

# CANPOWERSKATE

CANADA'S ONLY NATIONALLY CERTIFIED PROGRAM

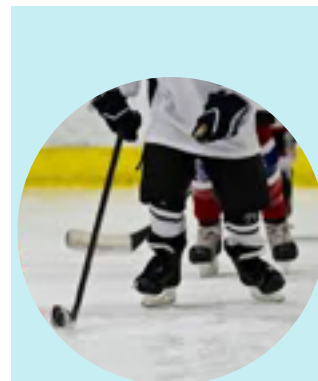


## What is the NHL's secret weapon?

There is a trend among NHL teams to hire skating technicians with figure skating backgrounds.

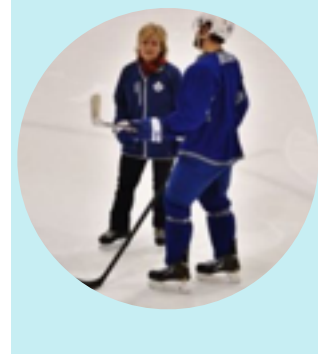
The Toronto Maple Leafs, Edmonton Oilers, Colorado Avalanche, and Tampa Bay Lightning are among many teams who are looking for technical skating instruction from coaches with figure skating backgrounds.

The Port Hope Figure Skating Club is hosting a 3 week trial for players to try out our NEW CanPowerSkate Program. This program is a technique training program whose purpose is to teach players how to get somewhere-FAST! Skaters are taught using the whole-part-whole teaching method. The whole skill is first demonstrated and practiced before being broken down into smaller parts, skaters practice the individual elements and improve on these before putting the whole skill back together.



## What does a Skating Technician do?

A skating technician breaks down the phases of proper skating techniques to increase speed, explosive power, and glide. Emphasis is on body alignment, balance, and weight distribution.



### GROUPING SKATERS

Skaters are grouped based on age and ability. Groupings are fluid and skaters may be regrouped based on progress.

### ENROLMENT

The coach to skater ratio is 1:10. Skaters receive individual feedback from a nationally certified coach.

### USE OF PUCKS?

Pucks are added to provide an increased challenge to players once they have mastered a skill.

# The CanPowerSkate Program

CanPowerSkate is an action-packed, high energy instructional power skating program that focuses on balance, power, agility, speed and endurance!

Skills, techniques, and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating, and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

CanPowerSkate is geared to skaters aged approximately seven or older who already have basic forward and backward skating skills. **Participants should wear full hockey/ringette equipment that is CSA approved and bring their stick!**



## \$25 THREE WEEK TRIAL

Fri. March 11th  
6:30- 7:30pm

Fri. March 18th  
6:30- 7:30pm

Fri. April 1st  
6:30- 7:30pm

### FOR MORE INFO:

Please speak with one of our coaches, board members or email us at:  
[porthopefigureskating@hotmail.com](mailto:porthopefigureskating@hotmail.com)



**PLEASE CUT OFF THE BOTTOM OF THIS PAGE AND RETURN TO THE P.H.F.S.C. OFFICE BY:  
FRIDAY MARCH 4TH**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Level of hockey: \_\_\_\_\_

Parent Email Contact: \_\_\_\_\_