



**Kelowna**  
**SKATING CLUB**  
CENTRE OF EXCELLENCE



Dear Parents,

2026

Firstly, I would like to thank-you for choosing the Kelowna Skating Club to meet your child's power skating needs. We know and understand that you have other options and truly appreciate your business. Your qualified and enthusiastic instructors are Tiffany Fowler, Norma Buchanan, Aidan Wetzel-Eden, Cole Williams, Kelsey Byrne and myself, Michele Pacholka. Please have your child's name on his or her helmet, so we can address each on a first name basis.

For your information, each 45 minute session will be comprised of an initial 10 – 15 minute warm up prior to breaking into 3 smaller groups. We will try to group according to ability to ensure everyone's specific needs are being met. Breaking down into smaller groups enables more one on one attention from each instructor who may have a different teaching style than the next.

Hockey specific skating skills that we will work on include, but are not limited to:

- Edges/Stance/Balance
- Forward skating
- Backward skating
- Lateral movement
- Stops
- Starts
- Crossovers
- Turns – mohawk, tight glide, reverse pivot and eagle



When skills are being taught, when, where, how and why you use the skill in a specific game situation will be explained. You will notice that skills will be broken down and repeated over and over again before we put the skill back together. This effective use of a progression helps to fine-tune all components of a skill. Repetition is crucial in order to develop muscle memory so muscles just react in game situations rather than the skater having to think about proper execution of skills. If your child participates fully in these sessions, there will be a marked improvement in skating skills as well as his or her overall conditioning level.

My goal is to teach your child to "skate smarter, not harder". My goal is to also instill in your child the values of effective communication, perseverance, discipline, self-control, teamwork and mutual respect. PLEASE NOTE that your child/teenager will NOT get better by just skating fast. She/he will IMPROVE by slowing down and doing the skill technically correct. Once technique is mastered, SPEED will naturally occur. She/he will also IMPROVE by paying attention to all the fine details such as proper stick position, proper edge use, loading of legs and separation of upper and lower body.

Thanks for taking the time to read this! If you have any concerns or questions, feel free to address those to me by e-mail at [skatingontheedge2004@hotmail.com](mailto:skatingontheedge2004@hotmail.com).

*Michele Pacholka*

Michele Pacholka, BA, BSW  
KSC Powerskating Director, Owner/Operator of eMPowerment Plus Training