



TRI AREA SKATING CLUB



2020/2021 CANSKATE WELCOME NEWSLETTER

WELCOME TO THE CANSKATE PROGRAM

The Tri Area Skating Club is excited to have you aboard this season!

The **CanSkate Program** is a Skate Canada learn-to-skate program. Skaters earn badges/ribbons while they focus on 3 fundamental areas organized in 6 stages of learning → Agility, Balance, and Control. Music, warm-up exercises, group lessons, fun zone, fast track, and cool down periods provide an exciting and fun program. Must be 5 years old by July 1, 2020 or have passed the Pre-CanSkate Program.

The **Advanced CanSkate Program** is for those skaters wanting to continue working on their CanSkate Badges in a more challenging environment. Must have minimum of 1 - Stage 3 Ribbon. Skaters will move into this program upon approval of the Club Director and Group Programs Coordinator.

Mark your calendars for the following Special Event for Session 1:

XMAS GALA & CLUB FAMILY SKATE - TENTATIVE

DEC.18, 2020 @ Glenn Hall Arena

***Details to follow*

Our Group Program & Club Coaches:

Nicki Berg, Tanya Bray, Jordi Cocks, Elaine Higgins, Shanon Leggo, Christine Parker, Tara Parsons, Avery Rudnisky, Amanda Sinclair, Danielle Woolnough



EQUIPMENT, RULES, AND GUIDELINES

CSA Approved Hockey Helmets are **MANDATORY**. **No Exceptions. Bicycle and ski helmets are not permitted.**

- **CANSKATE** (Dress in layers, **no jeans or scarves. No Snowsuits or Big Coats**- They restrict movement)
- **Must** wear mitts or gloves. Nylon material is best. **Wool sticks to the ice. Advisable not to wear hockey gloves**
- No food, gum, or sugar drinks permitted on the ice.
- ***For the safety, productivity and enjoyment of all, un-sportsmanlike behavior or undesirable language will not be tolerated.***
- Skaters are expected to stay with their assigned group at all times unless given permission from a Club Coach to leave group.
- For Safety, Skaters must notify a Coach before leaving the ice for any reason.

A REMINDER: When you purchase new skates, they must be sharpened before skating for the first time.

For more information or if you have any questions or concerns please contact:

Tri Area Skating Club
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