



STARSKATE INFORMATION

What is StarSkate?

StarSkate is Skate Canada's Figure Skating Program. It stands for Skills, Tests, Achievements, Recognition. Skaters enter StarSkate after completing the CanSkate program. StarSkate is where skaters learn figure skating specific skills, take figure skating tests, and compete at regional competitions. From StarSkate, skaters can choose to move into the Competitive stream where they will focus on competing at a national level.

Skating disciplines (freestyle, skills, and dance) are divided into levels labelled STAR 1-10 with set requirements for each level.

In StarSkate skaters will receive group lessons in the Star 1 level, and in the Star 2-3 level will receive a mix of group lessons and private lessons. Most lessons in Star 4 and above will be private lessons, although students of similar levels may be placed in lessons together at times. In Starskate, skaters will not be in lessons during the entire sessions, and will work independently for part of each session.

StarSkate Coaches

Private coaches are Skate Canada Certified Professional Coaches. They are trained and registered with Skate Canada and complete background screening and first aid certification every 3 years.

How do Fees Work?

Fees paid to Riverview Skating Club help to pay for the cost of ice, club led activities (group time, stroking, off ice sessions). For Star 1 the sessions are all group time (lesson fees would only apply if private lessons are requested and arranged with a coach). The exception to this is during off seasons when RSC skaters sometimes skate at other clubs (example summer session). The lessons provided by RSC coaches during those sessions are billable. Lessons are paid directly to the coach. If your child is in a semi-private lesson the lesson fees will be split between the skaters (example 20 minutes for 2 skaters = 10 billable minutes each).

Can I Set a Lesson Budget?

Absolutely! Most new parents will wait for a month or two to get a better idea of what a bill is like and to give time to the coach to make sure enough time is given to the skater so that he or she is comfortable on the ice. You can simply send the head coach (janna.maclellan@rogers.com) an email and let her know your budget limit.

What is the Approximate Coaching Bill?

The total is based on a few factors:

- 1) How many days/week your skater skates
- 2) How many other skaters your coach has on the session
- 3) The level of your skater
- 4) Your coaches rate (each coach has their own rate)

How do I pay the Coach?

Coaches will send bills every 2-3 weeks. They will specify which days your child had a lesson and how much time they received, along with the total amount due. Most coaches prefer to be paid via cash or e-transfer but other arrangements can be made with the coach. It is important that you pay your bill upon receipt, as this is your coaches job and like anyone else they expect to get paid for the work they do.

What Equipment is needed for StarSkate?

1. Figure skates suitable for entry level jumps for those just starting out.
The more your child progresses the better skate they will need.
2. A towel to properly dry skate blades after each session
3. Soft Guards to protect the blade while in your skaters bag
4. Hard guards to wear when walking around off ice (do not leave on skates as they will cause rust)
5. Multiple pairs of gloves and/or mittens
6. Appropriate skating clothing (no hoodies allowed on the ice!)
7. Competition clothes will be needed eventually but are not an immediate need
8. Once skaters enter StarSkate they are no longer required to wear a helmet, but may still do so if they wish. Many opt for a protective head band which can be bought at local sporting stores

What does a StarSkate Session look like?

Skaters should arrive 10-20 minutes early so they are ready to get on the ice at the start of the session. It is important not to be late as it can cause disruptions to your skater and the other skaters on the ice. Starskate sessions are divided into specific times for the disciplines of skating – skills, dance, spins, freeskate and stroking. This is done to help the skaters manage their time, especially when they aren't with a coach.

How do group levels work?

Starskate groups are sorted by testing levels. Once a skater has passed certain tests they will move onto the next group. Skaters are tested as individuals and could potentially be tested at any point during the skating year. Groups do not go by age – only by skill level.

When do tests happen?

Star 1-5 level tests are assessed by your skaters coach and can be done during a regular session. Once the coach feels your child is ready to test they will be given a test envelope. The test fee must be paid prior to your skater being tested. Currently the fee is \$12.00/test (this is controlled by and paid to Skate Canada)

Star 6 & higher tests are assessed by trained Skate Canada evaluators on special test days (normally December, March & May). Some skate tests will require additional fees to be paid (dance partner expenses, coaches fees to attend test days with your skaters etc.)

Information on testing requirements can be found at

What is a program (solo or routine)?

A program (sometimes called a solo or routine) is what you see skaters at competitions do. Your skater will get their own piece of music (normally the coach will select it) and specific choreography (also selected by your coach). Skaters will need a program once they reach Star 2 level.

When do Competitions happen?

There are a few competitions throughout the skating year. All competition information can be found at www.skatenb.org. If your child is interested in competing please talk to their coach to make sure they feel your skater is ready.

Glossary of Key Terms:

Freestyle - The discipline that includes jumps, spins and a skaters program

Dance - The discipline that brings ballroom dance on ice. Skaters will learn and test pre-set dances to specified music

Skills - The discipline that covers edges, turns and basic skating skills

Stroking - A group practice during the session. It is led by a professional coach and focuses on basic skating development and cardio

PA - Short for program assistant, PA's are trained StarSkaters who volunteer to teach Pre-CanSkate & CanSkate sessions.

Skate Canada - the governing body of professional skating development in Canada. Riverview Skating Club is a Skate Canada sanctioned club and delivers programs that adhere to their delivery requirements and standards.

Overview STAR 1-5 Test Content				
	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
STAR 1	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
STAR 2	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
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open

	eagle, Y-spiral or Ina Bauer)	Fwd camel/sit spin		mohawk x-roll/x-behind Fwd 3-turn/BO edge
STAR 4	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
STAR 5	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom) 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