



JANUARY NEWSLETTER

2015-2016 Skating Season

Happy New Year and a big welcome to all of our new skaters and our returning ones! We hope everyone had a great holiday!

For all of our new Canskaters, any information you would like to know about the program can be found on our website or at skatecanada.ca. Please don't hesitate to ask one of our certified coaches any questions you may have! You will notice that we have stations set up on the ice, with a Fast Track set up around the ice. The skaters will rotate to the different stations, which work on the fundamentals of Balance, Control, and Agility, ending with a Fun Zone for games at the end of the session. Please see the third page of the newsletter for details about ribbons and badges.

Figure 8 Skating Club will be hosting an in house competition for all IFS and Star 1 skaters. It will take place at Kenilworth Arena on Sat. Jan. 23rd from 1:15-2:45pm. Registration forms are due no later than Jan. 16th 2016.

◀ December 2016		January 2016					February 2016 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
3	4 First day Private Skaters Edge Clinic w/ Carey and Morgan	5	6	7 First day IFS	8	9 First day IFS/ Canskate/Pre Canskate/Adults	
10 First day Canskate/ PreCanskate	11 First day IFS/ Canskate/ PreCanskate	12	13	14	15	16	
17	18	19	20	21	22	23 IFS Star 1 Competition 1:15pm-2:45pm Beach Theme Day Canskate/ PreCanskate	
24 Beach Theme Day (Canskate/ PreCanskate)	25 Beach Theme Day (Canskate/ PreCanskate) Pyjama Day (Starskate/IFS)	26	27	28 Pyjama Day (Starskate/IFS)	29	30 Pyjama Day (Starskate/IFS)	
31	Notes:						

Schedule Changes: No regular skating for **PRIVATE SKATERS ONLY** on Jan. 23rd. Skaters make up the session on a different day of their choosing.

STARSKATER OF THE MONTH:

Congratulations to **Devyn Payne!** Her attitude and work ethic on the ice always impresses the coaching team. She's always ready to try new things and is a very enthusiastic skater overall. Way to go Devyn!

IFS SKATER OF THE MONTH:

Charlotte Prokopuk always has a smile on her face in her class and has improved a lot since the start of the season. She's always ready for the next challenge and practices hard until she is successful! Great job Charlotte!

Pre-Can/Canskater of the Month:

Great job **Logan Huber!** Logan is a pleasure to coach and has great listening skills while on the ice. He's always encouraging his fellow skaters and tries anything new that's thrown his way. Awesome

Helmet Policy: Only skaters who have passed the full **Stage 5** badge are exempt from wearing helmets. All other skaters (including IFS and Adults) who have not passed Stage 5, must wear a **CSA HOCKEY HELMET**. No bike/ski helmets will be permitted. Skaters will not be allowed on the ice otherwise.

2014-2015 Executive

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Jan.23/24/25 Beach
Theme Day



Jan. 23: IFS/Star 1
Competition
1:15pm-2:45pm (no
regular skating this day
for private skaters)

Pyjama Day: Jan.
25/28/30

The Canskate Program At A Glance

The CanSkate program curriculum is organized into three Fundamental Areas, divided into six stages of learning. Skaters rotate through the different Fundamental Stations, using the FAST TRACK in between stations as a way to develop speed.

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.



