

## **ADVANCED CANSKATE PROGRAM**

### **GOALS**

- To follow the Skate Canada Goal: Fun, Fitness, and Personal advancement
- To provide a positive and safe environment to motivate advancement and enjoy the sport
- To teach skaters interested in figure skating at a young age and to develop skills to go beyond a recreational level if they so choose.
- To ensure that the technique of skating skills in all disciplines at the lower levels are correct by using Level III certified coaches
- To familiarize skaters with the club professionals

### **FOCUS**

- To show the skaters the basics to advance into the Skate Canada programs

#### **Skate Canada Programs**

STROKING - power, strength, flexibility, endurance

SKATING SKILLS - stops, edges, turns

FREESKATE - spins, jumps, field moves

DANCE - steps in rhythm, patterns and edges

INTERPRETIVE - creativity, expression, performance preparation

### **ADVANCED CANSKATE PROGRAM CONSISTS OF**

Stroking, Edge Development (Skills), Freeskate, Interpretive, Dance, Free time, Grand March ( Fun group Activity)

- Varying from large to small groups whenever appropriate

### **EVALUATION**

1. Physical Assessment- Power, strength, flexibility

Initial assessment is done at the start of the season with on going assessment to monitor progress

2. Technical Assessment

Skaters will take part in a scheduled test day to evaluate their skill level and then receive an Evaluation Sheet at Xmas and again at the end of the season giving a general evaluation of Stroking, Skating Skills, Freeskate, and Dance

3. Skate Canada Evaluated Tests

Possibility of taking a Skate Canada dance test at the end of March

## CONCERNS

This is a compilation of explanations regarding questions and concerns expressed by parents over the years

1. **Starting of Session:** We try to start the class as soon as we have a majority of the class in attendance. Please be on time.
2. **Free time:** This is to prepare them to handle time on their own when they advance to the Junior Program. The skaters also look forward to this and ask for this time. Free time is approx. 5 min.
3. **Managing Free Time:** It is imperative that they the skater learns to monitor their own practice time. As this is how skaters advance in an individual sport, we provide them with direction for self-discipline.
4. **Communication:** We have an open door policy, which allows any parent and skater to come in and ask questions and express their concerns at any time before or after the class.
5. **Large / Small group instruction:** At the start of the year we do have more large group instruction dealing with the general techniques of skating. We also feel it is necessary for them to have group harmony and get a chance to know and work with all Skate Saskatoon club coaches.
6. **Progress of individual skaters:** Progress takes time, patience and a great deal of practice. A lot also depends on the physical limitations of each individual skater. Each child progresses at their own rate and should never be compared to another.
7. **Information / Evaluation Sheet:** This has been explained in our cover letter.
8. **Safety:** In the many years this program has been offered, we have never had any serious injuries related to the conduct of our program. We are all Level III & IV certified coaches with valid First Aid certification. In promoting safety, we are creating a positive attitude on the ice.
9. **Private lessons:** Private lessons do enhance the progress in any program. All skaters who continue in skating will eventually be in a one on one coaching situation. They may start in a semi-private or small group lesson if you prefer in the beginning.
10. **Replacement coaches:** We try to get a qualified replacement when necessary. Our absence is usually only due to competitions that we must attend and or health reasons.
11. **Group size:** The number of skaters in the groups is based on the budget set up by the executives of the club and not by the club professionals. Skaters are grouped according to level and somewhat age/
12. **Identifying on going progress:** The coaches on staff all have at least 29 years experience. We are full time professional people who are nationally certified Level III & IV coaches. Our profession always involves identifying problems, and giving our immediate attention to solve these problems. It is sometimes frustrating for a parent to identify progress by observing on a daily basis. We as trained professionals are trained to monitor this progress on an on going basis.

Thank you for your concerns and we hope that this will help you understand a few of the many complexities in this sport. It is ever changing and sometimes difficult to understand the reasoning behind the actions. Thank you again and feel free to voice your concerns at any time.

Your club professionals