

# Lucan Skating Club



**Skate  
Canada**

## **Welcome to the Lucan Skating Club CanSkate Session!**

You will find everything you need to know for the upcoming season below.

For most up to date information, be sure to check out our website: [www.lucanskatingclub.com](http://www.lucanskatingclub.com)

Follow us on Facebook & Instagram: Lucan Skating Club

### **Before the First Skating Session:**

- Ensure your skater has properly fitted and supportive skates. Make sure they are sharpened.
- Pack a towel to wipe blades off after skating and have soft guards to go on to protect the blades. Hard guards also help to protect the blades when walking off of the ice, but are not necessary as there are mats to walk on.
- Ensure your skater has a properly fitted CSA helmet. A helmet is mandatory for all skaters on the CanSkate session.
- Ensure they have proper clothing-water resistant pants, a coat, socks that come up past the top of the skates, warm gloves/mittens. Make sure clothing is not too bulky so it does not restrict movement. Have your skater dress in layers, if they are too hot, can always take a layer off.
- If skater has long hair, ensure to have a hair elastic to keep out of eyes.

### **On the First Day of Skating:**

- Please arrive to the rink 15 minutes before the start of the session.
- You will pick up your skater's name tag on the way in. It will be there at the start of every session. This is also where you may find any ribbons or badges passed as the weeks go on.
- Proceed to the assigned change room listed on the TV/white board. Ensure the skater's skates are tied up correctly. Go to the bathroom before putting layers on. Ensure nothing in mouth before going on the ice-ice gum.
- Skaters will be welcomed on the ice by the coaches once they have completed set up. There will be one door used to enter the ice. Skaters will have a sticker on their name tag and that will be their coloured group.
- During the session, parents are invited to sit up in the stands or in the warm seating area. No parents are allowed in the player boxes or allowed on the ice at anytime. It is expected that an adult stays to watch the session, in case a child is injured or needs the washroom, etc.
- Skaters will be put into groups based on their level, and rotate through stations during their time on the ice. They will be assisted by both coaches and program assistants.
- Skaters will have their name tags collected on the ice before they leave.
- There will be one exit door for skaters getting off of the ice.
- Ensure to wipe off ice/water from the skater's blade upon taking them off.



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## **Other Important Information:**

If there are any questions, this can be addressed to a coach after the session is done or a board member.

**Assessments** will be completed at the end of the season sessions- once before Christmas and once in March. There will be a paper report card and the skater's profile will be updated on uplifter. Badges and ribbons will be handed out as the weeks progress. Skaters may switch groups as they progress. Skaters will work on balance, agility and control elements. There are 3 ribbons to be completed for each stage.

Once all 3 ribbons are achieved, a badge will be given when the stage is completed.

There will be a calendar of events, please follow for any special event days. There will be a Christmas show and end of year Carnival for all skaters to participate in. An end of year awards banquet will be held at the end of the season to celebrate the skater's accomplishments.

## **Session Break Down for CanSkate Stage 1-3:**

5 min warm up

30 min lesson time-broken down into 4 stations-agility, balance, control, fun zone

5 min cool down

## **Session Break Down for Pre-CanSkate:**

5 min warm up

30 min lesson time-broken down into 3 stations-2 circuits and fun zone.

5 min cool down

If you have any questions or concerns, please feel free to contact the coach or a board member.

