



2020 SPRING STARSKATE SCHEDULE

*See below for class descriptions.

MONDAY	TUESDAY	THURSDAY	SATURDAY
STARSKATE A/B	STARSKATE A/B	STARSKATE A/B	STARSKATE A/B
4:00-5:00PM: ESP/PRIVATE LESSONS 5:00-5:15PM: STROKING 5:25-5:55PM: OFF ICE	4:45-5:15PM: GROUP 5:15-6:15PM: ESP/PRIVATE LESSONS 6:25-6:55PM: OFF ICE	4:45-5:15PM: GROUP 5:15-6:15PM: ESP/PRIVATE LESSONS 6:25-6:55PM: OFF ICE	10:45-11:45AM: ESP/PRIVATE LESSONS 11:45AM-12:00PM: STROKING 12:15-12:45PM: OFF ICE *April 4 Only: 10:30AM-12:30PM
STARSKATE C/D	STARSKATE C/D	STARSKATE C/D	STARSKATE C/D
4:15-4:45PM: OFF ICE 5:00-5:15PM: STROKING 5:15-6:00PM: ESP/PRIVATE LESSONS	4:00-4:45PM: ESP/PRIVATE LESSONS 4:45-5:15PM: GROUP 5:25-5:55PM: OFF ICE	4:00-4:45PM: ESP/PRIVATE LESSONS 4:45-5:15PM: GROUP 5:25-5:55PM: OFF ICE	11:00-11:30PM: OFF ICE 11:45-12:00PM: STROKING 12:00-12:45PM: ESP/PRIVATE LESSONS *April 4 Only: 10:45AM-12:30PM

Note: 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: Star 1 and 2

C: Passed Star 3 Freeskate

B: Passed Star 4 Freeskate (or Star Freeskate and 13&O)

A: Passed Star 5+ (or Star 4 Freeskate and 15&O) or Pre-Juvenile+

ESP (Engaged Supervised Practice)

Sessions 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 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 as 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.