

SPECIAL POINTS OF INTEREST:

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- Helmet Fit
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King City Skating Club

VOLUME 1, ISSUE 1

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Welcome

I Would like to take this time to welcome everyone to the King City Skating Clubs 2011-2012 skating year.

If you are a new family joining us this year we would like you to feel welcome. If you are a returning family I would like to welcome you back. If you have any questions about the program your child is enrolled in please, do not hesitate to ask one of the executive members or ask one of the program coordinators.

Our Canskate/Intro program is coordinated by Brenda Tanner-Ferreira and she has a wonderful team of coaches working under her. **Brenda's home number is 905-833-6758.**

The coaches working with Brenda on the new CanSkate

Pilot Program are:

- Alicia Keenan
- Raisa Baila
- Hilary Eigelshoven
- Jillian Eigelshoven
- Rayleen Finn
- Fiona Robinson
- Sue Steauble
- Sue Strathearn

new information.

You will be receiving a calendar for the season which will have up and coming events listed on it. Please put this on your fridge so that your skaters will know what is happening on their sessions. Canskate/Intro has planned fun days so you do not want to miss out on these days.

Once again welcome and I am looking forward to meeting you.

Your President,
Evelyn Finn



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Remember check out our bulletin boards or website for any

Canskate Pilot Program

Dear Canskate parents/ participants:

Skate Canada is currently working toward making some adjustments to the CanSkate program based on findings and feedback from the coaching and sport science experts who have been working on the Long-Term Athlete Development (LTAD) model for Skate

Canada.

Based on feedback received to date as well as feedback from a concept test conducted from January to April 2010, we have come forward with a draft revised CanSkate curriculum to be piloted in the 2010-11 and 2011-12 seasons.

A total of 41 clubs, including King City Skating Club, which are rep-

resentative of various club sizes and demographics across the country have been selected to pilot the proposed changes.

The CanSkate pilot program will take place from September 2011 **to April 2012 during your child's Canskate sessions.**

This year we will ask for your help in completing a short Cont..pg 4



CSA Approved Hockey Helmet

Always try on different brands of helmets for the best fit and comfort



Helmet Use Policy

INFORMATION FOR CLUBS, COACHES AND PARENTS:

On July 1, 2011 Skate Canada Implemented a Helmet Use policy. This policy was implemented as a proactive safety measure to help protect members in the early stages of the CanSkate program that are learning how to skate. Skate Canada believes it is an appropriate time to implement such a policy to help prevent future injuries to its members that are learning how to skate. In

the development of the policy Skate Canada consulted various groups of individuals including parents, and the policy was approved by the Skate Canada Board of Directors earlier in 2011.

Skate Canada is proud of its CanSkate program, the best learn-to-skate program in Canada, and we will continue to develop policies and programming that create a better and safer learn-to-skate experience for our skaters. If you would

like more information on helmet use and injury prevention we recommend you visit Think First at www.thinkfirst.ca

How should the Hockey Helmet Fit?

A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.

For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortable snug fit is achieved. The hel-

met should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.

Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.

All CSA certified helmets have

a sticker indicating their certification.



What level can I stop wearing a Helmet?

Why has up to and including Stage 5 been selected as the benchmark for helmet use? Skaters who lack good control/balance when skating forward, backward and have difficulty stopping, as well as maneuvering around obstacles on the ice are at a higher risk of being unable to control a fall, regard-

less of their age.

The CanSkate program has been developed to introduce basic skating skills to beginners in a safe and sequential manner. The learning progressions leading to and included in Stage 5 allow skaters to gain the necessary skills (balance, agility and control) required to

safely participate on the ice. While it may be likely that many Stage 5 skaters can skate reasonably well, ice surfaces can be very unpredictable and there is always a risk of falling, no matter what stage a skater is at.

How Do I Choose a Private Coach?



You can hire a private coach at any level. King City/Bond Lake has several qualified coaches on staff.

When you feel you are ready to hire a coach please ask your club executive for a list of the coaches

phone numbers and what level they are qualified to coach at.

Sometimes asking your child who they like as a coach helps you determine who you would like to hire.

Skate Canada is very firm on their policy that a Board member is not allowed to recommend a specific coach. All the Board members can do is give you the coaches name and numbers, and level each coach is qualified to coach at.

Skate Canada prohibits a coach

from approaching a parent and offering their services. They feel that this is a form or soliciting.

If you are unable to find a board member we do have a Program Coordinator for CanSkate and Intro who would be more than willing when your child is ready for Private lessons to give you a list of phone numbers and coaches names, and what level they are qualified to coach at.

Please do not hesitate to ask for this information so that you can make an informed decision.

“Make an informed decision”

Fundraiser—Macgregor Meats

Our first fundraiser of the season for the King City Club is... Macgregors Meats

If you have not already received your information package at registration please make sure that you pick one up at the arena.

The form and money collection

date will be Thursday, September 29, 2011 at 6:00 p.m. So if you are with the Bond Lake division of the club you need to hand it in by Wednesday, September 28th.

Please collect your money and order forms and make one check out to the King City Skating Club for the total amount of your order.

The delivery date will be on Thurs-

day, October 6, 2011 from 6:00 p.m. to 6:30 p.m. At the King City Arena parking lot. 25 Doctors Lane. (You must pick up your order or arrange for someone to pick them up for you on this date. We do not have the facilities to store frozen orders.

Fundraiser—King City Battle of the Blades (Family Event)

The King City Battle of the Blades event will be on Friday, October 21, 2011 from 7:00-10:00 p.m.

The family event consists of dinner and a show. You and your family members will get to vote on the performances that you watch, just like the TV event.

The performers are some of our own skaters and local hockey play-

ers.

One of our judges will be Rick Hampton a former NHL Hockey player.

This is a great time to come out and meet some of the other members of your club and enjoy the entertainment with your family and friends.

Please keep an eye out for the tick-

ets for they will be going on sale soon.

Make sure that you keep this date free on your calendar.



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BATTLE OF THE BLADES
FRIDAY, OCTOBER 21, 2011



King City Skating Club:

King City Community Centre
 Box 22,
 25 Doctors Lane, King City
 Or

Bond Lake Division:
 Oakridges Recreation Centre
 70 Old Colony Road, Oakridges

Phone: 905-833-5748

Web: www.kingcity-skating.com

Or www.oakridges-skating.com

The King City Skating Club is made up of volunteer parents who have take-on the responsibility of a board position for a two year term. The King City board of volunteers will be working hard to meet all of your needs.

We are always looking for new people to join our board or work on some of our organization committees. If you would like to join or help out in any way please contact Evelyn Finn the president of the club. She can be reached through the club phone or e-mail.

This year we will be looking for nominations of people to join our board. Please make sure you come to our AGM and vote for the new executive.



CanSkate Pilot Program Con't....

Questionnaire mid-way through the season.

What will the differences be?

It is important to note that the proposed CanSkate session will look very much like it always has-with the exception of the use of the fast track, stations and fun zone if the club has not yet begun implementing these newer delivery methods. A new revised draft report card will also be distributed as well as new award certificates for certain levels.

What next?

Once the pilot is completed and feedback gathered, any changes required will be made and all program support materials will be finalized. Coach training will then take place. Once complete, the new and improved Canskate program will officially be

launched!

We thank you in advance for your assistance in the development of **Can-skate, Canada's learn-to-skate** program. Should you have any questions

tact me at donna-k@skatecanada.ca
 or 1-888-747-2372 ext. 2563



**CANSKATE ALWAYS LOTS OF
 FUN**

on the above don't hesitate to con-