

# IntroSTARSkate



**Monday CanSkate 5:00pm - Dressing Room 13 or 14**

**Friday STARSkate 6:00pm – Dressing Room 12**

## **What is IntroSTARSkate?**

IntroSTARSkate is our advanced CanSkate program for skaters who are geared towards entering into the STARSkate program. Skaters continue to work on their CanSkate badges while focusing more on the figure skating fundamentals. This group of skaters will skate group with CanSkate one day a week and on their own with STARSkate one day a week which aids in their motivation of skill development.

## **What should my skater wear?**

As IntroSTARSkate is the last step before Figure Skating it is recommended that the proper skates and attire be a part of this transition stage. To be set up for success it is important that the equipment and clothing is appropriate for the activity that you are doing.

**Figure Skates** – There are a wide selection of skates on the retail market today. Stores like Canadian Tire and Home Hardware do not stock the skates that are needed for the skills your child will advance towards in the IntroSTARSkate Program. It is highly recommended that you take your skater to Professional Skate Service (United Cycle or Pro-Skate) in Edmonton to be properly fitted. Good beginner figure skates range from approximately \$100-\$200. Skates should be sharpened when first purchased and then after approximately 20 hours of ice time. If the blade feels flat or rounded when you rub across it crosswise, or your skater is falling more than usual, especially when doing circles or stopping, a sharpening is likely required. Walking on the Arena floors dulls your skates quickly. Skate guards are a low cost investment that will protect your blades!

**Clothing** - Layers – Please dress in layers that are easy to remove as the skater warms-up. A long sleeve shirt, a fleece or 2 and perhaps a light vest on top. Please no winter ski jackets as they are too bulky and hard to move in. On the bottom; girls footed leotards/tights is good for the base layer. Then you don't need to worry about socks falling down or bunching up. Then a pair of leggings or tight bottomed yoga pants or fleece pants should do the trick. Of course if you have a cute skort or a skating dress or skirt with a panty attached then that of course would be the outfit of choice. Gloves or mitts; hands complete the skating line and it is important for them to stay warm. The magic mini kind are great or mittens if it is too cold.

A non expired CSA approved hockey helmet is MANDATORY during all sessions until a skater has successfully passed the complete Stage 5 CanSkate badge.

## **Who teaches the program?**

The IntroSTARSkate program is taught by Skate Canada NCCP Certified Coaches who are assisted by trained Program Assistants (PA's).

### **How Does a Typical Session Run?**

Arrive before the session time and proceed to the dressing room to put on your child's skates and helmet. A few minutes before start time skaters should be lined up at the entry gate in the players box. Skaters are not to step onto the ice unless a coach is present.

The CanSkate session will run the same as when your skater was a CanSkater, they are just working on their higher CanSkate skills.

The STARSkate session includes group lesson time (coached) and individual practice time (not coached). In this level of skating, skaters will need to learn to make good use of their ice time and practice skills on their own. It is VERY important they keep their heads up, be aware of all skaters on the ice and keep moving! During practice time the coach may direct a STARSkater to PA the IntroSTARSkaters from time to time, if needed.

### **How do I get Private lessons?**

At this level, lessons can be given by any of the club coaches. You must contact a coach directly to ask their availability and arrange lessons. Private lessons are billed directly from the coach to the skater and are offered in 10 or 15 minute blocks. Rates for lessons vary with coaches' levels and coaching experience. Lesson formats can be Private - only 1 skater or Semi-Private with 2 - 6 skaters. At this level it is recommended to do Semi-Private lessons if possible. This option not only keeps lessons more affordable but also makes them more enjoyable as young skaters usually are more content in a group. If this is the option you would like, when you contact a coach request to be put in Semi-Private.

### **How long does it take to complete the IntroSTARSkate program?**

Every skater is different and all skaters progress at different rates. It often depends on the age of the skater, and readiness to participate in the program.

### **What's after IntroSTARSkate?**

Once the skater has completed the Stage 6 CanSkate badge they are ready to move fully into the STARSkate program.

### **Tips for success:**

Ensure your skater is dressed warmly in layers and that your skates are of a good quality as poor equipment can impede success. Consider semi-private lessons during your STARSkate session, as young skaters seem to thrive in a group setting. Use your ice time well, Practice! Practice! Practice! Come to the ice prepared to be on for the whole session and keep a bottle of water on the boards. Remind your skater that you will be sitting in the arena seating to cheer them on!!

### **Questions or concerns on your skater or the program?**

Connect with the coach directly after the skating session, or by email, phone or text.

Misty Blake  
mistyjb@gmail.com  
780-674-7976

Kristyn Chamzuk  
loves.2.skate@hotmail.com  
780-307-7071

## STARSkate Rules

The following are some of the protocols that are enforced on the ice. We would like to make sure all skaters and parents have the same understanding of these policies. Please take the time to carefully read this information with your skater.

- Skaters are expected to bring everything they need to the ice – water, extra mitts and sweater, music, go to the bathroom beforehand and tie your skates well. We would like to refrain from letting skaters come and go as they please and would like to limit loitering time at the boards. This will increase their productivity on the ice and is not a distraction to other skaters and coaches working on the ice.
- Participation in any scheduled Group time is mandatory if a Group session is offered during your skaters' ice time.
- Coaches will not tolerate any back talk or laziness on the ice. If a coach feels a skater needs to leave the ice or needs to discipline a skater, it is expected that the skater will cooperate. Any issues arising from this can be brought to the coaches attention after the session or during a break.
- Please be courteous on the ice. Keep your head up and be aware. Skaters in lessons or performing their solo/dance with the music have priority of ice.
- Skaters may ask for their music however coaches have priority of music.
- Parents – If you are watching we encourage you to help keep skaters moving. However we ask that you refrain from being in the Players/Penalty boxes unless it is an emergency or you are playing music for the session.
- Please refrain from talking to a coach unless it is during your own skaters' lesson time or during a break in the ice time.
- General questions can be answered by any coach, however questions related to your own skaters progress or goals should be directed to the specific coach responsible for that discipline.

**Thanks for helping make our Club awesome!!!**

**PARENTS ROLE:** (taken from Skate Canada Four Continents Coaching Program)

The parents' role is to create an atmosphere where:

- Expectations are high
- Demands to perform are high
- Failures are accepted as positive and necessary

Parents must be the guaranteed safety net no matter what. **REWARD EFFORT NOT REWARDS!!**

Keep in mind:

Genius is immediate but talent takes time!

Factors affecting this include:

Dedication / Persistence	Family / Friends	Coaches	Love of Sport
Training Programs / Facilities	Work Ethic	Talent	Competitiveness
Financial Support	Focus		