



What is the STARSkate program?

Skills, Tests, Achievement, Recognition – this is what STARSkate is all about! STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

What should my skater wear?

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 STARSkate 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. 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. 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 skating dress or skirt with a panty attached then that of course would be the outfit of choice!

Who teaches the program?

The STARSkate program is taught by Skate Canada NCCP Certified Regional Coaches. Our club includes a group lesson (minimum 30 minutes) in the STARSkate session. You may also choose to have private lessons with the STARSkate coach.

How do I get Private lessons?

You must contact the coach directly to 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. When you contact a coach be sure to discuss lesson options for your skater.

How does STARSkate work?

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Artistic. Each area is divided into the following levels:

Primary Level Tests

Skating Skills, Free Skate, Dance: STAR 1 - 5
Artistic: STAR 5

Intermediate Level Tests

Skating Skills, Free Skate, Dance: STAR 6 - 8
Artistic: STAR 7

Senior Level Tests

Skating Skills, Free Skate, Dance: STAR 9 - Gold
Artistic: STAR 9, Gold

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating - edge quality, control, power and speed.

Ice Dance

The Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

The dances in each level of the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a level before proceeding to the next level. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

Free Skate

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

Artistic

The objective of the Artistic program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

What Options do I have as a STARSkate Athlete?

Once a skater is in the Skate Canada STARSkate Program, there are several of options. Skaters may choose to remain in the STARSkate Program, taking tests (although not mandatory) at organized test sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada tests. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada CompetitiveSkate Program or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.

Competitions for STARSkate Athletes

STARSkate participants love to compete! Our feedback indicates that even though a skater may choose not to participate in the Skate Canada CompetitiveSkate Program, they still want the opportunity to test their skill in a competition situation. Skate Canada offers several opportunities to do this.

Club Competitions

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

STARSkate Interclub Competitions

These are events involving a number of clubs in the same region or area. The competition categories offered generally fall in line with the applicable Skate Canada Section specifications, so that all Interclubs within the Section are standardized (this allows Skate Canada Sections to offer a Section Final). The STARSkate Championship program provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing up to a Sectional level in a credible, nationally standardized event.

Invitational Competitions

These are events coordinated by a Section or Club(s) and offered, generally, to STARSkaters and competitive skaters. Most events fall within Skate Canada's specifications regarding program length and eligibility to compete.

Questions or concerns with the STARSkate program should be directed to the coach you have retained for private lessons.

STARSkate Coach Contact Info:

Misty Blake
mistyjb@gmail.com
780-674-7976 (call or text)

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		