



MEMORANDUM

To: Skate Canada clubs, skating schools and coaches
From: Jeff Partrick, Director Coaching and Skating Programs
Date: February 16, 2010
Subject: Call for applications to participate in new CanSkate program pilot

Background

As you may have read in the latest edition of Keeping in Touch and through other Skate Canada communications over the past year, we are continuing work towards implementing Long-Term Athlete Development (LTAD) philosophies into Skate Canada programming.

The CanSkate program is the first program to be reviewed. Reflecting on the work done by the LTAD Learn to Skate stage working group and feedback provided by coaches and other stakeholders over the last two seasons, as well as feedback from a test run of the proposed concepts by 15 clubs from January to March 2010, we are preparing to implement a pilot program starting September 2010 to test the draft CanSkate revisions.

What are the proposed revisions for CanSkate?

- **More emphasis on speed and flexibility** - In accordance with LTAD philosophies, the development of speed and flexibility will be more of a focus. Features such as the “fastrack” and specific speed-related drills including flexibility will all be incorporated into the lesson planning templates.
- **Earlier introduction of edges, turns and stroking basics** - These basic skills are the foundation of quality skating and will be introduced earlier to allow more time to develop. Quality edges, turns, strong pushes and glides will be emphasized.
- **Reorganization of the CanSkate skills chart** - To help coaches more easily track and observe the skill progressions of their skaters, fundamental movements will now be listed across the top of the chart while the stages will be listed down the left side of the chart. This will help emphasize the importance of fundamental movements in the skater’s development.
- **Learn-to-skate for all** - Ensuring that CanSkate provides a great opportunity for clubs to reach all prospective clientele we added skills that will benefit hockey, ringette and speed skaters.

Having a fun and entertaining CanSkate session is critical to the program's success and many of these revisions, like the "fastrack", will make the program more fun for your skaters. All of these proposed changes are designed to improve the skater's skill level and quality of skating.

How to Apply

We are now accepting applications from clubs and schools that are interested in participating in the new CanSkate pilot program. We will be selecting approximately 45 clubs and skating schools from across the country, representing a variety of different sizes and demographics to pilot the revised CanSkate program.

Clubs and schools that are selected to participate will be required to:

- Have their lead coach attend the conference call training scheduled for July 2010
- Train the team of coaches and program assistants who will be involved on the pilot CanSkate session(s)
- Pilot the revised program curriculum from September 2010 to March 2011 on at least one existing weekly CanSkate session
- Adhere to the prescribed delivery methods
- Test the revised skill standards
- Use the record-keeping tools provided
- Complete program evaluation forms and participate in a follow-up conference call

Clubs and schools not following these requirements will be removed from the pilot process.

To apply, please complete the attached application form and return it by **Monday, April 19, 2010** to Skate Canada at skatecanada@skatecanada.ca, by fax (877-211-2372) or by mail to 865 Shefford Road, Ottawa, Ontario, K1J 1H9.

This is a great opportunity for your club/school and coaches to get an early introduction to this proposed format. We hope you will consider applying for this exciting initiative and help shape the future for our skaters and our organization through this important program. Please contact us at skatecanada@skatecanada.ca if you have any questions.



CanSkate Program Pilot Application

Please take the time to fill out the application form as completely as you can. We will be selecting a variety of clubs from across the country and the information you provide will assist us in making those selections. Although we may not be able to select all interested in running the pilot, we appreciate your interest and thank you for taking the time to complete the application.

Club Information

1. Club name: _____
2. Club number: _____
3. Section: _____ Region: _____
4. Club president – name and contact information
 - Name: _____
 - Telephone number: _____
 - E-mail address: _____
 - Mailing address: _____

Coach and Program Assistant Information

1. Coach(es) on session(s)

Name	Certification level	Years of CanSkate coaching experience

2. Program Assistant(s) on session(s)

Name	Age	Highest Tests Passed

3. Number of coach(es) and PA's on each session

Session 1	Coaches _____	PA's _____
Session 2	Coaches _____	PA's _____
Session 3	Coaches _____	PA's _____
Session 4	Coaches _____	PA's _____



Presented by:



Demographics

1. Population of Town/City : _____
2. Nearest Skate Canada club : _____ (km)
3. Total number of registered skaters: _____
4. Number of CanSkaters on each session:
 - Session 1: _____
 - Session 2: _____
 - Session 3: _____
 - Session 4: _____

CanSkate Session Format

1. Describe your current CanSkate session (e.g. What are the components of the session, what musical selections do you use, what teaching aids do you use, etc.)

2. In 50 words or less please explain why you are interested in participating in this pilot program.
