

Welcome to the Sherwood Park Skating Club's CanPower Program

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped.

CanPowerSkate is an instructional program that teaches skating skills and techniques to hockey and ringette players in a progressive format that emphasizes how these skills apply to game situations. Therefore to simulate game situations we recommend skaters wear full hockey equipment. Sticks are also required as we instruct skaters on the proper use and positioning of the stick during each skill. The skaters will be at a greater advantage in game situations if they have developed their skating skills in full equipment and with the use of a stick.

Parents please make sure that:

- Skates fit comfortably
- The skater should be able to stand and walk on their skates keeping their ankles straight
- Excess laces should not drag on the ice, double knot longer laces to avoid wrapping laces or tape around the ankle as this restricts ankle flexion
- All equipment (helmets, face guards, chin straps) should be securely fastened so they don't come loose
- Please watch that you do not send your child onto the ice with gum, candy or food in their mouth as this is a choking hazard

Skate Care

To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session the blades should be wiped with a dry cloth to prevent rusting. After wiping the blade do not store the skates in wet guards. Skate Sharpening should be done periodically. The number of sharpenings needed depends on the skater's weight, frequency of use, care of the blades, ice surface used (indoor vs. outdoor) etc. A skater who has trouble utilizing a certain edge for skills such as stopping may have more success on a dull edge. As he or she becomes confident on the edge, the sharpening can resume.

These are the skate shops we recommend:

Sin Bin Sports - 2008A Sherwood Drive Sherwood Park 780.417.7462

United Cycle - 7620 Gateway Boulevard NW Edmonton 780.433.1181

Pro Skate - 9212-51 Avenue NW Edmonton 780.438.9059

Other

In general, the quality of a skate is reflected by the price. Parents should purchase the best equipment they can afford. Good quality skates are an investment and can be resold when they become too small. An inexpensive skate can break-down quickly and slow-down the skaters progress.

We thank you for your cooperation and feel free to email us if you have additional questions email: skate@spfsc.ca

See you on the ice!

CanPower Coaching Team

www.sherwoodparkskatingclub.ca

