

Welcome to **STARSkate** at



Your skater has joined the STARSkate program because they have demonstrated their ability through the CanSkate (Junior Enrichment) program, and have a keen interest in Figure Skating!

This introduction sheet is intended to help you understand the basics of the STARSkate program as it does differ from the structure of CanSkate. Much more information is available at [www.skatecanada.ca](http://www.skatecanada.ca) and [www.skatinginbc.com](http://www.skatinginbc.com)

### **The REGISTRATION FORM**

While confusing at first glance, this WILL make sense to you after a term or two! In STARSkate you register for both Ice Time and Coaching Time (lessons). Lessons are 15 minutes of private instruction. For new skaters, or skaters working on the same level, Semi-private lessons are possible. Please talk to the Registrar to arrange this.

- Freeskate is the primary session. This session must be booked as Ice Time and as a Lesson. If you have just moved from Junior Enrichment to STARSkate, you are a "Junior". In this class you will work on jumps, spins and other skating elements.
- Dance/Skills is also a recommended session. This is also booked separately as Ice Time and a Lesson. One lesson can cover both Dance and Skills, and may be marked under "Dance"

Some sessions include both ice time and coaching time, and are instructed as a group.

- Spin Patch/Stroking is a group lesson where skaters work on speed and skills in Stroking, and different spin types and styles in Spin Patch. The cost of this session includes ice time and coaching
- Off Ice Conditioning is a "dry land" class that works on strength, flexibility and technique. This class is highly recommended for all skaters.

Skaters are strongly encouraged to participate in a MINIMUM of 2 Freeskate classes, and 1 dance/skills class each week. We also recommend a MINIMUM of two days of ice time. If too much time is left in between skating days, skaters will most likely slow down their improvement instead of speeding it up. Adding Spin Patch/Stroking and Off-Ice class will enhance your child's skating development.

It is important to note that your skater will have a good portion of their time on the ice without the instruction or supervision of a coach. For instance, Freeskate ice time is 45 to 60 minutes long, but individual lessons are just 15 minutes. To succeed in the STARSkate program your skater must be able to organize themselves to practice independently.

Your skater is responsible to be on the ice and ready for the lesson. Coaches are responsible for the skater only at their lesson time and are not able to monitor the location of all skaters. It is recommended that you be at the rink when your skater is on the ice, or arrange with another adult to mind your skater.

### **DRESS CODE**

Skaters should have a neat and tidy appearance. Hair should be pulled back and long hair is best styled in a pony or bun. Clothing should be fitted and suitable for skating. Hoodies are not recommended as they cause issues for spinning and jumping. Coaches strongly suggest skating skirts and dresses for girls.

## **COACHES**

Each skater will work with a "base coach". Responsibilities of the base coach will include personalized goal setting with each skater, coordination of lesson schedule based on the skaters' needs (e.g. lessons with other coaches or not); development of a program and choreography of a routine; scheduling and identifying testing opportunities to advance the skaters' free skate, skills and dance techniques. For skaters coming up through the CanSkate program a base coach will be assigned to a skater for the first session to ensure that lessons can be accommodated. Later a request can be made to change base coaches. (Refer to the Code of Conduct). The Club encourages you to contact the base coach to set up scheduling and goal setting 1-2 weeks before the next skating session. This will help the coaches plan ahead for the skating session.

Club coaches eligible to be your base coach are as follows:      ★ Jolene Lambley      ★ Igor Koreshev

## **TESTING**

Rather than receiving badges from their coaches, the skaters are tested individually by external judges at "Low Test" days. We host a Low Test day at the end of most semesters. If we do not have enough skaters testing to host a test, your coach can help you test at another club. (There are also "High Tests", but those are after your skater has finished all the Low Tests).

Your coach will advise the skater when they are ready to take their tests. It will often require 1 to 2 sessions of STARSkate lessons before your skater is ready for the first tests.

The skaters can be tested in each of the STARSkate disciplines of: Dance, Skills, Freeskate and Interpretive. There is a fee for each test (generally \$17). Part of this fee goes to Skate Canada and the rest covers the cost of administration.

Each of these categories has several levels. As a Junior level skater, these levels will be "Preliminary" and then "Junior Bronze".

Generally, the skaters will first be tested in Dance. Each level of Dance has three "pattern" dances and the skater can be tested for one or two of these dances per session. So, it is normal to take a year or more to complete a level.

## **COMPETITIONS**

Entering STARSkate brings an opportunity to participate in competitions. It is not required of course, but competing in Interclub Competitions (organized by the Section or Region) is something many skaters are keen to do as it offers an opportunity to perform! It is normal for a skater to need a year in the STARSkate program before they are ready to compete.

The skaters compete in the levels of Star 1 through 5. Competing in levels Star 2 through 5 requires the skater to have a prepared Freeskate "solo" program. Star 1 is an introduction to competition, and the skaters execute "elements" (e.g. Waltz jump, spiral, etc) and a short improvisation piece. In Star 1 to 3, skaters are not marked relative to the other skaters, but individually, based on a fixed set of criteria, and are scored as Gold, Silver, Bronze or Merit.

From there skaters can decide if they would like to be continue in STARSkate or move to the more competitive "CompetitiveSkate". This is Skate Canada's parallel program to STARSkate. CompetitiveSkate is a test program for skaters wanting to participate in qualifying events in Skate Canada that move the skater toward goals of participating in the National, World, or Olympic teams.

You can let your coach know if your skater is interested in competing. The coach and skater will work together, and your coach will let you know when s/he is ready to prepare for a competition. It is always a good introduction for new STARSkaters to attend a competition and cheer on other Club skaters.

If you have any questions please ask one the Grandview Skate Club Board Members. We are happy to help!