



NCCP – CANPOWERSKATE



This is a Skate Canada program to be taught by Skate Canada Coaches in Skate Canada Clubs only!

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

CANPOWERSKATE COACHES COURSE – ELIGIBILITY REQUIREMENTS:

Skate Canada Professional Coaches who only teach CanPowerSkate in a Skate Canada club or skating school must complete a Skate Canada approved police clearance check and positions of trust check, hold a valid First Aid Certificate prior to taking the CPS course.

To attend a CanPowerSkate Coaches Course candidates must:

1. be sixteen years of age
2. have completed the NCCP Level 1 Theory or equivalent Introduction to competition Part A multi-sport modules
3. Figure skating: have completed the NCCP Instruction Beginner CanSkate course or higher; or,
Hockey/ringette: have completed the Community Coach Stream (hockey) or the NCCP Community Sport-initiation workshop (ringette)
4. must be current Skate Canada Coaching member

PLEASE NOTE: THE ABOVE REQUIREMENTS ARE PRE-REQUISITES AND MUST BE MET PRIOR TO ATTENDING THE COURSE.

Any Skate Canada coach or program assistant involved in Pre-Power or CanPowerSkate must wear hockey skates in order to ensure the high quality image and credibility of the program.

TRAINING REQUIREMENTS:

- 2-day CanPowerSkate course successfully
- Introduction to competition Part A multi-sport modules successfully
- Hold a valid First Aid certificate (every three years)

EVALUATION REQUIREMENTS FOR “CANPOWERSKATE COACH” STATUS:

- CPS coach’s exam
- On-ice practice teaching lesson
- Emergency Action Plan (EAP) if not already completed successfully in the CanSkate assignment
- Making ethical decisions online evaluation available on Coaching Association of Canada website. www.coach.ca

Skate Canada—Eastern Ontario

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