

STAR Skate Program

Program Information:

At the STAR Skating Level the coaches and the LTAD model recommend that skaters participate in 3-4 sessions of skating a week.

At the STAR level Skaters will continue to develop their skills within the areas of Freeskate (jumps, spins), Skills (edges, turns & field moves) and Dance (turns, step sequences & dance patterns). At this level of skating, the instruction needs to become more targeted to the individual athlete.

Off-ice:

Off-ice is a crucial component to athlete development as recommended by Skate Canada starting at the IFS level continued through to the highest levels. As skills become more challenging, off-ice plays a key element in athlete development, as such off-ice sessions have been incorporated into the clubs training program.

Off-ice helps to develop flexibility, agility and strength, while supporting skaters in practicing new skills on land. Off-ice sessions have been imbedded into the overall program provided to skaters. This will include a 15 min off-ice session before skaters are get on the ice to help them warm-up and prep for their session. There will be office session on Monday and Wednesday evening from 5:00-6:00.

Skaters are required to wear running shoes and clothing that allows them to move and stretch easily and safely.

If you would like more information about off-ice sessions and the skills your skater is working on, please connect with the coaches. A great time to do this would be during your goal setting session at the start of the year.

Lesson Format:

Private lessons can take different forms; private (one on one instruction), semi-private (2 skaters) and small group (3 or more skaters). Coaches use semi-private and small group lessons when there are skaters working on the same skills or elements (this can help to keep the cost of lessons down). As communication between parents and coaches is key, please contact the coaches if you have questions about private lessons or coaching fees.

As a club we use a team approach to coaching, and as a team we work closely together to support the development of all our skaters. This means that your skater will receive instruction from different club coaches. A team approach allows all skaters to benefit from the range of expertise and experience across the coaching team.

Goal Setting:

Goal setting is key in supporting skaters to reach their potential. Coaches will be sending an email in August so a goal setting session can be set up at the beginning of September. Coaches, parents and skaters all need to have a common understanding of what they are aiming for. This can be aided by setting goals and creating an action plan. Coaches will connect with you across the year to hold a check-in session to review your skaters progress.

Competitions:

There will be opportunities over the season for skaters to participate in competition. Competition can be fun and allow skaters to show off their skills! Coaches will send out an email prior to registration opening to inform you of the upcoming opportunity. Different competitions target different competitive levels and coaches will ensure they match your child's competitive level with the opportunities available across the season.

To help prepare skaters for the experiences of competition, a simulation session will be held prior to each event. Skaters will be encouraged to wear their competition outfit. The goal of the simulation sessions is to make it feel as close to the feeling of a competition environment as possible. This helps to build their confidence and prepare for the event. Coaches will email you with the details around these events as they come up across the season.

Assessment:

Skaters at the STAR 1-5 level develop skills in three disciplines, Freeskate, Skills and Dance. When skaters are ready they will be tested by their coach in lesson time during club ice times. A coach will give your skater an envelope that will indicate the test and the date of the assessment. Before the coaches can complete the test you will need to return the envelope with the payment included. This payment is to cover the fee Skate Canada charges for tests at the STAR 1-5 level.

Skaters at the intermediate/ senior level (soon to be STAR 6-gold levels) are assessed by an evaluator. Coaches will be monitoring skaters progress and will connect with you when they are ready to test.