



# CanSkate Newsletter

Volume 2, Issue 1

January 2009

## Special Dates of Interest

- \* Our first day of skating for CanSkate is **Tuesday January 06, 2009.**
- \* Last day of CanSkate is **Thursday, March 05, 2009**



## WELCOME BACK SKATERS

Hello everyone! On behalf of the Abbotsford Skating Club (ASC), I would like to welcome both new and returning skaters to the Winter 2009 session. We have a lot of fun and exciting events planned. A full schedule of events is listed in this newsletter-be sure to check it out and mark the dates on your calendar.

CanSkate is Skate Canada's (SC) flagship learn-to-skate program which is designed for beginners of all ages. When you sign up for CanSkate you will be

in a group format that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities



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that create a fun environment and promote learning. CanSkate is the feeder program to all other SC programs.

If you have any questions, concerns or comments, do not hesitate to contact myself, Nicole LaForest.



## OUR PROGRAM ASSISTANTS

Program Assistants (PAs) are skaters who are trained by professional coaches to assist in running the CanSkate program.

Our PAs attend regular training seminars, are skaters with the club themselves, are dedicated to the sport of ice skating and enjoy

working with children of all ages and abilities.

## EQUIPMENT

What equipment does my child need?

**Skates:** First and foremost your child needs good skates. The kind of skates suitable for your child will depend on your child's size and strength. Some skate brands will be more suitable for your child than others. Please see attachment for skate fitting information.

**Helmets:** Hockey helmets are strongly advised for beginner skaters of any age. Helmets should fit snug and the strap and helmet should be adjustable. Look for helmets made of hard plastic with a

thick layer of sponge. Also look for helmets approved by the Canadian Standards Association (CSA).

**Clothing:** Clothing should provide warmth, allow for movement and provide some protection from the falls. Layering of sweatsuits, sweaters, ski



jackets and long underwear or leotards is recommended. Warm mittens of gloves are a must and long scarves are not advised as they can lead to serious injury.



### 2007/2008 Club Executive:

|                |                 |                     |
|----------------|-----------------|---------------------|
| President      | <b>Vacant</b>   | (temp. Lisa Gruban) |
| Vice-President | Lisa Gruban     | 604-853-2050        |
| Past President | Sandy Dunn      | 604-857-0318        |
| Secretary      | <b>Vacant</b>   |                     |
| Treasurer      | Alana Robson    |                     |
| Test Chair     | Tonja Borrows   | 604-859-2214        |
| Competitions   | Karen Regier    | 604-850-2782        |
| Registrar      | <b>Vacant</b>   |                     |
| Bingo          | Denise Baier    | 604-852-6693        |
| Ice            | Sandy Dunn      | 604-857-0318        |
| Synchro Rep    | Cathy McCormack | 604-852-3223        |
| Region Rep     | Tonja Borrows   | 604-859-2214        |
| CanSkate Rep   | <b>Vacant</b>   |                     |
| Pro-Liaison    | <b>Vacant</b>   |                     |
| Publicity      | <b>Vacant</b>   |                     |
| Equipment      | <b>Vacant</b>   |                     |

***AS YOU MAY HAVE NOTICED THERE ARE A FEW POSITIONS THAT NEED TO BE FILLED ON THE BOARD. IF YOU ARE INTERESTED IN HELPING THE CLUB OUT OR HAVE ANY QUESTIONS PLEASE CONTACT NICOLE, LISA OR SANDY.***



**CanSkate Coordinator**

Nicole LaForest 604-820-8015

**StarSkate Coordinator**

Tami Kerr 604-852-5622

**Synchronized Skating Coaches**

Jennifer Cummings 604-589-9576

Lisa McAvoy 604-341-9101

**Club Coaches**

Stacy Geddes 604-850-5568

Tami Kerr 604-852-5622

Nicole LaForest 604-820-8015



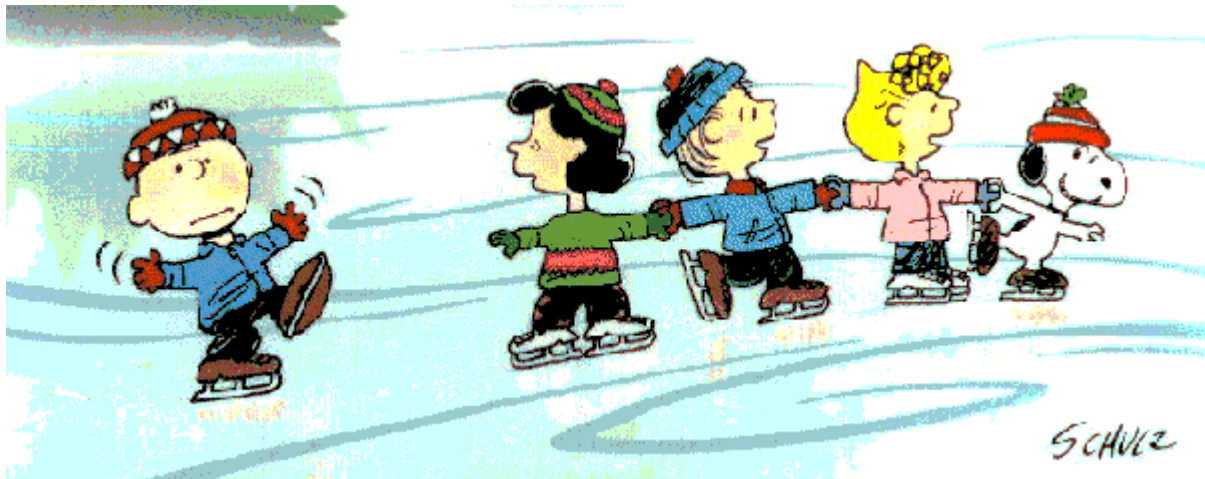
**Abbotsford Skating Club**



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\* If you have any questions at all do not hesitate to contact myself, Nicole LaForest \*  
\* by e-mail at [nicole\\_laforest@hotmail.com](mailto:nicole_laforest@hotmail.com), or any of the board members listed \*  
\* previously. \*  
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[www.skatecanada.ca](http://www.skatecanada.ca)  
[www.skatinginbc.com](http://www.skatinginbc.com)