



TRI AREA SKATING CLUB



2020/2021 CANPOWER WELCOME NEWSLETTER

WELCOME TO THE CANPOWER

**** 2020-2021 SEASON ****

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

CanPower/PrePower is a hockey skate based group program focusing on the basics as well as power, agility, speed and endurance. Skaters must already have basic skating skills including: skate forward the length of the rink, skate backwards the width of the rink and being able to stop.

Each class of CanPower/PrePower will have minimum of one Certified CanPowerSkate Coach.

A CanPower/PrePower session is designed for skater's maximum progress and will include the following format. Each session will begin with a warm up and stretching, followed by review of previous skills, new skills instruction, conditioning and games, ending with a cool down. Skaters will have half the ice to perform skills and will have access to the fast track to work on endurance, speed, and control.

Pre-Power & CanPowerSkate Coaches & Subs:

Jordi Cocks, Elaine Higgins, Shanon Leggo, Christine Parker, Tara Parsons, and Avery Rudnisky



EQUIPMENT, RULES, AND GUIDELINES

- CSA Approved Hockey Helmets with a face mask are **MANDATORY**. No Exceptions. Bicycle and ski helmets are not permitted.
- Full hockey or ringette equipment.
- Hockey or ringette stick
- 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.
- Hockey sticks must be on the ice at all times and should not be swung side to side.
- Skaters are expected to show all Coaches and Helpers respect and courteous behavior at all times.
- For Safety, Skaters must notify a Coach before leaving the ice for any reason.
- Parents are asked to observe Sessions from the bleachers or the Lobby. The players box is not an acceptable viewing area.

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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