

## Pre-Power for Skate Canada Clubs

Pre-Power was developed in 2001 as a result of both need and interest of the skating community across Canada. It is an introductory program geared to children approximately 4 - 6 years of age, designed to teach basic skating skills and technique in a power skating specific environment.

For clubs wishing to increase their membership, I **highly** recommend this program. Ice can be shared with existing Canskate programs. We at the Cypress School of Skating in Medicine Hat have had an overwhelming response. Children enrol in Canskate, but once they see the Pre-Power skaters at the other end of the rink with their sticks, some want to migrate over. Pre-Power skaters participate with their Canskate counterparts during warm-up and cool-down. Sticks must be set aside for these joint activities.

Focus is still on the basic fundamentals including balance, forward and backward skating, stopping, turning and agility skills. The format is presented in three sequential levels A, B and C. Specially designed ribbons are available for purchase from Skate Canada.

The fortunate aspect with current coaches in your Club is that it is not mandatory Canpowerskate certification to teach Pre-Power. Coaches should have some knowledge about the games of hockey or ringette, use of the stick and wear hockey skates for credibility. As with Canskate, the use of Program Assistants is highly recommended.

Pre-Power is intended to be a stepping stone into the Canpowerskate program. Coaches communicate with parents with regard to expectations of the program and what comes next in their skater's development.

The rewards and growth of this program are unlimited! I strongly urge Clubs to give this a shot... the results will amaze you! We just have to remember to keep the "fun" in fundamentals!!!

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