

# *SKATING HANDBOOK*



*as of*  
*September 10, 2020*

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# CLUB EXECUTIVE

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As of September 1, 2020, our Executive Committee to date is:

President & Secretary: Jalene Jepson  
Vice President: TBA  
Treasurer: Melissa Wagner  
Test Chairperson & Registrar: Eric Lamontagne  
Fundraising Chairperson: Erin McCormick  
Media & Communications: Amanda Doerksen

## Coaches

### **Heather Martin**

NCCP National Coach (Level 3) Trained

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### **Rhonda Booth**

NCCP Level 2

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### **Ashley Peters**

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### **Shelby Sawatzky**

NCCP Regional Coach (Level 1)

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## **Warman Osler Skating Club**

Box 259

Warman, SK S0K 4S0

Website: <http://warmanoslerskatingclub.com/>

Email: [warmanoslerskatingclub@yahoo.ca](mailto:warmanoslerskatingclub@yahoo.ca)

Facebook: Warman Osler Skating Club

# PROGRAM ASSISTANTS

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To enable our club to deliver the CanSkate program effectively and to meet the requirements set out by Skate Canada, we require the help of qualified Program Assistants (PA's).

The Program Assistants should be 12 years of age or older and have passed the Star 2 Free Skate test. This is important because parents prefer their children to be guided by Skate Canada Coaches or mature, experienced Program Assistants. However, our club does not have enough older skaters willing to volunteer. We are very thankful to have a younger group of skaters who help us to the very best of their ability.

## **Role of Program Assistant:**

### **Demonstrate**

- ⇒ A helping nature, patience with others
- ⇒ An ability to communicate ideas clearly
- ⇒ Reliability and a sense of commitment to tasks
- ⇒ Qualities of a good role model
- ⇒ Ability to lead activities in a creative, enthusiastic manner

### **Organizing and Planning**

- ⇒ Attend training sessions as required
- ⇒ Setup lesson outline to be used on-line (i.e. Station Skills Circuit, Games, Action Songs, etc.)

### **At Rink**

- ⇒ Checking skater's equipment if necessary, greet parents and skaters as they arrive, hand out printed materials if necessary

### **On-Ice Tasks**

- ⇒ Setup 'Station' areas, take 'Station' material with you when you go on ice
- ⇒ Lead warm-up and cool down sessions as requested
- ⇒ Take attendance, assist with circuits, demonstrate skills
- ⇒ Reinforce learned skills (follow-up to coach's instruction)
- ⇒ Lead exercises, drills, learning activities, games, action songs, creative expression games, supervise practice sessions
- ⇒ Hand out awards/incentives

PA's also work with groups for CanSkate FunFest, Carnival, and Skater fun days, as well as assist with choreographing numbers and ensuring practice of these numbers is completed. Warman Osler Skating Club, in conjunction with Skate Canada, appreciates the commitment that the PA's show during the season. Volunteering one's time is an expectation of older skaters, and while not required to do so by Skate Canada, the WOSC will attempt to compensate Program Assistants appropriately when financially able to do so.

# REGISTRATION POLICY

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This Registration Policy will be in effect for the 2020-2021 skating season.

- Payment of registration fees can be made in two installments due as indicated on the Registration Form.
- Mandatory Fundraising Post-Dated Cheque (1 per family) is due as indicated on the Registration Form.

## **Late Registrations**

- Will be accepted at the discretion of the Club Executive and will be dependent on the number of skaters registered in the requested program.
- Registration fees *will remain the same* until Christmas break. Fees will be a lesser cost if registering after the New Year. If you register after the New Year, you will have the option of selling 1 lottery book OR paying a fundraising fee of \$100 in addition to your registration fee.
- If the number of registrations will exceed maximum numbers allowed in the programs, priority will be given to existing members of the previous skating season.

## **Refund Policy**

- First-time CanSkate skaters will be eligible for a full refund if the skater discontinues in the period up to and including 4 sessions. After 4 sessions, refunds may be pro-rated, and at the discretion of the WOSC Executive.
- There will be NO refund of PreCanSkate and CanSkate fees after November 30.
- There will be NO refund of STARSkate fees after November 30.
- Requests for refunds for medical purposes must be accompanied by a doctor's note.
- The \$43.65 Skate Canada fee and the \$30.00 Skate Saskatchewan fee are non-refundable.

**All requests for refunds must be done in writing to the Warman Osler Skating Club: [warmanoslerskatingclub@yahoo.ca](mailto:warmanoslerskatingclub@yahoo.ca)**

# PARENT CODE OF ETHICS

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## AS A PARENT

**I** will encourage good sportsmanship by demonstrating positive support for all skaters, coaches, and volunteers at every practice, competition, and/or skating event.

**I** will place the emotional and physical well-being of my skater ahead of a personal desire to win.

**I** will remember that my child skates for his/her enjoyment, not for mine.

**I** will remember that the sport is for the skater(s) not for the parents.

**I** will, and will ask my skater to treat other skaters, coaches, volunteers, and parents with respect regardless of race, sex, creed, or ability.

**I** will and will encourage my skater to follow the rules and resolve conflicts without resorting to hostility or violence.

**I** will teach my skater that doing one's best is as important as winning so that my skater will never feel defeated by the outcome of a test or event.

**I** will make my skater feel like a winner every time by offering praise for competing fairly and trying their best.

**I** will never ridicule or yell at my skater for making a mistake, failing a test, or losing a competition.

**I** will do my very best to make the skating experience fun for my child.

**I** will always be on my best behavior and will not use profane language or harass coaches, skaters, volunteers, and/or other parents.

**I** promise to help my skater enjoy the skating experience by doing whatever I can, such as being a respectable spectator and/or assisting as a volunteer when necessary.

# CANSKATE PROGRAM

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CanSkate is a nationally standardized program taught by Skate Canada. Skate Canada coaches are trained through the National Coaches Certification Program. Our coaches are assisted on the ice by more advanced skaters from our club called Program Assistants. Our PA's are specifically trained by our coaches to deliver the best quality program and volunteer their time and efforts to help the club successfully run this program. Our coaches and PA's work as a team to ensure your skater is having fun and achieves success on the ice.

Skaters of all ages learn best when they are active, engaged, moving, challenged, motivated and having fun. This is what CanSkate is all about! The objectives of the CanSkate Program are:

- to provide participants and families with a safe, welcoming, and inclusive first experience in the sport of skating
- to develop skating and motor skills through natural learning phases
- to use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills
- to capitalize on key windows of trainability through various program components
- to foster personal achievements and satisfaction through skill acquisition, rewards, and recognition to evoke an interest in life-long participation in skating

One of the key delivery standards of the CanSkate program is to ensure that participants are moving 90% of their time on the ice. The CanSkate session consists of three parts: a warm-up, lessons and fun zone & cool down.

The CanSkate program curriculum is organized into three Fundamental Areas, divided into six stages of learning.

The Fundamental Areas are:

- Balance: Concentrating on most forward skills, pushing technique and edges.
- Control: Concentrating on most backwards skills, stopping and speed elements.
- Agility: Concentrating on most turning and jumping skills.

The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage badges

To receive 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. Skaters progress at their own rate through CanSkate; there are no 'testing' or 'badge' days. As soon as a skater achieves a skill, they get credit for it!



The CanSkate program is designed to close the gap between CanSkate and the STARSkate test program allowing skaters to move easily from skill to skill, stage to stage and program to program. The CanSkate program will accelerate the progress of skaters through the learn-to-skate phase and make it easier to move on to the next step. **A skater can enter the STARSkate program without completing the CanSkate program.**

### **SAFETY POINTS FOR SKATERS . . .**

- Get up quickly after falling
- Look in the direction of travel when skating backwards
- No pushing, playing tag, or bumping into others or the boards
- No gum or candy on the ice
- Parents must advise the club and/or coaches of any skaters with special medical conditions

### **Please remember:**

It is important that an adult remain in charge of your skater while attending our CanSkate Program. If this person is not going to be yourself, please indicate to the club and/or Coach who will be responsible for your child in case of emergency.

PreCanSkate is Mondays OR Thursdays: 5:45pm – 6:15pm (Diamond Arena)

CanSkate is Mondays AND Thursdays: 6:30pm – 7:00pm (Diamond Arena)

# STARSKATE PROGRAM

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Skaters moving into the test program from the CanSkate program must register in the STARSkate Program. Group and private lessons are very flexible, and this transition from the CanSkate to the STARSkate program is made easier by the opportunity for the skater to begin with group lessons and ease their way into the STARSkate Test Program (and private lessons if they wish to do so) with less uncertainty and expense.

**Pre-STAR & Junior STAR 1** skaters will skate two times per week. Coaching fees are included with these sessions.

Pre-STAR is Mondays AND Thursdays: 4:30pm – 5:30pm (Diamond Arena)

Junior STAR 1 is Tuesdays AND Thursdays: 4:30pm – 5:30pm  
(Tuesdays is at the Legends Arena & Thursdays is at the Diamond Arena)

**STAR 2+** will skate 2-4 times per week. Coaching fees are additional and must be arranged. All sessions are at the Diamond Arena except for Tuesdays.

Mondays, Tuesdays (Legends), Thursdays: 3:45pm – 5:30pm

Fridays: 3:45pm – 5:15pm

# CANSKATE FunFest

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*Details about Fun Fest will be dependent on facility guidelines and Skate Canada protocols due to COVID-19.*

CanSkate FunFest is a fun, recreational event which is held every year in our region. Each skater will be able to participate in a variety of events.

A tech package is an information package sent to all clubs prior to the competition to let them know what events will be taking place. The club hosting the competition must follow certain guidelines and criteria set out at the beginning of the year in the Provincial Technical Package. This includes the required elements for each level in the CanSkate program.

Skaters in the CanSkate program as well as skaters in the STARSkate program that have not passed any tests are eligible to compete in CanSkate Funfest. Once the skater and their parents decide that they will skate in CanSkate Funfest, the coach will be able to help them determine what events and which level the skater will be competing at. The competition usually consists of Stroking, Skill Circuits, and an Elements Program as well as team events.

The club and/or CanSkate coaches will distribute information packages that include a registration form and any information about the competition. It is important to get the registration form back to the club by the deadline, as late registrations are usually not accepted by the host club. Please ensure that you include a cheque or money order for the amount owing. Please remember to double check the registration form to ensure that the required information is complete and accurate, and the waiver form signed.

Prior to the competition, the club PA's and coaches will help the skaters prepare for the competition. This means practising the Skills circuits and Elements program as well as practising their Stroking. PA's may also attend the competition to help the skaters.

The club will receive a schedule of times and confirmation of entries approximately one week prior to the competition. Please ensure that you know the times of your first event. Skaters are usually flighted by age and the host club reserves the right to split any group into flights within each group if necessary.

Skating dresses or attire are not required at the CanSkate level, although most of the female skaters at FunFest wear skating dresses. Please dress warm as the rinks in our area are very cold! Mitts and sweaters are recommended. For the team events, many club teams dress the team members in the same type of outfit (i.e. black skating skirts with red shirts, etc.). **Helmets are mandatory** until the skater completes Stage 5.

Skaters must register **one hour prior** to their first event. Skaters who are scheduled in the first event may register 1/2 hour prior to their event.

# CARNIVAL

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Details about a carnival will be dependent on facility guidelines and Skate Canada protocols due to COVID-19.

Carnival will be held on Sunday, March 21 at 2:00pm (tentative due to COVID) at the Diamond Arena.

All WOSC skaters take part in the annual carnival, regardless of their level of ability. Carnival is a wonderful time for the skaters to show what they have learned and practiced throughout the season. It is not mandatory. Preparation will begin in February. Expenses incurred for costume preparation will be the responsibility of the skater unless determined otherwise by the WOSC.

## WHAT TO EXPECT AS CARNIVAL APPROACHES

- A carnival committee would be extremely beneficial! The committee could consist of executive members (2 or 3) and some CanSkate parents. Volunteers are always needed to ensure everything runs smoothly.
- The executive along with coaches and the carnival committee (if created) would determine the theme of the carnival. They would choose the group #'s and music being used – solo criteria if any – and have these decisions approved at the executive level.
- Costume suggestions for each group # are determined – these suggestions are passed on to a willing “group leader” to implement.
- There will also be many e-mails and handouts during carnival time with information regarding carnival pictures, dress rehearsal, volunteers needed, carnival day particulars, etc..

# EQUIPMENT

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## SKATES – Find the Right Fit

**Beginner Skaters (CanSkate)** - beginners can start with hockey skates or figure skates; either are appropriate at the CanSkate level. Recreational skates sold in department stores and sporting goods stores should provide adequate support for the beginner. Skaters in Advanced CanSkate programs will need to have figure skates.

Skates can be purchased at several locations, including:

- Al Anderson's Source for Sports
- Bike Universe
- Sport Chek
- Canadian Tire
- Top Shelf Sports
- Larry's Sports Exchange
- Saskatoon Sports Exchange

**Figure Skates for Advanced Skaters (Advanced, Pre-Star & STARSkate)** - there are many things you can do to help ensure that your skater gets the best possible result. Think about your budget; it will be helpful to the skate fitter to know what sort of price range you are thinking of. Go to an experienced figure skate fitter – one who will sell you equipment that is appropriate for your skater's strength, technical level, and ability. For a young skater, a stiff, top-of-the-price-range boot is usually the wrong choice. It can be damaging to a skater's progress if they are trying to skate in a boot that is too stiff for them. It does not allow their ankles to bend properly.

For a stronger skater, not having enough support can affect progress as well. Finding the appropriate boot and blade combination is one of the most important aspects of getting a new pair of skates. It is worth spending time with an experienced skate fitter. When you visit a Figure Skate shop, allow enough time. The process of properly fitting a skate takes about an hour to three hours depending on the level of skating and boot you need. Having a proper fitting boot will reduce the skater's chance of injury and increase the possibility of good performance.

Most figure skates are heat moldable. A good skate fitter will mold the boots for you, providing an even better fit. Professional fitters have a variety of other tools to help custom fit every boot. Bring your old skates. A used pair of skates tells a story. They tell the fitter about the strength of the skater, whether the skates have been tied

properly during use, and many other things that help the fitter determine what boot the skater should be moving into. Bring the socks/tights that you usually skate in; this is also important in getting an accurate fit.

**Where to Purchase NEW Figure Skates** - Bike Universe provides complete skate fitting and skate sharpening services. They will discuss a skater's needs and provide thorough and proper fittings, as well as heat molding, and information on skate care. They deal with a wide variety of boot and blade manufacturers to offer the best possible range of pricing and fit.

### **Bike Universe**

#122 – 20th Street West, Saskatoon

Website: [bikeuniverse.net](http://bikeuniverse.net)

Email: [bikeuniverse@sasktel.net](mailto:bikeuniverse@sasktel.net)

Phone: 306-244-0200

**Buying USED Figure Skates** - some skaters opt for used skates, but you need to be cautious that the blade is not so worn that it cannot be sharpened anymore. Used boots will need punching out in the ankle area for a comfortable fit. Properly done, punching is a precise adjustment that takes some time. Over-punching (making too much room in the boot) can cancel out all the advantages you got from having a carefully fitted boot.

**Russ Prosko** (phone: 306-384-0341) has extensive experience in used and new figure skates. He also sharpens skates from his home.

**Breaking in New and Used Figure Skates** - most skate brands use a technology that allows the boot to flex and bend in the ankle area while still being tied tight for support. However, even though the heat molding process fits the boot to the foot, the skater will still have to physically break in the crease area. Walking around in the skates at home, or doing squats while the skates are properly tied, will help break in the crease area.

Some boots may need punching out in the ankle area for a comfortable fit. If you are having your boots punched, allow at least twenty minutes in the shop. Properly done, punching is a precise adjustment that takes some time. Over-punching (making too much room in the boot) can cancel out all the advantages you got from having a carefully fitted boot.

**Keeping on Top of Changes** - as skater's feet grow or change shape, adjustment to the boot may be necessary. Never suffer through a problem! Skate technology has come a long way, and an experienced fitter can make your boots perfect.

**Skate Sharpening** - Russ Prosko: 306-384-0341

Russ is a skating dad that has 30+ years of experience fitting, sharpening and fixing skates. He works out of his home; please contact him directly or speak with one of the coaches for more information.

## **HELMETS**

Skate Canada's guideline is that helmets are mandatory until the skater passes Stage 5. The helmet fit should be snug with both the strap and helmet being adjustable. Look for helmets approved by the Canadian Standards Association (CSA) as they provide assurance of the best quality and safest design. A hockey helmet is most recommended and appropriate to the types of falls in skating.

## **CLOTHING**

Clothing should provide warmth, allow for movement, and provide some protection against falls. Ski suits are generally warm and dry but may restrict movement. Layering of sweat suits, ski jackets and long underwear or tights is recommended. Properly fitted snow pants will keep younger children dry. Warm mittens or gloves are a must, BUT long scarves should NOT be worn as they can be a danger.

Our website: <http://warmanoslerskatingclub.com/> provides more information about skates, helmets, and attire.