

CAMPBELL RIVER SKATING CLUB PROGRAM GUIDE

LEARN TO SKATE PROGRAMS

Pre-CanSkate	Parent & Tot Pre-CanSkate	CanSkate	Adult CanSkate
Designed for those who are new to skating with little to no skating experience. Participants who have never skated before or who are not confident with their balance on the ice should register for this program.	Ideal for beginners with little to no skating experience who may require extra support from a parent or guardian to build their confidence in a class setting or their balance on the ice.	Introduces basic skating skills in balance, control, and agility, guiding skaters through six progressive stages to advance in other programs.	Designed for teens and adults with all levels of experience. Participants will enjoy learning the basics taught in CanSkate, with a delivery method that is tailored to a mature age group.
PREREQUISITES			
Skaters should be comfortable staying apart from their parent or guardian for the entire class.	No prior skating experience is necessary for the skater, parent or guardian.	NEW MEMBERS Participants who are newer to skating with some to moderate experience RETURNING MEMBERS Completion of the Pre-CanSkate program, as confirmed by a coach-issued report card.	Adult and teen participants who are newer to skating, with some to moderate experience should register for this program.
Participants in all skating programs must be toilet trained.			
LEARN MORE		PROGRAM QUESTIONS	
skatecampbellriver.ca/learn-to-skate		h@skatecampbellriver.ca	
WHAT'S NEXT?			
CanSkate provides participants with the skills and confidence needed to enjoy ice skating, whether for recreation, figure skating, hockey, ringette, speed skating, or a mix of these activities. When it's time for a participant to transition to a new program, parents/guardians will be informed by a member of the coaching team. Participants interested in figure skating can join the Figure Skating Academy program, while those with a focus on hockey will be directed to the PowerSkate program. Alternatively, members may choose to participate in both programs if it suits their needs and interests.			

HOCKEY SKATING SKILL PROGRAMS

Junior PowerSkate	Senior PowerSkate
The PowerSkate program is designed to focus on the development of basic skill sets divided into three fundamental areas: Balance, Control and Agility. Recognizing that skating is a foundational skill for hockey and ringette, this program allows for the opportunity to focus on skating outside of the game or practice. Teaching and developing the proper skating technique is the main focus of this program. Players work through 3 assessment levels prior to advancing on to the Senior PowerSkate program.	Building on foundational skating skills learned in the Junior PowerSkate program, players work through mastery of complex transitions. Players work through 4 additional assessment levels. Following successful completion of all PowerSkate levels, players are encouraged to continue participating to further advance their skills through added challenges that are presented to them during the duration of each term.
PREREQUISITES	
NEW MEMBERS 1. Successful Stage 4 CanSkate completion as confirmed by a coach-issued report card, or demonstration of equivalent skills through another program 2. Playing at a U9 or U11 level	NEW MEMBERS 1. Successful completion of Stage 4 CanSkate or equivalent 2. Playing at a U13 or higher level
RETURNING MEMBERS 1. Working on Level 1, 2 or 3 assessment	RETURNING MEMBERS 1. Successful Level 3 assessment completion as confirmed by a coach-issued report card 2. Working on Level 4, 5, 6 or 6+ assessment 3. U11 players <u>may</u> be accepted into the program, if space allows, subject to approval of the Director of Programs.
LEARN MORE	
skatecampbellriver.ca/hockey	
PROGRAM QUESTIONS	
director@skatecampbellriver.ca	
REGISTRATION QUESTIONS	
registrar@skatecampbellriver.ca	

FIGURE SKATING ACADEMY PROGRAMS

Academy is an entry-level figure skating program that teaches introductory figure skating skills to both boys and girls in a fun, small group format. The curriculum lays the foundation for long-term success in figure skating, emphasizing proper technique in edges, stroking, jumps, spins, and musical interpretation. Off-ice training develops balance, flexibility, strength, and coordination. Program participation is by invitation only.			
CanSkate+	Junior Academy (ages 4-7)	STAR Academy (ages 8-12)	Adult & Teen Academy (ages 13+)
Some skaters may not be ready for full integration into the Figure Skating Academy. CanSkate+ offers a blend of Academy sessions and one weekly CanSkate session, allowing skaters to build foundational skills in a familiar setting while progressing alongside advanced peers.	Junior Academy provides both content and delivery methods that are tailored to skaters aged 4-7.	Designed for skaters aged 8-12, the STAR Academy program provides more comprehensive program delivery and instruction than what is offered in Junior Academy.	An entry-level figure skating program that teaches introductory figure skating skills to teen and adult skaters in a fun, small group format. The curriculum lays the foundation for long-term success in figure skating, emphasizing proper technique in edges, stroking, jumps, spins, and musical interpretation. Off-ice training develops balance, flexibility, strength, and coordination.
PREREQUISITES			
Program participation is by invitation only, subject to the recommendation of the Figure Skating Academy Program Co-Coordinator and approval of the Director of Programs.			
TRAINING REQUIREMENTS 2+ training days per week. Exceptions can be made in writing by contacting the Director of Programs. Consult the Academy Welcome Letter for more details.			
PRIVATE LESSONS Academy skaters are strongly encouraged to supplement their training with private lessons on sessions that they are qualified for. Contact the Academy Program Co-Coordinator for more info.			
LEARN MORE		PROGRAM QUESTIONS	
skatecampbellriver.ca/figure-skating		h@skatecampbellriver.ca	
WHAT'S NEXT?			
To support individual goals and to prioritize athlete development, the Director of Programs assigns each skater a Primary Coach, who acts as the athlete's manager, overseeing their progress and development moving forward. In upcoming programs, members often see a reduction in registration fees, as coaches bill privately for on-ice lesson time. Except for sessions listed as "class" on the schedule, on-ice lessons are no longer included in the club registration fees. For both developmental and cost-efficiency purposes, semi-private and group lessons are often arranged.			

STAR & PODIUM PATHWAY PROGRAMS

Junior STARskate Program	Intermediate STAR Program & Podium Pathway Development Program	Senior STAR Program & Podium Pathway Program
On and off-ice skills are taught in group and/or private lesson format in a progressive and sequential manner. Skaters of all ages develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Assessments in each discipline are offered through a nationally standardized testing system. Specifically designed awards and incentives are implemented.	While mastering foundational skills, athletes begin focusing on holistic development, including more intensive goal setting, team building, and the integration of healthy habits to foster an athletic lifestyle mindset. Athletes interested in Podium Pathway programs should start incorporating those components into their training. PODIUM PATHWAY DEVELOPMENT PROGRAM REQUIREMENTS 1. Annual off-ice fitness assessment 2. Fall, Winter & Spring training commitment: minimum of 3 days per week 3. Summer training commitment: minimum of 3 days per week for 4 weeks 4. Exemplary behaviour	Senior-level athletes are well-rounded individuals with personalized goals, who demonstrate strong leadership qualities and a commitment to volunteerism. Regardless of whether a skater moves forward in the Podium Pathway Program or the STAR Program, Senior athletes have the opportunity to achieve their skating aspirations while developing valuable life skills.
PREREQUISITES		
Invitation only, subject to the recommendation of the Figure Skating Academy Program Co-Coordinator and approval of the Director of Programs.		
TECHNICAL CRITERIA		
1. Waltz jump & single salchow completion from backward entry, toe loop with straight strokes 2. Working on loop & flip jumps 3. 2+ revolutions executed on backward upright spin and sit spin 4. STAR 1 spiral sequence completion to Assessment standard 5. All 6 CanSkate badges must have been achieved	1. Demonstrated proficiency in at least two of the following jumps: single loop, flip, or lutz 2. Working on single axel and initial progressions for double jumps 3. Mastered backward upright spin, backward sit spin, combination spin, & STAR 3 spiral sequence 4. STAR 2 Freeski Assessment must have been achieved	1. Demonstrated proficiency in one or more of the following jumps: single axel and/or double jump(s) with 1/4 or less rotation missing. 2. Actively training a minimum of 3 different double jumps 3. Developing change foot combination spin, one or more flying spins, layback spin, level based spin features and a variety of simple and complex transitions 4. STAR 3 (or higher) Freeski Assessment must have been achieved
COMPETITION PARTICIPATION CRITERIA		
Competition participation at Vancouver Island events is open to all, subject to recommendations made by skaters Primary Coach. For Off-Island competitions, skaters must meet individual requirements as established by their Primary Coach, including but not limited to full year training commitment.		
PODIUM PATHWAY PROGRAM REQUIREMENTS		
1. Semi-annual off-ice fitness assessment 2. Fall, Winter & Spring training commitment: as recommended by the Primary Coach 3. Summer training commitment: minimum of 3 days per week for 6 weeks 4. Exemplary behaviour 5. Enhanced off-ice: min 1x 10min private off-ice lesson weekly 6. Reduction of on-ice multi-discipline assessments as determined by the athlete's Primary Coach, based on individualized YTP and specific needs		
LEARN MORE		REGISTRATION QUESTIONS
skatecampbellriver.ca/figure-skating		registrar@skatecampbellriver.ca
PROGRAM QUESTIONS		
Contact your Primary Coach		