

STARSkate

STAR 1-Gold

Skater Handbook

Welcome to Skate Canada’s STARSkate program at the Saugeen Shores Skating Club (SSSC). This document will aid you in navigating this program. If you have any questions please feel free to reach out to any coach or executive member.

**HOW STARSkate WORKS**

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Artistic. Each discipline is divided into levels STAR 1-Gold.

**Skating Skills**

Skating Skills are a combination of fundamental stroking patterns, turns and field movements executed on a pattern and skated solo. The turns are derived from former compulsory figures and the field movements are derived from compulsory free skate elements. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

**Freeskate**

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music. Each test consists of 2 parts – Elements in Isolation and a freeskate program.

**Dance**

This will be taught in private lessons. 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 the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level.

**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.

The Artistic tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. This discipline starts at STAR 5 and a skater must have first passed their STAR 5 Skills test.

**PRIVATE OR SEMI-PRIVATE LESSONS**

Once in StarSkate it is recommended skaters seek private or semi-private lessons to help navigate their way through the program. This is an additional expense to the skater, which is billed by the coach on a per lesson basis. Lesson costs may vary depending on the skills and experience of the coach. Additional fees may be charged for music, choreography of programs, test days and competitions.

If private lessons are something that you’re interested in, feel free to speak to any of the available coaches after a session or send them an email. It is recommended that you speak to any or all coaches to find the best fit for your child.

**EQUIPMENT**

It is important that skaters have proper equipment for the jumps, spins and skills in StarSkate.

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| Edee’s Place  1180 Wallace Ave. N.  Listowel, ON N4W 1M5  Phone: 519-291-5164  Toll Free: 1-800-399-0282  <https://edeesplace.com> | Figure Skating Boutique  109 Doncaster Ave.  Markham, Ontario L3T 1L6  Phone: 905 597 6000  <https://www.skatingboutique.com> |

It is recommended to call and make an appointment if purchasing skates as it can get busy and they serve booked appointments before walk-ins. Both stores have used skates (many very gently used) and a buy-back program for the following year.

**DRESSING ROOM ETIQUETTE**

There are assigned coach, female and family dressing rooms. If female skaters require a father or male guardian to tie skates, please do so in the family dressing room or in the hallway. Males are not permitted in the assigned female dressing room. If males need to change, a separate designated male dressing room will be assigned upon request. Please check the board when you come into the arena.

For privacy reasons, cell phone use is not permitted in the dressing room. This is a Town of Saugeen Shores rule as well. If skaters need to make a phone call or have their cell phone out, please do so in the hallway or lobby. The dressing room is also not secure during skating times so skaters should bring any valuables, including cell phones, to the benches where a container is provided for storage.

**ON ICE ETIQUETTE**

The Saugeen Shores Skating Club “On-Ice Etiquette” ensures the safety of all skaters and coaches during our sessions while respecting and encouraging all members of our club. It is the responsibility of each parent and coach to ensure their respective skaters are aware of, and respect, these rules.

**Right of Way - Priority**

\*\* Priority must be given on the ice in the following order:

* 1. Skaters in a lesson with music with their coach
  2. Skaters with music performing their program
  3. Skaters in a lesson with their coach in a harness
  4. Skaters in a lesson without music with their coach
  5. Skaters in the process of entering a spin or a jump
  6. General skaters on the session.

It is imperative for everyone’s safety that all skaters and coaches are aware and watchful of other skaters on the ice. All skaters should try to anticipate others’ skating patterns and attempt to structure their patterns accordingly. Those skaters with more speed and control on any particular session are best able to do this and are encouraged to be patient and remember that they too were once a more junior skater.

\*\* Skaters should not interfere with a student and a coach during a private or semi-private lesson unless it is an emergency. It is imperative that all skaters respect this rule and appreciate the limited time coaches have to give each student a private lesson.

**General Governing Rules**

* Respect others (including the personal property of others)
* Respect the ice surface – no kicking, digging holes, scraping or stomping the ice with blades
* Skaters must not step on the ice until a coach of SSSC or executive member is present
* Skaters must look both ways before stepping onto the ice surface or leaving the boards
* Skaters should keep moving while on the ice as it is dangerous for skaters to stand still during a session. If a skater must do so then standing should be done at the boards
* If a skater falls he/she should get up quickly if not hurt
* No breakable containers are allowed rink side. Drinks are allowed rink side and are encouraged to avoid skaters exiting and entering the ice throughout a session. Food is not permitted near or on the ice surface
* Skaters shall pick up all belongings (including dirty tissues, water cups, bottles, etc.) at the end of the session
* Parents, skaters not on the session and friends/spectators should not loiter at the boards or on the benches. It is unsafe and it interferes with a constructive training session
* If skaters need to talk to someone off the ice, they should get off the ice to do so
* Skaters shall inform their own coach whenever they are leaving the ice surface
* Skaters must leave the ice promptly when the session is over to allow the Zamboni to maintain its schedule

**Usage of Ice Surface**

* Spins should be done at the centre of the ice (unless being performed in skater’s solo)
* Jumps must be done at the ends of the ice (unless being performed in a skater’s solo). Do not linger in the jumping lanes/ends
* Skaters must abide by the session designations (ie., no freeskate during dance session or skills session or vice versa)
* Coaches should attempt to abide by the session designation but may make exceptions in order to ensure skaters are given their required private lessons. Coaches shall not give any private lessons during the group stroking sessions

**Music**

* During freeskate session program music will be played on a rotational basis. After a skater’s music has been played, his/her music (or another program) will be put at the end of the line to re-enter the rotation
* Please do not stop or restart music. If a skater falls then a skater should continue with his/her program
* Dances shall be played randomly during the dance session. Request may be made by skaters on a rotational basis to ensure all skaters have the opportunity to have dance music played
* All music shall be played at an acceptable volume level – loud enough to be heard by the skaters but quiet enough as to not interrupt other lessons and necessary communications between coaches and students. It is the responsibility of each coach to ensure the music recorded is at an acceptable level.
* Skaters shall not attempt to play their own general music during a session. Only coaches may determine what music shall be played for general practice or stroking sessions

\*\* A coach in a private lesson may play that student’s music (both freeskate and/or dance) when required and takes priority to any rotational line-up.

**TESTING**

For STAR 1-5 Skills, Freeskate and Dance, testing is done by the skater’s own coach during regular ice time. There are also no formal test days. Your coach will let you know when you are ready to test and what date you will be testing on.

For STAR 6 and beyond, there are formal “High Test Days” in the area and testing is done by a Skate Canada accredited evaluator. STAR 6 - Gold Skills may be tested by the skaters coach if the coach has passed the requisite courses.

Please remember that figure skating is an individual sport where skaters progress at different rates and each coach has their own philosophy on testing. Some coaches test when skaters are ready for one test, some wait and do multiple tests at once. One skater may not test at the same time as a fellow skater, even though both skaters feel they are ready. Rest assured, coaches will test when skaters are ready and when it agrees with their coaching philosophy.

**TESTING PROCESS**

The Star 1-5 Test Chair will email parents of skaters that may be testing each month after input from the coach. It is then the skater’s/parent’s responsibility to go onto Uplifter and purchase the number of tests that may be done that month. Each Skate Canada test is $17.

[**https://sssc.uplifterinc.com/registration/**](https://sssc.uplifterinc.com/registration/)  **> Login > PURCHASE PRODUCTS > TEST FEES**

At the end of each test, skaters will be given a portion of the test sheet. It is important to keep this sheet in a safe place, as skaters may need to prove their testing at a future date (eg. if skaters decide to become a coach later in life, etc.).

It is important to periodically check that skaters tests and test results are correct and accurate on the Skate Canada website. To do this:

<https://members.skatecanada.ca/en-US/SignIn?returnUrl=%2Fen-US%2F>

You will need to request an invitation code the first time you sign in. This is done by entering the email address and skater birth date associated with your registration (when you registered with SSSC). You will be sent an invitation code to that email and will be able to log in for the first time with that. After that, a login and password will be created.

Once on the site, select the tab “My profile” and then select “My Achievements” where the completed STARSkate tests will be displayed. Please make sure they are all there and if there is a discrepancy, alert the Test Chair. Note that if a component has an “a” and “b” portion, no results will be submitted or displayed until both portions are completed.

**TESTING STANDARDS**

Please see Appendix A for a listing of STARSkate 1-5 tests for each discipline.

Skate Canada has put together videos showing the assessment standards for all disciplines. These can be viewed on Skate Canada’s YouTube Channel.

<https://www.youtube.com/channel/UCIjIMt3NRu1vrqrgkgf_omw>

Testing attire: It is preferred that proper skating attire (i.e. a dress for girls and dress pants for boys) are worn during testing of STAR 1-5 disciplines, however, practice attire is acceptable.

**COMPETITIONS**

Competitions generally take place in the latter part of the year (January to April) and locations vary year to year. Coaches will relay to skaters what competitions and which categories they will be able to enter and when registration opens. It is important to register during the week in which the skater’s coach directs, otherwise the skater will lose the reserved spot at the competition. All registration is done on the Skate Ontario website.

[**https://skateontario.org**](https://skateontario.org)

SSSC believes we are a team of skaters. Multiple skaters often go to the same competitions and we encourage skaters to watch and cheer each other on in their events. We are often the club with the most members cheering each other on and we are very proud of that!

**COMPETITION/SKATING ATTIRE**

Skaters should consult their coach for direction/suggestions for a costume/dress for their programs. Attire can be ordered through Edee’s and Figure Skating Boutique. The complete collections of the lines they carry can be seen on the following websites:

[**https://jerryskate.com**](https://jerryskate.com)

[**https://www.elitexpression.com**](https://www.elitexpression.com)

[**https://mondor.com/?SID=i2pqmodhq7qn78ifmsikaf8og0**](https://mondor.com/?SID=i2pqmodhq7qn78ifmsikaf8og0)

There is also the option of Weissman’s, a dance costume company. You will need the SSSC codes from a coach for purchase through Weissman’s as they only sell to clubs/studios.

[**https://www.weissmans.com/**](https://www.weissmans.com/)

**OTHER INFORMATION**

At the end of the year is the SSSC Annual General Meeting and Banquet. All skaters and their families are welcome and encouraged to attend. A few months before the AGM/Banquet, information for executive positions will be communicated to members and nomination forms available. We encourage parents to become involved in the club and executive.

The CANSkate program is always looking for volunteers to act as Program Assistants. Insurance requirements dictate that skaters be at least 10 years old or working on STAR 4 Skills or above.

When skaters reach STAR 5 or 6 in the dance discipline, they may elect to take male partnering lessons. SSSC is lucky to have Curtis Moore who coaches dance on Saturday mornings. These lessons are an extra fee and available for registration and purchase on Uplifter when a skater is at that level.

**Best of luck in the STARSkate program!**

**Work hard, be kind and supportive to your fellow skaters.**