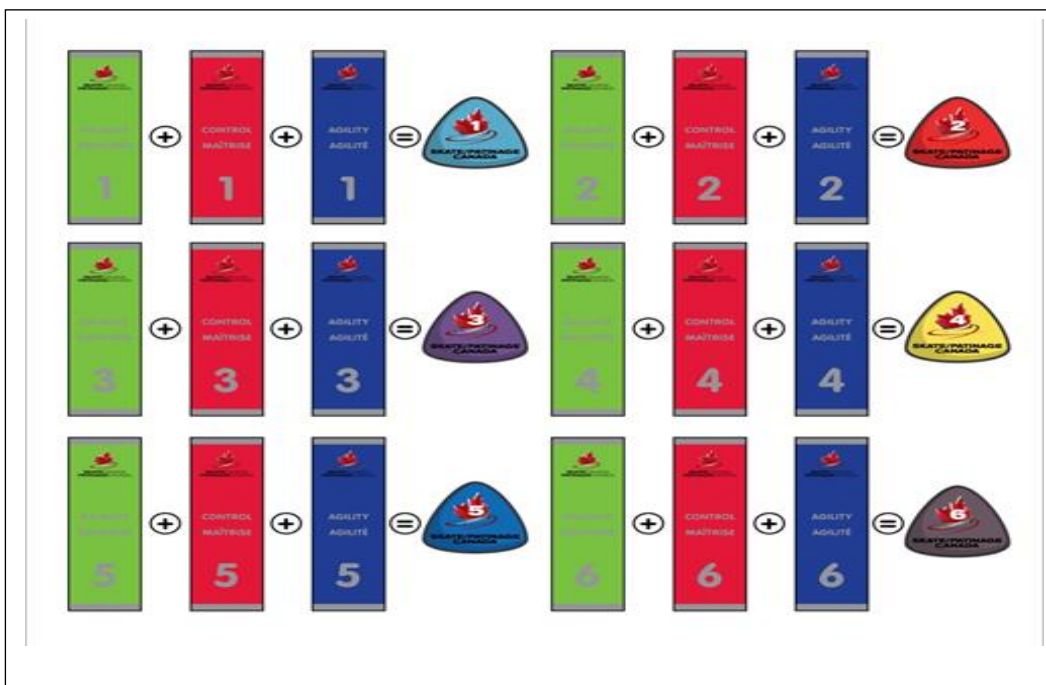
SCBC keeps records of your child's progress and will place your child back into the program where he/ she left off.

Report Cards:

All children enrolled in our program will also receive a personal progress report outlining the elements he or she has achieved.

Program Assistants:

(PA's) in blue jackets are assigned to each group. They will help your child practice the skills that are taught in the group lesson.

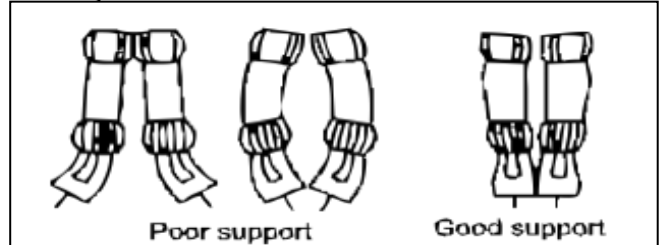


CANSKATE EQUIPMENT

SKATES:

Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper fit
- Good firm ankle support
- Good quality leather
- Correct blade placement



TIPS:

- Avoid buying larger skates to “grow into”.
- Molded plastic skates are not recommended.
- Look for blades that are screwed on rather than riveted, so that the blade can be removed if necessary. If the blade is riveted, make sure it is straight and centered.
- The foot should not fall to one side.
- A leather boot is preferable to vinyl.
- Make sure the boot does not have any wrinkles.

SHARPENING FIGURE SKATES:

Sharpen skates as soon as they are purchased. Use a good skate-sharpening company.

Re-sharpen skates after approximately 30 hours of skating. (Depending on the usage and care.)

The bottom pick should **NOT** be removed on figure skates. The pick is part of the design and is essential to proper balance.

HOW SKATES FIT:

Wear only one pair of tight fitting socks or tights. (The same pair that will be worn when skating.)

1. Partially lace boots through instep.
2. Slide foot forward so toes can touch the front but are not cramped.
3. Stand with weight equally distributed over both feet.
4. Bend knees.
5. The space at the back of the heel should be no more than a pencil width.
6. Tie skates loosely over the toe and front of the boot and snugly over the ankle and instep.
7. Skates should fit snugly around the ankle and heel with some room for movement of the toes. There should be no looseness or creases in the boot.
8. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.
9. Walk around in the skates off the ice – the skates should feel comfortable.

NAME TAGS:

Your child has been supplied with a “Name Tag” that assists the coaches and PAs (Program Assistants) in placing them in their appropriate groups. The PAs will collect their name tags before they exit the ice. If they mistakenly take their “Name Tag” home, please bring it to the next session.

HELMETS:

- All skaters in Stage 1 and up to including Stage 5, must wear a CSA approved helmet on the ice. Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.
- No bike or ski helmets are allowed.
- Helmets that are cracked, have loose fitting or missing liner pieces and chin straps should be replaced.
- Helmets should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.
- All CSA certified helmets have a sticker indicating their certification on the back of the helmet. If there is no sticker, then it is **not** CSA approved.



Skate Canada Brampton-Chinguacousy Coaching Staff

At Skate Canada Brampton-Chinguacousy, we pride ourselves on a coaching team that are certified experts in their field. If you wish your child to receive specialized private coaching lessons, they can be arranged at an additional cost by choosing a coach your child works well with, and by contacting the coach at the email address below. You are also welcome to approach them personally. Information about each our coach's qualifications can be found on our website. www.skatescbc.ca

Jessica Brown	Coach	brown.jess@live.ca
Matthew Doleman	Coach	yellow_hat12@hotmail.com
Tara Dowdles	Coach/CanSkate Coordinator	taradd@rogers.com
Allison Dykstra	Coach	allisondykstra@rogers.com
Robin Gadanyi	Coach	rocket.robin12345@gmail.com
Ashley Greenhalgh	Coach	Ashley.greenhalgh@gmail.com
Acacia Hill	Coach	hill_acacia@hotmail.com
Asher Hill	Coach	geckoworld@msn.com
Pamela Krolick	Coach	pamela_krolick@bell.net
Lauren Miglia	Coach	lmiglia@sympatico.ca
Martin Nickel	Coach	m.a.nickel@hotmail.com
Adrian Oleksyszak	Coach	oleksyszak@hotmail.com
Nancy Whiteford	Coach	nwhiteford1224@rogers.com
Rebecca Hebert	Coach	rh91219@hotmail.com
Sasha Desroches	Coach	mdesron232@rogers.com
Christina Clark	Coach	christinaclark94@gmail.com
Tessa Rankie	Coach	tessa_r_8@hotmail.com
Doug Haw	Coach	hawskate@gmail.com
Jasmine Gagnon	Coach	jasminegagnon2000@gmail.com

CANSKATE SAFETY

The safety of our children in the CanSkate program is our number one concern.

IN CASE OF FIRE ALARM:

When the Fire Alarm sounds, you need to act immediately to ensure your safety. The Fire Alarm System is designed and engineered to provide you with an early warning to allow you to safely exit the building during an emergency situation.

- If a fire alarm has been activated while your children are skating, the Coaches, Program Assistants, Board Members and City staff will ensure they are evacuated safely.
The skaters will be taken off the ice in an orderly manner by way of the safest and closest exit.
- As the children are exiting the rink, they **must have hard guards** to place on their skates. It is *extremely dangerous* for your child to be walking without hard guards. These guards should be placed on the table where the children enter and exit the rink. (coloured buckets are provided) Please make sure they have hard guards with their names on them.
- **Never** return for personal items left behind. This includes items left in the change rooms.
- City staff, Coaches and Board Members will check change rooms to ensure everyone is evacuated.
- **Never** ignore or assume the alarm is false or the result of a test.
- Everyone **must** evacuate the building by way of the safest and closest exit and/or stairway. If parents are in the viewing area, they must use the closest exit.
- **Never** use an elevator to exit during fire alarm activation.
- Once outside the building, remain calm. Coaches will be taking attendance. Please do not leave as we need to ensure that everyone is out safely. In the event of a real fire, if a parent leaves without advising us, the Fire Department will go back into the facility looking for the child.

- Once outside, never re-enter the building until you are told to do so by the City Employees or the Fire Department.

ENTERING, EXITING THE RINK AND VIEWING SKATERS

- Please ensure your children enter and exit the ice from the designated gate/door.
- Parents are asked to watch the skaters from the stands upstairs or outside the rink area to allow our coaches to have the children's full attention during the session. Please do not stand or watch inside the arena/rink as this is a distraction to the skaters and coaches.

IMPORTANT – CITY OF BRAMPTON BY LAW

Please do not leave your child unattended at the rink.

City of Brampton by-laws stipulate that all children 10 years and younger must have a guardian present at all times. This guardian must be a responsible person over the age of 16.



FUN, VOLUNTEERS and CONTACT INFO

FUN WEEK

Fun Week is designed for the skaters to have fun. It is a FEEL GOOD day and a real boost for Skaters' self-esteem. Program Assistants and coaches will be on the ice to play games with the skaters. In addition to Fun Week, we also host theme days such as "Halloween" Days or Red and Green Day. Colouring contests are also held and prizes awarded throughout the year.

BADGE TABLE VOLUNTEERS

A Badge Table is set up for each CanSkate session and is run by our parent volunteers. They will be recording your children's achievements and handing out the badges. If you have specific questions on the program, please discuss with the CanSkate Coordinator, Coach, CanSkate Chair, or one of the Board Members.

BADGE TABLE – VOLUNTEERS – The CanSkate Program is looking for Badge Table volunteers to help out. It's easy, fun and sure you will find it rewarding. Please email Terina Koyanagi at volunteer@skatescbc.ca or Kelly Morris at canskate@skatescbc.ca.

CONTACTING THE CLUB

Although you will receive information through flyers handed out at the arena we also rely on our website and email database to communicate with you in a timely manner. Please provide us with a current email address so that we can add you to our communication database. This database is for our own use and is not distributed or sold to anyone else.

Our website is www.skatescbc.ca

Skate Canada Brampton-Chinguacousy located at

Cassie Campbell Community Centre
1050 Sandalwood Pkwy. W.
Brampton, ON,
L7A 0K9

Phone: 905-450-5581

Fax: 905-796-5821

POLICIES AND ADMINISTRATION

POLICIES

Skate Canada Brampton-Chinguacousy shall not, in any way, be responsible for the loss of property, damage or injuries to persons, including participants while on the premises.

Membership will be closed for any session which becomes filled. The club reserves the right to change categories or ice times without notice at any time during the skating year and may cancel ice times for test days and competitions. Ice cancellation due to extenuating circumstances (i.e. weather, complex closure) will not be refunded or rescheduled.

We do not offer refunds, credits, nor makeup classes for any missed skating sessions due to illness, vacations, etc.

All requests for refunds are to be in writing within one month of the start of the skater's active skating session. There will be a \$45.00 registration fee applied as well as a \$30.00 administration fee that will accompany any granted refund. NO refund will be granted outside of the 1 month period. **All requests for refunds must be in writing to membership@skatescbc.ca and treasurer@skatescbc.ca.**

Requests to change skating days will be charged an administration fee of \$30.00.

NON-RESIDENT RULE

The City of Brampton is enforcing the non-resident rule. All skaters that register with a non-Brampton address must pay \$100 surcharge to the City of Brampton. Brampton municipal taxes are used to subsidize all youth programs; therefore, anyone participating in our programs that do not pay taxes to the City of Brampton must pay this surcharge. Cheques in the amount of \$100 per skater, are made payable to the City of Brampton, must accompany all registration forms with a Non-Brampton address.

MEDICAL/INJURY REQUEST

Medical/Injury requests can be considered after 4 or more weeks have been missed by the skater. Skate Canada Brampton-Chinguacousy reserves the right to request a medical note from a physician. **All requests for refunds must be in writing to membership@skatescbc.ca and treasurer@skatescbc.ca.**

NSF CHEQUES

NSF cheques will be charged \$25 for the first NSF cheque and \$50 for further occurrences of NSF cheques.

NO SKATING DAYS - CANSKATE

Monday cancelled days

October 10, 2016
October 31, 2016
December 26, 2016
January 2, 2017
February 20, 2017
March 13, 2017
May 22, 2017

Friday cancelled days

December 23, 2016
December 30, 2016
January 6, 2017
February 3, 2017
February 17, 2017
March 17, 2017
April 14, 2017

Tuesday cancelled days

December 27, 2016
January 3, 2017
March 14, 2017

Saturday cancelled days

October 8, 2016
December 24, 2016
December 31, 2016
February 4, 2017
March 18, 2017
April 15, 2017
May 20, 2017

Wednesday cancelled days

December 14, 2016
December 28, 2016
January 4, 2017
March 15, 2017

Thursday cancelled days

October 20, 2016
December 15, 2016
December 29, 2016
January 5, 2017
March 16, 2017
April 13, 2017

Skate Canada Brampton-Chinguacousy – Club Board Members

President	Sophie Clark	president@skatescbc.ca
Past President	Vacant	pastpres@skatescbc.ca
Vice-President	Dan Wilkinson	vp@skatescbc.ca
Secretary	Vejai Gagnon	secretary@skatescbc.ca
Treasurer	Polifay Bent	treasurer@skatescbc.ca
Canskate Chair	Kelly Morris	canskate@skatescbc.ca
Test Chair	Irma Orzeck	test@skatescbc.ca
Events Chair	Donna McCue	competition@skatescbc.ca
Public Relations Chair	Elaine Labella	prchair@skatescbc.ca
Volunteer Chair	Terina Koyanagi	volunteer@skatescbc.ca
Membership Chair	Sangita Sharma	membership@skatescbc.ca
Fundraising Chair	Andrea Vala	fundraising@skatescbc.ca
Synchro Chair	Barbara Harnum	synchro@skatescbc.ca
Coaching Representative	Jessica Brown	brown.jess@live.ca
Canskate Coordinator (not part of Board)	Tara Dowdles	taradd@rogers.com
Club Administrator (not part of Board)	John Chandler	admin@skatescbc.ca

Local Stores Selling Skates and Skating Apparel

Andrea Vala

2932 King St. West
Inglewood, ON
(905) 838-5269
1-877-808-3782

Elementz Dancewear

Brampton, ON
(416) 459-8983
Marta Takacs

Esta Canada

2077 Dundas St. East
Mississauga, ON

Figure Skating Boutique

109 Doncaster Ave.
Markham, ON
(416) 225-1377
Jason Dietrich

Ice & Nice

2445 Glenwood School Drive
Burlington, ON
(905) 335-0380
Linda Donaldson

Professional Skate Sharpening

Figure Skating Boutique Sharpening

109 Doncaster Ave.
Markham, ON
(416) 225-1377
Jason Dietrich

Fisher Sharpening

2445 Glenwood School Dr
Burlington, ON
(905) 633-7312
Paul Fisher

Jake's Figure Skate

14 Essex Avenue, Unit 28
Thornhill, ON
(905) 889-3276
Jake Brunott

Esta Canada

2077 Dundas St. East
Mississauga, ON
1-877-808-3782

We hope your child has a great time skating with us!

Thank you

