

FAQs - Frequently Ask Questions and General Program information

(Updated September 27, 2019)

Please first see the following items also posted on our web site:

- 1) CP Power Skating registration information form
- 2) Documents for our skaters.

After reviewing that information, below you will find additional key information to help families new to Power Skating.

Cost per session – As hockey players, you will have conflicts, it is an unfortunate reality. 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 $\$432 / 24 = \18 per session or $\$432 / 14 = \31 per session.

City programs that are able to charge per session fees, charge approx. \$35 per session.

Unfortunately, as a small community program, trying to ensure we cover all our expenses we cannot provide per session fees, but we feel our fee packages are very competitive and cost efficient.

Is credit card payment available – Yes our registration is now online and allows credit card payment/

Is e-payment available? – Yes, please contact our treasure for information/

Registration 5 Pack - after our season starts based on availability, our 5 pack is aimed at giving an introduction for skaters/families wanting to try power skating. Families are asked to confirm in advance five dates they plan to attend in an eight week period. The Fee can be used as a deposit towards a half or full season registration.

Registration 10 Pack - select your sessions based on availability. This registration type is typically reserved for past skaters who have progressed to competitive hockey teams. In the past, once making competitive hockey due to the busier hockey schedules, many of our skaters have been forced to drop out of our program. This option is designed to try and allow some of these skaters to continue with our program, or when unused spots to maximize program participation to meet financial requirements.

Program assistants, assisting with session instruction include a variation of:

- Adult volunteers with coaching experience,
- Adult volunteers who are former students,
- Local Junior A players volunteering for community hours,
- 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 players, all individuals are welcome.

Equipment – For safety reasons participants must wear full hockey equipment (CSA approved).

Mouth guards – We ask players follow their hockey association requirements. Although we recommend mouth guards, we acknowledge most associations now list them as optional.

No valuables in dressing room – Please follow posted arena policy – Do Not leave valuables in the dressing room

Supervision - Parents are to be reminded that your child(ren) must be supervised while skating at the rink. Parents are to arrange a designate 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. 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.

Where do my fees go?

- Town of Carleton Place – Ice time
- Paid Coaching
- Skate Canada – Membership fee and Skate Canada program expenses
- Carleton Place Skating Club – Membership fee
- Carleton Place Skating Club – Program specific expenses

Skate Canada Report Card - a skater's skill evaluation based on a Skate Canada Test Skate.

Skate Canada Test Skate – a designated skating pattern for instructor evaluation of skater's skill development. This evaluation tool is designed for the end of a ten week program; as a result test skates are schedule near the end of each half season. Please also note 5 packs or skaters who join midseason are not eligible for a test skate in December. Ten pack skaters, please ask for more information if interested in a test skate.

Skate Canada Badges – With each test, skaters are eligible to earn a badge Bronze, Silver or Gold per each level 1 to level 6. Points are earned for both skill shown and time to complete the skate.

Make up skate dates – 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.

Test re-skate – Depending on the circumstances, when possible, the coaching staff will try to allow a skater to redo their test skate. This is reviewed on a case by case basis, based on a number of factors (including the number of skaters, timing, etc.) and unfortunately is not always possible.

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.