

# Annual Events

## Club Contacts

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Director: Lisa Fraser-Semenoff  
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### 2017/18 Season

CanSkate/PreCanSkate - Oct 14/17 to  
Apr 21/18  
StarSkate/PreJunior - Sep 9/17 to Apr  
21/18

### Annual Ice Show

Dress Rehearsal - Apr 14/18  
Ice Show - Apr 21/18

### Test days

To come

### Fundraisings

Wakefield Community Center Christmas  
Market - December 9<sup>th</sup>  
Norwex - November 2017



## CPA La Pêche FSC



**SKATECANADA**

CPA La Pêche  
20 rue Raphael  
La Pêche, QC  
JOX 2W0

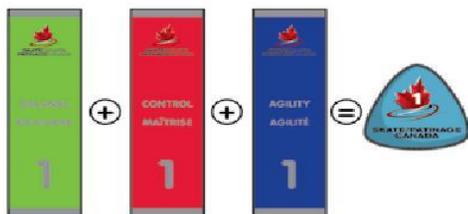


**SKATECANADA**

2017-2018  
SEASON

**CanSkate** is Skate Canada's flagship program and Canada's only national learn-to-skate program.

- Strong basics for hockey, ringette, speed and figure skating.
- Designed for beginners of all ages.
- Skaters earn badges and other incentives as they learn fundamental skating skills.
- Lessons are given in a group format and led by an NCCP (National Coaching Certification Program) certified coach.
- Coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10.
- CanSkate focuses on the development of fundamental movements organized in six stages of learning.
- The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus.
- Once the skills on each stage are mastered, a badge is awarded.



- At CPA La Pêche we require a skater to complete Stage 3 in order to move into the Pre Junior program. On this session, skaters will have private and/or group lessons

**Parents or guardians are required to be present for the duration of the CanSkate program. Skaters are not permitted to leave the ice during a session unless a parent or guardian is at the door to meet them.**

### Helmet Policy

Skate Canada requires all skaters on a CanSkate session to wear a CSA Hockey helmet. Bicycle, ski and snowboard helmets are not permitted.

Skaters will **NOT** be allowed on the ice without the proper helmet

#### Fitting a Helmet

**Protection:** A helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.

**Comfort:** You should always look for equipment that feels comfortable. Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.

**Fit:** With your helmet opened to its largest setting gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head. Hats should not be worn under the helmet. If the helmet fits properly, it will keep your child warm. A hat could slide down and cover their eyes, making it very dangerous.

#### What to wear

Layering clothing is the best way to ensure your child stays warm.

Need pads should be worn under pants. When placed over the pant leg, they slide on the ice and make it difficult to get up.

What to wear	What not to wear
Mitts/Gloves	Scarves
Track Pants	Jeans
Bomber style jackets	Long coats
Long underwear/tights	Snowsuits/ski pants
Sweaters	Flared pants

**StarSkate** is Skate Canada's figure skating programs. This program consists three disciplines, freeskate, dance and skills. Each of these have 7 levels which are evaluated by a Skate Canada Evaluator.

**CPA La Pêche offers the following programs.**

<b>Pre-Junior</b>	Passed stage 3
<b>Junior</b>	Working on/ Skate Canada Tests
<b>Senior</b>	Passed 2 Preliminary tests

#### Fitting Skates

Start with the basic models of a good quality skate. Skaters at the beginner level do not need top-of-the-line skates, but do need adequate support and a good fit.

Shop at a skate or sport shop, as opposed to a department or hardware store. Speciality shops often have buy-back programs and often stock a selection of good "lightly used" second hand skates. Skates run a bit large, so start with a couple sizes smaller than their shoe size when trying on. Try on skates with their normal sock (no extra socks).

Lace up the skates all the way, including the top notch. While they can have a small amount of room to grow, ideally the skates should be fairly snug. Have the child walk in the skates. There should be no rise in the heel or too much wiggle room in the toes.

Different brands will fit different types of feet; if one brand doesn't seem to fit properly try a different brand.

#### How to Tie Skates

The laces should be snug but not too tight from the toe of the skate to the ankle.

At the ankle, laces should be quite tight. This will give the ankles the support they need.

Above the ankle, it is best to tie the laces fairly loosely. This way, it will be much easier for your child to bend, which is very important in skating.

#### Skate Sharpening

Skates should be sharpened after about 30 hours of use, if well looked after.

Toe picks should not be removed; they assist with balance and are not only for jumping