

STAR PARENT INFORMATION

STAR 1-5 Program

Overview and program format

Objective of program: To train skaters in the sport of figure skating from CanSkate to the Learn to Compete stage of development. STAR 1-5 covers the Learn to Train stage of development and will offer the skaters a solid pathway for development.

Overview of all disciplines – Skills will train skaters on edges, turns, power and field moves. Freeskate will train skaters on jump and spin technique as well as introduce them to programs. Dance will train the skaters on dance steps and technique, pattern dances, timing and carriage. Skaters will participate in all disciplines at this level of training.

Coach assessments – Skaters in this program will be assessed by the coach that is teaching them each discipline. This will allow skaters to have access to assessments when they are ready, as well as be more convenient for the parents as all assessments can be done on the skater's regular session.

Assessment to standard – All assessments in the STAR 1-5 program will be assessed to a standard. This standard will also be used at the STAR 1-5 events. Skaters are encouraged to reach a Gold standard for as many skills as they can.

Session formats – To increase and maximize coach directed time on the STAR 1-5 sessions, clubs will use a variety of formats during this "golden age of learning" to facilitate strong skill development. This may include; on and off ice classes, group, semi-private or private lessons or stations.

ASSESSMENT PROCEDURES AND TIPS

The STAR 1-5 program includes five levels of assessment in each discipline: Skills, Freeskate and Dance

Coach assessment of the skater is a very important part of a skater's development

- It measures their progress and allows them to see the results of their hard work
- It allows the coach, parent and skater to plan the season ahead
- Assessments may be done at any time throughout the season
- Your coach will decide which assessment your child is prepared for and will advise you when an assessment will be done

Each child will progress at his/her own pace, and will have immediate access to assessment when ready for advancement. Coaches will notify you of the upcoming session on which your skater will be assessed. Skaters will be assessed on their regular scheduled session time. The only exception to this may be some STAR 5 assessments that require clear ice. Your skater's coach will provide you with the appropriate dates and times if the assessment requires "clear ice".

Each skater will get time to warm up prior to their assessment. Skaters will need to obtain an overall rating of Silver or better to be successful on the assessment. Once the coach has completed his/her evaluation, the result will be given to the skater and be recorded by the club for submission to Skate Canada.

ASSESSMENT DAY ATTIRE

The following may be used as a suggestions for Assessment day attire:

STAR 1 & 2: Regular practice attire acceptable

STAR 3: Neat & tidy, dress if desired

STAR 4 – 5: Performance attire required

Gloves and jackets may be worn for warm-up, but should be removed for the assessment (if temperature provides).

Hair should be neat and pulled back away from the face.

Skates and laces should be clean and tidy.

ASSESSMENT FEES

As your skater masters the skills at each level they will be assessed by their coach on a regular session.

There are 23 assessments in the STAR 1-5 program. All assessments have a **Skate Canada fee of \$12 which must be paid prior to the assessment.**