

Welcome to the Power Skating Program

Thanks for joining our program!

New skaters - please arrive your first night at 5:30 unless otherwise instructed. FYI - we may ask some first time skaters to stay for the second hour to assist our assessment. This is not an indication of a move to the second hour, just more evaluation time to ensure we place skaters in the appropriate learning location.

Returning skaters – please attend the same skating time as last year, unless you are otherwise instructed.

No Food or Drinks in the dressing room

Most arenas' post no food or drink in the dressing rooms, while we request this policy be enforced by all skaters and families due to potential food allergies.

Discipline and Respect:

Parents and skaters are asked to review the attached and adhere to a standard code of respecting all participants, coaches and program assistants. All issues will be dealt with on the ice and if/as needed the penalty box will be used for a "time out". If an issue is a repeat and/or major infraction, further discussion with the parents will take place following the discipline section of the attached form(s). Due to coaching and program timelines, unfortunately, this review may not take place until a following day.

Dressing Rooms: If not pre-noted on the arena board, please follow this guideline:

- Room 1 – Power 5:30 boys
- Room 2 – Power P.A. (Program assistants) & 6:30 boys
- Room 3 – Power Girls
- Rooms 2 & 3 are available for both the 5:30 & 6:30 sessions.

Special notes:

- Room 3 – No dads please,
- Room 2 – No moms please,
- Room 1 – Moms will be in to help the little guys dress & tie their skates.
- Room 1 – Must be empty and key returned by 6:45

Please be reminded that the arena policy requires the change rooms be locked when not in use. You are also responsible for your personal items and it is requested that no valuables be left in any arena change room (as per the posted arena notice). The last skater leaving the Dressing Room for the ice surface is asked to bring the room key to the boards where parents/coaches can see the key left on the boards. If you arrive late (or arriving for a 6:30 session) and the room is locked come to the boards and see the parent volunteer, or wave to a coach indicating you are picking up the key.

If any night the rink can only provide two rooms, it will be split Boys / Girls between the two rooms. As a result, the older boys are asked to change into under armour in the washroom, due to the little guys needing their mothers in the room to help them dress.

Hydration is very important; please send/bring a water bottle. Even if not used on the ice during a water break, it should be available after the on ice workout.

Session timelines:

Power First Session:

- 5:30-Practice ice - free skate and then player warm up with program assistants for Power Level 1 to 3 Training
- 6:20- Depending on condition of the ice Bonus time or Ice Flood
- 6:30- First session ends

Power Second Session:

- 6:30- Player warm up with program assistants for Power Level 3 to 6 Training
- 7:20- Second session ends with ice flood notification.

Club policy – Annual document review.

Please take a minute to ensure you have reviewed the below documents:

PARENT CODE OF CONDUCT

http://www.cpskate.ca/uploads/files/Power_Attachments/Parents_Code_of_Conduct_poster_EN.pdf

The Skaters Role – Power Skaters

http://www.cpskate.ca/uploads/files/Power_Attachments/The_Skaters_Role_-_Power.pdf

Traditionally, we do not have ice time over the Christmas holidays, watch the website for confirmation.

If you have any questions, please do not hesitate to let us know.

Regards,

Dave Elgood & Coach Dee

Check the **Contact Us** page of the web site for current e-mail contact details