



COCHRANE

Figure Skating Club

CANSKATE PARENT MEETING



September 23, 2025

Agenda

Welcome

CanSkate Team

Our CanSkate program

Skater Assessments & Progress

Safety Talk

Club Information



CanSkate Team

- Coaches
 - Lynn Cotgrave, Isabelle Denault & Summer Gagnon
- Program Assistants (PAs)
 - Volunteers that are registered Skate Canada members and complete required training
- CanSkate Liaison
 - Lindsay Ross
- Fundraising Liaison
 - Chantal Levesque
- CFSC Board
- Volunteers
 - PAs, Mailbox System, Carnival



CanSkate Program

- Learn to Skate program
 - Teach basics for any skating sport (hockey, ringette, speed skating, figure skating)
 - The program emphasises good technique to create good skating habits
 - Skater to Coach/PA ratio and program cancellations
- Three Disciplines
 - Agility
 - Balance
 - Control
- Six Stages of accomplishment



CANSKATE AWARDS



CanSkate Program

- Skaters are grouped on the ice mainly by skills level within their respective sessions
 - Name badge identifies their group
 - Skater development
- Typically 3-5 groups per session depending on registrations (1:10)



Format

- Wednesdays starting October 15
- Skaters get on/off the ice at lobby end
- Parents are asked to vacate the area and sit in stands or lobby
 - This avoids distracting skaters



Format

- PreCan/CanSkate 1 (ages 3-5)
 - Levels Pre-Can - Level 1
 - 4:15 - 4:45 pm
- CanSkate 2 (ages 6+)
 - Levels 2-3
 - 5:05- 5:50 pm
- CanSkate 3
 - Levels 4 - 6
 - 6:05 - 6:50pm



Format

- Regular Session
 - Warm Up
 - Lessons ($\frac{2}{3}$ of the time)
 - Stations & Circuits
 - 1 per discipline
 - Challenge Zone
 - Group Activity
 - Cool down



Important Dates

- Year End Carnival
 - March 7, 2025
 - Rehearsal March 6, 2025 5-8 pm
 - Critical practice time is two weeks prior but it is optional for CanSkaters
 - Costuming
 - Volunteering



Skater Assessment & Progress

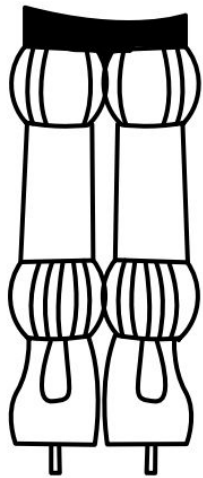
- Assessment days will occur approximately every 4 weeks
 - Assessments are conducted by the coaches
 - Each skill within the circuit is assessed to Skate Canada standard
- Ongoing Assessment
- Ribbons and Badges
 - Mailbox System
 - Volunteers
- Report Cards (December 17 & March 25)

STAGE 2	☐ Forward sculling ☐ Forward two-foot to one-foot glide ☐ Forward push/glide sequence ☐ Forward one-foot glide with speed	☐ Forward stop ☐ Backward two-foot sit glide ☐ Backward two-foot to one-foot glide ☐ Backward push/glide sequence	☐ Forward two-foot turn ☐ Backward two-foot turn ☐ Forward 180° glide turn ☐ Forward two-foot jump
	4/4 check marks required. Ribbon awarded: _____	3/4 check marks required. Ribbon awarded: _____	4/4 check marks required. Ribbon awarded: _____
STAGE 3	☐ Forward stationary blade push ☐ Forward two-foot slalom ☐ Forward circle thrusts ☐ Walking crosscuts ☐ Forward two-foot to one-foot curve glide	☐ Forward stop with speed ☐ Backward sculling ☐ Backward two-foot to one-foot glide ☐ Backward push/glide sequence ☐ Backward one-foot glide with speed	☐ Forward two-foot quick turn ☐ Backward two-foot quick turn ☐ Forward 360° step turn ☐ Backward two-foot jump ☐ Fast forward perimeter skating
	5/5 check marks required. Ribbon awarded: _____	5/5 check marks required. Ribbon awarded: _____	5/5 check marks required. Ribbon awarded: _____

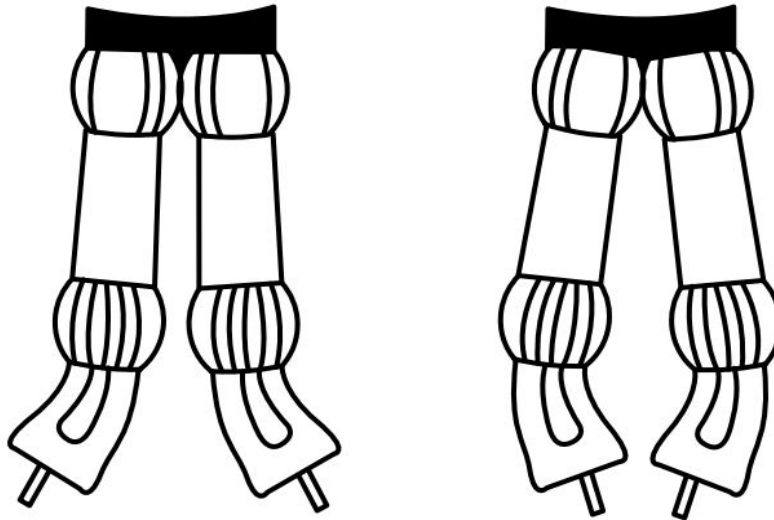
Safety Talk

- Proper Equipment

- Skates fit comfortably and are free of any attachments
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than $\frac{1}{4}$ inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice



Properly Equipped Skater



Poorly Equipped Skater

Safety Talk

- How to show up on the ice
 - Dress warmly (including gloves or mittens, but no fuzzy mittens)
 - Hazardous materials (scarves, belts, long pants)
 - No snacks/food or gum
- Helmets
 - A CSA approved hockey helmet must be worn by all skaters
 - Free of stickers
 - Goalie helmets are prohibited
 - Cage is recommended
- Concussion Protocol
 - Helmets are preventative but not absolute
 - Medical Clearance
 - Report filed to Skate Canada
 - Return to Sport Protocol (handout)



Safety Talk



Safety Talk

- Registration
 - All skaters must register in the lobby prior to going on the ice
 - Name badges are picked up at registration and returned to the Coach/PAs prior to leaving the ice surface
 - Attendance/Head Count
- Emergency Responses
 - Fire or Evacuations from the ice surface/arena
 - Skaters will exit ice surface and arena with their assigned Coach/PA
 - Meeting point and confirmed sign out by CanSkate Liaison
- Skaters leaving the ice
 - Must be met by a parent at the lobby end of the ice surface
 - Coaches and PAs cannot leave the ice surface
- Only designated Skate Canada Members with skates are welcomed on the ice surface



Facility Information

- Tim Horton Events Center
 - 705-272-5084
 - www.cochraneontario.com
 - 7 Tim Horton Dr.
- Dressing Rooms
 - Assigned by the THEC



Club Information

- Facebook Page:
<https://www.facebook.com/CochraneFigureSkatingClub>
 - Important notices and reminders
 - Calendar of activities and schedule
 - Dress up days
- Website: www.cochranefigureskatingclub.com
- Contact:
 - CanSkate.cochranefsc@gmail.com
 - FB Messenger



Questions?



Additional Resources

- Skate Canada Concussion Policy
- Concussion Resources
- Concussion Guide for Parents
- Concussion Guide for Athletes
- CFSC Concussion Policy

