



CanSkate



About Kentville Silver Gliders Skating Club

- Operating since 1960!
- Skate Canada certified coaches, teaching: CanSkate, StarSkate, Synchro
- Volunteer Board of Directors
- Lots of Volunteer opportunities: CanSkate set up, Shows (bake sale, Den parents, costume co-ordination, set up/tear down)
- Sponsorship Opportunities
- kentvillesilvergliders@gmail.com



Communications

- Important Dates & Schedule changes via email, website and facebook page
- Two Shows: December 20th and March 21st
- Questions? FB messenger or kentvillesilvergliders@gmail.com



- Families have the **option** of self-fundraising to offset the cost of registration;
- At least one pay-upfront fundraising opportunities in the fall and one in the winter session;
- If you would like to participate please email fundraising@kentvilleskating.com;



Coaches – Trained in teaching Skate Canada Programs

- Contracted club coaches: Cheryle Gaston and Fallis Southall
- Other coaches you'll see on the ice include: Danielle Sparrow and Bella Titus
- Program Assistants: Our upper level skaters
- Junior Program Assistants: Our Star 1-3 level skaters
- Any questions specific to programming can be sent to: coach@kentvilleskating.com



First Day of Skating (October 11th)

- Skaters must have the Skate Canada Membership portion of registration fees(\$63.70/skater) paid before getting on the ice.
- Sign In (at least 15min ahead of your program start time) at the front entrance of the rink! So that we know your child is in attendance in the event of an evacuation.
- Put skates on in assigned changing room or in the stands. Or arrive with skates (and guards) on!



Colour shirts

- Distributed after 3-4 weeks of skating
- Serve the same function as the colour dots but are a lot more visible!
- Return at the end of season



Name Tags

- Wear every week!
- Colour dots tell skater which group to skate with
- Return at the end of the season



What equipment do I need?

Skaters in the Pre-CanSkate or CanSkate program should have the following equipment:

1. Proper fitting **Figure or Hockey Skates**. **No** Plastic or Adjustable Skates.
2. **CSA Approved Helmet**. **No** bike helmets.
3. Gloves or Mittens.
4. Proper clothing - layers are best. We do **not** recommend snow suits. They are too bulky and make it more difficult for skaters to move around freely. Skaters should wear comfortable active wear with a sweater.

Helmet and Skate Information

- Hockey Helmets are the **ONLY** option in skating programs. They are designed for specifically impacts on the ice.
- Helmet should fit snug, no rocking back and forth or side to side, adjust helmet as needed including the chin strap.
- Helmet must cover the forehead.
- A cage is recommended, especially for younger children.

Acceptable helmets include hockey helmets made by CCM or Bauer bearing the CSA symbol:



The following helmets are not acceptable on the ice:



Lace up skates, hockey, or figure skates are the preferred skate. Please try to avoid skates with buckles or adjustable sizes:



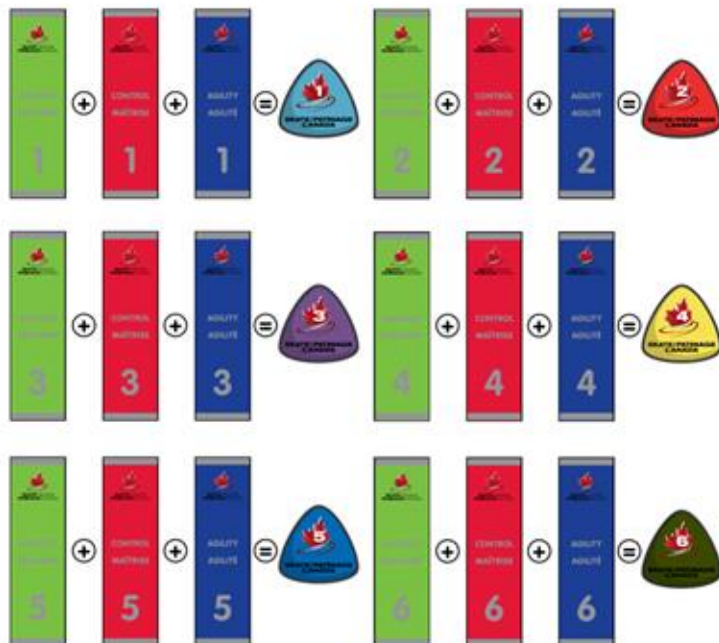
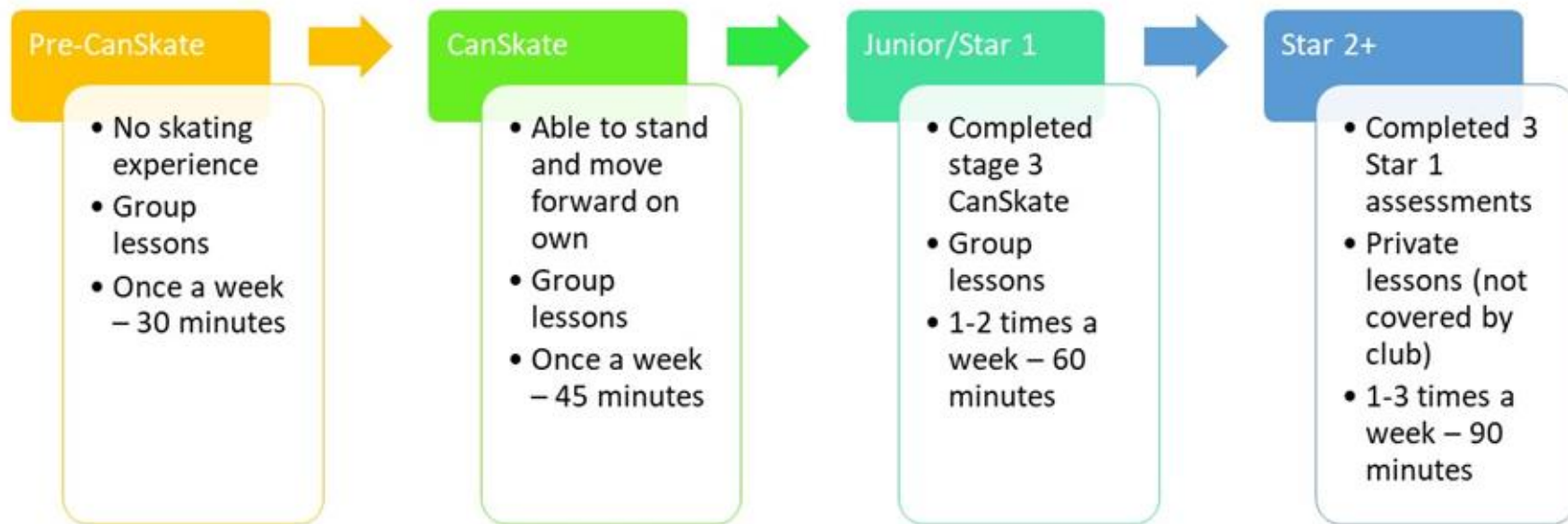


Figure Skating Progression Chart



Note: depending on skill and past skating experience, skaters may begin in CanSkate or the Junior/Star 1 program.