



Ontario
Trillium Foundation



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CanPowerSkate

Agenda

- What is CanPowerSkate?
- CanPowerSkate, Hockey Canada and LTAD
- CanPowerSkate Market
- How to start and grow CanPowerSkate programs
- New partner – New CanPowerSkate!

What is CanPowerSkate?

- An instructional skating program started in 1986
- Teaches skating skills and techniques
- Geared to hockey and ringette players
- How skills and techniques apply to game situations
- Includes conditioning and power skating drills

What is CanPowerSkate?

- 10 week session with skills test at the end
 - 24 to 32 students; full equipment
- Coach to skater ratio of 1:10
 - Skate Canada trained CanPowerSkate coaches
 - Coaches in hockey skates, gloves, stick & helmet
- Continuous movement
 - Using stick as much as possible
- 6 Progressive Levels
 - Levels 1-6
 - Bronze, Silver & Gold awards



Benefits of CanPowerSkate

- Nationally regulated power skating program
- CanPowerSkate - Skate Canada Clubs
- Benefits:
 - Skate Canada Membership
 - Access to Skate Canada-trained coaches
 - Unique skill testing stem with awards
 - Special CanPowerSkate events
 - Progress updates and parent information sheets



CanPowerSkate versus CanSkate?

- Skaters in CanPowerSkate need basic skills
 - Skate forward length of ice with alternate stride
 - Skate backward with of ice with alternate stride
 - Stop on command without use of boards
- If not, they should enter CanSkate first

CanPowerSkate and LTAD

- LTAD – Athlete Pathway / framework
- How to maximize potential and involvement
- Based on physical and cognitive development
- Focus is on:
 - Physical literacy
 - Optimal training, competition, recovery
 - Optimal competition structure

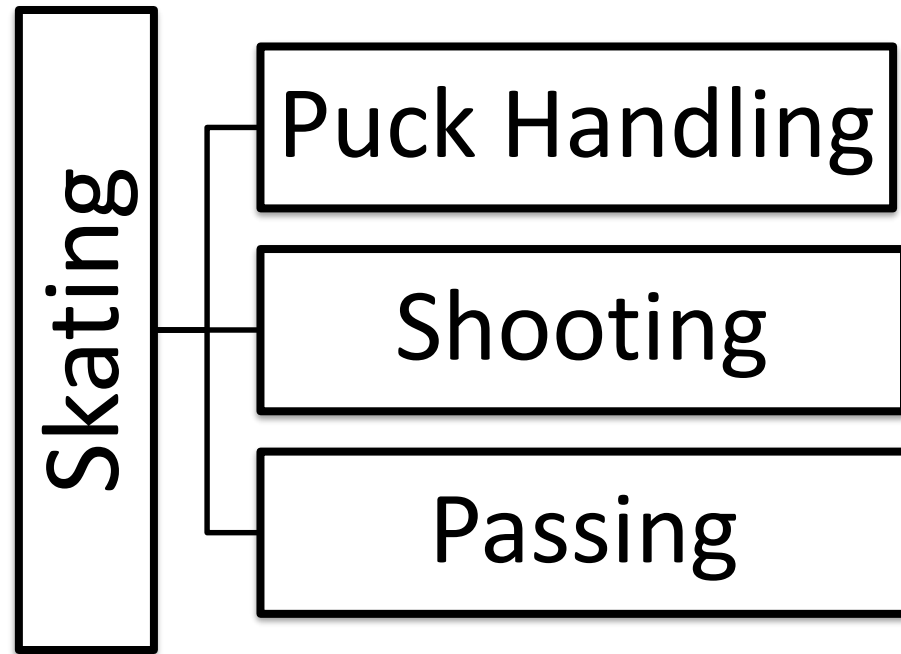


Hockey and LTPD

- Hockey Canada - Long Term Player Development
- Feedback:
 - Players losing ability to be creative & adaptive
 - Especially true at young ages
- LTPD – Focus should be on:
 - Individual technical skill development at all ages
 - Should be in a progressive manner

Hockey & LTPD

- 4 Fundamental Technical Hockey Skills



Hockey & LTPD



CanPowerSkate Market

- In 2013/14, what percentage of Hockey Canada participants were registered in CanPowerSkate?
 - 2%
 - 5%
 - 9%
 - 15%

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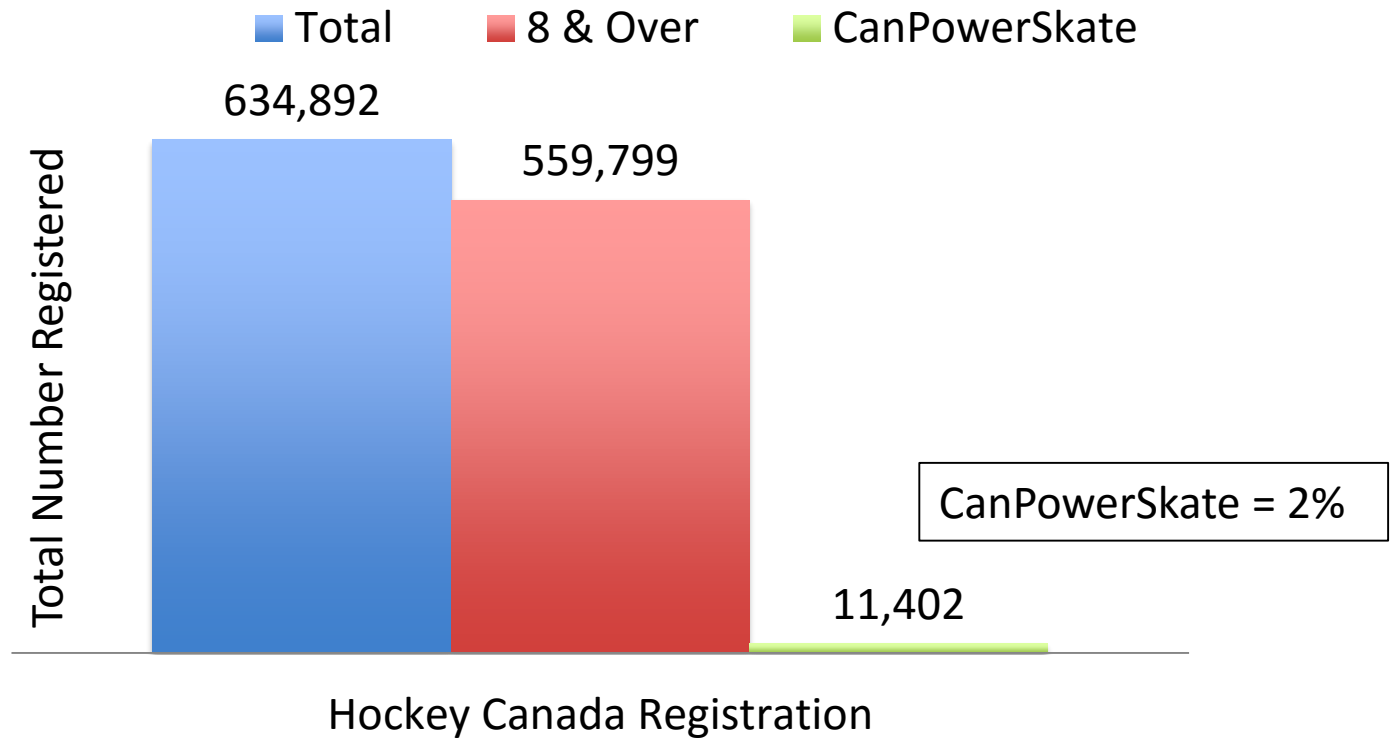
- 5%

- 9%

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CanPowerSkate Market

2013-14 Hockey Canada Registration



CanPowerSkate Market

- Opportunity for Skate Canada Clubs
 - Opportunities:
 - Link to Hockey Canada LTPD
 - Market opportunity (98% of players 8 and over)
 - Skate Canada coach quality
 - CanPowerSkate is nationally regulated program
 - Possible challenges:
 - Additional ice-time
 - Availability of CanPowerSkate coaches
 - Competition with existing power skating schools



Start a CanPowerSkate Program

- Assess local need and local market conditions
 - Survey club, community, local hockey and ringette teams
 - Build awareness of private Power Skating Schools
 - Connect with local Minor Hockey Associations
- Assess ice time availability
 - 10-11 week Session

Start a CanPowerSkate Program

- Assess CanPowerSkate coach availability
 - Skate Canada coaches and CanPowerSkate trained
 - May use Program Assistants
 - All should be in hockey skates
- Create advertising campaign
 - Expect interest to build over time



Start a CanPowerSkate Program

- Consider creative ice usage
 - Purchase private ice
 - Purchase ice from community organizations (i.e. unused hockey or ringette ice)
 - Split the ice with a hockey association
 - Conduct program on hockey ice-time
 - Every week? Every other week?
 - Combine multiple teams' ice time to create 1 session

Grow a CanPowerSkate Program

- Promote program to local hockey & ringette associations and teams
- Create flyer* and distribute:
 - In arenas
 - To hockey and ringette coaches
 - In schools
 - In community centres

*Template available from Skate Canada



Grow a CanPowerSkate Program

- Invite teams to complementary CanPowerSkate Session
 - Follow guidelines of ‘Bring a Friend Day’
- Inquire if local teams have designated power skating time
 - Many have time already designated and may not have structured program to run within that time
- Offer cost-sharing or profit-sharing arrangement

Grow a CanPowerSkate Program

- Research local hockey or ringette community for high level players/alumni to help promote program
- Showcase CanPowerSkate were possible
 - Club Carnival
 - Organize a local CanPowerSkate Skills competition
 - Invite local hockey celebrities to be involved
 - Bring a Friend day
- Train additional CanPowerSkate coaches



CanPowerSkate Coaches

Entry Pre-Requisites:

- At least 16 years of age
- Must be a current registered Skate Canada associate member

Figure Skating Pathway Entry: Completed the NCCP Instruction Stream – Beginner workshop (CanSkate) equivalent or higher

Hockey Pathway Entry: Completed the NCCP Community Sport Coach Stream workshop (Coach 1 – Intro to Coach or Coach 2 – Coach Level) equivalent or higher

Ringette Pathway Entry: Completed the NCCP Community Sport Coach Stream workshop (Community Sport-initiation) equivalent or higher

CanPowerSkate Coaches

- Completion of 2-day CanPowerSkate course
- **To obtain “CanPowerSkate Coach” Status:**
 - Pass CanPowerSkate coach’s exam
 - Pass On-ice practice teaching lesson
 - Emergency Action Plan (EAP) if not already completed successfully in the Skate Canada, Hockey Canada, or Ringette Canada coaching workshops

Hockey Canada Partnership

- An exciting new agreement with Hockey Canada
- Phase 1 (2016):
 - Endorsement of CanSkate as the best Learn to Skate option
 - “CanSkate makes you a better hockey player”
 - Encourage Skate Canada clubs and Hockey Canada Minor Hockey associations to collaborate more effectively

Hockey Canada Partnership

- Phase 2 (2017):
 - Endorsement of CanPowerSkate
 - CanSkate as prerequisite for Initiation Program
 - Curriculum/Coach Assistance with Initiation Program and The First Shift



The NEW CanPowerSkate

- Exciting revisions planned for 2017-18
 - New 10 week curriculum
 - Coach Training Changes
 - Will be an NCCP Recognized Program
 - New Coach Certification Program & CEPs
 - New off-ice curriculum
 - Private lesson information
 - Team curriculum
 - Condensed curriculum (camps & small sessions)
 - Multi-media Resources



The NEW CanPowerSkate



CAN**POWER**SKATE

Questions?

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