

Selecting a Coach

Where to Start

If your child is on the CanSkate or Jr Prep /Advanced CanSkate session(s) they may be ready to enhance their group program with private or semi private lessons. If you feel your child is ready, you can contact the coach of your choice for more information on their availability. Skate Regina has many coaches on our staff, all of which are well qualified and great choices for private lessons. Our coaches may have already approached you if they feel your child is ready for more.

To help you make the decision of selecting a coach, consider the following points:

Who does my child enjoy working with?

Your child will be spending time one-on-one with this person at least a couple times per week. There may be an individual that you connect with well, but can the same be said for your skater? If your skater has participated in CanSkate or Advanced CanSkate/Jr Prep programs with our club then they will have been introduced to most of our coaching staff. Keep in mind there are coaches who don't teach Skate Regina group programs who you may want to consider.

Talk to other parents whose skater works with a private lesson coach. Ask specific question about the coach's style and how their skater learns (is it the same as your skater?) Think about what qualities are most important to you in a coach

Watch the coaches in action at the rink. Observe how they work with their skaters. Are you, as a parent, happy with the way the coach interacts with their skaters and will this type of interaction be successful with your child?

Does this coach's teaching credentials meet the needs of my skater?

All Skate Canada professional coaches are accredited through the National Coaching Certification Program . This program trains coaches on proper technique, training regimes, and ethical issues related to coaching in general. All of our coaches have completed minimum Level 1 (Regional coach), several are Level 2 (Provincial coach) and some are Level 3 (National coach) . They are very qualified to teach skaters through the Skate Canada Star Skate Program and through all of the competitive levels as well. Please feel free to consult the coaching staff themselves or the Club Executive.

What is my budget?

Your budget will determine how many lessons per week you will purchase for your skater. Estimate how much you are willing to spend per week on lessons. These fees are paid directly to the coach, not to the club. The fees you pay to the club are for ice only. Lessons are usually 15 minutes in length, although this is negotiable with the coach. The coach's fee may vary between coaches based on their coaching level, personal skating level, education and experience.

What else do I consider?

Is the coach available during the sessions that my skater is choosing to skate?

Some of our coaches may be fully booked on some sessions. Some flexibility on both sides may be required to fit lessons in.

If the coach is quite full, are you willing to work with a couple of coaches?

Team coaching is not uncommon and has many benefits. Some skaters learn one aspect of their skating from one coach and another from the second or third coach. Each coach can often compliment the others well. Once you have found an individual that your skater likes and meets your financial and goal requirements, book them!