

## WELCOME TO OUR FALL 2024 SESSIONS

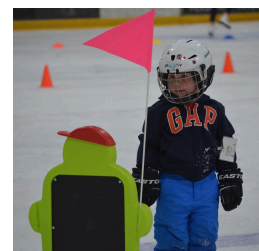
### CanSkate/Advanced Canskate

Dear Parents and Skaters,

The Thunder Bay Skating Academy is excited to welcome all of our new and returning members of our Learn to Skate Programs to what we expect to be a very exciting, quick and eventful season.

#### What can you expect from a typical session?

1) On your first day of skating please enter the rink and make your way to our hanging name tag boards which will contain your **name tag**. The coloured “**star**” on your skater’s name tag indicates which group they are in (this is subject to change after our initial assessments on the first day). Our name tag boards also act as “hanging mailboxes” and will be a place to pick up your name tag at the start of **every** session as well as a place to receive notices and reminders as applicable. We ask that you please have the name tag visible on your child’s jacket as this will assist us in grouping the skaters. Once you have picked up your skater’s name tag you can then proceed to get them ready for the ice by putting their skates & helmets on (you may use available dressing rooms or the stands to get ready).



2) We will begin each session with a 5 minute off-ice warm up. Please meet the coach leading the warm up near the entry gates at each arena. Once the skaters enter the ice surface they will complete a 6 minute on ice warm up and then they will join their groups, as indicated by their coloured star sticker on their name tag and the signs on the ice. Each group is clearly identified by a start marker with the coloured flag. Skaters match their sticker to the flag.

3) Our program is based on circuits. Each group will start in the same place every session and then move to a different spot on the ice every ten minutes until they have completed all three circuits. This format is great for keeping skaters moving continuously and learning new skills in the process. We will once again be using the “fast track” (skating around the perimeter of the ice) to get from one station to the next – the focus during these transitions will be to improve speed. Skaters are encouraged to use the fast track around the ice until the “Move It Move It” song is over, at that time they will need to locate their group colour once again. Skaters will always follow their flag colour that matches their coloured star sticker on their name tag.



4) To conclude our session, skaters will be involved in a group activity and then a cool-down period. This allows skaters of all levels to be a part of the group as a whole and to be able to have time to cool their bodies down prior to leaving the ice.

Please trust our program. We realize that the first few sessions may seem overwhelming. Please encourage your skater to know their colour and to stay with their group for the most optimal learning.

#### What do I need to bring?

When preparing for the first session, it is a good idea to wear some warm pants and a jacket on the ice along with waterproof gloves/mittens. **\*please ensure the fabric of the mittens/gloves you choose will not “stick” to the ice surface!**



Please be aware that we do require that all skaters on the ice have on a **CSA approved hockey helmet as well as proper skates**. As per our governing body “Skate Canada” all skaters must wear a CSA approved hockey helmet at all times while on the ice surface. There are no exceptions.

Please ensure that your skater has supportive skates to ensure success in our programs. Single bladed, leather lace up figure or hockey skates are preferred. Molded skates are not recommended as they are inflexible. Avoid buying a skate too large, poor fitting equipment will cause discomfort. Skates typically fit one size smaller than your shoes. Please make sure the boot does not have any wrinkles. Reminder, that skates should be sharpened as soon as they are purchased.



### Schedule

We have attached a complete ice schedule for your skater’s session. This schedule will include any dates where the ice was not available, time changes, theme days and all other necessary information. These will also be posted on our website under our schedules tab if you misplace this initial copy.

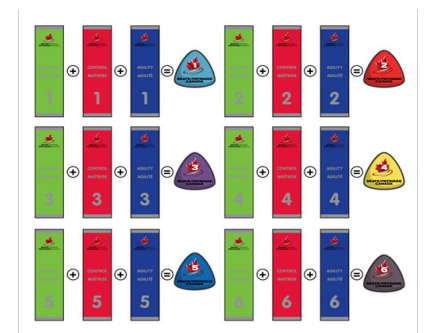
### Evaluation & Assessment

Skate Canada has an extensive reward system to track your skater’s progress. There are three strands to each badge: Agility, Balance and Control (the ABC’s of basic skating). Once a skater has achieved all three strands gaining all three colour ribbons, they will receive their Stage Level Badge. Assessments are ongoing however we do have two specified “Assessment Days” during our 10 week session (see schedule for exact days). It is strongly encouraged that your skater attend these days (if possible). Achievements will be handed out on the last day of our season.

	Stage 1	Stage 2	Stage 3
Balance	• Fall down & get up	• Fwd 2-ft sculling	• Fwd stationary blade push
	• Fwd push/glide sequence	• Fwd 2-ft to 1-ft glide	• Fwd 2-ft slalom
	• Fwd 2-ft glide	• Fwd push/glide sequence	• Fwd circle thrusts
Control	• Snow slide steps	• Fwd stop	• Walking crosscuts
	• Bwd 2-ft skating/walking	• Bwd 2-ft sit glide	• Fwd 2-ft to 1-ft curve glide
	• Bwd 2-ft glide	• Bwd 2-ft to 1-ft glide	• Fwd stop with speed
Agility	• 2-ft turn	• Bwd push/glide sequence	• Bwd 2-ft sculling
	• 2-ft jump	• Bwd 1-ft glide	• Bwd 2-ft to 1-ft glide
	• Fwd skating perimeter of ice	• Fwd 2-ft turn	• Bwd push/glide sequence
			• Bwd 1-ft glide
			• Fwd 2-ft quick turn
			• Bwd 2-ft quick turn
			• Fwd 360° step turn
			• Bwd 2-ft jump
			• Fast fwd perimeter skating

### Coaching Staff

All coaches are nationally certified coaches trained specifically in teaching the mechanics and proper technique of skating. They have extensive training by Skate Canada and the Coaching Association of Canada, along with a completed BackCheck and First Aid Training. Each rink is assigned a **Lead Coach** to oversee the operations of the rink along with other coaches who run the circuits at each station. Our coaches are clearly visible in a grey Thunder Bay Skating Academy jacket.



### Where Can I Get More Information?

Be sure to stay tuned to your emails for news and events. Our website and FB page are always full of information about upcoming events, time-changes and fundraising initiatives. Check us out at [thunderbayskating.com](http://thunderbayskating.com), like us on Facebook & follow us on Instagram!



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If you have any questions or concerns please don't hesitate to contact us.

Thank you for your interest in CanSkate, Canada's premier learn-to-skate program.

Yours in skating,

*Thunder Bay Skating Academy*

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