

CanPowerSkate - General Program information (Updated August 2021)

Welcome to the CanPowerSkate program offered by the Almonte and Carleton Place Skating Club. Below you will find some information that will help you navigate our program if you are new to the club. For any additional questions or inquiries, please reach out to acpskatingclub@gmail.com

Program Fees and Cost per Session: Many of our participants are hockey or ringette players, and unfortunately, you are likely to have scheduling conflicts. Our Club offers a half session (~12 weeks) or full session registration (~24 weeks) at a price-point that recognizes Power Skating is an add-on program, on top of your season fees and is a fair and competitive fee, when compared against pay-per-play sessions offered in the City of Ottawa (\$35/hr).

We recommend at the end of the year, you look at your registration cost and divide by the number of sessions you attended.

For example: Full Season or \$440 / 24 = \$18 per session or \$440 / 14 = \$31 per session.

Our program, offered through a Skate Canada Club requires that each participant pays a \$45 Skate Canada fee before stepping on the ice. This fee covers the Skate Canada costs of administration and insurance and is billed annually to the Club by Skate Canada.

Our Club also charges a \$10 Admin Fee once per year to cover our operational expenses associated with processing online transactions and other overhead that is not directly related the skating programs we offer.

Where do my fees go?

- Ice Fees - Town of Carleton Place
- Coaching Fees – Coaches via Almonte and Carleton Place Skating Club
- Skate Canada Fee - Skate Canada
- Admin Fee – Almonte and Carleton Place Skating Club

Payment Options: Payment by credit card at the time of registration is the preferred method of payment and installments are always an option. If you have any questions or require additional accommodations, please reach out to us by email at acpskatingclub@gmail.com or acpsctreasurer@gmail.com

Program assistants (PA's), assisting with session instruction include:

- Adult volunteers with coaching experience,
- Adult volunteers who are former students,
- Local Junior A players volunteering for community hours, and
- Current students from the later session, selected by our coaching team due to their ability to both demonstrate skills and their ability to work with younger skaters.

Some of our PAs wear their hockey equipment while assisting, and as a result do visibly stand out as instructors. The reason they are wearing equipment - they are students in the session immediately after the group they are helping.

Do I need to be a hockey player? – Although our program is geared to hockey and ringette players, all individuals are welcome.

Equipment – For safety reasons participants must wear hockey skates, gloves, a stick, and a CSA approved hockey helmet. Full equipment, including a mouthguard is optional, but strongly recommended.

Loss & Theft – Please follow posted arena policy and do not leave valuables in the dressing room. The Almonte and Carleton Place Skating Club accepts absolutely no responsibility for any items that are lost or stolen from the dressing rooms.

Supervision - Parents are to be reminded that your child(ren) must be supervised while skating at the rink. Parents are to arrange a designated alternate responsible adult (not coaching staff) if they are not in the arena. Coaches need to continue lessons on the ice and cannot leave the ice surface to attend to the needs of one skater.

Injuries – It is the skater & the skater's parents responsibility to ensure that if one is following the hockey Canada return to play (form injury) steps, that one have medical approval to participate in our program, as the original injury did not occur in our program.

Injury reporting – Skate Canada does provide skater insurance as part of the Skate Canada Fee mentioned above. This program (similar to hockey Canada) only starts, for eligible claims, once personal insurance has been used. Skate Canada recently changed their policy, so please email for more information if required.

Skate Canada Test Skate – a designated skating pattern for instructor evaluation of skaters' skill development. This evaluation tool is designed for the end of a ten week program; as a result test skates are scheduled near the end of each half season.

***Unfortunately, due to both time required and rink surface area required for testing, our program design and scheduling does not easily allow for testing other than the specifically designated nights. Re-skates of the test for extenuating circumstances will be considered based on individual cases, however, it may not be possible.*

Skate Canada Report Card and Badges – skaters will receive a report card capturing the coach's evaluation of a Skate Canada Test Skate. With each test, skaters are eligible to earn a badge Bronze, Silver or Gold for level 1 to level 6. Points are earned for demonstrated skills and time to complete the skate.

My child is interested in being a Program Assistant, what is required? Let us know so we can keep this on mind during skater evaluations and for upcoming sessions. All our skaters that moved on to PA'ing are in the final stages of completing (of have completed) their Skate Canada Level 3 Gold challenge. We can/will then provide more information specific to each skater interested.