

# CanPowerSkate & Long-Term Athlete

## Development (LTAD) Alignment

- The CanPowerSkate program has been aligned with LTAD philosophies to accompany **Hockey Canada** and **Ringette Canada**'s programming at the Learn to Play and Learn to Train Stage of LTAD.
- CanPowerSkate ideally incorporates skaters/players at the "Golden Age of Learning" (ages 9-12) to enhance their skating ability by teaching technique and efficiency, for quality execution.
- Skating is a physical literacy skill that is required for ice sports. Prior to playing hockey or ringette, players should have acquired basic skating skills.
- The CanPowerSkate curriculum was designed as a transitional program advancing from the CanSkate program. It specifically focuses on skating skills that are essential for the games of hockey and ringette. The CanPowerSkate program is not a learn to skate program.



CANPOWERSKATE  
**SPECIALIZED SKATING SKILLS**  
FOR HOCKEY & RINGETTE



## **CanPower Skate is the only nationally regulated power skating program in Canada.**

A minimum of 30 mins of lesson time including:

- 3 rotations to different learning stations
- Use of circuits to teach and practice skills
- Circuits lead by a NCCP CanPowerSkate coach

Use of Development Time to enhance skills and speed.

Graded on the official Skate Canada CanPowerSkate report card. (min. 1 per term)

One on one attention/ corrections on the circuit during lesson time.

Modified delivery of CanPowerSkate program to include adaptive skaters and skaters who have started skating at an older age.

1:10 coach to skater ratio.

Players should be in full hockey gear including a stick.

## **PERFECT PRACTICE MAKES PERFECT**

## **Session Days and Times**

**12 weeks starting Sept. 9<sup>th</sup>**

Monday 6:30-7:20pm

Friday 6:30-7:20pm

1 Day- \$160

2 Days- \$250

\* Skaters must have passed the complete Stage 4 CanSkate badge or equivalent, prior to enrolling in the CanPowerSkate program. If unsure, please contact us at [porthopefigureskating@hotmail.ca](mailto:porthopefigureskating@hotmail.ca)

## **Family Discount**

Families with 3 or more skaters receive a discount of 50% off the third or lowest session fee, whichever is less.

## **Refunds**

Written requests for ICE FEES ONLY will be considered on a pro-rated monthly basis minus the \$40 Skate Canada registration fee and a \$25 administration fee. Fundraising is not refundable. No refunds or adjustments will be made for holidays, illness, maintenance repairs or ice cancellations.

## **Fundraising Fee**

All PHFSC programs have a mandatory fund-raising fee of \$50 per family (for each 12 week session) that is not included in the session costs. This fee is due at registration to pay for the raffle tickets assigned to each family. Selling the tickets will allow families to recover their fundraising costs.

## **Parent Attendance**

All skaters under the age of 12 MUST have a parent or guardian in attendance at the arena during his/her skating session.

