Welcome to Patinage Greenfield Park's Canskate (learn to skate program). Our Skate Canada, NCCP certified professional coaches focus on achieving goals through fun, progressive skill development that can be applied to recreational skating, ringette, hockey and beginner to elite figure skating. We welcome everyone from 3 years old!!

You can always feel free to reach out by emailing us at patinagegpk@gmail.com.

HELMET & SKATES PURCHASING TIPS

Skaters joining our Canskate programs should have the following equipment:

1- CSA Approved Helmet (see guidelines below)

2- Proper fitting Figure or Hockey skates. **NO PLASTIC OR ADJUSTABLE SKATES** (see guidelines below)

3- Proper clothing- layers are best. No snowsuits. Consider Long Johns with Jogging pants and light waterproof pants over top and a thermal shirt with a long sleeved t-shirt and a sweater for the top.

4- Gloves or Mittens - no hockey gloves

HELMET GUIDELINES

CSA APPROVED HOCKEY HELMETS ARE MANDATORY FOR ALL CANSKATE SKATERS

- The helmet should fit and should be snug
- Hair should not be in a ponytail under the helmet…this interferes with the proper fit
- Full Face masks are recommended due to COVID-19!

- Both the strap and the helmet should be adjustable

BIKE, SKI AND OTHER TYPES OF HELMETS ARE NOT ACCEPTABLE. SKATERS WILL BE PROHIBITED FROM JOINING CLASSES UNTIL PROPER PROTECTIVE GEAR IS WORN.

HOW TO PURCHASE SKATES

Wearing the proper skates is very important for your child's success in skating. Skaters in Canskate can wear either hockey style skates or figure skates. We recommend that you purchase skates that have laces and not clips or dials to tighten. Skates with laces allow for the skate to be better adjusted to fit the child's growing foot. We also **DO NOT** recommend that you purchase adjustable skates. While this may seem like a cost saving option with a young child that is growing rapidly it is really detrimental to their progress. As you enlarge these types of skates the blade becomes too short for the boot and it causes difficulty for the skater to maintain proper balance and technique. If you have any questions about the skates please come see us in the sound booth and someone would be happy to assist you.

EXAMPLES OF GOOD SKATES





EXAMPLES OF INADEQUATE SKATES



SKATES BOOT AND BLADES

- Selecting New
- Selecting Used
- Breaking in
- Maintenance
    - Waterproofing
    - Replugging the screw holes
- Lacing

Within a very broad spectrum, as a beginner, it doesn't matter what boots that you have, provided that they are comfortable and fit well. They should be snug in the heels and support the ankles firmly. The most common type of injury in the early stages of skating comes from the ankles caving in. Good boots will help your skater to feel confident and help your skating. Bad boots may hinder skating but only by a very small margin. Provided that you aren't in pain and are well supported and comfortable, practice and effort will make a greater difference.

SELECTING A NEW BOOT:

Intermediate and advanced boots and blades are sold separately and mounted at the skating boutique. Beginner boots may be sold as a unit. Try to avoid those that have the blades riveted or molded into a plastic sole. Good beginner boots are moderately stiff to provide adequate support and the more advanced boots get increasingly stiffer.

The advantages of stiff boots is that they may last many years and provide a good support. Their disadvantages are that they have a long and perhaps painful break-in period and they are more expensive. If you buy "too much" skate you may find them virtually impossible to break-in. Lighter boots, on the other hand, are more comfortable and break in faster. However they wear out faster.

Before choosing boots, here is a checklist of some questions to ask yourself. Your next boots are dependant on how you answer these questions:

1- How much do you enjoy skating? Do you feel that in time you will be skating daily or is it something that you just want to do once a week or so?
2- How long do you see yourself skating? Do you think that you have found a sport that will keep you happily exercising for the next 20 years?
3- What are your future expectations? Many skaters who initially can't imagine ever doing a three-turn, progress farther than they ever imagined! What you need to ask is " What are my FANTASIES"? Also, what about ice dance and synchronized skating? Do you have any dreams in those areas?

If you feel that you could easily end up skating every day and you will probably want to skate for the next 20 years and in your deepest darkest heart of hearts, you'd love to skate like Virtue & Moir and maybe land your doubles and triples, then the cost of your boots will in all likelihood be the least expense that you have to worry about over the next three years. A good boot could probably last that long.

Whatever brand of skating boot that you buy, the most important point is that the boot fits you properly (your foot should be held firmly by the boot) and shows first class workmanship. When trying on boots, wear the same socks/tights that you will skate in.

It is difficult to compare the size of your boot to the size of your shoe size because this varies from one manufacturer to another. Ask to be measured when arriving at the skating boutique. You may have to try on more than one boot before you find one that fits you properly.

SELECTING USED BOOTS:

First and foremost, the boot must support you. Grasp the boot by the top of the ankle and hold it sideways. If it drops, it will not provide you the ankle support that you need. Don't buy it. Look at the condition of the boot. It should be leather and not plastic or some faux leather with a cloth lining. There shouldn't be any cracks or tears in the leather although some creases are fine.

BREAKING IN YOUR BOOT:

Wear thin socks. You want your socks to slide against the leather. Lace and unlace your skates 3 or 4 times before skating. Skate for short periods of time at first paying special attention to the way that your feet feel and stop if there is chafing or irritation. Never ignore discomfort because it can turn into blisters and infection.

You can get boots "punched out" (stretched) where they're hurting your feet which is in effect customizing them to some degree.

MAINTENANCE OF YOUR BOOT:

Boots can be expensive and deserve care. Be sure to dry the entire sole of your boot off immediately after leaving the ice and don't store them in a closed bag to avoid rust. When not in use, always remove them from your bag and leave the skates in the open so the air can thoroughly dry them, otherwise the leather will start to decay.