



# WHAT HAPPENS AFTER CANSKATE?

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**Congratulations!** Your child has completed our CanSkate program. Many parents at this point have the same question – “what happens next?” If your skater is interested in furthering their skating career there are several options – Hockey, Ringette, Speed Skating and Figure Skating.

Figure Skating: [www.skateabnwtun.ca](http://www.skateabnwtun.ca)  
Hockey: <https://www.hockeyalberta.ca/home/>  
Ringette: <http://www.ringettealberta.com>  
Speed Skating: <http://www.albertaspeedskating.ca/>

If figure skating is your skater’s passion, STARSkate is the next step in their development.

## STARSKATE

### ***What does it mean to move up to STARSkate?***

It means that your skater has mastered many of the CanSkate program criteria and is at a minimum CanSkate level 3-4 (attained forward crossovers, backward skating, stopping, turning forward/backward, learning backward crossovers). In STARSkate, skaters are learning the components of figure skating from a private lesson coach. In some Skate Canada clubs, a Group STARSkate program may be offered where the CanSkaters can transition into working independently. Please contact your local club to see if this program is offered.

<https://skatecanada.ca/skating-lessons/our-programs/figure-skating/>

## WHAT WILL SKATERS LEARN?

### ***Group STARSkate***

Skaters will learn about Free Skate, Skating Skills, Dance, Interpretive and Synchronized Skating in a group program. Each of these disciplines will be taught by Skate Canada Professional Coaches and assisted by trained Program Assistants.

### ***Private Lesson STARSkate***

In the private lesson setting, a coach of your choice will be working with your skater. It is up to you as a parent to arrange for these lessons. Private lesson coaches coach the following disciplines:

### **FREE SKATE:**

The Skate Canada free skate program consists of 4 main elements: jumps, spins, footwork and field movements. Once skaters begin to master some of the free skate elements, they may learn a solo that they perform to music. They may enter the test stream, or even begin to compete.

### **SKATING SKILLS:**

The Skate Canada skating skills program incorporates turns, edges, positions, crossovers, field movements and stops. They are intended to improve balance, lean, flow, power, speed, focus and presentation skills. Skating skills are designed as patterns on the ice and once skaters begin to master some of their skating skills, they may decide to test them.

### **DANCES:**

The Skate Canada dance program teaches the skater knowledge of dance, turns, basic dance elements as well as an understanding of music, timing, and rhythm. The skater progresses through a variety of ice dances set to music. The first dance that your skater will learn is the 'Dutch Waltz' and once this dance is mastered they may decide to test it.

### **INTERPRETIVE:**

The Skate Canada interpretive program (formerly called the Artistic program) is a form of skating in which the emphasis is placed on the skater's artistic ability to use their skills to interpret music rather than on their technical abilities. Evaluation focuses on interpretation of music, skating skills, and development of theme and creativity.

### **SYNCHORNIZED SKATING:**

Synchronized skating, or synchro, is a specialized discipline of skating involving groups of eight or more skaters performing various formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow.

<https://skatecanada.ca/skating-lessons/our-programs/synchronized-skating/>

### **WHAT IS AN ASSESSMENT?**

Assessments will occur in the skater's natural training environment, during their regular lesson time. This may take place in a group, semi-private or private lessons.

### **WHAT IF MY CHILD WANTS TO COMPETE?**

Many skaters will become interested in competing and there are many competitions in each region that your child could attend. Depending on their level, your child will enter the Skate Canada STAR 1-5 program and compete against children at the same age and ability. The decision to compete is generally made in conjunction with a Skate Canada Professional Coach. They will be able to provide you with detailed information on how competitions will work and what will be expected of both the skaters and parents. Additionally, the STAR 1-5 Parent Guide can be found at <https://info.skatecanada.ca/hc/en-ca/articles/201257994-STAR-1-5-Parent-Guide>.

### **WHAT ABOUT EQUIPMENT?**

*Proper equipment is essential in ensuring your skater has a safe and enjoyable skating experience.*

## HELMETS

All skaters must wear a CSA approved helmet until they have passed their Stage 5 CanSkate badge. Skate Canada Professional Coaches will assess your child throughout the session and let you know when they are ready to remove their helmet. More information about helmets can be found in the Skate Canada Helmet Use Policy <https://info.skatecanada.ca/hc/en-ca/articles/201219410-Helmet-Use-Policy>  
Helmets can be purchased at: [www.canadaintire.ca](http://www.canadaintire.ca)

## SKATES

Group STARSkaters will be learning basic figure skating skills. It is important that your child have a proper fitting pair of figure skates to be successful with these new skills. Skates that are too big, too small or without proper support will make skating more difficult for your young athlete. If you have questions about skates, please speak with a Skate Canada Professional Coach about proper fit and support.

## ATTIRE

Clothing should enable skaters to use their full range of motion and allow them to perform jumps, spins and other skating skills without restriction. Skaters should dress in layers so that they can adjust their clothing if they are too hot or too cold. Female skaters should wear a skating dress or yoga attire, warm tights, leg warmers, sweater and mitts/gloves. Hair should be pulled back away from the skater's face. Male skaters should wear running or yoga attire, sweater and mitts/gloves. [www.tripleflip.ca](http://www.tripleflip.ca)

## SPECIAL OLYMPICS ALBERTA

Special Olympics Alberta offers sports programs (including figure skating) in more than 100 communities around the province for Albertans with an intellectual disability. Special Olympics promotes an active lifestyle and better quality of life for persons with intellectual disabilities through their participation in sport. Special Olympics Alberta is an accredited chapter of Special Olympics Canada.  
<http://www.specialolympics.ca/alberta>

Contact your local skating club to see if an inclusive skating program is offered for athletes with any physical or intellectual disability.

## ADDITIONAL INFORMATION AND HELPFUL LINKS

Safe Sport:

<https://skatecanada.ca/safe-sport/>

Parent Code of Conduct:

<https://info.skatecanada.ca/hc/en-ca/articles/205347154-Parent-Code-of-Conduct>

Coaches Code of Ethics:

<https://info.skatecanada.ca/hc/en-ca/articles/201171624-Coaches-Code-of-Ethics-Policy>

## QUESTIONS?

Please contact [info@skateabnwtun.ca](mailto:info@skateabnwtun.ca)