



CANPOWERSKATE

**MORDEN FIGURE SKATING CLUB
2019 CANPOWERSKATE REGISTRATION**

Head Coach: Cindy Kowalski

Fee: \$185.00

NAME	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>
ADDRESS	
TOWN	POSTAL CODE
BIRTH DATE (D/M/Y) <small>*Born in years 2007 - 2012 (email if you are 12 years or older)</small>	AGE:
PARENT(S)/GUARDIAN(S): Name:	PHONE NO: Home:
Name:	Work:
EMAIL ADDRESS: (for CanPower communications only)	MHSC #'s 6 DIGIT: PHIN:
PREVIOUSLY ENROLLED IN CANPOWER? YES <input type="checkbox"/> NO <input type="checkbox"/> If yes, which level was completed? _____ <small>(If previously enrolled in Morden, we will have record of the last level achieved)</small>	

Email: mordencanpower@gmail.com

*The Morden Figure Skating Club is **NOT** held responsible for risks and hazards incidental to participation, including transportation to and from activities.*

SIGNATURE OF PARENT/GUARDIAN

DATE

For Office Use Only

PAID: _____ **SKATE CANADA #** _____

SESSION: _____

Refund Policy: In the event of a withdrawal, refunds will not be issued unless notice of withdrawal is accompanied by a doctor's note. There are no exceptions to this policy.

Please mail completed registration with payment to:
Morden Figure Skating Club Box 1812 Morden, MB R6M 1B6

MORDEN FIGURE SKATING CLUB CANPOWERSKATE PROGRAM INFORMATION

The CanPowerSkate program was recently revised in 2018 to align with the Long Term Athlete Development (LTAD) models of Skate Canada, Hockey Canada and Ringette Canada.

What is CanPowerSkate?

The CanPowerSkate program has been designed to focus on the development of 15 basic skill sets divided into three fundamental areas: Balance, Control and Agility. Recognizing that skating is a foundational skill for hockey and ringette, this program allows for the opportunity to focus on skating outside of the game or practice. The program is designed to allow flexibility for progression or an increase in intensity as needed, to cater to the level of skaters in the program. Teaching and developing the proper skating technique is the main focus of this program.

Who's it for?

CanPowerSkate is for hockey and ringette players, including goalies, who want to improve their skating skills and game. According to the LTAD model, CanPowerSkate is best suited for skaters who have achieved STAGE 4 of the CanSkate program or equivalent.

CanPowerSkate is ideal for players currently at the Novice Level or higher.

It is important to recognize that the **CanPowerSkate program is not a “learn to skate” program**. All skaters should complete a learn to skate program like CanSkate, Skate Canada's flagship “Learn to Skate” program that has been designed to address the development of skating skills in preparation for all ice sports .

The 2019 Morden CanPowerSkate program is open to hockey and ringette players aged 7 to 12 years old (children born 2007 to 2012). No exceptions will be made. Sessions will be assigned by the Head Coach.

FULL HOCKEY EQUIPMENT IS REQUIRED, Bring a Stick!

If you have any questions or concerns please

Email: mordencanpower@gmail.com

CanPowerSkate

August/September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>AUGUST</i>	<i>19</i> <i>Session 1 4:00 - 4:45</i> <i>Session 2 5:00 - 5:45</i>	<i>20</i>	<i>21</i> <i>Session 1 3:15 - 4:15</i> <i>Session 2 4:30 - 5:30</i>	<i>22</i>	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i> <i>Session 1 4:45 - 5:45</i> <i>Session 2 6:00 - 7:00</i>	<i>27</i>	<i>28</i> <i>Session 1 4:45 - 5:45</i> <i>Session 2 6:00 - 7:00</i>	<i>29</i>	<i>30</i>	<i>31</i>
<i>SEPTEMBER</i>	<i>2</i> <i>Session 1 4:45 - 5:45</i> <i>Session 2 6:00 - 7:00</i>	<i>3</i>	<i>4</i> <i>Session 1 4:15 - 5:15</i> <i>Session 2 5:30 - 6:30</i>	<i>5</i> <i>Session 1 6:15 - 7:15</i> <i>Session 2 7:30 - 8:30</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i> <i>Session 1 4:45 - 5:45</i> <i>Session 2 6:00 - 7:00</i>	<i>10</i>	<i>11</i> <i>Session 1 4:15 - 5:15</i> <i>Session 2 5:30 - 6:30</i>	<i>12</i> <i>Session 1 6:15 - 7:15</i> <i>Session 2 7:30 - 8:30</i>	<i>13</i>	<i>14</i>

If you have any questions or concerns throughout the program please contact us!