

Hello Powerskating Parents,

Welcome to Hazelridge Skating Club's CanPowerSkate programs. My name is Lynn Ward and I am the head coach for the Powerskating program. I have coached Figure skating and Learn to skate programs for 29 years and Powerskating for the past 3 years. My ultimate goal for your kids is to improve speed and agility with correct technique while still having fun.

For all of our classes, we ask that your child is dressed in full hockey/ringette gear. Initially skaters will be asked to skate with their sticks. Pucks and Rings will be introduced into a class once I feel they have mastered the skill and require a challenge. Classes are broken into 2 levels- Power 1 (5:30-6:15) which will cover all of the skills in the Pre-Power Levels as well as CanPowerSkate Level 1 and Power 2 (6:15-7:00) will cover CanPowerskate Level 2 and up. All new skaters we ask that you register for Power 1 until the coach has had time to assess your skills. Classes will have a maximum of 24 skaters per ice slot. This Powerskating program is designed for skaters that are 6 years and older, but exceptions will be made on a personal basis with an assessment. A skater needs to be able to skate around the rink without assistance, otherwise we would recommend our Learn to Skate program, CanSkate.

All classes will include a warm-up, review of previous skills taught in prior lessons, introduction of a new skill and then a skill developing game or activity. Pucks may be introduced into a class but the number one rule is there is no shooting. The pucks are only meant for puck handling.

Hazelridge skating club is offering free Come & Try powerskating classes on Tuesday September 26th from 5:30 – 6:15 pm for age 5-7 and from 6:15 – 7:00 pm for ages 8 & up. This class is for both students returning and also for first time students. This is also a great time to come if you think your player is ready for Power 2 but needs an assessment done.

The CanPowerSkate program has a reward system in which badges and ribbons that are given to the skaters who attain a certain level. December report cards will be handed out at the beginning of January and final report cards will be handed out at the Hazelridge Skating Clubs AGM in March

Pre-Power (recommended for skaters 3-6 years old) has 3 levels: Red Ribbon (Level A), White Ribbon (Level B), or a Black Ribbon (Level C)

Level "A" Skill

Hockey Stance
Forward Skating Alternating Feet
Forward Two Foot Glide - Straight Line
Forward Half Snowplow Stop
Backward Walking
Forward Two Foot Glide Around Pylons
Forward Two Foot Glide w/Two Foot Jump
"V" Position with Feet
Forward Sculling

Level "B" Skill

Forward One Foot Glide on Straight Line
Forward One Foot Glide around Pylons
Backward Sculling
Backward Two Foot Glide - Straight Line
Backward Skating Alternate Feet

Level "B" Skill (con't)

Backward Half Snowplow Stop
Backward Two Foot Glide w/Two Foot Jump
Full Forward Snowplow Stop
Forward Circle Thrusts

Level "C" Skill

Glide Turns
Forward One Foot Glides on a Curve (Inside and Outside Edges)
Forward Crossovers
Backward Once Foot Glide - Straight Line
Full Backward Snowplow Stop
Two Foot Jump Forward to Backwards while moving
Backward Circle Thrusts
Side Stops

CanPowerSkate Program (6 Levels)

In order to assess each student, they will each run through a course with designated skills. Each skater will be individually timed and assessed on each skill.

The 23 skills from Level 1 through 6 of the program are:

Level 1 Skills

Forward Stride
Backward Stride
180 Degree Tight Glide Turn
Backward Snowplow Stop
Forward Side Stops (two feet)

Rewards:

Bronze 14, 15, 16 Points and 40 Seconds or less
Silver 17, 18, 19 Points and 35 Seconds or less
Gold 20, 21 Points and 30 Seconds or less.
Skater will progress to Level 2 once they achieve Gold

Level 2 Skills

Forward Crossovers
Backward Crossovers
Fast Forward Start (V Start)
Backward to Forward 180 Degree Pivot

Rewards:

Bronze 14, 15, 16 Points and 55 Seconds or less
Silver 17, 18, 19 Points and 50 Seconds or less
Gold 20, 21 Points and 45 Seconds or less.
Skater will progress to Level 3 once they achieve Gold

Level 3 Skills

Fast Forward Crossover Start
Forward to Backward 180 Degree Pivot
Backward Snowplow Stop/Start (one foot)
Reverse Pivot Turn

Rewards:

Bronze 16, 17, 18 Points and 45 Seconds or less
Silver 19, 20, 21 Points and 40 Seconds or less
Gold 22, 23, 24 Points and 35 Seconds or less. Skater will progress to Level 4 once they achieve Gold

Level 4 Skills

Forward Side Stop/Start (One Foot)
Reverse 360 Degree Pivot
Forward Crossover - Quick Change of Direction
360 Degree Tight Glide Turn

Rewards:

Bronze 20, 21, 22, 23 Points and 1 Minute 15 Seconds or less
Silver 24, 25, 26, 27 Points and 1 Minute 5 Seconds or less
Gold 28, 29, 30 Points and 55 Seconds or less
Skater will progress to Level 5 once they achieve Gold

Level 5 Skills

Forward Change of Speed
Forward Lateral Movement
Backward Lateral Movement
Fast Backward Start
Backward to Forward 45 Degree Pivot
Forward 360 Degree Spin

Rewards:

Bronze 24, 25, 26, 27, 28 Points and 1 Minute 45 Seconds or less
Silver 29, 30, 31, 32 Points and 1 Minute 35 Seconds or less
Gold 33, 34, 35, 36 Points and 1 Minute 25 Seconds or less
Skater will progress to Level 6 once they achieve Gold

Level 6 Skills - are all the skills from Level 1 - 5 incorporating a puck