

CANSKATE

+ PRECANSKATE

Important Dates:

September 18	Annual General Meeting
October 7	Fall Fundraising Buyout Date
March 16	LSC Carnival

CanSkate Practice Times:

Mondays - 5:45-6:30pm

Sept 16 - Dec 9

No Ice: Sept 30, Oct 14, Nov 11

Thursdays - 4:30-5:15pm

Sept 19 - Dec 5

No Ice: Oct 31, Nov 14

Saturday #1 - 10:15-11:00am

Sept 21 - Dec 21

No Ice: Oct 12, Nov 9, Nov 16, Nov 30

Saturday #2 - 11:15-12:00pm

Sept 21 - Dec 21

No Ice: Oct 12, Nov 9, Nov 16, Nov 30

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Equipment Requirements /Skate Sharpening

Required equipment

- CSA-Approved helmet
- Well fitted tie/lace up skates (your athlete's skates are smaller than their shoes, please have your athlete present to try on their new skates and make sure they are the correct fit). They can practice walking in the skates prior to program start.
- Warm non-restrictive clothing

Skate Sharpeners

- Leduc at Evolution Sporting Goods
- Edmonton at United Cycle Sports, Proskate West Edmonton or 111th Skate Sharpening

Questions?

Email coach@leducskating.com or admin@leducskating.com for more information

Session Structure/Set up:

Canskate:

Our Canskate program runs for 45 minutes and consists of a warm-up and three group Circuits focusing on control, balance, and agility. Skaters then play a fun game followed by a cool-down activity.

Pre-Canskate:

Our Pre-Canskate program runs for 30 minutes and consists of a short warm-up leading skaters to their circuits which will teach them basic skating skills (e.g. standing, moving forward and backward)

Skate Maintenance

New skates should be sharpened by a professional skate technician. Once your athlete has skated, dry the skate blades with a towel or shammy. Skates should be sharpened every 20-25 hours of skating or after outdoor use. Your athlete may utilize "Hard skate guards" to protect blades from debris. If your skater walks on the matting without hard guards, a skate sharpening may be required prior to the 20 hour ice use.

Fundraising/Volunteer Commitments:

The Leduc Skating Club offers a fundraising buy-out option if you prefer not to volunteer or fundraise.

Volunteering for our Board of Directors is an excellent way to fulfill your fundraising requirements for your entire family.

Past fundraising/volunteer opportunities have included Purdy's Chocolates, Skate-A-Thons, and volunteering at our Christmas Gala (music player, announcer, 50/50 sales, etc.)

More information will be sent out by our Fundraising Coordinator soon!

Email:
fundraising@leducskating.com