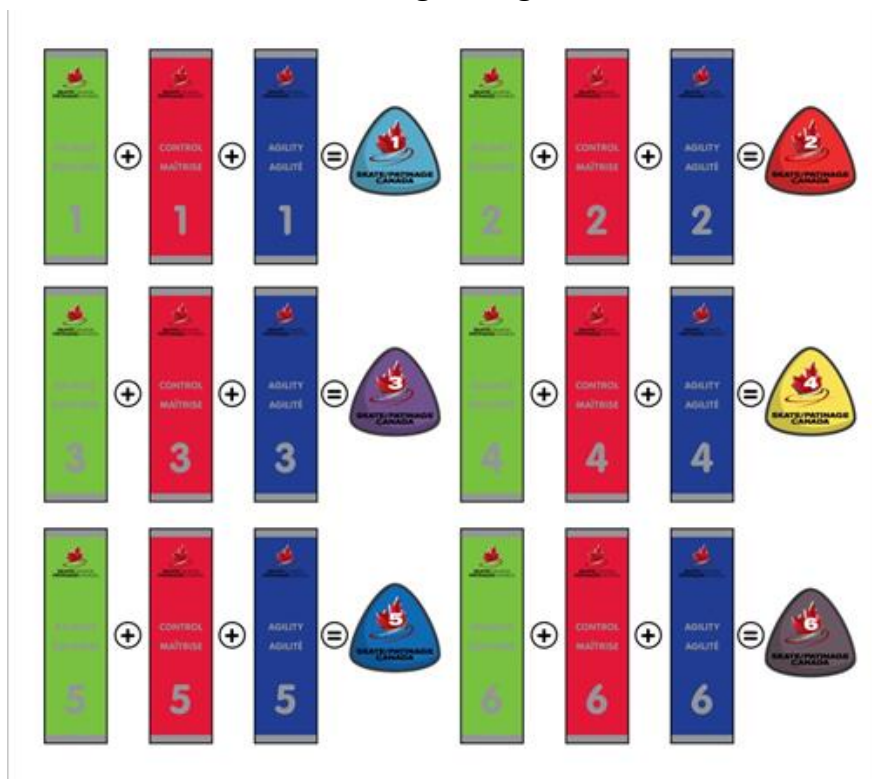


# Summary



This is a letter to summarize the parent information meeting we held this past week for the CanSkate and Pre CanSkate session.

- Alison MacLean is your CanSkate Coordinator.
- On the ice we have 6 professional coaches. Coaches are identified with white name tags.
- We have many Program Assistants. They are all volunteers and wear orange name tags and blue vests. Most are skaters with our club, some hockey skaters, some high school students and some are adults.
- Objective of our program: to teach the basics of skating for all ice sports. We focus on good technique.
- Our program contains six stages.
- Each stage has 3 fundamental areas: Balance, Control, and Agility.
- Skaters earn ribbons and badges. A ribbon is awarded for each fundamental area. Once all three ribbons are awarded then the stage badge is earned.



- Assessments are ongoing. As skaters pass the skills required in the fundamental areas they will be awarded with the ribbon and or badge. Ribbons and badges will be attached to the skaters name tag for the following skating day.

- For Pre CanSkate: skaters will receive a Pre CanSkate ribbon and an email to inform you that your skater has graduated to CanSkate.
- Name tags are collected at the end of each session. If you find that we have forgotten to take your skater's name tag please return it to the table prior to leaving the arena.
- At the end of our session all skaters will receive a report card.
- A copy of our report cards can be found on our website.
- The ice is split into 5 sections. We have Balance, Agility, Control, and Fun Zone areas. The centre of the ice is for the Pre CanSkate.
- Perimeter of the ice is called our fast track.
- **Grouping skaters:** Skaters are grouped according to ability. Skaters may change groups to even out numbers or for skater development.
- **Format for CanSkate:** Start with a 5 minute warmup followed by four 10 minute lessons where CanSkaters visit each fundamental area and we finish off with a 5 minute cool down.
- **Helmet policy:** It is mandatory to wear a CSA approved helmet for safety and liability reasons. Face cages are not mandatory but highly recommended.
- Please do not leave the arena once your skater is on the ice. We may need you in case of injury or bathroom breaks. We will not take skaters to the bathroom.
- Please keep the door to the ice closed at all times to prevent skaters leaving the ice unexpectedly.
- Please check the information table and our bulletin board every day for additional news and upcoming events. Bulletin board is located in the lobby near the name tag table.
- We do have a special event planned every month.
- Take some time to check out our Website for more information on our programs and events plus like us on Facebook.
- **Questions:** Please feel free to contact the club. You may also speak with any of our coaches.

[info@uxbridgeskatingclub.com](mailto:info@uxbridgeskatingclub.com)

- Thank you for supporting our program.

Alison MacLean and the Uxbridge Skating Club