

Line 19 Skating Registration Date

We are starting to get things organized for the upcoming skating season. Our coach Jen will be back this year. The club will again be offering Can Skate, Star Skate and CanPowerSkate. The skating days this year will be Sunday and Wednesdays.

Some information about Can Skate and what it has to offer. The program has changed in the last couple of years with a total revamp of what the participants are taught:

The Can Skate program is designed to teach the fundamentals of skating. The focus of the program is skating skills that apply to hockey, ringette, speed skating and figure skating. Skating forwards and backwards, turning, falling and getting up in a variety of ways, stopping in a variety of ways, edges, and crosscuts are just some of the elements that exist in the Can Skate program. There are no actual figure skating maneuvers introduced until Stage Six which is the final stage of Can Skate. A participant at this level that is not interested in figure skating does not participate in figure skating maneuvers and rather focuses on skills specific to their desired sport such as power skating skills for hockey players. Many NHL players credit their skating ability to the Can Skate program. NHL players such as Colby and Riley Armstrong both participated in Can Skate as well as figure skating. Former Canadian figure skating pairs champion Barbara Underhill is a skating consultant for the Toronto Maple Leafs as her expertise in skating ability is highly valued by NHL players. Can Skate is not designed to teach figure skating, it is designed to increase skating ability which can benefit all ice sports.

Can Skate and Star Skate

The season is set to start November 8 and go to around the end of February and the beginning of March. It will be finalized at the registration meeting. Time is taking off with school breaks. The Pre can level is for children that are able to stand on their skates. There will be an option again for once a week lessons if that works best with family schedules.

| | |
|------------|---|
| Pre Can | 2 1/2 hr lessons a week |
| Can Skate | 2 45 min lessons a week |
| Star Skate | Scheduled twice a week minimum 45 minutes each time |

Can Power skating

CanPowerSkating will run on Sundays starting at 1 PM and there will be 10 sessions with them being done before the Christmas school break.

Dates for CanPowerSkating: Single Lessons: November 8, 15, 22, Dec 13

Double Lesson: Nov 11, Nov 29, Dec 6

The Line 19 Skating club will have a Registration Meeting on Wednesday October 7 at the Loreburn Rink at 6:30 PM. Please feel free to bring old skates and helmets to the meeting that you are wanting to sell, trade or give away. If you are unable to make it then please fill out the registration form attached and get back by email or fax 306-644-4981.

There is also funding available for families if needed from Kidsport and application forms will be at the registration meeting.

Any questions please don't hesitate to ask and spread the word!

Line 19 SC Carmen, Joann, Vanessa