

## CanPowerSkate

Offered by the Whitewood Skating Club - Instructed by Sheena Goodbrand – CanPowerskate Certified Instructor and NCCP Level 2 Certified Skate Canada Coach with 16 years coaching experience

**CanPowerSkate** is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve. 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 power skating in a progressive and sequential manner.

**CanPowerSkate** is geared to skaters aged 6 and older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved.

**How does CanPowerSkate work?** 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/ring. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that Level. **Any questions please call Sheena at 306-696-7182.**

### **Includes 10 45 minute sessions**

**\$110** – includes Skate Canada registration and insurance

Nov 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup> Dec 7<sup>th</sup> 14<sup>th</sup> Jan 18<sup>th</sup> 25<sup>th</sup> Feb 1<sup>st</sup> 8<sup>th</sup>

CanPower Thursdays 7:00 to 7:45

Register ASAP [sgoodbrand@sasktel.net](mailto:sgoodbrand@sasktel.net) or drop off to Matt at the Rink

Skaters Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parents Names: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Skating or Hockey Level: \_\_\_\_\_