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Welcome

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Digby Area Skating Club, Digby Nova Scotia
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Why CanSkate?

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. When you register for CanSkate, you will be in a program that focuses on fun, participation and basic skill development. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. Standards have been nationally developed and tested for success by experts. On-ice activities require 90% movement - skaters are moving and learning using circuits and stations to practice skills; use teaching aids and music; use activities and games according to age groups and are awarded CanSkate badges as skills are mastered. Skaters progress at their own rate, and are continuously encouraged to participate.

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"Children will not remember you for the material things you provided, but for the feeling that you cherished them."

Cherishing Our Skaters

According to Reid, M Jamila PhD (2004), children manage their emotions and behaviours according to whether or not they feel understood and challenged (Infants & Young Children: Volume 17, Issue 2, p 98). Therefore, our coaching staff appreciates the importance of positivity and inspiring our skaters. This could be in the form of a high five, "Way to go", sticker, tattoo, or some of Skate Canada's standardized feedbacks. Before Christmas break, and at the end of the season, skaters will receive an individualized report card. The report will keep you up to date on the progress of your child, and will include comments from the professional coach. These are for you to keep as we keep a copy of each skater's progress. Also, the coaching staff will choose a CanSkater each month that has shown great effort, attendance, respect to other skaters and coaches and an overall love for the sport of skating. Their photo will be taken and displayed on our Facebook page and website.

Whether your child is interested in figure skating, hockey or recreational skating, we at Digby Area Skating Club are committed to helping them reach their goals and to have fun doing it.

*"Falling is good; it means
you are trying."*

Session Format

Our sessions are 40 minutes long and are broken down as following:

Group Warm-up 8 Minutes:

The warm-up is a time to welcome your child onto the ice. They will join the other children, program assistants and professional coaches in the middle of the ice for a choreographed action based warm-up cued by music.

Lesson 1- 5 Minutes:

Skaters will begin at a station that will have a predetermined lesson plan and goal. They will be moving continuously by following a circuit drawn on the ice.

Fast Track 1 Minute:

During this time, students will skate the perimeter of the ice. It is during this time that they will be encouraged to apply they skills they have learned.

Lesson 2- 5 Minutes:

A new station, lesson, and circuit.

Fast Track 1 Minute

Lesson 3- 5 Minutes

Fast Track 1 Minute

Lesson 4- 5 Minutes

Fast Track 1 Minute

Group Activity 5 Minutes:

During this time, all skaters will join the coach in a pre-determined fun activity. Usually in the form of a game, it is our purpose to say good-bye to the children in a positive and fun way.

Cool Down 3 Minutes:

Similar to the warm-up, all skaters will meet in the middle to stretch and say good-bye to their friends and coaches.



The First Day

CanSkaters are grouped before they step onto the ice based on their level and age. The first day typically has new skaters that need to be assessed, and therefore our routine is slightly different and more relaxed.

After Christmas Break

Our annual ice show, or Carnival, is always a lot of fun for the children and parents. It also demands preparation, so when we return in January, one of the lesson times will be dedicated to preparing choreography. Keep an eye out for announcements regarding costumes too, as this event is something the skaters look forward to and enjoy.

Equipment

Whether hockey skates or figure skates are your child's choice, quality is the key. Poor ankle support is painful and discouraging to new skaters. To test ankle support, squeeze the top of the skates in your hand. If you are able to easily press the sides together, support is poor. If your child is complaining of cold toes, his or her skates may be too tight or their socks may be too thick. Our coaching staff always encourages parents to shop around. Second hand quality skates are common and inexpensive, but even brand new skates usually cost less than expected. Avoid buying skates that are a larger size. Please check that when your child is wearing his or her skates, that he or she can easily stand up straight with no effort. There are some entry-level skates that have the blades riveted on at odd angles making skating impossible. We will communicate with any parent whose child has a pair of skates that will restrict learning. When tying your child's skates, if there is excess lace please hook it around the hooks a few more times, or cut the lace to a good size. Please do not wrap the laces around your child's ankle. We all understand firsthand how confusing all of this can be, so please feel free to contact any of us for help. In the meantime, here are some places to shop:

Cleve's Source for Sports

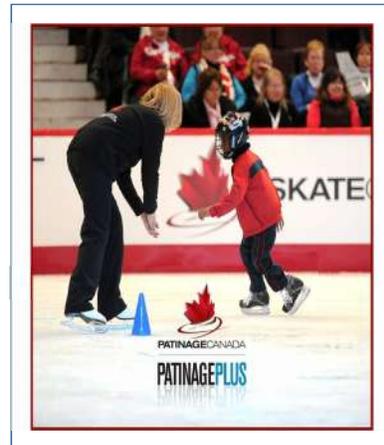
Skates on the Move - 5 Estates Rd, Lower Sackville, NS - (902) 865-7844

The Inside Edge - 17 Casavechia Ct., Dartmouth, NS - (902) 462 7191

Play It Again, Sports - 90 Tachoma Dr., Dartmouth, NS - (902) 434-7979

Canadian Tire

Other necessary equipment is a CSA approved helmet which must be worn during CanSkate and warm clothes. Happy skaters need to remain warm and dry for the entire session. For young skaters, snow pants are great as they not only keep them warm and dry, but will also cushion the knees and backside when the child falls down. Older skaters may prefer to wear splash pants. Waterproof mitts or gloves are also important since the skaters use their hands to get up from falls. Sweaters, vests, or jackets are also necessary. It is a good idea to layer clothing, then it can be removed if they get too warm. Scarves, draw strings and coat belts are not permitted for safety reasons.



"You're off to great places. Today is your day. Your mountain is waiting, so get on your way."- Dr. Seuss

Important To Remember

In the event of a cancellation, Digby Area Skating Club will post it on the website and Facebook page no later than 2 hours before your child is due on the ice. We encourage parents to stay updated via these avenues, but also appreciate busy lives. If you have any questions or concerns, please do not hesitate to contact any of our executive or coaching staff. We are committed to growing as a club, and to do that we need constructive feedback.

Dates

October 14, 2015: First day

November 11, 2015: Remembrance Day

December 16, 2015: Last day before break.

January 6, 2016: First day back.

February 28, 2016: Annual Carnival 2-4 pm.

Funding Available

We are fortunate to live in a society that appreciates the value of physical activity and socialization. KidSport and JumpStart are two foundations that provide financial aid to families so that all children can learn to skate.

KidSport™ Canada is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. Through a confidential application process they provide grants so kids can play a season of sport. One of their primary goals is to support our network of 11 provincial/territorial KidSport chapters and 177 community KidSport

chapters across Canada in their fundraising and sport activities.

Canadian Tire Jumpstart is a national charitable program that helps financially disadvantaged kids participate in organized sport and recreation. They help cover registration, equipment and/or transportation costs.

Since their launch in 2005, Canadian Tire Jumpstart has given more than 540,000 kids across Canada the chance to play.

Applications to both foundations can be found on our website.

Conclusion

We understand we that just gave you a lot of information, but ultimately, we hope you remember we are here for your children. We want to make your and their experience as pleasant and as smooth as possible, so please feel free to contact any of us at any time.

Digby Area Skating Club executive, Program Assistants and Coaches want to sincerely thank you for giving us the opportunity to pass our passion for skating onto your child.

Contacts

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