

CanSkate Parent Information Session

March-Kanata Skating Club



Welcome

- First, thank you so much for taking the time to be here and for all of the support and care you have given not only to your skaters in their learning process, but also to us, and to our staff
- Tonight, we are going to go over a little bit of an overview of the program, the changes that we have made to align it with the new provincial standards put out by Skate Ontario and discuss what that means to us.
- We are also hoping that we will be able to answer any questions that you may have and learn some ways we might be able to better support your skaters.

CanSkate Excellence

- First, thank you so much for your patience with us as we transition into utilizing the new tools and implementing the new practices of this program. Fortunately, now that we have made the changes to our program there will be no more drastic changes needed for about the next five years we will just continue to improve upon the base that we have created.
- The next few slides will show the new standards that we have put in place and then we will discuss what it means to us in terms of programming and delivery.



CanSkate Excellence RESOURCE CHART



ITEM	RATIONALE	RESOURCES	ACHIEVED STANDARD 	ADVANCED 
<p>Helmets</p>		<p> Helmet Policy</p> <p> Proper Equipment Video</p>	<p>CSA approved hockey helmets are required for all skaters up to and including Stage 5. Goalie helmets are not acceptable.</p>	
<p>Minimum coach requirement</p>		<p>Coach in "Good Standing" and NCCP Certification status</p>	<p>- Minimum of 1 NCCP (in-training) club coach teaching on the ice at all times (registered and in good-standing) All coaches must be wearing skates or in a sledge (sledge hockey).</p>	
<p>Coach/PA to skater ratio</p>		<p>Example: 3 group session, (35 skaters) 1 coach and 3 PA's is the minimum requirement</p>	<p>1:10 coach/PA to skater ratio</p>	<p>- 1:5 coach/PA to skater ratio including one (1) coach for every 10 skaters</p>
<p>Continuous Movement on a session</p>	<p>Skaters learn best when they move! As the saying goes, "practice makes perfect." Skaters must be given the opportunity to practice in a fun, dynamic and challenging environment. Circuits are a great tool for coaches to teach effective movement. Using the full ice surface for warm-ups, group activities and cool-downs also allows skaters the space they need to experiment with acceleration, length of stride and balance.</p>	<p><i>Example: 60-minute session</i> Movement required for 54 of the 60 minutes on the ice. You can assess this by watching one group. Anytime the group is stopped (waiting behind a line of skaters, stickers, attendance, etc.), start a timer. Once moving again, stop the timer. The number at the end of the session will indicate the time not moving on the session.</p>	<p>Movement for 90% of session</p>	<p>- Greater than 90% movement throughout the session</p> <p>Note: Skaters receiving one-on-one attention does not affect movement percentage, if the rest of the group is moving.</p>

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<p style="text-align: center;">Music</p>	<p>Music helps create a warm and welcoming environment for skaters, and it:</p> <ul style="list-style-type: none"> • motivates and stimulates the senses, adds interest and fun; • encourages the development of coordination, rhythm and musicality; and • ensures the session runs efficiently and on time. 	<p> Music Guidelines</p> <p> CS Manual – Sample Songs</p> <p> SC Materials Store – CS Music</p>	<p>- Use age appropriate music for the entire session</p>	<p>- Music that is fun and energizing, and contains signals to indicate session segment changes (for example, fast track laps and station rotation)</p>
<p style="text-align: center;">Teaching Aids</p>	<p>Teaching aids help make a CanSkate session welcoming and fun. They add colour, visual impact, interest and bring a three-dimensional effect to the ice. Some of the benefits include:</p> <ul style="list-style-type: none"> • Stimulating the senses of sight and touch • Increasing skaters' learning • Encouraging skaters to remember what skills to perform with each prop • Encouraging skaters to remember certain teaching points about a skill • Encouraging skaters to keep their eyes up as well as navigate paths • Motivation and challenge development 	<p> Teaching Aids Video</p> <p> Teaching Aids Guideline</p> <p> Skills Signs</p> <p> SC Materials Store – Skills Signs</p>	<p>- Use teaching aids at each station (including markers or skill signs and pylons)</p>	<p>- Use a variety a of teaching aids that will inspire learning and interest from skaters (see 'Teaching Aids Guideline' for samples)</p>

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Station Signs		Agility, Balance, Control & Fun Zone signs	- Use Station identification signage (Fun Zone must be included in one of the 3 stations)	
Maximum number of skaters per session	<p>The number of skaters on a session must allow for the following:</p> <ul style="list-style-type: none"> Promote a safe environment Ensure all skaters have enough room to move freely around the ice and circuits An organized flow of rotation Proper coach/skater ratios 	Contact Sharon Maki at smaki@skateontario.org for more info	<p>- Sessions should not exceed 50-60 skaters</p> <p>Clubs/skating schools who wish to offer programs with more than 60 skaters must receive permission from Skate Ontario.</p>	
PROGRAM ASSISTANTS				
Use of Program Assistants	Program assistants are used to enhance the delivery of the CanSkate program.	 Program Assistant Video  Program Assistant Role	<p>- Use PAs as needed Meets minimum coach/PA ratio (1/10 ratio)</p> <p>- All program assistants on the ice must be wearing skates and be registered with Skate Canada</p>	<p>- Assign a Program Assistant to each group for supervision and assistance</p> <p>- Use additional Program Assistants as required to offer an effective and efficient program</p>
Training	The CanSkate coach (or coaching team) is responsible for training the club's PAs before assisting on the ice.	 PA Training Guidelines  PA Training (ppt)  PA Training Workbook  PA Training Certificate  PA Evaluation Form	- Ensure PAs are trained before assisting on the ice with a minimum of one training per season	- Offer multiple training sessions throughout the season to engage, support and monitor development of the program assistants

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WARM-UP				
Warm-up	The warm-up is a time to welcome the skaters to the ice in a motivational, high energy environment.	 Warm-Up  SC e-learning – Warm-ups & Maximizing Circuits	Use of full ice or Fast Track Include forward and backward skating in both directions	All minimum standards plus: Inclusion of deep knee bends Evidence of increased heart rate in participants Choreographed movements matching the music Add time frames where skaters can skate as fast as they can.
LESSON TIME				
Lesson time *Mandatory for Advanced Standard Qualification*	Lesson time is essential for learning and practicing skills. Muscle memory relates to continuous repetition and the creation of motor pathways within the body. Once established, it allows for automatic reactions and movements, which improves performance since the athlete can then focus on more complicated aspects of the skill. Coaches can develop muscle memory through circuits, repetition and hands-on training. It is important for skaters to rotate during the session. Benefits include: *Experience of seeing multiple coaches (personalities and teaching styles) *Learning to skate in all areas of the arena *Ability for coach to be master of their circuit	 Video - Circuits  How to efficiently use a circuit  Advanced use of Circuits  Lesson Plans  CanSkate Video Library  Video - PreCanSkate  Video - Stations Example: 35 skaters. 1 coach, 3 PA's 3 stations (with 3 groups) <ul style="list-style-type: none"> • 1 Coach led (Agility, Balance, or Control focus) • 1 PA led (Review circuit from last weeks lesson), • 1 PA led (Fun Zone) Minimum 10-min. lesson rotation with 3 rotations	- A minimum of 30 min. of lesson time - Rotation of 3 different learning or review stations (skaters rotate) - Use of circuits to teach and practice skills - A minimum 10 min. lesson to each group by a NCCP Skate Canada coach.	All minimum standards, plus: - Use of circuits designed to fill 1/3 of ice, maximizing ice coverage Each station has a designated coach that stays at that station to ensure all skaters who visit that station have the same quality instruction on the topic of the day. When two groups are sharing a station, inside and outside circuits are being used to maximize ice usage. *Mandatory for Advanced Standard Qualification*

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<p>Quality Coaching</p> <p>*Mandatory for Advanced Standard Qualification*</p>	<p>Lesson time is essential for learning and practicing skills. Muscle memory relates to continuous repetition and the creation of motor pathways within the body. Coaches can develop muscle memory through circuits, repetition and hands-on training.</p>		<ul style="list-style-type: none"> - Coach ensures that each skater in the lesson receives one-on-one attention on the circuit during the lesson time - Coaches know and teach the standards of the skills as per the CanSkate Resource toolkit and videos <p>*Progressions required for teaching circuits</p>	<p>All minimum standards, plus the coach gives each skater:</p> <ul style="list-style-type: none"> - Individual feedback - Individual corrections - Individual challenges based on their level of development within their lesson and circuit, without stopping the entire group. <p>* Target working with each skater every lesson</p> <p>*Mandatory for Advanced Standard Qualification*</p>
GROUP ACTIVITY				
<p>Group Activity</p>	<p>Add fun to optimize learning! A group activity immediately follows the lesson time and is designed to provide additional practice opportunities in a fun and interactive way. It should also increase heart rate, encourage speed, balance and control and challenge development. Group activities are to be done to music to encourage coordination.</p>	 <p>Video - Group Activity & Cool-Down</p>	<ul style="list-style-type: none"> - Use of full ice - Activities include skill enhancing and speed development 	<p>All minimum standards, plus:</p> <ul style="list-style-type: none"> - Use of music to match activity - Evidence of "challenge" skills - Use of continuous lanes or similar format. <p>Make it fun!</p>
COOL-DOWN				
<p>Cool-Down</p>	<p>The cool-down is designed to lower the heart rate, decrease the energy level and give skaters' bodies the opportunity to begin the recovery process before leaving the ice. (2-3 minutes)</p>	 <p>Video - Group Activity & Cool-Down</p>	<ul style="list-style-type: none"> - Use of full ice - Evidence of gliding stretches to increase range of motion and lower heart rate, for example: toe touch while gliding (hamstring stretch) 	<p>All minimum standards, plus:</p> <ul style="list-style-type: none"> - Use of slower music to support lowered heart rate - Use of continuous lanes or similar pattern

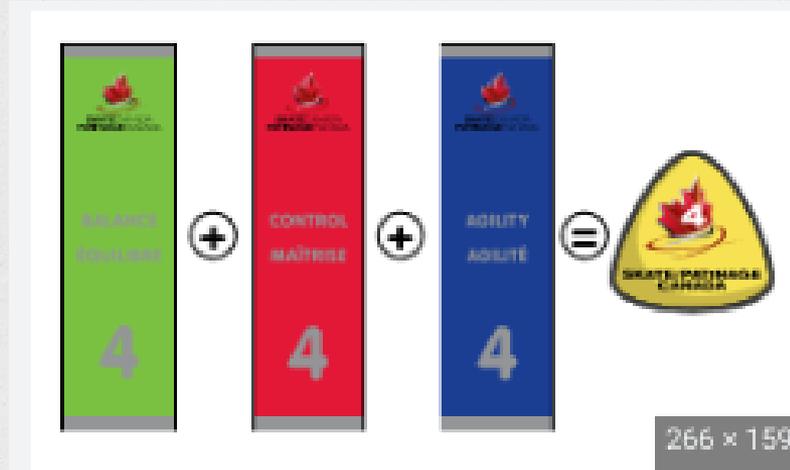
ITEM	RATIONALE	RESOURCES	ACHIEVED STANDARD 	ADVANCED 
FAST-TRACK				
<p>Fast Track</p>	<ul style="list-style-type: none"> - Encourages speed and length of stride by using the full perimeter of the ice - Allows skaters to increase their heart rate between stations - Allows coaches time to check off any skills mastered in the lesson before teaching the next group 	 <p>Video - Fast Track</p>	<p>Incorporate Fast Track in your warm-up</p>	<p>Fast track laps to be done between every lesson rotation for skaters Stage 2 and up (Stage 1 skaters may go directly to the next station)</p> <ul style="list-style-type: none"> - Incorporate into lesson circuit
FUN ZONE				
<p>Fun Zone</p>	<p>A station or area on the ice that is used for review or practice purposes. The Fun Zone should have more props, teaching aids and visual impact than the regular teaching or review stations to help keep skaters' interest and motivation high.</p>	<p>The Fun Zone can be incorporated into one of the fundamental areas (Agility, Balance, Control), or a review station.</p>	<ul style="list-style-type: none"> - Inclusion of the Fun Zone at one of the stations - May be grouped with a learning station 	<ul style="list-style-type: none"> - Fun Zone included with a learning station in a creative and engaging way
OFF-ICE				
<p>Branding and Marketing</p>		 <p>Marketing Toolkit</p>  <p>Progress Report – ENG</p>  <p>Progress Report – FR</p>	<ul style="list-style-type: none"> - Must advertise and refer to the program as CanSkate and use the official CanSkate logo - Use the official Skate Canada CanSkate report card (min one per season) 	<p>All the minimum standards, plus:</p> <ul style="list-style-type: none"> - Use of Skate Canada promotional tools, including marketing toolkit items

What do these changes mean for the March-Kanata CanSkate Program?

- We have now included voice overs to help skaters and staff find consistency and comfort in the movements being asked of them during the beginning and end of our sessions.
- Coaches and Program Assistants are now working to keep up continuous movement throughout the sessions, including taking attendance while beginning to skate around the circuits
- We are now assessing throughout each session and you will be able to tell which area of development your child is working on based on the sign that is placed at their first or second lesson station, (i.e., Control, Balance, or Agility)
- We are also keeping a digital record of all of the assessment data so that things will hopefully not get missed like they have in the past, I will speak more to this shortly.
- We are also working on our skater to staff ratio, but unfortunately with COVID, other illnesses, exams, and competitions we are not always as successful as we would like. We are aiming for a ratio of 1 staff to 4 skaters, whereas the goal is 1:5 based on provincial standards
- We are also having bi-weekly meetings with PAs before sessions and if given information from parents we are focusing on certain areas needed for growth

Assessment Changes

- We are assessing your child and giving them feedback on where they are and what skills they require to get the next ribbons and badges every class. We are doing our very best to help every skater with a targeted new skill every lesson and meaningful feedback comes with that.
- We are tracking everything digitally which was mentioned before so that I can quickly look into where a skater is and provide options and information to parents and coaches right away.
- In light of hoping to make everything digital skaters will still receive ribbons and badges in person at the end of the year and throughout the sessions, but we are hoping to be emailing report cards to parents this time rather than handing out physical copies.



Equipment Considerations

- All Helmets must be CSA approved and must not have expired



- Preferred skates would have no plastic on them and either be hockey skates or figure skates. No need to panic if you do have plastic skates for your child, just when they outgrow them try to look for these better alternatives. Please see next slide.

✓ Examples of what to look for in skates:



This style of skate is excellent for new (and not-so-new) skaters. They offer firm support but are still soft enough to ensure comfort on the ice.



These are gently-used hockey skates. They have lots of support (boots hold up on their own) and lots of life left in the blade.



These typical figure skates are well-used but have firm support (boots hold themselves up) and are sufficiently padded on the inside to protect ankles and keep feet straight.

✗ What to avoid in skates:



What's Next and Registration

- We will be holding a What's Next session for some of our skaters who have passed all of stage 3 and have shown interest in continuing on with figure skating moving forward. The next option for them is a program that we run at the same time as CanSkate called Pre-Juniors. The session is an information session that will give you a clear understanding of the program and next steps for your child. We are hoping this will happen either late February or early March.
- If your child is in Pre-CanSkate this year, I would highly recommend that you register them for regular CanSkate next year.
- Also, I will most likely be making the groups next year so I will be taking all of the wonderful progress that your child has made this year and helping to match their talents to the perfect groups for next year.

Thank you so
much for
coming! Any
questions or
concerns?