



Encouraging fun, enjoyment and instruction for advancement in the sport of ice skating.

StarSkate Junior Parents Guide

2006-2007 Season

www.actonskatingclub.com



STARSKATE PROGRAM (From Skate Canada)

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.

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

Primary Level Tests

Skating Skills: Preliminary, Junior Bronze
Free Skating: Preliminary, Junior Bronze
Dance: Preliminary, Junior Bronze
Interpretive: Introductory

Intermediate Level Tests

Skating Skills: Senior Bronze, Junior Silver
Free Skating: Senior Bronze, Junior Silver
Dance: Senior Bronze, Junior Silver
Interpretive: Bronze

Senior Level Tests

Skating Skills: Senior Silver, Gold
Free Skating: Senior Silver, Gold
Dance: Senior Silver, Gold, Diamond
Interpretive: Silver, Gold

Our Junior program will focus on learning and testing the preliminary tests. The Preliminary test consists of the following:

Preliminary Skating Skills>Waltzing Threes
Waltzing Mohawks
Primary Circles

The skating skills tests consist of three exercises to be performed at the same time and all must pass in order in achieve the level.

Preliminary Dances>Dutch Waltz
Canasta Tango
Baby Blues

The dances are tested one at a time with a partner, you are awarded the dance as you pass and when all dances in the set have been passed you achieve the level.

Preliminary Freeskate > *Part 1 Elements*

- Bunny Hop
- Waltz Jump
- Salchow
- Loop
- Flip
- Toe loop-Toe loop combination
- One foot spin
- One foot back spin
- Sit Spin
- Camel Spin
- Forward Stroking
- Backward Stroking
- Right Foot Spiral on a curve
- Left Foot Spiral on a curve

Part 2 Program

A routine to music (no vocals) 1.5 to 2 mins (+/- 10 sec)
Program shall contain a minimum of 3 different jumps of one rotation and 2 different spins.

The freeskate is tested at the same time and one part may be passed, however both parts must be passed in order to achieve the level.

The above skills will all be learned and tested on an ongoing basis by myself and/or other certified coaches. Once a skill has been passed the skaters will have an opportunity to test them on a test day with an official Skate Canada judge. There are 2 test days scheduled in Acton this season and if you are interested you will have plenty of notice and preparation time. Test fees are \$10 each with an additional \$10 hospitality fee to pay the judges mileage and a small gift as all judges are volunteers and do not get paid for their time at our club. Once a Skate Canada test has been passed you will be recommended to move to StarSkate session 1 and retain a private coach with less group lessons and more free time, however you are also able to stay on the junior session if this is what you prefer. The StarSkate program suggests that you test in front a judge but our program allows you to stay in the program and continue learning and receiving badges as long as you wish. This decision however will limit your chances of competing, you will always have our club competition but without the aide of a private coach you will be unable to attend area competitions or invitationals.

OUR PROGRAM

The structure for our junior program will be similar to the CanSakte program to make the transition easier for the young skaters. The timeline will be as follows:

5 minutes-warm-up

10 minutes-stroking

10 minute rotations including 1 of each of the following lessons

Freeskate

Skills

Dance

15 minutes-free practice time

The warm up and stroking lesson will be done as a large group and then we will break down into smaller groups for the rotations. The lessons will be taught by professional coaches and qualified program assistants.

Through out the season we will be hosting "fun days" and you will be given ample time to prepare and know what is coming up. The dates are to be determined but the themes will be Halloween Dress up, Birthday Party, Canada Olympics and Happy Hearts. The Canada Olympics will be the junior fun competition and all skaters in attendance that day will have the opportunity to participate. Skaters may also have a chance in December to compete at our annual club competition. See your private coach or myself for more information.

Chit System

This season I will be implementing a chit or ticket system to better the tracking of badges and to ensure no skater is getting the same badge twice or not at all. When a skater completes a skill to the desired standard they will get a check mark on the progression sheet and then receive the ticket to receive their badge. Badges will be available for pickup from one of the program assistants or board members at the end of the session. Hand in your ticket and you will receive your badge. When you receive your badge, the skater, gets to sign the book stating they did in fact receive their badge. In the off chance we are out of a certain skill badge simply hang on to your ticket and when the badges come in you can hand in your ticket to receive your badge.

Reports will still be handed out twice a season, at Christmas break and at the end of the season.

SKATES AND ATTIRE

Skaters on the StarSkate Junior session must be improper skating attire with their hair pulled back. Proper skating attire consists of a skating skirt or dress and tights, sweat pants and a warm sweater or turtleneck. Layering is always a good idea as you never know how cold it will be or hard you may be working. Bulky jackets or jeans restrict a skaters movement and will create unsafe conditions for skaters, as well making skill progression difficult. It is always a good idea to keep a pair of sweat pants and a sweater right in your skate bag for those days when you may be unprepared. Likewise it is a good idea to keep an extra hair brush and elastics or headbands in your bag, just in case. Our session will work on a three strike policy and if after the third warning you are still not adhering to the dress code rules the subject will be brought to board.

Skate guards should be worn on ALL off ice surfaces and please remember to take them off before stepping on the ice.

All skates should be in good condition with strong foot and ankle support. Skates should fit snug not tight and ensure that laces are new and in good condition so they don't break and so they can keep the skate tied tight. Please do not buy skates one size larger for your skater to grow into; this will hinder their ability and slow progression. Your best bet is to seek a professional figure skate dealer or skating boutique. Store bought skates (Canadian Tire or Walmart) tend to break down quickly therefore you will spend more money on the number of skates you buy as opposed to paying a little more for a pair that will last. Blades should be sharpened approximately every fifteen hours depending on where you are skating. Session ice is generally fresh and rut free but if you are public skating or skating on a pond you are more likely to loose edges and get nicks that will hinder a skaters ability. In this case sharpening would need to be more frequent.

Please see our list of approved dealers and skate sharpeners. There is also a list of apparel dealers for tights and dresses.

ACTON SKATING CLUB POLICIES & CODE OF CONDUCT

The following policies and Code of Conduct were designed in the interest of safety and courtesy to all skaters on the ice and in the dressing rooms. We urge all skaters and parents to review them carefully and abide by them. If any clarification is required, a board member would be happy to assist.

- Young skaters and other children must not be left unattended while at the arena. Parents of CanSkate / Tiny Tots and Juniors are **expected** to be in attendance during their lessons. Parents are not allowed on the ice during lessons.
- CSA approved helmets are **mandatory** for all Tiny Tots, CanSkaters and CanHockey members. Bicycle helmets will not be permitted.
- To avoid the possibility of serious falls and injury, food, gum, candy or drinks are not permitted on the ice at any time.
- Pushing, tripping, horseplay, tag or intentional **interference** with other skaters is not permitted on the ice or elsewhere in the arena. No lying or sitting on the ice (unless injured).
- Parents of skaters are responsible for the behaviour of their children during all sessions.
- Parents and spectators **are not** to remain in the player's bench or inside the ice pad area. Parents may watch their children from the stands or through the glass so as to not interfere with lessons or block access to the ice.
- All times are set by the arena clock.
- Money or valuables should not be left in the change areas. The Club bears no responsibility for loss or theft.
- Skaters are allowed to skate only on sessions they are qualified and registered for - or have board approval.
- Skaters are **expected** to conduct themselves in a proper and polite manner on the ice, in the dressing rooms and also at competitions where they're representing the Acton Skating Club.
- Only members in good standing with the club will be allowed to take tests and participate in club competition. Members not in good standing may be suspended at the board's discretion.
- Skaters are not allowed to leave the ice surface without the professional coaches' permission.

All complaints or concerns must be addressed to the Board in writing; either given to a board member, or by e-mail. A decision, if required, will be made at the next scheduled board meeting. Board members may not be sought out individually at the arena, their home or place of business to register complaints.

Test Days and Competitions

On the StarSkate Junior session skaters will be assessed on an ongoing basis. The first Skate Canada test your child will test is the Dutch Waltz. When they receive their badge for the Dutch Waltz they will soon after receive a letter stating they are prepared to test on a test day in front of a judge. The following is a general guideline for test days. There are 2 scheduled test days in Acton this season. Two weeks before the test names are handed in to the test chairperson and she begins organizing a judge and times. One week prior to the test you will be given an envelope with your test fee which you are to pay prior to taking the test. You will also receive, one week prior, your skate time. On the day of your test you must show up one half hour prior to your skate time in case the test day is ahead of schedule, which it has been and will be again I'm sure. You will check in at the front door and pay your fee and then continue to the dressing room to get ready. You must wear your prettiest skating dress and good tights and have your hair pulled back neatly. After getting ready you may seek out your coach for encouragement and then head back to the dressing room to wait for the ice captain to call you. Once called you will have a brief warm up to practice and then you will skate in a predetermined order, All you must do is skate your best and show off all we have learned and practiced. After you skate you will wait for your test results sheet and watch the other skaters.

Competitions are quite similar only much more fun as you are against other people not just yourself. You enter your event and pay at the time of entry. One week prior to the event you will receive your skate time and you should show up one full hour ahead of your skate time, dependant on the type of event. Get yourself ready in the fashion of test day and wait for the ice captain to call you. While you are waiting you can stretch and do jumping jacks or skip to get warmed up, you may also visualize your performance and walk through it on the floor. Once called you will go on the ice for a short warm up and then wait for your turn in the predetermined order. After you skate your best you wait for the results to be posted and watch the other skaters. Remember this is why we skate and learn and practice, to show it off!!

"Practice is work, Competition is fun."

TIDBITS

The Acton skating Club is completely no profit and aside from the professional coaches runs solely on volunteer work. Our board members dedicate hours to the planning and organizing of our sessions, fees, coaches, test days, competitions and carnival. This is where it all starts for you to become involved. Offering to play music is just the beginning. Offer your services to assist in fund raising, test days, special events or even go so far as to sit on the board and help organize and keep the club going. We always need help so don't hesitate at any point during the season to ask what you can do.

We always appreciate volunteers to play music on all the sessions. It cuts down on coaches time away from the lesson when someone is there, if no one is playing music we must go through the CD's, change them and wait for them to load. This season I am hoping to add an incentive for parents to volunteer and possibly find a better place for parents to play music. Please help us in our endeavor, you are there so you may as well help out in your skaters progression.

DEALERS AND SKATE SHARPENERS

Skates

Figure Skating Boutique

6174 Yonge St. Toronto

(416) 225-1377

www.skatingboutique.com

Dress Wright on Ice

5484 Tomken Rd. Mississauga

1-877-396-6423

www.dresswright.com

Clark Skate Exchange

111 Parkside Dr. Fergus

519-843-1166

www.clarkskateexchange.com

Dresses and Apparel

Kimby's Apparel

905-877-7139

Wendesign

Acton

519-853-0062

www.skatingdress.com

Figure Skating Boutique

as above

Dress Wright

as above

Skate Sharpeners

Sports Unlimited Georgetown

ask for Brendan

905-877-5546

Alan Carson

905-821-7826