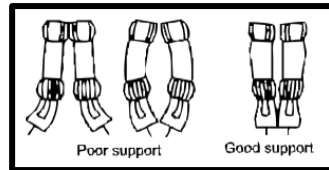


Skates:

Type: Pre-CanSkate and CanSkate skaters are welcome to wear either hockey, or figure skates. Moulded plastic skates with slide clip closures are not recommended over size 8. Bob-Skates with the double blade are not permitted. Rising Star Skaters are expected to be in figure skates.

Fit: Skates will provide firm support around the ankle. When laced up snugly, the ankles should be straight in the boot. Skates should fit more snugly than regular shoes, particularly around the heel. The skater should be able to wiggle toes inside the boot, but the heel should not move at all in the skate. There should be no more room than one finger space between the back of the foot and the skate. You should be able to pull the laces tight in the front and the tongue of the skate should be wide enough to prevent the laces touching the foot.

Sharpening: Skates should be sharpened before the first day of skating, even if skates are new. The arena staff at McCormick Arena and many sporting goods stores will sharpen skate blades.



What to Wear?

Clothing: All participants must dress in warm, comfortable clothing in layers, including gloves, or mittens. Waterproof pants are recommended. While learning to skate, figure skating dresses alone are not warm enough.

Policies

Guardians Staying On-Site

- Guardians are to remain in the arena during program time in case of an emergency. If your child requires assistance, or needs to use the washroom, coaches and/or program assistants will be looking for you. Parents of children under 12 must stay in the arena.

Photos/Videos

- Pictures and videos may not be taken at any time unless otherwise specified by a CanSkate Supervisor, as the WTSC wants to ensure that the privacy of its skaters is respected and protected.

Parents Code of Conduct – Please find on our website

West Toronto Skating Club CanSkate Parent Guide



McCormick Arena
179 Brock Avenue Toronto, Ontario, M6K 2L7
416-588-1158

office@wtsc.ca
www.wtsc.ca

For helpful videos please visit the links below.

Canskate- <https://youtu.be/9Z7KBWwpVgU>

Skates and Equipment- <https://youtu.be/WTQ2Yr5pdR0>



Helmet Requirements

All Pre-CanSkate, CanSkate, Advanced CanSkate and Adult/Teen CanSkate participants **MUST** have a CSA approved hockey helmet until they pass CanSkate Stage 5. **Bicycle, multi-sport and snowboarding/skiing** helmets are **NOT acceptable**.



Learn to Skate Programs

PRE-CANSKATE CSA Hockey Helmets mandatory

All skaters not passed Stage 1. Min. age 3 by Sept 1, 2019. Session consists of 30 minute group lesson. Parents are encouraged to join the concurrent Teen/Adult CanSkate session.

CANSKATE CSA Hockey Helmets mandatory

Skaters passed Pre-CanSkate or are min. age 4 by Dec 31, 2019. Session consists of a 45 minute group lesson. Teens and Adults are welcome.

RISINGSTAR - By invitation / approval of Program Director. Passed Stage 2 CanSkate and interested in figure skating. Fee includes 45 minutes of group lesson on ice and applicable off-ice.** Helmets mandatory for skaters not passed Stage 5 CanSkate.

PRECAN-POWERSKATE CSA Hockey Helmets mandatory

Must be able to move forwards, backwards (thrust and glide) and stop or Stage 2 of the CanSkate program. Full equipment and stick required.

TEEN/ADULT- CANSKATE CSA Hockey Helmets mandatory

All stages offered for ages 14+. Knee pads and wrist guards are encouraged.

TEEN/ADULT- RISINGSTAR

For teens and adults (age 14+) working on Stage 1 CanSkate and up. Fee includes ice time and 30 minute group lesson.

What's Next? STAR (Figure Skating) and PowerSkate programs.

Please go into the club office, or visit our website at www.wtsc.ca for more information on our STAR Programs (Figure Skating) and PowerSkate programs, or ask a member of our team.

Our Team & Club Events

Our Team

- WTSC is Skate Canada sanctioned and its coaches are NCCP trained and Skate Canada certified. For program information, please speak to the Program Director office@wtsc.ca.

Club CanSkate Events

- Mini Olympics- Fall December 14, 2019 and Winter April 18, 2020

Progress & Awards

Assessments and Reports

- Reports will be completed twice during each Fall, Winter and Spring sessions. Assessments will be ongoing. All badges and ribbons earned will be given out at this time. You can track progress in the registration system.

Ribbons/Badges

- The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:
 - Balance: Concentrating on forward skills, pushing technique, and edges
 - Control: Concentrating on backwards skills, stopping and speed elements
 - Agility: Concentrating on turning and jumping skills
- The awards consist of:
 - Three Fundamental Area ribbons for each stage
 - Six stage badges
- To pass a stage badge skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.

