

Power Skating Sessions are Thursday Nights  
OCT to MAR  
5:30Pm or 6:30PM  
at the Carleton Place Arena in Rink 1  
(Check our web site for date changes/updates)  
Skaters assigned to a session based on skills

**CanPowerSkate Program requirements:**

- Desire to learn and improve your skating.
- For safety reasons participants must wear full hockey equipment (CSA approved).
- Basic forward and backward skating skills (must be able to skate the length of the rink using alternate strides).
- Ability to stop on command without use of the boards.
- **\*Seven years old at time of registration.**
- Although our program is geared to hockey players, all individuals are welcome, but must wear full hockey equipment
- New participants start with the 5:30 session unless prior assessment/arrangement confirmed.

The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating, Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck/ring. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that Level. Note: Five packs and partial sessions are exempt from test skates, report cards and badges. Must be present on scheduled test day.

**Please note:** The CanPowerSkate program is exclusive to Skate Canada and is available only to Skate Canada member clubs and sanctioned skating schools. All participants must be registered with Skate Canada. Only Skate Canada member Coaches trained and certified at a CanPowerSkate Coaches Course are qualified to instruct the CanPowerSkate program.

**Registration/Payment fees include Skate Canada fees, club fees, fundraising fees, and Skate Canada certified coaching fees. Plus report cards and badges (as/if applicable to the program).**

**Power First Session**

5:30-Practice ice - free skate and player warm up with program assistants

5:40- Power Level 1 to 3 Training

6:20- End of sessions with Ice Flood - depending on condition of the ice (potential bonus ice time)

**Power Second Session**

6:30- Player warm up with program assistants

6:40- Power Level 3 to 6 Training

7:20- Second session ends with ice flood notification.

**Helmet /Equipment Policy:** Participants wear full hockey equipment and must meet local association standards (i.e. neck guards and/or mouth guards).

**Program assistants:**

Skaters from the second session are welcome (and encouraged) to volunteer to be a program assistance with the first group. If interested ask your instructor for more information. PA's must be 12yrs old and meet preset program standards. Younger skaters at times may assist as on-ice helpers in a more limited role.

PA's are to be in full equipment , unless reviewed approved in advance. PA's approved to be in track suits must meet Skate Canada program on-ice helper requirements: hockey skates, gloves, helmet, Bantam age and under require neck guard, and any additional required training or items noted by the program guidelines.

**Supervision:**

Parents are to be reminded that your child(ren) must be supervised while at the rink, noting the skating club does not provide dressing room monitors. 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.

**Power Program Fundraising: Due to recent program success we are not running any fundraising activities.**



SKATECANADA

**BOYS & GIRLS  
POWER SKATING**

**For all HOCKEY ages\***

**Skaters are grouped  
by skating ability**

**\*\* Register online \*\***

**[www.almontesc.uplifterinc.com/registration](http://www.almontesc.uplifterinc.com/registration)**

**New this year**

**Our follow-up e-mail invoice,  
will review payment requirements**

**Visit our web site for more club information**

**[www.cpskate.ca](http://www.cpskate.ca)**



To register go on line:

[www.cpskate.ca](http://www.cpskate.ca) or

[www.almontesc.uplifterinc.com/registration](http://www.almontesc.uplifterinc.com/registration)

Or email this form to: [Power@cpskate.ca](mailto:Power@cpskate.ca)

Our follow-up e-mail will confirm space,

Plus confirm payment requirements/options

\*Notes - Skate Canada Membership (Incl's Insurance)

**A) Power Skating Full Season Fee \$420 (\$382 + \$38\*)**

Thursday nights for 24-sessions (approx.)\*

**B) Power Skating Half Season Fee \$260 (\$222 + \$38\*)**

Oct-Dec Thursday nights 12-sessions (approx.)

Jan-Mar Thursday nights 12-sessions (approx.)

Competitive Player 10 Pack/select schedule

**(Based on availability, and dates must be confirmed)**

Note: Upgrading to option A before last session receives

A full credit, but will require an admin fee for processing.

**C) Introduction / 5 Pack Fees Fee \$170 (\$132 + \$38\*)**

**(Based on availability, after the first week of October)**

Power Skating introduction

**Dates Requested:** (Select five nights over eight weeks)

Note: Upgrading to option A before last session receives

A full credit, but will require an admin fee for processing.

**D) Program Assistant Fee \$38\***

PA 's- Pending Approval of Program Coordinator

**Cheque Payments (for above each has options):**

**Option A: monthly, up to four equal payments**

**Option B: monthly, can be two equal payments**

**Option C or D: requires payment in full**

Email [treasurer@cpskate.ca](mailto:treasurer@cpskate.ca) for confirm details

**CHEQUES PAYABLE TO:**

Almonte Carleton Place Skating Club (ACPSC).

**Pleaser note:** \$25.00 fee will for any NSF cheques.

**Refund Policy:** No refunds may be granted except for medical reasons or with 14 days written notice after the second day of skating. Refunds are minus the Skate Canada fee and 10% service charge of the remaining classes.

# Almonte Carleton Place Skating Club – See Web Online Registration

## CP Power Skating - Registration Form 2017-18 (revision 1.2)

**\*Note: Power Skating Season Length**

Our program is subject to change based on arena availability. Program registration confirms commitment for participation and provides discounts which are viewed as important to families because hockey is an expensive sport and all players will have at least a couple conflicts with their hockey schedule.

**Registration /Rescheduling Policy:** The Club has the right to cancel any session if registration is not sufficient or if the City of Carleton Place changes or cancels any of the Club's ice. If for reasons beyond the control of the Club, a class is cancelled, the club will endeavour to reschedule; however, no refund will be made for cancelled classes that cannot be rescheduled. Missed sessions cannot be made up or substituted.

**Liability Waiver and Release:** The applicant acknowledges that participation in a skating program involves certain risks and may result in an injury. Other than the disclosures in the application, the applicant declares to be in proper physical condition and good health to participate in the program. The applicant hereby waives all claims, rights or causes of action against the Almonte Carleton Place Skating Club and Skate Canada, it's officers, employees, directors, coaches or members for injury or loss of property of any nature or kind, however or whenever sustained.

**Photo Waiver:**

I, the skater (and/or parent/guardian of the named candidate for skating lessons) with this registration also give permission for the taking of the skaters picture and for any pictures to be used for the promotion of Power Skating including but not limited to use via the local newspapers, the Club website, and/or advertising in the community and surrounding area.

**Arena Policies:** All skaters and skater's families, must take note of and follow all posted arena rules and policies.

**Acknowledgement of all information & waivers:**

Signature of parent/guardian:

X

Date:

NEW TO THIS PROGRAM

Returning 5:30 Power skater

Returning 6:30 Power skater

Skater Name

Gender (Circle) Female / Male

Birth Date (MM/DD/YYYY)

Hockey Level (i.e. First yr Novice-House League):

**NEW MEMBERS:** Can child skate the length of the rink using alternate strides & stop on command without use of the boards ?

(Circle) Yes / Not Yet

Contact/Parent Name

Mailing Address

Town

Postal Code

Home Phone #

Cell Phone #

E-mail

Please indicate special situations/medical requirements/allergies that your child's coach may need to be prepared to deal with:

Registered by:

Date:

Administration notes: