



Maximum 24 skaters per ice slot.



CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

PrePowerSkate was offered in previous years for our younger power skaters who may not be quite ready for CanPowerSkate. At this time, we will not be offering Pre-Power. For skaters who are still skating at this level we ask that you register for CanSkate.

Eligibility Requirements

CanPowerSkate is taught in a group environment; therefore, all participants should have basic skating ability and should be able to manage the following skills:

- Be able to get up on their own.
- Be able to skate forward the length of the ice using alternate strides.
- Be able to skate backward the width of the ice using alternate strides
- Be able to stop without the use of the boards.

Skaters who cannot perform these skills on their own should commence at the CanSkate level.

Benefits of Participating in CanPowerSkate (CPS)

CanPowerSkate will teach skaters to develop and improve both their personal style of skating plus improve the biomechanical efficiency of their skating. Once the individual is skating efficiently, the focus changes to developing power and speed.

Participants in the **CPS** Program should wear full hockey equipment that is CSA approved. There will be a range of recreational, hockey, ringette and experienced skaters involved in this program.

The **CPS** program is available only to Skate Canada member clubs and sanctioned skating schools.

Only Skate Canada member Coaches trained and certified at a **CPS** Coaches Course are qualified to instruct the **CPS** program.

The Course

Each **CPS** class will be 45 minutes in length and run each Tuesday evening from 6:15 to 7pm. The course is made up of drills and instruction on all listed skills. There is time allotted for games at the end of each class. The games emphasize what was learned in the class and are always fun. There is a timed drill used at the beginning and end of the course so the skater, parent and coach know which level the skater should be in.

CanPowerSkate Skills Award Program

The **CPS** program has been designed to systematically advance skaters through six levels of achievement. Level I focuses on the fundamentals of skating: Level II skaters build on these fundamentals: Level III focuses on agility and quickness.

Level IV and above are more advanced levels with Level VI incorporating stick handling into the circuit.

At the conclusion of the session, skaters are evaluated on skill level and timed as they perform a test involving seven skills in a course-like pattern. The skater receives a mark combining his/her skill performance, plus test time. This determines whether the skater receives a Bronze, Silver, or Gold award. A Gold Award is recommended to be earned before moving onto the next level.

How Long Does It Take to Complete the CanPowerSkate Program?

All skaters must progress at their own speed. The length of time it takes a skater to complete a program is determined by:

- Age, size, maturity and strength.
- The amount of extra ice time
- Quality of equipment



Skaters should be equipped with....

- Full hockey gear
- Hockey Skates
- CSA approved Helmet
- Hockey Stick

Sessions:

KickSTART (Sept)
 Fall (Oct-Dec)
 Winter (Jan-Mar)
 Spring (Apr-June)



Overview of Skills

The CanPowerSkate program includes 23 skills from Levels 1 through 6.

The following is what each level includes:

Level 1

Forward stride
 Backward stride
 180 Degree tight glide turn
 Backward
 Backward Snowplow Start (V-start)
 Forward Side Stops (two feet)

Level 2

Forward Crossovers
 Backward Crossovers
 Fast Forward Start (V start)
 Backward to Forward 180 Degree Pivot

Level 3

Fast Forward Crossover Start
 Forward to Backward 180 Degree Pivot
 Backward Snowplow Stop/Start (one foot)
 Reverse Pivot Turn

Level 4

Forward Side Stop/Start (1-ft.)
 Reverse 360 Degree Pivot
 Forward Crossover - Quick Change of Direction
 360 Degree Tight Glide Turn

Level 5

Forward Change of Speed
 Forward Lateral Movement
 Backwards Lateral Movement
 Fast Backward Start
 Backward to Forward 45 Degree Pivot
 Forward 360 Degree Spin

Level 6 A combination of all skills incorporating use of a puck/ring.

Thorncliffe Greenview Ice Skating Club

Is Pleased to Offer



CANPOWERSKATE

Tuesdays
CanPower 6:15-7pm



Forbes Innes Arena
5600 Centre St. N.

www.tgiceskatingclub.com

Check our website for on-line registration information: www.tgiceskatingclub.com

- **Registration will not be taken after the first full week the program starts**
- **Bingo volunteering is available to help reduce program fees.**

We are located at 56th Ave & Center Street N. at the Forbes Innes Arena. For fees and further information please check our website:

Visit: www.tgiceskatingclub.com

Questions?

Email: registrar@tgiceskatingclub.com

Call: 403-471-9623