

WELCOME TO 2012 JUAN DE FUCA CANSKATE

Welcome back Canskaters from last year, and to the new skaters this season. Thank you for choosing the Juan de Fuca skating club Canskate program. We look forward to having you in our program and wish you much enjoyment in learning the fundamentals in skating.

The Canskate program is designed to teach beginners of all ages the fundamentals of skating in a progressive and sequential manner. The focus of the program is on Fun, Participation and basic skill development. The skaters earn badges as the skills are mastered. Badges 1-7. When the skater has achieved the badge 6 or 7 they are ready to move to the Pre Jr session by the Skate Canada coaches.

We also offer a Beginner Syncro/Jr Academy (Starting at level 4-7 or pre-Jr/Jr) on Sundays at 3:00-3:40. Visit the JDF Website for more information.

Questions or concerns in regards to Canskate can be directed to myself, JDF Director of Skating Brian Evans, or our club President Janys Langer. Contact information can be found on our website.

TIPS FOR BEGINNING SKATERS

- It is required that all skaters wear certified helmets, if you do not have one the skate shop will be open to rent, gloves also must be worn and make sure to dress warmly.
- Skates should fit comfortably with toe wiggling room. You should be able to get an adult finger between the inside of the skate and the skaters heel when they are standing with their skates undone. Tie the skate lace so that they do not encircle the boot and that the lace ends are not long or loose (tuck them into the boot).

FIRST DAY

First day may seem a little crazy, but no panic - it is the orientation day to place the skaters into their proper group.

DATES TO PUT ON YOUR CALENDER OR FRIDGE

- **Jan 14th, Jan 16, Jan 19th Bring a Friend day!!!(depending on the day you skate) all skaters must wear certified Hockey Helmut**
- **Feb 11th,13th @16th Valentine's Day (wear your Red and Hearts!!)**
- **March 12th,15th @17th St Patricks Day(Wear you green for good luck!!)**

Corinne King

Juan de Fuca Club Coach/Canskate Director