



SKATE ONTARIO
SKATECANADA



Rebound to Skating: Program Planning



Session Numbers - CanSkate



- CanSkate – 50-60 maximum

Maximum number of skaters per session	<p>The number of skaters on a session must allow for the following:</p> <ul style="list-style-type: none">- Promote a safe environment- Ensure all skaters have enough room to move freely around the ice and circuits- An organized flow of rotation- Proper coach/skater ratios <p>Ideally sessions should not exceed 50-60 skaters</p> <p>Clubs or Skating Schools who wish to offer programs with more than 60 skaters must receive Section permission</p>
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- CanPowerSkate – 30 maximum
- Star 1-5 & Club/Skating school programs (STAR 6-Gold, Competitive, Adult, etc.)

Planning Tools

- CanSkate
 - Skate Canada – CanSkate Guide (Manual, lesson plans, PA training, skills videos, etc.)
 - Sample Circuits – (adapted for physical distancing)
 - CanSkate Excellence
 - *Toolkit – Teaching Aids
 - *Discovering Pathways after CanSkate Resource
 - Canpower
 - Skate Canada - CanPowerSkate Guide (Resource guide, tutorial videos, tools & supplies)
 - E-learning update module
 - STAR 1-5 & STAR 6-Gold
 - Skate Canada - STAR 1-5 Guide
 - Synchro added to STAR 1-5 Content
 - *Performance & Development Opportunities (PDO) resources
 - *Starting a Synchro Team at your Club/Skating School
- *Modified Program Delivery Options resource



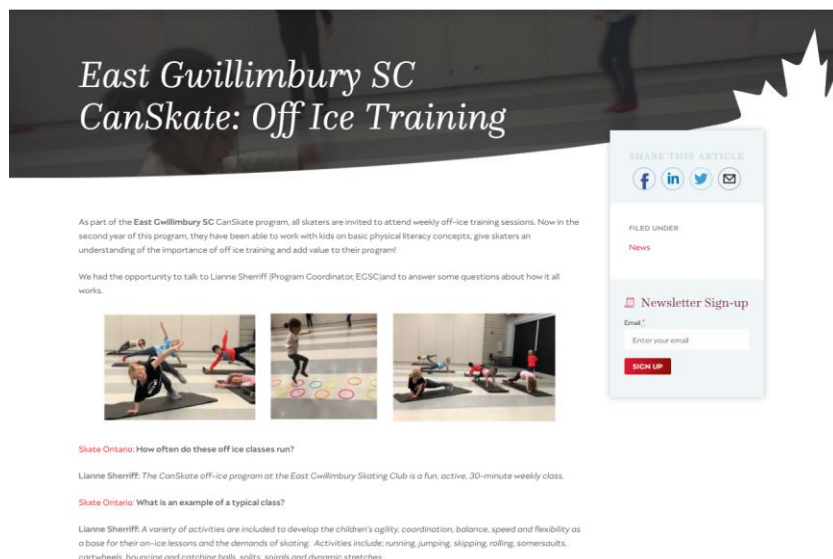
Sep 2020

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CanSkate Excellence



Website and social media highlight:



*East Gwillimbury SC
CanSkate: Off Ice Training*

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Skate Ontario: How often do these off ice classes run?
Lianne Sherriff: The CanSkate off-ice program at the East Gwillimbury Skating Club is a fun, active, 30-minute weekly class.

Skate Ontario: What is an example of a typical class?
Lianne Sherriff: A variety of activities are included to develop the children's agility, coordination, balance, speed and flexibility as a base for their on-ice lessons and the demands of skating. Activities include: running, jumping, skipping, rolling, somersaults, cartwheels, bouncing and catching balls, splits, spirals and dynamic stretches.

Marketing banners:



Perks:



CanSkate
EXCELLENCE
SKATE ONTARIO

"Find a Club" promoted:

★ **Cloucester Skating Club** ✓

Bob MacQuarrie Recreation Complex – Orléans, Youville Drive, Orléans, ON, Canada

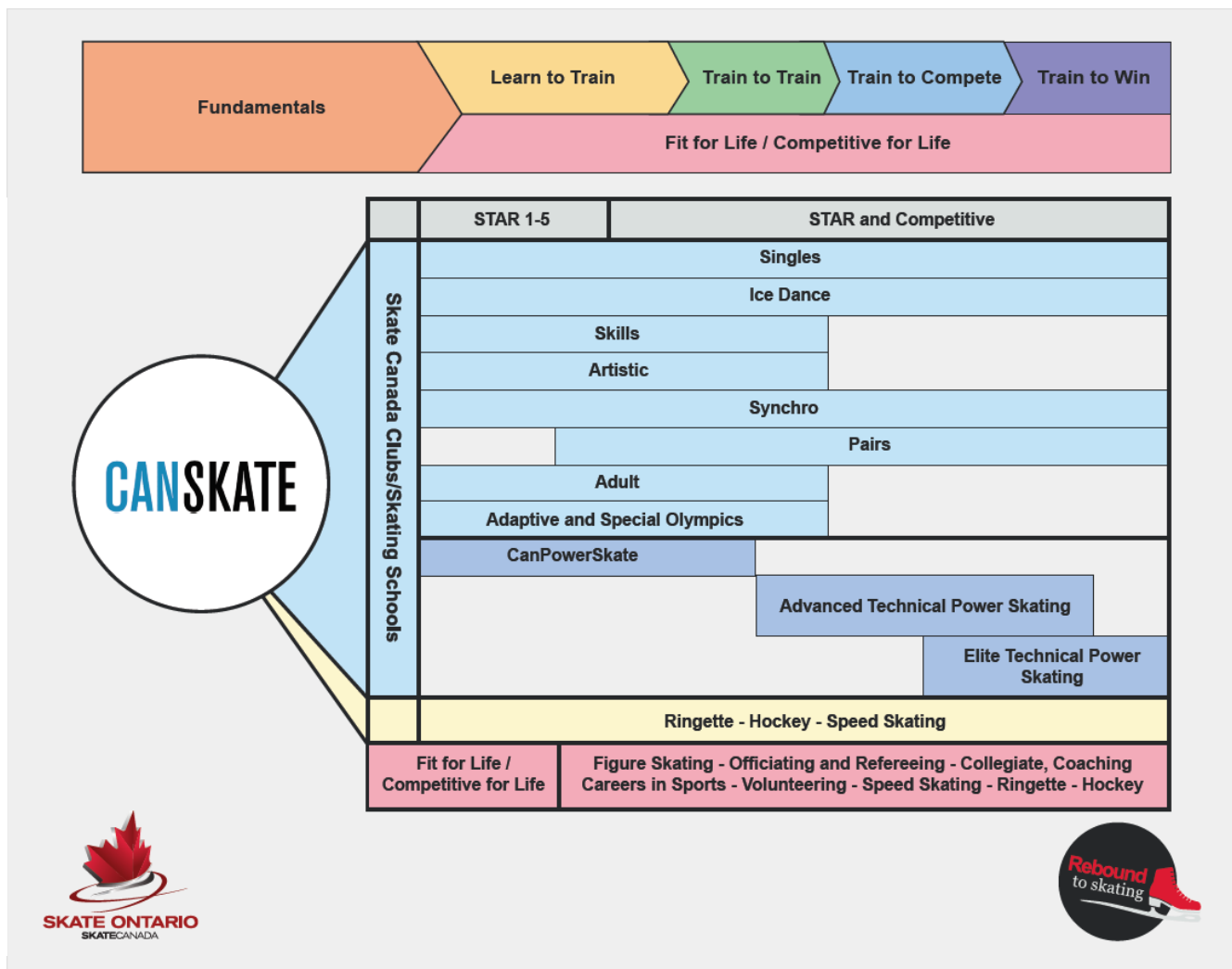
Toolkit – Teaching Aids

- Handy 35" ringette stick
- Pylons
- Hang'Ems' pylon signs



Parent Resource

- Discovering Skating Pathways after CanSkate



Discovering Pathways Resource

The STAR 1-5 program is composed of 5 main disciplines:

Begins at STAR 1:



Free Skate

The Free Skate discipline introduces basic spins, jumps, step sequences and aspects of program development and performance. Free Skate includes Singles and Pairs categories in events.

Singles

Skaters begin by learning basic stand-alone elements (i.e. jumps, spins, etc.). As they progress, they will be given the opportunity to perform a program to music with these elements incorporated. Free Skate includes Singles and Pairs categories in events.



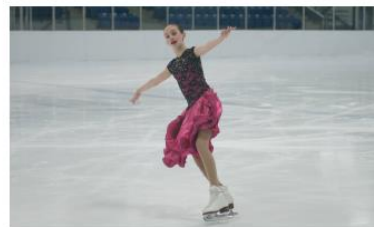
Pairs (Begins at STAR 3)
Pairs consists of two skaters skating together and performing free skate elements such as jumps, lifts and throw elements.

At the STAR level, skaters will learn to:

- skate in unison with a partner,
- perform jumps side by side,
- and begin to learn the mechanics of throws and lifts at beginner level.



Begins at STAR 1:



Ice Dance

Ice dance is inspired by ballroom dance and provides the opportunity to explore different musical styles, dance specific elements and introduces full Ice Dance sequences.

The discipline of Ice dance includes the development of skating technique while promoting:

- Timing
- Accuracy
- Musicality and rhythm through pattern dances

Skaters begin by learning a variety of basic dance elements. This progresses to the execution of elements in sequence and then to the performance of those elements in set dance patterns to music. At the STAR 2/3 level, skaters can form a partnership with another skater to perform dance patterns together at events.

The skills learned through this discipline also support development in the Free Skate, Synchro and Artistic disciplines.



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Hockey and Ringette Skills Pathway



CanPowerSkate (Pre-requisite: Achieve the skills equivalent to the CanSkate Stage 4 badge)

CanPowerSkate is a Skate Canada program offered in clubs/skating schools specifically geared to hockey and ringette players. It targets skaters/players with a base level of skating skills to enhance their skating ability by teaching technique and efficiency, for faster, stronger skaters.

The CanPowerSkate program is situated in the Learn-to-Train stage of the LTD Model where key skill development and training strategies are introduced. Teaching and development of proper skating technique is the focus of the program.

You can expect a coach directed, full ice session with a variety of high energy skill-based stations. Skaters are required to wear hockey skates, gloves, CSA approved hockey helmet and to bring their hockey stick; full gear is optional.

Once skaters have completed the CanPowerSkate program, the Advanced Technical and Elite Technical Power Skating sessions are available to develop more advanced skating skills.



Advanced Technical Power Skating

Advance Technical Power Skating builds upon the skills acquired in CanPowerSkate and provides training through repetition to:

- Develop skills.
- Improve and refine hockey specific skating skills, individual skating mechanics, and game-situation skating skills.

This training is geared to hockey players in U-15, U-18, & U-20 and ringette players in U-14 (Tween), U-16 (Junior), 18+(Belle/Open), and U-19 (Belle).

Advanced Technical Power Skating is customizable program and can appear on a club/skating school schedule as a stand-alone program, individual/small group training on practice sessions or open ice.



Elite Technical Power Skating

Elite Technical Power Skating provides training to refine skills including:

- Individual Skating Mechanics
- Game-situation Skating
- Enhancement and Repetition

This training targets U-20, University, and Professional hockey players as well as U-20 (CWG) and 18+ (Team Canada & NRL) ringette players.

Elite Technical Power Skating is a customized program and can appear on a club/skating school schedule as a stand-alone program, individual/small group training on practice sessions or open ice.



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Performance & Development Opportunities (PDOs)

Examples: Off-Ice Preparatory & Information Session Example #2

- New resources
 - Information Chart
 - Pre/Info Session
 - Skill Development Session
 - Simulation
 - Performance Opportunity
 - Challenge Days



Fueling for Skating: Yummy Healthy Snacks! – Lianne Sherriff

About Lianne

Lianne has a BSc in Nursing with a minor in Nutrition and is the Program Director at the East Gwillimbury SC. She is a Coach Developer and Technical Specialist. She has taught four "elite-skater offspring" how to "fuel up" for training and competitions. Lianne has taught hands-on nutrition classes to thousands of skaters with a goal to encourage independence and awareness of nutrition as fuel for their bodies.

- Skaters prepare and sample snacks with guidance. Skaters will research ingredients, read food labels, calculate amount of protein, fat, calories and notable vitamins and minerals.
- Book time and place for the session.
- Prepare recipes and materials.
- Run session.
- Follow up with check-ins or a challenge to monitor progress.

“ This class will be a favourite among your skaters; hands-on and full of new learning! ”

- Lianne Sherriff

*Real-life examples from SO coaches/clubs

Planning Considerations

- Are there any unmet needs within your community?
- Could you provide additional or expanded programs?
- Do you need to combine sessions due to change of interest?
- Are there programs you can offer in conjunction with other sport groups?
- Have you maximized your on and off ice use?
- Have you maximized coach directed time?



Range of Programs



Synchro – STAR 1-5



- Begins at STAR 2 (pre-requisite STAR 1 skills)
- Full compliment of content and assessments for skaters
- To be taught and assessed on a regular session
- Important part of a skater development
- Introduces skaters to the team side of figure skating



Strategies to incorporate Synchro



- Offer Synchro as part of regular group lessons
- Run a 15-minute Synchro class before a cool down
- Add Synchro to a station session
- Schedule a Synchro lesson on a shared session or class
- Rotate the focus in a regularly scheduled class time (ex: Mondays 4:00- 4:15 pm)
 - Week 1 - Power Class,
 - Week 2 - Creative Movement,
 - Week 3 – Edges & Turns,
 - Week 4 - Synchro



Modified Delivery Options



- Consider offering modified delivery options
 - CanSkate: Parent & Tot
 - CanSkate Hockey
 - CanSkate Adult/Teen
 - CanPowerSkate Sledge
 - CanPower Adult/Teen
- Skate Canada Programs: Modified Delivery and Sharing Ice Options for Programs



Optimize Ice Time



- Do you have trouble fitting in all of your club sessions?
- Could you improve your ice usage?
- Consider combining sessions
 - For example:
 - CanSkate & CanSkate Hockey
 - CanSkate & CanPowerSkate
 - Wide variety or STAR levels (STAR 1-Gold)
- Try overlapping sessions
 - For example:
 - STAR 1-5 and a STAR 6-Gold session (run a class with both groups)

CanSkate /
CanPowerSkate
and STAR 1 - 5
(60 mins)

All programs to be offered in a three-station format. The STAR program could be offered as a training session for specific focus areas including:

- Spins
- Jumps
- Edges or Turns
- Dance Steps
- Synchro elements

Examples include:

8 mins

- Warm up to music, using full ice.
- Skaters to perform actions, skills or activities appropriate to their level
- Use lanes or fast track

45 mins:

- 3 x 15 mins lesson time rotation for CanSkate or CanPowerSkate (Balance, Agility & Control)
- 3 x 15 min station rotation for STAR skaters. Ideas include: (Basic Spins, Variation Spins, Flying Spins), (Edges, Turns, Field Moves), (Basic Turns, Advanced Turns, Edges/Circles), (Forward Spins, Backward Spins, Combination Spins), (Dance Steps), (Synchro elements)

5 mins

- Group Activity or Development Time using full ice (ex: continuous lanes).
- Creative movement lanes

2 mins

- Cool Down using full ice



Off ice Scheduling Considerations



Maximize off ice training time

- Lower cost training option
- Provides skaters with the tools to practice skills at home.
- Option to divide sessions into smaller groups (half on the ice, half off the ice) to maximize ice and coach time.
- Motivates skaters - some skaters excel at off ice skills.
- Functionally versatile

Marketing Tools



FIGURE SKATING FUNDAMENTALS

STAR 1 - 5

[SKATECANADA.CA/PROGRAMS](https://skatecanada.ca/programs)



LEARN TO SKATE
FOR ALL ICE SPORTS

[SKATECANADA.CA/CANSKATE](https://skatecanada.ca/canskate)

XXXX SKATING CLUB

[SkatingClubWebsite.ca](https://skatingclubwebsite.ca)

