



STARSKATE

Skater Training Book

Name: _____

Coach: _____

Club/Skating School: Prince Edward County Skating club



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The Skater's Training Book is designed as a tool for coaches to enhance the planning and practice time for their skaters.

How to use this tool effectively:

First review all goal setting guidelines. The worksheets that follow may be helpful to set goals for the season. Knowing the big picture is necessary when setting monthly, weekly, and daily goals.

Be sure to visit the goals regularly and adjust when necessary. Planning for success takes many variables into account. Modifications are expected to ensure each plan meets the ever-changing development of the skater and their skill acquisition.

The worksheets included are examples of tools that may be used both on and off the ice. It is not mandatory or necessary to use them all. Use what works best for you. If goals are not achieved, consider trying other resources as well. Coaches may print off worksheets at any time, use the book as it is presented or modify to create their own training book.

Some worksheets are very generic to allow for customization by the coach.

Training worksheets:

The training worksheets are divided into season, monthly, weekly, and daily worksheets.

The season worksheet is to capture the big goals of the skater's season/year.

The monthly worksheet is used to capture what the skater will do during each month to help in reaching their season/yearly goal. The skater should put the month at the top of each sheet. You will need to use as many sheets as the number of months the skater is training that season. (September, October, November, January, February, March etc.)

The weekly worksheet is used to capture what the skater will train each week to assist in reaching the monthly goals. The skater will include the day and month of each training week (example week of September 10 would be 10-09).

Daily training worksheets may be used to capture the plan for the skater on each day of training. The worksheets include off ice warm up, on ice warm up, drills and exercises for specific elements, corrective exercises, on ice and off ice cool down etc. There is also a daily tracking worksheet for programs (freestyle and/or artistic) which allow the skater to track element consistency and quality of performance.

Reflection

This allows skaters the opportunity to reflect and answer questions on how their training is going. What needs to be adjusted, are they on track for their seasonal goal etc.

Daily reflection: Skaters should take time after each training session to reflect on what went well, what improvements can be made, and what their plan is for the next training day.



Monthly reflection: At the end of each month the skater can reflect on how the month of training went. Is the skater on track to reach their goals for the month and/or season? The skater should be indicating what their challenges and accomplishments were for the month.

Performance reflection: This may include reflection from an assessment, event, or simulation. The skater can answer the questions and make any adjustments needed to their training prior to the next performance opportunity.

End of season reflection: The skater can answer questions and determine if the goals they set out for themselves at the start of the season have been accomplished. This will assist in setting the goals for the next season.

Content

The content for each discipline in each STAR level has been provided in chart form at the end of the document. The skater may use this to indicate the date on which content (elements, program, pattern dance) has been achieved. They can use this to challenge themselves to try things at the various levels or to simply track what they have completed.

Setting Goals

It is important to set goals, so you know what you are working towards each season. Setting effective goals will help anyone achieve their desired outcomes. Here are some guidelines to follow and worksheets to use in assisting to set effective goals leading to successful outcomes.

Follow the S M A R T principle and make your goals:

S	Specific – what are you trying to achieve? Simple
M	Measurable – how will you know you have achieved your goal? Meaningful
A	Achievable – is this goal possible? Attainable
R	Realistic – can this goal be achieved in the set time frame? Relevant
T	Timely – when do I want this goal achieved? Toward what you want

How you phrase your goals also makes a big difference in your ability to achieve your desired outcome. For example, the phrasing of goal 2 below is much more effective than the phrasing of goal 1.

1. I will land my axel next month
2. I will land my axel by the end of November

The first goal will keep your mind focused on landing your axel “next” month (which will never come) and the second goal has a specific end date for your mind to focus on. Also, when writing goals for the season, phrase them as if they have already been achieved. Instead of stating “I will land my double flip” a better phrasing would be “I have landed my double flip successfully multiple times this season”.

Knowing your end goals makes the smaller monthly and weekly goals easier to figure out.

Step 1 – identify season goals and have them posted somewhere you can read them everyday.

Step 2 – break down the larger season goals into monthly goals based on how the season is laid out with assessments, events, performances etc.

Step 3 – break the monthly goals down into weekly goals and then into daily goals depending on the number of days training each week.

Step 4 – make sure to review the monthly goals at the end of each month and adjust for the following month to stay on track with the overall season goals.



Season Goals

List the goals you have set for the season per category. Refer to these goals each month to ensure you are setting monthly goals that will ultimately help in achieving the season goals.

	Assessments	Events	Individual elements	Power/speed/presentation etc.
Skills				
Freestyle Elements				
Freestyle Program				
Dance Elements				
Pattern Dances				
Artistic Program				
Synchro Elements				
Overall Skating technique				



Monthly Goals

List the goals you are going to achieve for each month that you are skating for the season. Re-visit and adjust the goals as the season progresses if needed.

Month of _____				
	Assessments	Events	Individual Elements	Power/Speed/Presentation etc.
Skills				
Freestyle Elements				
Freestyle Elements				
Dance elements				
Pattern Dance				
Artistic Program				
Synchro Elements				

Reflection:

Am I on track to achieve my goals? (achievements, challenges, solutions, goal adjustments etc.)



“AHA” MOMENTS AND THINGS I’VE LEARNED

Use this space to record **AT LEAST THREE** things you learned this week or want to remember for the future.



Weekly Goals

List the goals you are going to achieve for each week that you are skating for the season. Re-visit and adjust the goals as the season progresses if needed.

Weekly goals for the month of: _____						
Date (day/month)	Edges/Turns	Jumps	Spins	Program (freeskate and/or artistic)	Dance (elements or pattern dance)	Synchro elements

Reflection:

Am I on track to achieve my goals? (achievements, challenges, solutions, goal adjustments etc.)



“AHA” MOMENTS AND THINGS I’VE LEARNED

Use this space to record **AT LEAST THREE** things you learned this week or want to remember for the future.



Daily Training

The following worksheets/charts provide a tracking of what you are planning to do or have done each day of training.

Off Ice warm up

List the warm up exercises you did or are going to do off the ice prior to each day of training. Be as specific as possible when describing the activity.

Date	Cardio (running, jogging, skipping etc.)	Active Stretching	Off Ice Jumps	Program - Presentation	Mental Preparation



On Ice Warm Up

List the warm up exercises you did or are going to do on the ice at the start of the session for each day of training. Be as specific as possible when describing the activity.

Date	Cardio	Power	Speed	Other



Drills and Corrective Exercises

Indicate what drills and exercises are done for each discipline/element. List drills that work for you!

Dance

Forward Progressives	Forward Chassés/Slide Chassé	Forward Swing Rolls
Backward Progressives	Backward Chassé	Backward Swing Rolls

Jumps

Waltz/Axel	Salchow	Toe Loop	Loop
Flip	Lutz	Combination Jumps	Challenge Jumps



Spins

Upright Spin	Back Upright Spin	Sit Spin
Back Sit Spin	Camel Spin	Back Camel Spin
Combination Spin	Flying Spin	Challenge Spin



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Skills

Spiral	Field Moves – Ina Bauer, Spread Eagle, Y-Spiral	Edges/Turns

Synchro

Linear Element Line	Linear Element Block	Rotating Element Wheel
Rotating Element Circle	Intersection	Moves Element Spiral



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All disciplines

List drills and exercises that help in all disciplines of skating. Add ideas not already listed.

Speed	Power	Performance



Program Tracking Artistic and/or Freeskate

Each time your program is performed indicate if the elements were successful and indicate how well the program components were performed.

Example: STAR 5 Artistic

	Date				
Program Content	09/22				
Artistic Spin	Hold position longer				
Choreographic Step Sequence	Well done				
Spiral Sequence	Good position				
Power	Work on pushing from blade				
Performance	Project more to audience				

	Date				
Program Content					



On Ice Cool Down

List the cool down exercises you did or are going to do on the ice at the end of the session for each day of training. Be as specific as possible when describing the activity.

Date	Edges/Turns	Field Movement	Active Stretching	Other



Off Ice Cool Down

List the cool down exercises you did or are going to do off the ice at the completion of the training session. Be as specific as possible when describing the activity.

Date	Light Jog/Walking	Active Stretching	Session Reflection	Other

Post Assessment/Event/Simulation Reflection

1. What type of performance opportunity was this?
 - a. Assessment (discipline)
 - b. Event (categories skated)
 - c. Simulation

2. Did the performance go as planned? Yes/No
 - a. Explain why or why not

3. Did you feel prepared for the performance opportunity?
 - a. Explain why or why not

4. Were you happy with the outcome/result?
 - a. Explain why or why not

5. What would you change about your preparation for the next performance opportunity?

6. What would you like to change about your performance?
 - a. How can you train to achieve this change?



7. Did you notice any distractions that may have taken your focus before or during the performance opportunity?
 - a. What were those distractions?

 - b. What or who helped you regain focus?

8. What do you feel were the biggest challenges for this performance opportunity?

9. What do you feel were your most successful strategies for this performance opportunity?

10. Do you feel you can improve on this performance?
 - a. How could you improve the performance?

11. What are your goals for the next performance opportunity?

End of Season Reflection

1. What were my goals for the season?
2. Did I achieve my goals for the season? Explain
3. What factors affected the outcome of my goals (both positive and negative)?
4. What did I learn about myself and my training this past season?

Next Season

1. What are my goals for next season?
2. How will I incorporate what I learned from this season into next season's training?
3. What will be my biggest challenges?
4. What strategies do I have to help overcome and move through the challenges?
5. What will be my biggest motivation for the next season?



Content per STAR level

STAR 1	Date					Comments
Skills						
Forward Edges						
Forward Three-turns						
Forward Inside C Step Sequence						
Forward Spiral Circles						
Choice of Field Move: Forward one foot sit glide, inside spread eagle, Ina Bauer						
STAR 1 Skills exercise - Basic						
Freeskate Elements						
Waltz Jump						
Single Salchow						
Single Toe Loop						
Forward Upright Spin						
Backward Upright Spin						
Dance						
Forward Progressives						
Forward Chasses						
Forward Slide Chasses						
Forward Outside Swing Roll Sequence						
Forward Outside Cross Rolls						
Bonus/Challenge/Other						



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STAR 2	Date					Comments
Skills						
Backward Edges						
Backward Three-turns						
Forward Circle on Circle						
Two foot to one foot Multi Turns						
Forward Outside Turn Sequence						
Freeskate						
Single Salchow						
Single Loop						
Single Flip						
Waltz/Toe Loop Combination						
Forward Sit Spin						
Change Foot Upright Spin						
Forward Camel Spin						
STAR 2 Program						
Dance						
Dutch Waltz						
Canasta Tango						
Synchro						
Linear Element (Block)						
Linear Element (Line)						
Intersection						
Rotating Element (Wheel or Circle)						
Bonus/Challenge/Other						



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STAR 3		Date					Comments
Skills							
Forward Spiral Circles							
Choice of Field Move: Backward one foot sit glide, spread eagle, Ina Bauer, Y-spiral							
STAR 3 Skills Exercise - Power							
Freestyle							
Single Flip							
Single Lutz							
Waltz/Loop Combination							
Single Loop/Loop Combination							
Backward Upright Spin							
Backward Sit Spin							
Forward Camel/Sit Spin							
STAR 3 Program							
Dance							
Baby Blues							
Dance elements	Backward Progressives						
	Backward Chasses						
	Backward Swing Roll Sequence						
	Forward Inside Open C Steps						
	Right Forward Outside Cross roll, cross behind						
	Forward outside three-turn, back outside edge						
Synchro							
Pivoting Element (Block)							
Linear Element (Line)							
Intersection							
Rotating Element (Wheel)							



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Rotating Element (Circle)						
Bonus/Challenge/Other						



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STAR 4	Date					Comments
Skills						
Forward Brackets						
Backward Brackets						
Forward Double threes						
Backward Circle on Circle						
Forward Change of Edge						
Freeskate						
Single Lutz						
Single Axel						
Single Flip/Toe Loop Combination						
Single Loop/Loop Combination						
Backward Camel Spin						
Change foot Sit Spin						
Flying Camel or Flying Sit Spin						
Forward Combination Spin						
STAR 4 Program (must attempt Axel)						
Dance						
Swing						
Fiesta Tango						
Synchro						
Transition Exercise #1						
Transition Exercise #2						
Intersection						
Moves Element: Spiral						
Bonus/Challenge/Other						

STAR 5		Date					Comments
Skills							
Spiral Sequence							
STAR 5 Skills Exercise – Quick Edges							
STAR 5 Skills Exercise – Backward Slalom							
Freestyle							
Single Axel							
Double Jump (2S – 2Lz)							
Single Lutz/Toe Loop Combination							
Spin in one position							
Sit or Camel Spin							
Combination or Change Combination Spin							
Flying Camel or Flying Sit Spin							
STAR 5 program (must land clean Axel)							
Dance							
Willow Waltz							
Dance elements	LFO Open C Step						
	FO Double Knee Bend						
	Forward Progressive – Swing Roll sequence						
	Backward Progressive – Swing Roll sequence						
	Ten-Fox Progressive						
	LFO Cross Behind						
	FO Cross Rolls						
	FO Cross Roll, Three-turn						
	Back Outside Rolls						
Artistic							
Choreographic Step Sequence							
Field Move or Spiral Sequence							
Artistic Spin							



STAR 5 program						
Bonus/Challenge/Other						

Incentives

B I N G O



List elements or activity to be performed, and once the card is completed you receive a reward! Coach and skater should work together to come up with fun and challenging ideas to complete the BINGO card example: one square could be for completing a jump successfully 10 times, one square could be for performing awesome brackets etc.



Reward cards

This REWARD CARD is for _____. When a card is full, you will receive your individual reward.

REWARD #1 _____

REWARD #2 _____
