



## **2019/2020 STARSKATE FALL/WINTER SCHEDULE**

**\*See below for class descriptions.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>SATURDAY</b>
<b>STARSKATE A/B</b>	<b>STARSKATE A/B</b>	<b>STARSKATE A/B</b>	<b>STARSKATE A/B</b>	<b>STARSKATE A/B</b>
<b>3:45-5:00PM:</b> ESP/PRIVATE LESSONS  <b>5:00-5:15PM:</b> STROKING  <b>5:25-5:55PM:</b> OFF ICE	<b>4:30-5:00PM:</b> GROUP  <b>5:00-6:15PM:</b> ESP/PRIVATE LESSONS  <b>6:25-6:55PM:</b> OFF ICE	<b>4:00-5:00PM:</b> ESP/PRIVATE LESSONS  <b>5:00-5:15PM:</b> STROKING  <b>5:25-5:55PM:</b> OFF ICE	<b>4:30-5:00PM:</b> GROUP  <b>5:00-6:15PM:</b> ESP/PRIVATE LESSONS  <b>6:25-6:55PM:</b> OFF ICE	<b>12:15PM-1:15PM:</b> ESP/STROKING  <b>1:15-1:30PM:</b> STROKING  <b>1:45-2:15PM:</b> OFF ICE
<b>STARSKATE C/D</b>	<b>STARSKATE C/D</b>	<b>STARSKATE C/D</b>	<b>STARSKATE C/D</b>	<b>STARSKATE C/D</b>
<b>4:15-4:45PM:</b> OFF ICE  <b>5:00-5:15PM:</b> STROKING  <b>5:15-6:00PM:</b> ESP/PRIVATE LESSONS	<b>3:45-4:30PM:</b> ESP/PRIVATE LESSONS  <b>4:30-5:00PM:</b> GROUP  <b>5:15-5:45PM:</b> OFF ICE	<b>4:15-4:45PM:</b> OFF ICE  <b>5:00-5:15PM:</b> STROKING  <b>5:15-6:00PM:</b> ESP/PRIVATE LESSONS	<b>3:45-4:30PM:</b> ESP/PRIVATE LESSONS  <b>4:30-5:00PM:</b> GROUP  <b>5:15-5:45PM:</b> OFF ICE	<b>1:00-1:30PM:</b> OFF ICE  <b>1:45-2:00PM:</b> STROKING  <b>2:00-2:45PM:</b> ESP/PRIVATE LESSONS

**\*STAR 1-5 skaters should be skating 2-5 days per week. Star 6+/Competitive should be skating 4-5 days per week. Off Ice Classes are mandatory.**

### **Level Clarification**

**D:** Passed Star 1 or 2 Freeskate

**C:** Passed Star 3 Freeskate

**B:** Passed Star 4 Freeskate (or Star 3 Freeskate + 13&O)

**A:** Passed Star 5+ (or Star 4 Freeskate + 15&O)



**ESP (Engaged Supervised Practice):** Sessions that are being actively supervised, monitored and motivated by a coach. During engaged supervised practice, the coach will give feedback, corrections, ideas and motivation to the group of skaters on the ice. This strategy will develop strong individual practice habits in the club. Stations may also be used to help guide the skater's practice content on sessions. A station on the ice contains a list of skills or areas that the coach would like the skater to practice during their session. Coaches will determine how long the skaters have to work at each station. Skaters are encouraged to use the full ice when practicing and use the stations for guidance and skill identification.

**Private Lessons:** Skaters will receive 10min-15min semi private or private lessons that are scheduled by the Skating Director. Skaters are grouped according to level and will vary throughout the season as skaters progress. When skaters are not in a private or semi private lesson, they are required to participate in the ESP session directed by a club coach.

**Stroking:** During stroking classes, skaters work on posture, speed, technique, and knee bend. Each class will have a focus of either Power, Cardio, Strength, Performance, or Edges.

**Group:** Skaters will work on a variety of areas in group classes such as spins, jump technique, field movements, and creative movement. Prior to competition, simulations will also be scheduled to give skaters the opportunity to perform their solo on clear ice, in front of their peers and spectators.

**Off Ice:** Mandatory for all STARSkaters, off ice classes will focus on jump technique, fitness, dance, goal-setting, and mindfulness. Off ice training is an integral part of a skater's development and is considered just as valuable as an on ice session.



## **2019/2020 CANSkate, Pre-CANSkate, and Adult CANSkate FALL/WINTER SCHEDULE**

**\*See below for class descriptions.**

MONDAY	WEDNESDAY	SATURDAY
<b>CANSkate</b>	<b>CANSkate/Adult CANSkate</b>	<b>CANSkate/Adult CANSkate</b>
6:00-6:45PM: On Ice Session	6:00-6:45PM: On Ice Session	11:30AM-12:15PM: On Ice Session
<b>Pre-CANSkate</b>	<b>Pre-CANSkate</b>	<b>Pre-CANSkate</b>
6:15-6:25PM: Off Ice Warm Up	6:00-6:15PM: Off Ice Warm Up	11:30AM-11:45AM: Off Ice Warm Up
6:15-6:45PM: On Ice Session	6:15-6:45PM: On Ice Session	11:45AM-12:15PM: On Ice Session

**CANSkate On Ice Sessions:** Skaters will start with a 5min warm up around the 'Fast Track' and then rotate through stations focusing on the three fundamental areas of 'Balance, Control, and Agility'. Skaters will use the 'Fast Track' in between stations to build their speed. At the end of each session, skaters will participate in a 'Group Activity', such as the 'Chicken Dance' or 'Move and Freeze' and end with a Cool Down.

**Pre-CANSkate Off Ice Warm Up:** Held in the dressing rooms, skaters will participate in a 10min warm up that includes dynamic stretching, walking through on-ice skills, such as learning how to fall and get up properly, jumping, and balancing. Fun warm up games will also be played to motivate and engage the skaters! Skaters should be dressed with skates and helmets on.

**Skaters MUST have blade covers (soft or hard) to participate in the off ice warm up. (No parents allowed in the dressing room during warm time due to limited space.)**



## **2019/2020 Intro to Figure Skating and Jr. Academy**

### **FALL/WINTER SCHEDULE**

**\*See below for class descriptions.**

MONDAY	TUESDAY	WEDNESDAY	SATURDAY
<b>4:15-4:45PM:</b> IFS OFF ICE	<b>4:30-5:00PM:</b> JR. ACADEMY GROUP	<b>4:15-4:45PM:</b> IFS OFF ICE	<b>1:00-1:30PM:</b> IFS OFF ICE
<b>5:00-5:15PM:</b> IFS STROKING	<b>5:15-5:45PM:</b> JR. ACADEMY OFF ICE	<b>5:00-5:15PM:</b> IFS STROKING	<b>1:45-2:00PM:</b> IFS STROKING
<b>5:15-5:45PM:</b> IFS GROUP		<b>5:15-5:45PM:</b> IFS GROUP	<b>2:00-2:30PM:</b> IFS GROUP
<b>5:45-6:00PM:</b> IFS Engaged Supervised Practice*		<b>5:45-6:00PM:</b> IFS Engaged Supervised Practice*	<b>2:30-2:45PM:</b> IFS Engaged Supervised Practice*

**\*IFS Skaters are encouraged to skate min. 2 sessions per week and attend all off ice classes. Jr. Academy skaters must have an invitation from the Skating Director and meet the criteria prior to registering. J.A skaters must be registered for two days a week in either IFS or STARskate.**

**ESP (Engaged Supervised Practice):** Session time that is being actively supervised, monitored and motivated by a coach. During engaged supervised practice, the coach will give feedback, corrections, ideas and motivation to the group of skaters on the ice. This strategy will develop strong individual practice habits in the club. Skaters are encouraged to use the full ice when practicing and use the skill posters for guidance and skill identification.

**Stroking:** During stroking classes, skaters work on blade pushes, posture, speed, technique, and knee bend. Each class will have a focus of either Power, Cardio, Strength, Performance, or Edges.

**Off Ice:** Included in registration fees, off ice classes will focus on jump technique, fitness, dance, goal-setting, and mindfulness. Off ice training is an integral part of a skater's development and is considered just as valuable as an on ice session. Skaters are strongly encouraged to attend all off ice practices.