

CANSKATE HANDBOOK



SKATECANADA
MARTENSVILLE

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CLUB CONTACT INFORMATION

Skate Martensville

Box 707

Martensville, SK S0K 2T0

306-831-6536

skatemartensville.ca

General Information: skatingclub1@gmail.com

Registration: skatemville.reg@gmail.com

Fundraising: skatemville.fundraising@gmail.com

Find us on Facebook: [@SkateMartensville](https://www.facebook.com/SkateMartensville)



WE ARE

Skate Martensville

We encourage
CREATIVITY.

We skate with **PASSION**
and **DETERMINATION.**

We **RESPECT**
ourselves, our peers,
our coaches, our volunteers
our families and our rink.

We are **PROUD** of our club.



We **SUPPORT** one another.

We make
FRIENDS.

We achieve
GOALS.

We have
FUN.



We value **OPEN**
COMMUNICATION.

We celebrate **INDIVIDUALITY** and **DIVERSITY.**

We **DREAM BIG.**

We strive to
achieve our
PERSONAL
BEST
every day.

We act with **INTEGRITY** and
HONESTY on and off the ice.

We enter the rink with
OPEN HEARTS and
OPEN MINDS.



We are a **FAMILY.**

WELCOME TO SKATE MARTENSVILLE!

This handbook was developed to help club members and parents understand the many aspects of the CanSkate program. Please take time to read this handbook and familiarize yourself with the club, the programs we offer, the sport of skating and what will be expected from you as a member of our club.

CLUB HISTORY

Skate Martensville was formed in 1985, one year after the completion of the Martensville Sports Centre. For nearly 40 years, Skate Martensville has taught fundamental movement and basic skating skills to hundreds of young individuals through Skate Canada programming. We look forward to being a part of your skating journey too!

SKATE CANADA AFFILIATION

A not-for-profit organization, Skate Canada is the oldest and largest figure skating organization in the world and is recognized by the Government of Canada and the Canadian Olympic Committee (COC) as the governing body for the sport of figure skating in Canada. Skate Canada is dedicated to creating a nation of skaters both recreationally and competitively.

Skate Martensville is a registered member of Skate Canada and operates under Skate Canada's programs, development standards, and rules.

To learn more about Skate Canada, please visit skatecanada.ca/portfolio-item/about-sc.

CLUB EXECUTIVE

Skate Martensville is run by an elected executive. All positions are filled by volunteers and held for a two year term. Executive members meet monthly to ensure the club is running effectively. The executive is responsible for all registrations, ice rentals, budgeting, hiring of coaches, maintaining membership with Skate Canada, fundraising, end-of-year ice show, and carrying out a multitude of other details related to the effective operation of the club.

New executive members are greatly encouraged and are elected at the club's annual general meeting in April. If you are interested in being a part of the executive or would like more information, please contact a current executive member.



For a current list of board members, please visit skatemartensville.ca/pages/About-Us/Board-of-Directors.

COACHING STAFF

Skate Martensville continues to be a successful club with the leadership of its coaches. All of our coaches on the ice are proud Skate Canada professionals with National Coaching Certification (NCCP) and First Aid Certification. Skate Martensville's coaching team works closely with the Club Executive to provide a comprehensive training program for skaters of all skill levels. Our coaches offer a unique team coaching strategy that allows all skaters to access the most appropriate coaching necessary for them to reach their full potential. This strategy not only helps skaters to achieve skating success but also creates an inviting atmosphere that helps its members become the best that they can be both on and off the ice.

Our coaches bring an incredible amount of talent, experience and knowledge to the ice:



DANNY JAMES



NICOLE GRYBA



TEAH LENNEA



SAM LAUGHREN

To learn more about our coaching staff, visit skatemartensville.ca/pages/About-Us/Coaching.

CLUB RULES AND EXPECTATIONS

Our club keeps the safety of all our members – skaters, coaches, parents and board members – a top priority. Our rules and expectations exist to ensure that your child and all members of Skate Martensville can safely enjoy the club's skating programs in a fun and respectful environment.

CLUB RESPONSIBILITIES

(See [Skate Canada 's Club Code of Ethics](#) for more information.)

1. Conduct a variety of skating programs at the skill and age levels appropriate to the club's membership.
2. Provide professional coaches to teach the programs offered in group and/or private lessons.
3. As required, conduct Skate Canada tests in accordance with Skate Canada rules.
4. As required, conduct competitions for the various skill and age levels of the membership.
5. Conduct club business according to the club's constitution and bylaws and the rules of Skate Canada.
6. Liaison with the Skate Canada National Office, Section and the community.
7. Ensure the amateur status of skaters is protected.

Skate Martensville IS NOT RESPONSIBLE FOR LOST ARTICLES OR INJURY ON OR OFF THE ICE.

COACH RESPONSIBILITIES

1. Coaches have the fundamental responsibility to promote skating and to coach to the best of their ability.
2. Coaches are responsible to the skaters - not only as athletes but as individuals who are developing values and beliefs that will last a life time.
3. Coaches must respect another coach's teaching methods, techniques and/or opinions.

SKATER RESPONSIBILITIES

1. Courtesy and respect must be demonstrated to all individuals – skaters, coaches, parents, and rink attendants.
2. Skaters should be on time for all skating sessions and lesson times – whether group, private, skating skills or stroking. Coaches will not leave the ice to find their skaters.
4. If you need to speak to a coach, do so while they are off the ice. Do not interrupt lessons.
5. Appropriate skating attire should be worn.
6. Skate guards should be used when skaters leave the ice, for safety reasons.
7. Dressing rooms must be kept clean and orderly. Trash must be placed in bins provided.
8. Skaters should keep safety in mind at all times:

- a. Get up quickly after falling down
- b. Look in the direction of travel when skating backwards
- c. No pushing, playing tag or bumping into others or the boards
- d. No gum or candy on the ice
- e. Advise club and/or coaches of any special medical conditions

CLUB RULES

1. Fees must be paid prior to the commencement of the skating session.
2. All refund requests must be submitted to the Club Executive in writing and adhere to the [refund policy](#) outlined in detail on our website.
3. Proper skating attire should be worn by all skaters. Please see the section regarding clothing for details.
4. CanSkaters up to and including Stage 5 MUST wear a CSA-approved hockey helmet as per [Skate Canada's Helmet Use Policy](#).
5. No eating or chewing gum while on the ice. Please make sure that your child does not have anything in their mouth before going on to the ice.
6. Coaches are in charge of all skaters while on the ice.
7. It is important that an adult remain in attendance and be responsible for your skater. If this is not going to be yourself, please indicate to the Club/CanSkate Coordinator who will be responsible for your child in case of an emergency.
8. Parents who wish to discuss their child's progress with the coach must do so after sessions or when coaches are off the ice. Please do not interrupt program time.
9. If you have a concern about a program assistant, please talk to a Coach or a member of the Club Executive.
10. If you have any concerns, comments, or suggestions please direct them to the Club Executive. If you wish this concern to be discussed by the entire Executive at a meeting, please put it in writing and direct it to the President.
11. Dressing rooms must be kept clean.
12. Please check the TV screen when you come to the rink to find out which dressing room is assigned to your skater.
13. Skaters are allowed to leave the ice to use the washrooms or warm up if necessary but must ask a coach prior to leaving the ice.
14. Parents are not allowed on the ice at any time due to insurance reasons. If you need to take your child off the ice, please get the attention of one of the coaches or program assistants. Please do not go on the ice.
15. No skater is to be on the ice at the same time as the Zamboni.
16. Skate Martensville's ice rental does not include the mezzanine (upstairs). Spectators are NOT allowed to view from the mezzanine.

CLUB POLICIES

All skating members are expected to adhere to our Club Policies. Please be familiar with the club policies outlined in detail on our website: skatemartensville.ca/pages/info-resources.

SKATING PROGRAMS

CANSKATE

CanSkate is a learn-to-skate program that focuses on fun, participation and basic skating skill development. The program uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster. A series of balance, control and agility skills are taught in six stages of learning. These skills are directly transferable to hockey, ringette, speed skating and figure skating, as well as general recreational skating.

As part of the CanSkate curriculum, Skate Martensville also offers a Pre-Can program for skaters ages 3-4. Participants are given the opportunity to get familiar with the ice and learn basic movements in a group setting.

Lace-up skates such as figure skates or hockey skates are appropriate. Please avoid skates with cables, clips, straps, velcro or plastic moulding as they do not provide the proper support for your child's foot.

PRE-STARSKATE

Pre-STAR is designed to bridge skaters between the CanSkate and STARSkate programs. Pre-STAR skaters work towards completing the final stages of the CanSkate program and also strengthen skills required to enter the STARSkate program. Pre-STAR skaters work in a group setting with the guidance of a coach. Figure skates are required.

STARSKATE

Skills, Tests, Achievement, Recognition – this is what **STARSkate** is all about! STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate, synchro and interpretive skating. Unique in Canada, this program teaches figure skating skills in a

group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives.

STAR 1 to 5 offers a solid development pathway for skaters who are entering a figure skating program for the first time. The STAR 1-5 program introduces skaters to the basic figure skating elements to create the foundation for singles, pairs, ice dance and synchronized skating.

STAR 6 to Gold is an assessment and event structure for skaters who completed the STAR 1-5 Program. This structure builds on the skills acquired in STAR 1-5 and introduces skaters to more advanced figure skating elements.

Disciplines

Figure skating has four disciplines that lead to a high performance pathway:

- **Singles:** Single skating is a term used to describe the discipline of freeskate. Generally, this is the most recognized form of figure skating.
- **Pairs:** Pair skating involves two individuals skating as a unit performing freeskating moves. Pair skating also includes lifts, death spirals and throws.
- **Ice Dance:** Inspired by ballroom dancing, this discipline incorporates musicality, performances and athleticism to all your favourite rhythms.
- **Synchronized:** Synchronized skating, or “synchro” is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow. Synchronized Skating categories accommodate skaters at any age and skill level.

CANSKATE FAQs

WHO'S IT FOR?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus is figure skating, hockey, speed skating or just skating for fun.

WHO TEACHES IT?

CanSkate sessions are lead by NCCP Certified coaches. To enable our club to deliver an effective program and to meet the requirements set out by Skate Canada, we require the help of trained Program Assistants to assist our CanSkate members on the ice.

Program Assistants consist of STARSkaters and/or former Skate Canada members who volunteer their time both on and off the ice to assist our coaches in delivering the CanSkate program.

WHAT WILL YOU LEARN?

A series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

WHAT CAN YOU EXPECT?

Action, movement and fun! Lessons are given in a group format with an instructor-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

EQUIPMENT

SKATES

In skating, skates are the most important piece of equipment. Purchasing appropriate skates to suit the level of skater and your budget is of utmost importance.

Basic Requirements

Skates are available in a wide range of prices. Don't forget that good quality equipment often ends up in a skate exchange or in the used skate section of retail stores and pro shops. Whether they're new or used, skates should meet some basic requirements:

- They provide a snug, comfortable fit
- They are made of a firm material with solid ankle support (full lace-up skates are preferred as they provide the best ankle support)
- The blade is made of good stainless or carbon steel so that it will glide smoothly and stay sharp

Please avoid skates with cables, clips, straps, velcro or plastic moulding as they do not provide the proper support for your child's foot.



How the Boot Fits

The most important consideration when buying skates is how the boot fits. This can make the difference between frozen feet and frustration, and having fun on the ice. Contrary to what most people think, the average skater takes a half size smaller than their walking shoe.

Make sure:

- The boot is snug around the instep and the heel
- There isn't much buckling of the leather around the ankle
- There is a gap of 3-4cm (1-1.5") between the lacings and the instep
- There is enough room for the skater to wiggle their toes
- Remember to fit skates over thin socks or tights. Bulky or thick socks don't allow toes to breathe, causing sweaty feet that are more susceptible to the cold. Plus, thicker socks often bunch around the ankles which can cause discomfort for the skater.

Here's a simple test to see if you've got the right fit - lace up the boot, then ask someone to hold the blade down and see if you can lift your heel. If you can, then try a half size smaller. A word of warning to parents - when you are buying skates for your children, make sure the boot gives their ankles enough support. Don't get skates that are several sizes too large to allow them "room to grow". The sooner they can get off their ankles and onto the skate blades, the sooner they (and you) will know the joy of skating.

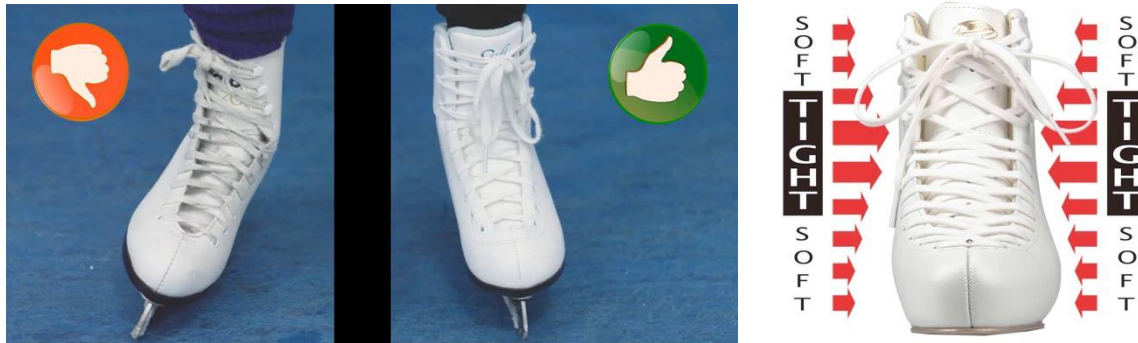
You don't necessarily have to spend a lot of money to get a good pair of skates. There is usually a ready market at local stores and online for second hand skates in reasonably good condition at the beginning of the season, so keep an eye out!

Lacing Up

It's important to learn how to fasten skates properly. Many skaters complain of weak ankles or leg cramps when the real problem is poor lacing or improper fastening of boots. Here's how it's done:

1. Make sure your socks are pulled up all the way – wrinkled socks are uncomfortable and can cause blisters.

- Center the tongue of the boot and pull it as high as you can. Keep the lace at the bottom of the boot snug - but not tight - so the toes don't get cramped and the circulation doesn't get cut off.
- Tie the laces over the instep fairly tight to give the maximum support. From here to the top of the boot, the lacing should be snug (again not tight) so that the ankle can flex and extend comfortably.



We encourage you to watch these videos to learn the do's and don'ts on lacing your athlete's skates:

- Figure Skates: <https://www.youtube.com/watch?v=8dWiTAcbb3I>
- Hockey Skates: <https://www.youtube.com/watch?v=PhYxVgvBaL8>

Making Skates Last

With a reasonable amount of care, a pair of skates can last a long time. Here are some maintenance tips:

- Don't walk on metal or concrete without using skate guards or you will wear down the blade edges and can make deep nicks and scratches in the metal. You can buy guards to slip over the blades. Remember to take the guards off before you store the skates – and before you hit the ice.
- Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip.
- To prevent rusting, wipe the blades dry with a clean cloth after each use, and check for nicks in the blade. Let the blades and boots dry fully and air out before putting them away.

Sharpening the Blades

- Brand new skates should be sharpened before you use them for the first time.
- The bottom toe pick should NOT be removed. This is part of the design of figure skates, it is used for performance of some skills and is essential to proper balance.
- Sharpening will get rid of any nicks you may get

- Skates should be sharpened after approximately 25 hours of skating.
- We recommend having skates sharpened by one of these local sharpeners:
 - **Russ Prosko** (by appointment only)
Saskatoon
306-384-0341
 - **Atlas Outdoors**
#2-501 Neufeld Street, Warman
306-500-0369

HELMETS

A CSA-approved hockey helmet (no bicycle helmets please) is mandatory for all skaters until they pass Stage 5. Please see Skate Canada's [Helmet Use Policy](#) for more information.

How should the hockey helmet fit?

- A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.
- For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.
- Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.
- All CSA certified helmets have a sticker indicating their certification.

Why only hockey helmets?

Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. A bicycle helmet, for example, is designed to protect against head injuries should a fall occur while riding a bicycle. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.

Are helmet cages required as well?

Helmet cages are not mandatory; however young skaters may benefit from the added protection.

Are used hockey helmets acceptable?

Hockey helmets and face protectors sold in Canada must meet safety standards set by the Canadian Standards Association (CSA). If the CSA sticker is not present, throw the

product away. Hockey helmets normally last for about three to five years. Hockey helmets must not be used if previously subjected to a major impact or if older than five years or if showing visible signs of damage or if parts are missing. Hockey helmets must have labelling with the date of manufacture and have a chin strap. It is important that the helmet fits properly in order to ensure proper protection.

Can a parent sign a waiver absolving the club from any liability and allow their child to participate without a helmet?

No. The requirement to wear a helmet is a Skate Canada Policy and all clubs and members must abide by our policies. Therefore in order to participate in the CanSkate program all skaters who have not achieved Stage 5 in the CanSkate program or who lack good balance and control must wear a CSA approved hockey helmet while on the ice.

Why has up to and including Stage 5 been selected as the benchmark for helmet use?

Skaters who lack good control/balance when skating forward, backward and have difficulty stopping, as well as maneuvering around obstacles on the ice are at a higher risk of being unable to control a fall, regardless of their age. The CanSkate program has been developed to introduce basic skating skills to beginners in a safe and sequential manner. The learning progressions leading to and included in Stage 5 allow skaters to gain the necessary skills (balance, agility, and control) required to safely participate on the ice. While it may be likely that many Stage 5 skaters can skate reasonably well, ice surfaces can be very unpredictable and there is always a risk of falling, no matter what stage a skater is at. CanSkaters participate in a group environment with other skaters on the ice of different levels who may fall and cause other skaters to fall.

CLOTHING

The rink can often feel cold to younger skaters who aren't able to move as fast. Please dress your child warmly. Here is the recommended CanSkate attire for all skaters in Stages 1-6:

- Skaters should be warm and be able to move freely. Some snowsuits can make it difficult for the skaters to move (and get up).
- Suitable attire for both boys and girls are warm leggings/pants, a sweater, a jacket, and mitts/gloves. Please no fuzzy mitts/gloves as the fibres stick to the ice and become a hazard to other skaters.
- If the skater wears a scarf, it must be tucked in at all times.
- A dress or skirt for girls who progress (e.g. Stage 5 & 6) is fine but warm tights are necessary to remain comfortable.

Example:



UPCOMING EVENTS

For a full list of events and important dates, view our club calendar:
skatemartensville.ca/pages/calendar.

FUNFEST

FunFest is an annual event for our younger skaters. CanSkaters from local skating clubs will be invited to participate in a day of skating, camaraderie and FUN!

FunFest is formatted to introduce young skaters to the “competition” component of sport while providing them with the opportunity to showcase their skills in a fun and interactive environment. The focus of the event is on individual skill improvement and therefore performances are not ranked. Each skater receives a full overview of his/her performance on a personalized assessment sheet which is provided to the skater at the end of the day along with an award.

Skaters have the option to participate in up to 3 events:

1. **Elements (Stages 1-6)** - Skaters perform 4 elements in a circuit format. Each skater is assessed and given feedback on their performance.
2. **Fast Track (Stages 1-3)** - The Fast Track is a timed event. Each skater will skate on the Fast Track and be timed as they skate a defined distance.

3. **Spin/Spiral/Jump (Stages 4-6)** - Each skater will perform a 45-second routine containing a spin, spiral and jump of choice. The routine will be provided by your coach and practiced in advance of the event.
4. **Team Event** - Teams are formed of 3 or 4 skaters from the same club. Each team member will perform one element. When a team consists of 3 skaters, 1 skater will perform two elements. Elements will be performed in isolation. Teams will be assessed as a group and will be given one standards chart with feedback for all skaters. Teams are encouraged to show their team spirit with matching costumes and/or club clothing.

The day ends with a group activity for all participants and a Closing Ceremony where all skaters are presented with certificates, report cards, and an award.

Additional details will be provided in the fall, including information on how to register.

YEAR-END ICE SHOW (CARNIVAL)

The year-end ice show (aka, Carnival) is an opportunity for CanSkaters to show off the skills they acquired throughout the skating season. Skaters are assigned groups and provided music and choreography to perform. Parents, friends and family are encouraged to come out to the rink to watch and cheer on their CanSkater. The ice show ends with presenting the annual club awards.

Carnival will occur on Sunday, March 24, 2024. **Participation in the carnival is mandatory for all skaters.** The three weeks leading up to Carnival will be dedicated to Carnival preparation and practicing routines. 1-day skaters in CanSkate/Pre-CanSkate are encouraged to attend both Tuesday AND Thursday skating sessions to learn their assigned routine.

Please note the following dates and tentative times that have been reserved for pictures and dress rehearsal:

- Picture Day – March 12, 2024 @ 3:30-6:30pm
- Dress Rehearsal – March 21, 2024 @ 4:00-6:00PM

Further details for the Carnival (ie. theme, music, routines, costumes, etc.) will be available by the end of January.

REGISTRATION

Late Registrations



- An Early Bird discount will apply to all registrations between June 1 - July 31. Late registrations may be accepted after July 31, without discount, and at the discretion of the Club Executive if spots are available. Requests or inquiries can be sent to skaterville.reg@gmail.com.

Refund Policy

Prior to the onset of the skating season:

1. Refund requests, along with a general explanation, must be submitted by September 30.
2. Please email your request to skaterville.reg@gmail.com.
3. All registration fees will be refunded, minus a \$25 administration fee.

During the skating season:

1. A refund can be given on a prorated basis for physical injuries that would prevent a skater from continuing to the end of the season. A medical professional's or physiotherapist's certificate/note must be submitted ¹. Requests must be made within 14 days of the injury. Refunds will be based on program fees only (less a \$25 administration fee) and will be prorated from the last day of skating ².
2. A refund can be given on a prorated basis if a skater has moved 60 km or more outside of Martensville city limits. Refunds will be based on program fees only (less a \$25 administration fee) and will be prorated from the last day of skating ².
3. A refund can be requested for first-time skaters registered in a Pre-CanSkate program if the coach feels the skater is not yet ready to participate AND after attending the first two consecutive lessons. Refunds must be requested before the end of the fourth lesson of the Pre-CanSkate program. Refunds will be based on program fees only (less a \$25 administration fee) and will be prorated from the last day of skating ².
4. Refund requests will not be accepted after March 1.
5. Requests for refunds must be sent in writing to Skate Martensville Club: reg@gmail.com
6. Approved refund requests will be processed within 2 weeks.
7. All refund requests must contain the following information:
 - First and Last name of skater
 - Email address
 - Last day of skating (if applicable)
 - Details of request (including a doctor's note/certificate if applicable)

¹ Recognized by the College of Physicians and Surgeons of Saskatchewan.

² Refunds will not include the Skate Canada membership or the Skate Saskatchewan fee.

REGISTRATION FEES – WHERE DO THEY GO?



People wonder all the time where their money goes – why are skating fees so much? Registration fees help with the cost of running a successful program for all skaters. Below is a list of some of the expenses that your fees help to pay for:

- Ice rental fees
- Coaching fees (plus mileage if applicable)
- Office & CanSkate supplies such as markers to write on ice, ribbons, badges, report cards, stickers, cheques, postage, paper, etc.

Your registration fees help to alleviate some of these financial costs, however, fundraising and various applicable grants are also needed. If you have any questions about your fees and how they are structured, please talk to an Executive Member.