



The CanPowerSkate program stresses balance, power, agility, speed and endurance skills, all which are especially important for hockey and ringette players. CanPowerSkate is an ideal complement for those athletes playing on hockey or ringette teams. Strong skating skills and good physical conditioning are provided through participation in this program.

## 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 Pre-Power or CanSkate level. CanPowerSkate is best for skater aged six or older who already have basic forward and backward skating skills and are able to stop on command without use of the boards.

***Maximum 24 skaters  
per ice slot.***

## 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 60 minutes in length and run each Tuesday evening from 6 to 7pm. Pre-PowerSkate will be 45 min. in length from 6 to 6:45pm on Tuesdays. 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 10-session course, 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 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



## 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.

## Skaters should be equipped with....

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



### Sessions:

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



Check our website for on-line registration information: [www.tgiceskatingclub.com](http://www.tgiceskatingclub.com)

- Registration will not be taken after the first full week the program starts
- Bingo volunteering is available to help offset the costs of your program.

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](http://www.tgiceskatingclub.com)

Questions?

Email: [registrar@tgiceskatingclub.com](mailto:registrar@tgiceskatingclub.com)

Call: 403-471-9623

# Thorncliffe Greenview Ice Skating Club

*Is Pleased to Offer*



**Tuesdays**  
**Pre-Power 6-6:45pm**  
**CanPower 6-7pm**



**Forbes Innes Arena**  
**5600 Centre St. N.**

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