



KINGSTON STRIDERS PROGRAMS 2018-2019

Our coaches are trained and use Speed Skating Canada Cutting Edge Program to teach and track skater's progress.

More details on this program, including skills being taught during our programs can be found at:

<http://www.speedskating.ca/resources/clubs/the-cutting-edge>

LEARN TO SKATE PROGRAM OPTIONS

Wee Blades

For skaters ages 4 to 6, new to skating. Using hockey skates (provide by skaters themselves) our coaches teach the basics of skating: standing on the ice, falling, moving, gliding. Skaters will be taught skills included in Level 1 and Level 2 of Speed Skating Canada Cutting Edge Program. A link to the sample report card is below for your information.

Sessions are 30 minutes on Thursdays at 5:30PM.

Small Blades

For skaters ages 5-8, who are continuing to master basic skating skills from Level 1 and Level 2, but want to skate a bit longer. Depending on comfort and choice by skaters and their family, many begin to transition to the "long blades" in this session. Basic position and other speed skating skills are thought. Skaters will continue to progress with Levels 3 and 4 from the Cutting Edge Program.

Sessions are 50 minutes on Thursdays at 5:30PM

Intro to Speed Skating

An 8-session program, given over 4 weeks, allowing skaters 6 and over to learn the basics of speed skating. Speed skating equipment is provided in the cost of the program. Skaters are required to have basic skating skills on hockey or figure skates in order to register for this program (gliding, skating around the rink at least once with minimal difficulty). Youth and Masters are welcome to join. Following the 8 sessions, you can choose to join one of our regular season program.

*Sessions are Tuesdays at 5:30PM and Thursdays at 6:20PM for 4 weeks starting **Tuesday, September 18 2018.***

REGULAR SEASON PROGRAM OPTIONS

Development Program

Regular season program for Youth and Master skaters who want to continue learning the speed skating skills, and enjoy the workouts the sport provide. During the Development Program, skaters will be introduced to more advanced skills, including cross over and racing. Skaters typically progress from level 3 to 6 (or 7) of the Cutting Edge Program. Skaters of any ages can partake in racing in the Regional Racing Circuit meets which take place throughout the season in Eastern Ontario.

Optional Dry Land Training is offered pre/post ice sessions. They are included in program fees.

Skaters can chose to skate ONE or TWO HOURS per week.

ONE Hour/Week Sessions for YOUTH - Tuesdays at 5:30PM

ONE Hour/Week Sessions for MASTERS – Tuesdays at 6:20PM

TWO Hour/Week Sessions YOUTH – Tuesdays at 5:30PM AND Thursdays at 6:20PM

TWO Hour/Week Session MASTER - Tuesdays at 6:20PM AND Thursdays at 6:20PM

Advanced Program

Our Regular Season program for our more advanced and faster skaters (YOUTH and MASTERS). Skaters usually complete their Cutting Edge Program to the Gold Level. This program offers more intense training, increased in volume of laps skated, and helps support more competitive skaters for Regional Circuit and Elite Circuit races.

Dryland program is offered starting at 6:15PM on Tuesdays and Thursdays (prior to ice times)

Skaters can chose to skate ONE or TWO HOURS per week.

ONE Hour/Week Sessions for YOUTH - Tuesdays at 7:20PM

ONE Hour/Week Sessions for MASTERS – Tuesdays at 6:20PM

TWO Hour/Week Sessions YOUTH – Tuesdays at 7:20PM AND Thursdays at 7:20PM

TWO Hour/Week Session MASTER - Tuesdays at 6:20PM AND Thursdays at 7:20PM

Race Ready Program

A one hour program offered to skaters by invitation. Usually focuses on more racing skills and higher intensity training to prepare Regional and Elite Circuit Skaters for racing.

This program is included in the THREE Hour fees.

Sessions run on Monday mornings – 6:00AM-7:00AM

Questions or concerns, do not hesitate to email Coach Ben at: coach.ksssc@gmail.com

Coaches are available to address any questions you may have about our program, including assessing which program would be more suitable for your skater. You can discuss with the coaches on Registration Night prior to making payments to ensure you are registering for the program best suited for your skater.