



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 powerskating in a progressive and sequential manner.

The **CanPowerSkate** program is exclusive to Skate Canada and only coaches trained and certified by Skate Canada are qualified to instruct the program.

CONTACT INFORMATION

SKATE MIDLAND

PO Box 372
Midland, Ontario
L4R 4L1

Phone: 549-4643; 526-6239;
533-3430

POWERSKATING WHY DOES MY CHILD NEED IT?

As with any acquired skill, natural ability can only take one so far. Skating has remained the most neglected factor in hockey fundamentals. Many players fail to realize their full skating potential due to their failure to obtain optimum power from each skating movement

In order to improve, one must receive training and instruction. Our goal as instructors is to refine basic skating skills to allow students to reach their fullest potential.

Time and time again it has been demonstrated that the best skaters are often the best players. Players have so much to think about in a game: stick handling, passing, shooting, etc, that they have little time to think about skating technique and how to react on skates to unexpected situations and sudden changes in play. Therefore a player's skating ability must be tuned in so sharply that their reactions become second nature.

Our main objective is to develop and improve your child's skating skills, with an emphasis on agility, balance, rhythm and power. By reaching our objectives, we develop a more confident skater and hockey player.

SKATE MIDLAND

SKATE MIDLAND POWERSKATING

WEBSITE
WWW.SKATEMIDLAND.COM

EMAIL
INFO@SKATEMIDLAND.COM

NORTH SIMCOE SPORTS & REC CENTRE

GENERAL INFORMATION, SCHEDULES & FEES

The Program: The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating. Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck.

Equipment: Full hockey equipment must be worn. Each skater MUST wear a CSA approved helmet, mask and neck protector. Bring your hockey stick. Physical contact may be part of the teaching process, due to the nature of the game.

Prerequisite: Skaters must possess the ability to move about on the ice for the entire session without assistance at a reasonable speed.

This is not a learn to skate program.

SCHEDULES

Season runs from September 29th 2010 to the end of March 2011

Latecomers are welcome. Fees may be prorated depending on entry date into the program.

SESSION 1

Levels 1 –and 2—Boys & Girls

Thursdays—6:30pm to 7:30pm

SESSION 2

Levels 3 to 6

Wednesdays—5:30pm to 6:30pm

MEMBERSHIP FEES

\$250.00 per child plus an additional \$40.00 fundraising fee that can be earned back.

Other Information: Cheques must be made payable to Skate Midland. Payments can be made in full or in 3 equal payments by post dated cheques.

Refunds are available for medical or relocation reasons only.

APPLICATION

Session Applied for: _____

Skater's Name _____

Address _____

City _____ Postal Code _____

Telephone # _____ E-mail Address _____

Skater's Birthdate _____

It is understood and agreed, as a condition of participation in skating programs offered by Skate Midland and Skate Canada, that neither the Club nor Skate Canada shall be liable for any injury, loss or damage suffered by the above-noted member while traveling to or from or while participating in skating practices, competitions or other activities however caused.

The member, or his/her parent/legal guardian who has signed this form, shall indemnify the Club and Skate Canada and hold them harmless from any claims, demands or actions arising from or in respect of such injury, loss or damage.

Athlete or Parent/Legal Guardian Signature