

# STARSkate



**Mondays 3:45pm and Fridays 4:00 & 6:15pm – Dressing Room 11**

## **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. Additional information on STARSkate assessments (testing) is attached.

## **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 skidding or 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. 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 Coaches.

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

Skaters should arrive before the session time and proceed to the dressing room to put on their skates. 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 session includes group lesson time (coached) and individual practice time (not coached). You may also choose to have private lessons with the STARSkate coach. In this level of skating, skaters will need 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 higher STARSkater to assist another STARSkater from time to time.

### **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 the 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.

### **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

Faith Frigon  
faithfrigon@gmail.com  
780-305-1476

## 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		

# STAR ASSESSMENT INFORMATION

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## STAR 1-5 Program - Overview and program format

**Objective of program:** To train skaters in the sport of figure skating from CanSkate to the Learn to Compete stage of development. STAR 1-5 covers the Learn to Train stage of development and will offer the skaters a solid pathway for development.

**Overview of all disciplines** – Skating Skills will train skaters on edges, turns, power and field moves. Freeskate will train skaters on jump and spin technique as well as introduce them to programs. Dance will train the skaters on dance steps and technique, pattern dances, timing and carriage. Skaters will participate in all disciplines at this level of training.

**Coach assessments** – Skaters in this program will be assessed by the coach that is teaching them each discipline. This will allow skaters to have access to assessments when they are ready, as well as be more convenient for the parents as all assessments can be done on the skater's regular session.

**Assessment to standard** – All assessments in the STAR 1-5 program will be assessed to a standard. This standard will also be used at the STAR 1-5 events. Skaters are encouraged to reach a Gold standard for as many skills as they can.

## ASSESSMENT PROCEDURES AND TIPS

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The STAR 1-5 program has 23 separate assessments which make up the five levels in each discipline:

**Skating Skills - 5 assessments    Freeskate - 9 assessments    Dance – 9 assessments**

Coach assessment of the skater is a very important part of a skater's development

- It measures their progress and allows them to see the results of their hard work
- It allows the coach, parent and skater to plan the season ahead
- Assessments may be done at any time throughout the season
- Your coach will decide which assessment your child is prepared for and will advise you when an assessment will be done

Each child will progress at his/her own pace, and will have immediate access to assessment when ready for advancement. Coaches will notify you of the upcoming session on which your skater will be assessed. Skaters will be assessed on their regular scheduled session time. The only exception to this may be some STAR 5 assessments that require clear ice. Your skater's coach will provide you with the appropriate dates and times if the assessment requires "clear ice".

Each skater will get time to warm up prior to their assessment. Skaters will need to obtain an overall rating of Silver or better to be successful on the assessment. Once the coach has completed his/her evaluation, the assessment sheet will be given to the skater and the result will be recorded by the club for submission to Skate Canada.

## ASSESSMENT DAY ATTIRE

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The following may be used as a suggestion for Assessment day attire:

STAR 1 & 2: Regular practice attire

STAR 3: Neat & tidy, dress if desired

STAR 4 – 5: Performance attire required

If the skater's gloves or jackets are bulky they may be worn for warm-up, but should be removed for the assessment. Hair should be neat and pulled back away from the face.

## ASSESSMENT FEES

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As your skater masters the skills at each level they will be assessed by their coach on a regular session, so there are no additional ice or evaluator expenses at this time. All assessments have a **Skate Canada fee of \$12 which must be paid PRIOR to the assessment.** Parents may send an e-transfer to the club or bring cash or cheque to the rink.

## ASSESSMENT RECORDS

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Every skater who registers in a Skate Canada program is assigned a Skate Canada number which is theirs for life. It is a good idea for skaters to record their Skate Canada number and keep it filed along with their Skate Canada assessment sheets. Skate Canada also holds records of every STARSkate assessment or evaluation a skater takes. If at any point in a skater's life they need access to records, Skate Canada will have them.