



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<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.