



Skate Canada Brampton-Chinguacousy



2015-2016 Information Package





Skate Canada Brampton-Chinguacousy

1050 Sandalwood Pkwy West, Brampton, Ontario L7A 0K9

905-450-5581, fax 905-450-2838

www.skatescbc.ca

Dear Parents,

We would like to welcome all new skaters and parents to Skate Canada Brampton-Chinguacousy and also welcome back returning members. We hope that you will find our CanSkate information package helpful throughout the skating season.

Skate Canada is pleased to present some exciting changes to the CanSkate program, based on findings and feedback from coaching, sport science and Long-Term Athlete Development (LTAD) experts in the field. Skate Canada Brampton Chinguacousy is thrilled to announce that we have launched Skate Canada's new CanSkate program for the Fall/Winter/Spring 2014 - 2015 season. If you have taken lessons with us before, you will see some big and exciting changes in the appearance of the on ice implementation.

CanSkate is one of the most important programs in a Skate Canada club. This is where skaters of all ages have the opportunity to develop a life-long interest in the sport. CanSkate serves as a feeder into the STARSkate & Competitive Program; however, it is also ideal as a means of preparing skaters for hockey, ringette, speed skating and even pleasure skating.

Skate Canada has set National Standards that must be met by each club to ensure that the CanSkate program is the same wherever it is offered across Canada. Skate Canada is also proud to have all its programs taught by professional coaches who are specially trained and certified through the National Coaching Certification Program (NCCP).

The following are the objectives of the CanSkate program:

- To provide basic skating instruction in a group situation.
- To introduce skaters to the fundamental movements of skating in a safe, fun environment.
- To enable all skaters to move through the Skate Canada system in a seamless manner.
- To encourage and identify exceptional skaters and to expedite their progression through increasingly more challenging levels of the Skate Canada system.

Skate Canada Brampton-Chinguacousy offers a CanSkate program in which we strongly encourage feedback from parents, coaches and skaters. Please forward your comments, questions and/or concerns to the above address or e-mail them to canskate@skatescbc.ca and we will ensure that you receive a response.

We hope that your children have a fun filled year of skating at Skate Canada Brampton-Chinguacousy.

Brad Long
President

Adam Collis
CanSkate Chair

THE CANSKATE SESSION

CANSKATE has a fresh new look on and off the ice. Technical revisions include a renewed focus on teaching and mastering strong basic skills earlier to prepare skaters for all ice sports – hockey, ringette, speed skating and figure skating. More visual aids and music are used to create a fun, stimulating and welcoming environment. The new look also includes new report cards and an exciting new series of award ribbons to achieve, in addition to the Stage 1 to 6 badges.

What will I see on the ice?

The session will be divided into 4 parts – warm up, lesson time, group activity and cool down. During the lesson time, the ice will be divided into 4 parts, corresponding to the 3 fundamental movements – Agility, Balance and Control and the Fun Zone. Each session, your child will visit 3 stations, as well as taking a spin on the fast track. The fundamental movement stations will be set up in circuits to encourage continual movement. The skaters will be in groups, and will travel to the stations with their Program Assistant. Instruction at each fundamental movement station will be provided by a Skate Canada Professional Coach.

For skaters currently in CanSkate – Where does my child fit in the new program?

In light of the curriculum changes to the Stage badges (several skills have been shifted to previous badges); it may be possible that there will be a transition period for some skaters. For example, if your child passed their Stage 1 badge using the old program last season, based on changes to the elements in the new badge system they may be placed, at least initially, in a group that is working on the new Stage 1 badge or if it is possible your child will be placed in Stage 1/2 group. The CanSkate coaches will be able to assess and place skaters in the groups best suited to their abilities and interest.

Your child will also receive a personal progress report outlining the elements he or she is currently working on. Included with this report is a comment from his or her coach.

Program Assistants (PA's) in Blue Jackets are assigned to each group. They will help your child practice the skills that his or her coach has been teaching.

IMPORTANT

Please do not leave your child unattended at the rink. City of Brampton by-laws stipulate that all children 10 years and younger must have a guardian present at all times. This guardian must be a responsible person over the age of 16.



CANSKATE EQUIPMENT

Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper Fit
- Firm Ankle Support
- Good quality leather
- Correct blade placement

TIPS:

- Avoid buying larger skates to “grow into”.
- Moulded plastic skates are not recommended.
- Look for blades that are screwed on rather than riveted, so that the blade can be removed if necessary. If the blade is riveted make sure it is straight and centered.
- The foot should not fall to one side.
- A leather boot is preferable to vinyl.
- Make sure the boot does not have any wrinkles.

HELMETS

Effective July 1, 2011 all Skate Canada member clubs and skating schools who offer Canskate programs must ensure all Canskate and Adult Canskate participants up to and including Stage 5 must wear a **CSA approved hockey helmet** while on the ice. The use of a CSA approved hockey helmet is a mandatory Skate Canada policy and must be adhered to by all Clubs operating Skate Canada programs. If your child does not have a CSA hockey helmet they will **not be allowed on the ice**. Bicycle, multi-sport and snowboarding, skiing helmets are not permitted as this helmet does not provide proper protection. Please make sure the helmet is not too tight or too loose with all straps fastened and long hair kept away from the face.

Clubs and skating schools must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater.

SHARPENING FIGURE SKATES

Sharpen skates as soon as they are purchased. Use a good skate-sharpening company.

Re-sharpen skates after approximately 30 hours of skating. (Depending on the usage and care.)

The bottom pick should **NOT** be removed on figure skates – the pick is part of the design and is essential to proper balance.

HOW SKATES FIT

Wear only one pair of tight fitting socks or tights. (The same pair that will be worn when skating.)

1. Partially lace boots through instep.
2. Slide foot forward so toes can touch the front but are not cramped.
3. Stand with weight equally distributed over both feet.
4. Bend knees.
5. The space at the back of the heel should be no more than a pencil width.
6. Tie skates loosely over the toe and front of the boot and snugly over the ankle and instep.
7. Skates should fit snugly around the ankle and heel with some room for movement of the toes. There should be no looseness or creases in the boot.
8. The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.
9. Walk around in the skates off the ice – they should feel comfortable.

CANSKATE SAFETY

The safety of our children in the CanSkate program is our number one concern. When the Fire Alarm sounds, you need to act immediately to ensure your safety. The Fire Alarm System is designed and engineered to provide you with an early warning to allow you to safely exit the building during an emergency situation.

- If a fire alarm has been activated while your children are skating, the Coaches, Program Assistants, Board Members and City staff will ensure they are evacuated safely.
The skaters will be taken off the ice in an orderly manner by way of the safest and closest exit.
- As the children are exiting the rink they **must have hard guards** to place on their skates. It is extremely dangerous for your child to be walking on pavement without hard guards. These guards should be placed on the table where the children enter and exit the rink. Please make sure they have hard guards with their names on them.
- **Never** return for personal items left behind. This includes items left in the change rooms.
- City staff, Coaches and Board members will check change rooms to ensure everyone is evacuated.
- **Never** ignore or assume the alarm is false or the result of a test.
- Everyone **must** evacuate the building by way of the safest and closest exit and/or stairway. If parents are in the viewing area, they must use the closest exit.
- **Never** use an elevator to exit during fire alarm activation.
- Once outside the building, remain calm. Coaches will be taking attendance. Please do not leave as we need to ensure that everyone is out safely. In the event of a real fire, if a parent leaves without advising us, the Fire Department will go back into the facility looking for the child.
- Once outside, never re-enter the building until you are told to do so by the City Employees or the Fire Department.

ENTERING, EXITING THE RINK AND VIEWING SKATERS

- Please ensure your children enter and exit the ice from the designated gate/door.
- Parents are asked to watch the skaters from the stands upstairs or outside the rink area to allow our coaches to have the children's full attention during the session. Please do not stand inside the arena/rink as this is a distraction to the skaters and coaches.

IMPORTANT – CITY OF BRAMPTON BY LAW

Please do not leave your child unattended at the rink.

City of Brampton by-laws stipulate that all children 10 years and younger must have a guardian present at all times.

This guardian must be a responsible person over the age of 16.

IMPORTANT INFORMATION

POLICIES

Skate Canada Brampton-Chinguacousy shall not, in any way, be responsible for the loss of property, damage or injuries to persons, including participants while on the premises.

Membership will be closed for any session which becomes filled. The club reserves the right to change categories or ice times without notice at any time during the skating year and may cancel ice times for test days and competitions. Ice cancellation due to extenuating circumstances (i.e. weather, complex closure) will not be refunded or rescheduled.

We do not offer refunds, credits, nor makeup classes for any missed skating sessions due to illness, vacations, etc.

All requests for refunds are to be in writing within 1 month of the start of the skaters' active skating session. There will be a \$45.00 registration fee applied as well as a \$30.00 administration fee that will accompany any granted refund. NO refund will be granted outside of the 1 month period. All requests for refunds must be in writing to membership@skatescbc.ca and treasurer@skatescbc.ca.

Requests to change skating days will be charged an administration fee of \$30.00.

NON-RESIDENT RULE

The City of Brampton is enforcing the non-resident rule. All skaters that register with a non-Brampton address must pay \$100 surcharge to the City of Brampton. Brampton municipal taxes are used to subsidize all youth programs; therefore, anyone participating in our programs that do not pay taxes to the City of Brampton must pay this surcharge. Cheques in the amount of \$100 per skater, are made payable to the City of Brampton, must accompany all registration forms with a Non-Brampton address.

MEDICAL/INJURY REQUEST

Medical/Injury requests can be considered after 4 or more weeks have been missed by the skater. We (The Board) reserve the right to request a medical note from a physician. All requests for refunds must be in writing to membership@skatescbc.ca and treasurer@skatescbc.ca

NSF CHEQUES

NSF cheques will be charged \$25 for the first cheque and will be at the discretion of the Treasurer as to further consequence. There should be the \$25 standard fee for all NSF cheques, irrespective of the number, hopefully to deter the number of occurrences.

NAME TAGS

Your child has been supplied with a "Name Tag" that assists the coaches and PA's (Program Assistants) in placing them in their appropriate groups. The PA will collect the name tags before they exit the ice. If they mistakenly take their "Name Tag" home, please bring it to the next session.

IMPORTANT INFORMATION

BADGE TABLE

A Badge Table is set up for each CanSkate session and is run by our parent volunteers. They will be recording your children's achievements and handing out the badges. If you have specific questions on the program please discuss with the CanSkate Coordinator, Coach, CanSkate Chair, or one of the Board Members. **BADGE TABLE – VOLUNTEERS** - Looking for Badge Table volunteers to help out. It's easy, fun and sure you will find it rewarding. Please email Terina Koyanagi at volunteer@skatescbc.ca or Adam Collis at canskate@skatescbc.ca.

FUN WEEK

Fun Week is designed to have the CanSkaters showcase their skating ability. It is a FEEL GOOD day and a real boost for Skaters' self-esteem. Each skater will be judged on elements appropriate to their Group/Stage. Program Assistants will be on the ice to play games with skaters while results are being tabulated. All skaters will receive a special incentive for all accomplishments.

EMAIL AND WEBSITE

Although you will receive information through flyers handed out at the arena we also rely on our website and email database to communicate with you in a timely manner. Please provide us with a current email address so that we can add you to our communication database. This database is for our own use and is not distributed or sold to anyone else. Our website is www.skatescbc.ca.

NEXT LEVEL –JUNIOR

This is the entry level to the Skate Canada standardized testing system - StarSkate. As a general rule, skaters who have passed CanSkate Level 6 or are otherwise recommended by a coach may move up to Juniors. If your child is approaching this transition, you will be receiving a letter explaining the process to move your child to the Junior session. Lessons are held in a group format, as well as independent skating. The Club provides the coach for the group lesson portion. For the independent work portion, skaters will need to hire a coach for private lessons (fees extra) by a Skate Canada Coach. A Skate Canada Coach is mandatory for this level and higher. Since Skate Canada does not permit coaches to solicit skaters, it is important for parents to approach the coach for their availability and fees.

Local Stores Selling Skates and Skating Apparel

Andrea Vala

2932 King St. West
Inglewood, ON
(905) 838-5269

Elementz Dancewear

Brampton, ON
(416) 459-8983
Marta Takacs

Esta Canada

2077 Dundas St. East
Mississauga, ON
1-877-808-3782

Figure Skating Boutique

6174 Yonge St.
Toronto, ON
(416) 225-1377
Jason Dietrich

Ice & Nice

2445 Glenwood School Drive
Burlington, ON
(905) 335-0380
Linda Donaldson

Professional Sharpening

Figure Skating Boutique

6174 Yonge Street
Toronto, ON
(416) 225-1377
Jason Dietrich

Fisher Sharpening

2445 Glenwood School Drive
Burlington, ON
(905) 633-7312
Paul Fisher

Jake's Figure Skate Sharpening

14 Essex Avenue, Unit 28
Thornhill, ON
(905) 889-3276
Jake Brunott

Esta Canada

2077 Dundas St. East
Mississauga, ON
1-877-808-3782

Skate Canada Brampton-Chinguacousy – Club Board Members

President	Brad Long	president@skatescbc.ca
Past President	Audrey Hunter	pastpres@skatescbc.ca
Vice President	Darryl Zipagang	vicepresident@skatescbc.ca
Secretary	Sophie Clark	secretary@skatescbc.ca
Treasurer	Polifay Bent	treasurer@skatescbc.ca
Canskate Chair	Adam Collis	canskate@skatescbc.ca
Test Chair	Vejai Gagnon	test@skatescbc.ca
Events Chair	Tina Hickey	competition@skatescbc.ca
Public Relations Chair	Dan Wilkinson	prchair@skatescbc.ca
Volunteer Chair	Terina Koyanagi	volunteer@skatescbc.ca
Membership Chair	Irma Orzeck	membership@skatescbc.ca
Fundraising Chair	vacant	fundraising@skatescbc.ca
Synchro Chair	Kevin Deslauriers	synchro@skatescbc.ca
Coaching Representative	Jessica Brown	brown.jess@live.ca
Canskate Coaching Representative (not part of Board)	Tara Dowdles	taradd@rogers.com
Club Administrator (not part of Board)	John Chandler	admin@skatescbc.ca
Technical Director (not part of Board)	Doug Haw	technicaldirector@skatescbc.ca

If you need to speak with any of our Board Members, please leave a message at the Club. Our Club phone number is (905) 450-5581. We can also be contacted through the club website – www.skatescbc.ca.

We are in need of volunteers to provide assistance on several committees, and would love to hear from anyone that can spare a few hours and help Skate Canada Brampton-Chinguacousy achieve our goals.

Skate Canada Brampton-Chinguacousy – Coaching Staff

Jessica Brown	Coach	brown.jess@live.ca
Matthew Doleman	Coach	yellow_hat12@hotmail.com
Tara Dowdles	Coach/CanSkate Coordinator	taradd@rogers.com
Allison Dykstra	Coach	allisondykstra@rogers.com
Robin Gadanyi	Coach	rocket.robin12345@gmail.com
Ashley Greenhalgh	Coach	Ashley.greenhalgh@gmail.com
Acacia Hill	Coach	hill_acacia@hotmail.com
Asher Hill	Coach	geckoworld@msn.com
Pamela Krolick	Coach	pamela_krolick@bell.net
Elizabeth Manley	Coach	calgary88girl@gmail.com
Jarret Melanson	Coach	jarretmelanson@gmail.com
Lauren Miglia	Coach	lmiglia@sympatico.ca
Martin Nickel	Coach	m.a.nickel@hotmail.com
Adrian Oleksyszak	Coach	oleksyszak@hotmail.com
Nancy Whiteford	Coach	nwhiteford1224@rogers.com

IMPORTANT NO SKATING DAYS (CANSKATE)

Monday cancelled days

September 7, 2015
October 12, 2015
December 21, 2015
December 28, 2015
February 15, 2016
March 14, 2016
May 23, 2016

Tuesday cancelled days

December 22, 2015
December 29, 2015
March 15, 2016

Thursday cancelled days

December 24, 2015
December 31, 2015
March 17, 2016
March 24, 2016

Friday cancelled days

December 25, 2015
January 1, 2016
February 5, 2016
March 18, 2016
March 25, 2016

Saturday cancelled days

October 10, 2015
Dec. 19, 2015 cancelled and rescheduled for Dec. 20, 2015 9:30-10:15am
Dec. 26, 2015
Jan. 2, 2016
February 6, 2015
March 19, 2016
March 26, 2016
May 21, 2016

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SKATE FORWARD <input type="checkbox"/> Fall down & get up <input type="checkbox"/> Fwd push/glide sequence <input type="checkbox"/> Fwd 2-foot glide <input type="checkbox"/> Fwd 2-foot sit glide	SKATE FORWARD <input type="checkbox"/> Fwd 2-foot sculling <input type="checkbox"/> Fwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd 1-foot glide with speed <input type="checkbox"/> R <input type="checkbox"/> L	SKATE FORWARD <input type="checkbox"/> Fwd stationary blade push (T, V or L) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Fwd 2-foot slalom <input type="checkbox"/> Fwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> R <input type="checkbox"/> L EXTREME <input type="checkbox"/> Fwd 2-foot to 1-foot curve glide <input type="checkbox"/> R <input type="checkbox"/> L	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd inside slalom <input type="checkbox"/> Fwd outside slalom EXTREME <input type="checkbox"/> Fwd drag SPINS & SPIRALS <input type="checkbox"/> Fwd spiral HOCKEY & RINGETTE <input type="checkbox"/> Drop down drill <input type="checkbox"/> Fwd "V" start	SKATE FORWARD <input type="checkbox"/> Fwd crosscuts - figure 8 <input type="checkbox"/> Fwd inside edges <input type="checkbox"/> Fwd push/glide sequence EXTREME <input type="checkbox"/> Fwd perimeter stroking with jumps <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Fwd 1-foot slalom HOCKEY & RINGETTE <input type="checkbox"/> Running lateral crossovers	SKATE FORWARD <input type="checkbox"/> Fwd power crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Fwd outside edges <input type="checkbox"/> Fwd 1-foot slalom EXTREME <input type="checkbox"/> Fwd shoot the duck <input type="checkbox"/> Fwd perimeter skating with side stops SPINS & SPIRALS <input type="checkbox"/> Fwd spiral on a curve HOCKEY & RINGETTE <input type="checkbox"/> Fwd "crossover" acceleration
	4/4 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/7 check marks required Date:	5/7 check marks required Date:	6/8 check marks required Date:
CONTROL	STOP <input type="checkbox"/> Snow slide steps <input type="checkbox"/> R <input type="checkbox"/> L SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot skating/walking <input type="checkbox"/> Bwd 2-foot glide	STOP <input type="checkbox"/> Fwd stop SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sit glide <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L EXTREME <input type="checkbox"/> Bwd push/glide sequence	STOP <input type="checkbox"/> Fwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both SKATE BACKWARD <input type="checkbox"/> Bwd 2-foot sculling <input type="checkbox"/> Bwd 2-foot to 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd push/glide sequence EXTREME <input type="checkbox"/> Bwd 1-foot glide <input type="checkbox"/> R <input type="checkbox"/> L	STOP <input type="checkbox"/> Bwd stop SKATE BACKWARD <input type="checkbox"/> Bwd circle thrusts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd 2-foot slalom EXTREME <input type="checkbox"/> Bwd 1-foot glide with speed <input type="checkbox"/> Bwd 1-foot glide from blue line to blue line SPEED <input type="checkbox"/> Skate goal line to 1st blue line in 9 seconds or less	STOP <input type="checkbox"/> Bwd 2-foot side stop <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd stop with speed <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Both SKATE BACKWARD <input type="checkbox"/> Bwd crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW <input type="checkbox"/> Bwd inside slalom <input type="checkbox"/> Bwd push/glide sequence SPINS & SPIRALS <input type="checkbox"/> Bwd spiral SPEED <input type="checkbox"/> Skate goal line to 2nd blue line in 12 seconds or less	STOP <input type="checkbox"/> Fwd 1-foot side stop <input type="checkbox"/> Fwd 2-foot side stop with speed <input type="checkbox"/> CW <input type="checkbox"/> CCW SKATE BACKWARD <input type="checkbox"/> Bwd outside slalom <input type="checkbox"/> Bwd crosscuts - figure 8 <input type="checkbox"/> Bwd perimeter skating with crosscuts <input type="checkbox"/> CW <input type="checkbox"/> CCW EXTREME <input type="checkbox"/> Bwd 1-foot slalom SPIN & SPIRALS <input type="checkbox"/> Bwd 1-foot spin SPEED <input type="checkbox"/> Skate perimeter of ice in 35 seconds or less
	3/3 check marks required Date:	3/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
AGILITY	TURN <input type="checkbox"/> 2-foot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> 2-foot jump EXTREME <input type="checkbox"/> Fwd skating perimeter of ice	TURN <input type="checkbox"/> Fwd 2-foot turn <input type="checkbox"/> Bwd 2-foot turn <input type="checkbox"/> Fwd 180° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> Fwd 2-foot jump	TURN <input type="checkbox"/> Fwd 2-foot quick turn <input type="checkbox"/> Bwd 2-foot quick turn <input type="checkbox"/> Fwd 360° step turn JUMP <input type="checkbox"/> Bwd 2-foot jump EXTREME <input type="checkbox"/> Fast fwd perimeter skating <input type="checkbox"/> CW <input type="checkbox"/> CCW	TURN <input type="checkbox"/> Fwd 1-foot turn (small curve) <input type="checkbox"/> F <input type="checkbox"/> B <input type="checkbox"/> Bwd 360° step turn JUMP <input type="checkbox"/> Fwd to bwd 2-foot jump <input type="checkbox"/> Bwd to fwd 2-foot jump SPINS & SPIRALS <input type="checkbox"/> 2-foot spin <input type="checkbox"/> 2-foot sit spin	TURN <input type="checkbox"/> Fwd 1-foot turn (large curve) <input type="checkbox"/> L <input type="checkbox"/> R <input type="checkbox"/> F <input type="checkbox"/> B <input type="checkbox"/> Fwd 360° glide turn <input type="checkbox"/> CW <input type="checkbox"/> CCW JUMP <input type="checkbox"/> Fwd to bwd 1-foot jump <input type="checkbox"/> F <input type="checkbox"/> B <input type="checkbox"/> Fwd power jump SPINS & SPIRALS <input type="checkbox"/> 1-foot spin <input type="checkbox"/> Alternating foot spin HOCKEY & RINGETTE <input type="checkbox"/> Fwd tight glide turns	TURN <input type="checkbox"/> Fwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Bwd 180° step turn (mohawk) <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> 2-foot multi-turns JUMP <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Bwd toe-assisted jump <input type="checkbox"/> Bwd 360° 2-foot jump SPIN & SPIRALS <input type="checkbox"/> Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE <input type="checkbox"/> Fwd 2-foot reverse pivot turn <input type="checkbox"/> CW <input type="checkbox"/> CCW
	3/3 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:

CANSKATE REPORT CARD

SKATE CANADA BRAMPTON – CHINGUACOUSY

Wishes you a successful skating season full of personal achievements!

2015/2016

