



## STARSKATE PROGRAM

### Skills, Tests, Achievement, Recognition

The STAR program is comprised of five different levels for skaters who have completed the CanSkate program. It introduces participants to key components of figure skating including performance, assessment and competition. Each stage of this national figure skating program emphasizes key skills such as turns, stroking, jumps, spins and various aspects of performance. Every skater is unique and the program is designed to be fluid to allow skaters to progress through the levels at their own pace. Skaters are encouraged to have fun, try their best and master fundamental figure skating skills.

### The program consists of figure skating skills in four areas:

- 1) Skills:** the objective of this program is mastery of the basic fundamentals of skating; edge quality, control, power, and speed executed on a pattern and skated solo, music not required.
- 2) Ice Dance:** this test program teaches timing, musicality, expression, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.
- 3) Freeskate:** consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.
- 4) Interpretive Program:** the objective of this 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.

### How much can StarSkate Cost:

Depending on how often your child skates, whether they test or enter competitions, the following highlights some possible fees to participate in the StarSkate program:

- Glengarry Skating Club registration fees (includes group clinic time and dryland training)
- Skate Canada fees for testing
- Skates & accessories (guards, blade covers, skate bag, attire, etc.)
- Coaching costs (lesson time, competitions, testing)
- Skating costume for competitions and tests
- Music fees to choose, arrange, cut, & burn CDs for solo music
- Travel and accommodation for some competitions (yours & your skater's, plus a portion of the coaches' costs)

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## Figure Skates:

Here are some tips for selecting and caring for your figure skates:

- Skates need to fit properly, provide firm ankle support and consist of good quality leather. Blades should be screwed on. The blade should feel centered when walking.
- For second hand skates, make sure that the skate is in good condition and still has good support. Check that the blade still has sharpening left, that the pick is in good condition and that the back of the blade has not been rounded off.
- Boot covers or skate tape keeps the skates in good condition.
- If possible, have the skates properly fitted by knowledgeable individuals to ensure you have the correct size for your skater.
- Skates should be sharpened at the time of purchase and re-sharpened after approximately 20 hours of skating depending on use, care and the personal preference of the skater.
- Wear protective guards walking to and from the ice surface. Blades pick up all the grit on the mats and damage blades.
- Dry the blades and sole plate with a cloth immediately after use and apply cloth skate blade covers. Always remove guards for storage between sessions or the blades may rust. Air out boots following use.

To purchase skates at this level we use 4 sources:

Mr B keeps a very limited supply of skates in small sizes. (Used only)

Dave Drake at Bladerunner Skate Services in Coldstream, BC (near Vernon); 250-260-2023 (New & used).

\* Dave is absolutely your best choice. He is knowledgeable, stands behind what he sells, and has not yet steered any of our skaters the wrong direction.

Play-it-Again Sports in Kelowna, BC (Used only)

Chevy's Source for Sports in Kelowna, BC. (New only)

### **Sharpening:**

At this point your skates should be coming to Mr B for sharpening. You can speak with him to make arrangements. Please tie your skate laces together, and put their name in the boot. The cost is \$10, which can either be invoice on your private lesson bill, or you can put the cash inside the boot upon drop-off.

## Private Lessons:

Every skater in StarSkate must take private lessons in order to work on their skating and help develop the skater. Lessons are set by Mr B. When possible each skater will be receiving lessons on dance & skills weekly, and will be receiving a freeskate lesson on every day that they skate. Many of our lessons are given in a Semi-Private or Group format. This is a lesson given to two or more skaters at the same time and the costs shared between the parents. These arrangements are made with your private coach. Private coaching fees are invoiced directly from the coach to the parent and payments are made directly to the coach. The club is not responsible for arranging private coaching contracts or payments.

## Skating Session Attire:

- Skating dresses/skirts with tights or fitted leggings and fitted sweaters/jackets are acceptable.
- Thin fitted mitts or gloves are required (two pairs may sometimes be required for warmth).
- Hair should always be pulled back into a ponytail or out of the skater's face.

The following items are not acceptable:

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- Jeans, baggy jogging pants, hoodies or hooded jackets, winter coats, shorts, bulky headbands
- Skaters will be given the opportunity to purchase Glengarry SC team wear.

### Competitions:

Skaters have the option to participate in StarSkate Competitions. Competitions offer skaters an opportunity to perform by themselves in front of an audience and to be assessed on their performance by Judges. Skaters are evaluated individually against Skate Canada criteria. Report cards and ribbons are issued.

The Glengarry Skating Club attends the following competitions every year:

- Super Series Victoria Day (Fleetwood; May – Victoria Day weekend)
- Super Series SummerSkate (Burnaby; mid-Aug)
- Super Series Autumn Leaves (Chilliwack/Kamloops; mid-Oct)
- Okanagan Interclub (OK regional area; late-Nov)
- Okanagan Regional Championships (OK regional area; mid-Feb)
- Super Series Final (Kelowna; early-Mar)

Competitions are entered into at the discretion of the coach and parent. The coach will provide registration information to the parent and registration must be completed online by the deadline. Competition registration fees vary in price and there is a cost for each event entered. Coaches bill for hotel, travel, meals and coaching for events. Dependent on the number of skaters attending the event, expenses are typically divided amongst the skaters and billed to the parents. This should be discussed with the coach prior to attending if it is a concern. Skaters are required to wear skating dresses, skating tights and hair pulled back for full ice solos. Your solo music is also your responsibility to bring and pick up at competitions.

Competition dresses are to be vetted by Mr B and Miss Kat. Before you purchase anything, please speak with us. We generally would like to see it first (either in person or a picture). Miss Kat also creates (designs and builds) custom skating dresses based on the skaters' music, body type, colouring, and budget. If this is a direction you would like to go, please speak with her.

Competition checklist:

- Skates (never leave unattended at a competition)
- Guards (both hard and soft)
- Club jacket or sweater (all black)
- Gloves (black, or matching the skaters' competition outfit)
- Clean competition dress with tights (also bring backup dress and tights - please no holes in tights)
- Hair accessories & hairspray (hair should be up in a bun unless otherwise specified by your coaches)
- Make-up (optional)
- Music (master copy & backup copy)
- Running shoes
- Skating schedule

### **ALWAYS ARRIVE 1 HOUR PRIOR TO YOUR SCHEDULED EVENT**

When you arrive at the arena (one hour before your scheduled flight):

- Check-in and register

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- Find your coach!
- Determine if the competition is on time, early or late
- Find your dressing room 45 minutes prior to your scheduled event – Be ready in dress with hair done before you begin your dryland warmup.

### Skate Canada Tests:

Skaters in the StarSkate program will be taking Skate Canada Tests through a nationally standardized testing system. Once a skater begins working on their STAR test stream, Mr B will recommend that the skater try their dances, freeskate, or skills tests. Coaches will determine when a skater is ready to try their tests and move to the next level. Tests are conducted during regular skating sessions and a Skate Canada fee must be paid prior to each test. Also parents should note that they will be billed accordingly by their private coach for coaching time during test day. Tests may be conducted by club coach or an external evaluator.

At the Star 6+ there is an external evaluator system for tests. This is where a judge is brought in and evaluates the skaters. It is expected the skater be neat and tidy wearing a skating dress, tights and hair up and out of their face. This is a serious event where extra fees are presented. Skate Canada fees, Judges Bureau fees, partnering fees, travel expenses etc can all be expected on your bill. These formal test days usually happen outside of normal skating hours like weekends and can be hosted by other clubs in the valley. This system is being replaced by the previous mentioned testing system, but is still relevant once your skater has passed Star 5.

Dance Tests: Partnering is recommended at all stages. Star 1-5 Skaters are commonly partnered by a coach; however if a partner has to be used other than your coach, this could be an additional fee. Please speak to your coach in regard to this.



Overview STAR 1-5 Test Content				
	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
<b>STAR 1</b>	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
<b>STAR 2</b>	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
<b>STAR 3</b>	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
<b>STAR 4</b>	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
<b>STAR 5</b>	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwdslalom)  Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls

## Simulations:

Simulations are an opportunity for skaters to experience a competition situation without the pressure. It gives skaters the full use of ice by themselves and lets them simulate the entire event so they are prepared for the real thing once they get to it. Skaters will be given a limited warm up period, and then asked to leave the ice. Skaters will be called by name to perform their solo or test that they have been working on. Coaches are present to provide insight to skaters as well.

## On Ice Etiquette:

Proper skating etiquette is required at all times; coaches and other skaters are to be treated with respect:

- The ice surface is to be shared by all skaters on the session
- Skaters who with the music being played have the right of way, followed by skaters working with coaches
- All skaters must participate in group lessons on a session
- Parents are not allowed on the ice surface, to “coach” from the boards, or disrupt a session
- Foul language, disruptive or abusive behavior on the part of skaters or parents is grounds for suspension of skating privileges

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- Proper skating attire must be worn during all StarSkate Sessions (see 'Attire' above)
- No cell phones on or near ice surface
- No food is allowed on the ice surface; a drink in an unbreakable container is allowed on the boards – water only!
- Skaters should be moving on the ice at all times - no standing around

### Parents' Role:

- Help your skater to set realistic skating goals
- Support your skaters coach (pay your bills on time, get your skater to the rink on time, communicate with your coach)
- Learn about the sport
- Be a good sport and role model at the rink
- Support your club (volunteering)

**Please stay connected with us on our website and Facebook page.**

**Facebook: Glengarry Skating Club**

**Website: [www.glengarryfsc.com](http://www.glengarryfsc.com)**