



## **CanPowerSkate Clinic FAQs**

**CanPowerSkate** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

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.

**CanPowerSkate's Pre-Power** is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.

### **What are the benefits of Participating in CanPowerSkate?**

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

When you/your child registers for a CanPowerSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanPowerSkate program can include:

- participation in a unique skill testing system which includes award bars and ribbons parent information sheets
- progress updates and report cards
- special CanPowerSkate events and club functions
- opportunity to be talent-scouted
- opportunity to participate in a healthy lifestyle activity

**If you would like to be a part of this exciting program as a certified instructor you must meet the following requirements in order to become a "Certified CanPowerSkate Coach":**

- **Be seventeen years of age**
- **Be a Skate Canada member coach**
- **Hold a valid first aid certification**
- **Completed NCCP Level 1 Theory**
- **Have completed one of Level 1 Technical Phase 1 (figure skating) Technical component, or NCCP Level 2 (Hockey, ringette) or CHA Intermediate certification.**

Please note: These requirements are pre-requisites and must be met prior to attending the course.

*If you would like more information about this program contact Skate Canada - Manitoba at 204-925-5709 or go to our website at [www.mbskates.ca](http://www.mbskates.ca)*