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WELCOME TO ADVANCED CANSKATE SPRING 2025

Dear Parents and Skaters,

The Thunder Bay Skating Academy is excited to welcome all of our returning members to our **ADVANCED CANSKATE Program**. We are excited to spend the next **6 Saturday sessions** (April 19th & 26th at FW Gardens; May 10th, 17th, 31st & June 7 at Current River Arena - **no skating** on May 3rd & 24th) with you for what we expect to be a very exciting and eventful season.

What can you expect from a typical session?

1) On your first day of skating please enter the rink and **follow the posted signs** to 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 & helmet on (you may use available dressing rooms or the stands to get ready).

2) **On-ice delivery**: once skaters enter the ice surface, we will begin with a 10 minute warm up, then they will divide into their groups for a 25 minute Lesson/Teaching segment. After the lesson segment they will come together for a 5 minute Challenge or Creative segment followed by 5 minutes of Independent practice time ending with a 5 minute cool-down. The session will focus on continuous movement emphasizing the use of newer and more dynamic group teaching concepts. If you were in our regular CanSkate program last season, this is a continuation of what your skaters did last year, focusing on continuing to move them through to complete their CanSkate Badges.

5) Assessments are ongoing however specified "Assessment Days" will take place during the lsst few weeks of the season. It is strongly encouraged that your skater attend these days (if possible). Achievements will be handed out on the last day of the session.

What do I need to bring?

When preparing for the first session, it is a good idea for your skaters to wear some leggings/joggers and a sweater/jacket on the ice along with mittens. **As this is an Advanced program, we would like to see the skaters dressed in attire that allows for active movement. NO JEANS OR SNOW PANTS PLEASE!**

***Please be aware that we **do require that all skaters have on laced figure or hockey skates (No plastic molded skates please) and a CSA approved hockey helmet** until they have been told otherwise by a member of our coaching staff. Helmet Policy: As per our governing body "Skate Canada" all skaters must wear a CSA approved hockey helmet at all times while on the ice surface until such time as they have achieved the complete Stage 5 badge.

Schedule

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

Where Can I Get More Information?

Be sure to stay tuned to your emails for news and events. Also our website and FB page are always full of information about upcoming events, time-changes and fundraising initiatives. Check us out at **thunderbayskating.com**, like us on Facebook & follow us on Instagram!

If you have any questions or concerns please don't hesitate to contact the Director of Skating (Stacie Furlonger) at tbsa.director@gmail.com or the club at thunderbayskatingacademy@gmail.com .Thank you for your interest in our program, the Thunder Bay Skating Academy is excited to have you aboard this season!

Yours in skating,

Thunder Bay Skating Academy