

BVFSC PROGRAMS DESCRIPTION

CANSKATE and KIDSKATE:

At BVFSC, our Canskate programs focuses on Pre Canskate levels and Stages 1 through 3. KIDSKATE is Canskate, however, provides the option of participating in a 10 week Fall program or 10 week Winter program whereas Canskate is a program that runs the entire skating season.

WHAT IS CANSKATE?

Skate Canada's flagship learn-to-skate program that is geared to beginners of all ages, CanSkate offers basic skating instruction taught in a group lesson format by Skate Canada professional coaches who are assisted by trained program assistants. CanSkate is the foundational and feeder program for all other Skate Canada programs and community ice sport programs.

CanSkate teaches the fundamentals of skating in a progressive manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn ribbons and badges as skills are mastered. The CanSkate learning environment is enhanced through fun, music and colourful teaching aids and props along with praise and feedback from coaches. This unique intro-to-ice environment is designed to stimulate and maintain interest and enthusiasm among skaters, allowing participants to gain the physical competency and confidence to remain active for life!

CANSKATE PROGRAM OBJECTIVES

- To provide participants and families with a safe, welcoming and inclusive first experience to the sport of skating
- To develop skating and motor skills through natural learning phases (introduction, acquisition, retention/mastery)

- To use skill progression and repetition throughout the stages to introduce physical literacy and establish quality basic skating skills
- To foster personal achievements and satisfaction through skill acquisition, reward and recognition
- To evoke an interest in life-long participation in skating

PROGRAM STRUCTURE AND AWARDS

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage badges

To pass a stage badge skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.

SHOOTING STARS:

At BVFSC, our Shooting Stars program is an advanced Canskate program that focuses on Stages 4 through 6. Most participants have obtained Stage 3 during our Canskate session and are encouraged to move up to this program. We continue to use the same program structure and awards system while introducing skaters to the StarSkate program. Shooting Stars are taught by certified Skate Canada coaches and

assisted by trained program assistants. Skaters are encouraged to use practise ice and learn independent practise habits under the supervision of club coaches. Skaters also have the opportunity to receive private lesson instruction from a certified Skate Canada coach of their choice.

JUNIORS AND SENIORS:

Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

How STARSkate works:

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive. Each area is divided into the following levels:

Primary Level Tests

- Skating Skills: Preliminary, Junior Bronze
- Free Skating: Preliminary, Junior Bronze
- Dance: Preliminary, Junior Bronze
- Interpretive: Introductory

Intermediate Level Tests

- Skating Skills: Senior Bronze, Junior Silver
- Free Skating: Senior Bronze, Junior Silver
- Dance: Senior Bronze, Junior Silver
- Interpretive: Bronze

Senior Level Tests

- Skating Skills: Senior Silver, Gold
- Free Skating: Senior Silver, Gold
- Dance: Senior Silver, Gold, Diamond
- Interpretive: Silver, Gold

At BVFSC, our **Junior** program focuses on skaters that have successfully passed Stage 6 of Shooting Stars program and are working on their Preliminary level tests of the STARskate program.

Our **Senior** program focuses on skaters that are working on their Junior Bronze level tests and higher of the STARskate program.

At BVFSC, we continue to offer group lessons to both our Junior and Senior programs. At this level, skaters benefit from private lessons from a certified club coach to assist with solos, competition and testing preparation. The costs of private lessons are separate from club registration fees and paid directly to the club coach of your choice.

CANPOWERSKATE:

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 geared to skaters aged approximately six or 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 **MUST** wear full hockey/ringette equipment that is CSA approved. Sessions are taught by a certified Skate Canada coach with the help of trained Program Assistants.

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. Skaters must achieve Gold before moving onward to the next level.

Please note: The CanPowerSkate program is exclusive to Skate Canada and is available only to Skate Canada member clubs and sanctioned skating schools. All participants must be registered with Skate Canada. Only Skate Canada member Coaches trained and certified at a CanPowerSkate Coaches Course are qualified to instruct the CanPowerSkate program.

CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. At BVFSC, our Pre-Power program runs concurrently with our CanSkate session.