



Dear PreCan and CanSkate Parents,

Welcome to the 2018-2019 skating season! My name is Leigh Handoga and I will be returning this year as Head Coach of the CanSkate program accompanied by Taylor Hopkins. I am happy to be returning for my third official year coaching CanSkate as well as assisting in GroupStar. Each year I look forward to seeing the returning skaters, getting to know our new skaters and seeing everyone flourish and progress throughout the year!

CanSkate is all about movement, keeping the kids of all ages challenged and motivated and, of course, having fun! We will be running the latest program created by Skate Canada. We will have two professional skating coaches as well as many trained Program Assistants on the ice to teach, guide and assist the kids. Groups will rotate around the ice to different circuits, each having their own new set of skills for the kids to learn and challenges they can tackle at their own pace with assistance and guidance.

Each session is made up of a warm up, lesson time, a group activity and a cool down. Skaters will learn new skills throughout the year and progress in the three Fundamental Areas of skating. These areas are:

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

There are six stages of CanSkate that each have increasingly more difficult skills in all three of the fundamental areas. Skaters will earn ribbons when they achieve all the skills in a fundamental area for a stage and earn stage badges when they earn all three ribbons of that stage.

All skaters registered for a CanSkate session are required to wear CSA approved helmets unless otherwise allowed by the coach (No bike helmets!).

Please note that the first few sessions of CanSkate may look a bit chaotic as we find the right group for your child but rest assured it will get smoother! I hope we will have another wonderful year of getting physically active, learning and, most importantly, having fun!

I am looking forward to another fun and exciting year! Do not hesitate to come to me if you have any questions or concerns regarding the program or your child. I will be at the arena during PreCan/CanSkate and you can always email me at [leigh.handoga@hotmail.com](mailto:leigh.handoga@hotmail.com) or call or text me at 204-805-5034.

Sincerely,

Leigh Handoga

PreCan & CanSkate Head Coach for HSC