

## New to CanSkate!?

CanSkate is Skate Canada's nationally recognized learn to skate program and were so glad you've decided to be a part of this wonderful program through our Juan de Fuca Skating Club!

### **FAQ:**

#### **What to Wear/Bring:**

- CSA approved helmet is mandatory
  - Most bike helmets are not CSA approved, please see a coach or executive member at the rink if your unsure about your helmet.
- Skates
  - We do not rent/loan skates, if you have any questions on purchasing skates please see one of our coaches at the rink
- Clothing that allows freedom of movement, ie: stretch pants
  - No Jeans or Snow Pants
- A warm sweater
  - No bulky winter coats
  - A layered 'lululemon look' is best for warmth and mobility
- Warm Gloves or Mittens
- Pre-Power – may wear hockey gear, but not required
- Running Shoes
  - Children will do an off-ice warm up prior to lacing up their skates, please see online schedule for times applicable to your session

#### **How often do I sharpen my skates?**

- CanSkate – approx. every 2 months
- StarSkate/Competitive Skaters – approx. every 6 weeks

#### **What group is my child in?**

- Skaters who have been with our program in the past will be grouped according to the last level they skated in
- New members will start in Pre-CanSkate and will be assessed and where applicable placed in a different group appropriate to their skill level as quickly as possible
- Assessments are ongoing throughout the year to ensure all skaters are learning relevant skills applicable to them in a progressive and sequential manner.
  - There are no 'test days' in CanSkate, children are assessed as required at anytime

***Have more Questions? Contact our CanSkate Directors:***

***Mrs. Rushton ([lrushton@telus.net](mailto:lrushton@telus.net)) or Miss Annaliese ([jdfcoach@yahoo.ca](mailto:jdfcoach@yahoo.ca))***