



## **2023-2024 PARENT INFO PACKAGE**

Welcome to the PreSTAR and STARskate program! In this package you will find helpful information and handouts on the following topics:

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## Important Dates

**PA Clinic:** August 29 from 5:15-6:15 pm

**Awards:** September 17, 2023 1:30pm

**Rise STAR Event:** November 18 and March 9 from 12:15 - 1:15 pm

**Christmas Gala/Fun Skate:** December 16, 2023 from 12:15 - 2:45 pm

**Ice Show:** June 15, 2024 from 12:30 - 2:15 pm

**Assessment Days Star 6- Gold:** November 30, March 21 and May 16 from 3:45 - 6:15 pm

### **Competitions:**

- Aug 4-7: Wildrose (STAR 4-Gold and Competitive)
- Nov 2-5: Sectional Championships- Edmonton
- Nov 18: Rising STAR- Figure 8 SC (CanSkate to STAR 3)
- Nov 17-19: STAR Series #1- Airdrie (STAR 4 & Up)
- Dec 8-10: STAR Series #2- St. Albert (STAR 4 & Up and AWG Run-offs for Zones 5-8)
- Dec 9: Fun On Ice- Red Deer (STAR 1-3)
- Jan 19-21: STAR Series #3- Grande Prairie (STAR 4 & Up)
- Feb 9-11: Combined Winter Invitational- Calgary (STAR 5-Gold and Competitive)
- Feb 16-19: Alberta Winter Games- Grande Prairie
- Mar 1-3: STAR Series #4- Lethbridge (STAR 4- Gold)
- Mar 9: Rising STAR- Figure 8 SC (CanSkate to STAR 3)
- Mar 15-17: STARSkate & Adult Championships- Edmonton (STAR 5- Gold)
- April 19-21: Combined Spring Invitational- Edmonton (STAR 5-Gold and Competitive)

The Skate Canada: AB NWT/NUN Event Calendar can be found here:

<https://skateabnwnun.ca/events/2023-2024-event-calendar/>

**Fall/Winter Session:** September 5, 2023 -March 13, 2024

- No skating
  - October 9: Thanksgiving
  - November 11: Remembrance Day
  - December 22- January 7 : Christmas/Winter Break
  - February 19: Family Day

**Spring Session:** April 1, 2024 - June 15, 2024

- No Skating
  - May 20: Victoria Day



## STARSkate Program

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Competitions are also held throughout the season for levels of STARSkate skaters.

**Private Lessons:** Skaters will receive 15 minute semi private or private lessons that are scheduled by the Skating Director or their primary coach. Skaters are grouped according to level and will vary throughout the season as skaters progress.

**Group Development:** During group development classes, skaters work on posture, speed, technique, and knee bend. Each class will have a focus of either power, cardio, strength, performance, or edges. Skaters will work on a variety of disciplines in group classes such as spins, jump technique, field movements, skills, dance 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.

## Skating Skills

Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

## Ice Dance

The Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison. The dances in the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level.



## Free Skate

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music. Beginning at the STAR 2 level, skaters will have a program to music that they will use for competitions and assessments.

## Artistic

The objective of the artistic is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements. Artistic is available beginning at the STAR 5 level.

## Off-Ice

Off-ice is an integral part of figure skating training. Off-ice training will optimize a skaters' progression and performance on the ice.

- **Off Ice Classes:**
  - **Dryland Warm-Up:** \*New this year. STARSkaters are STRONGLY encouraged to participate in a 10 minute dryland warm-up prior to skating on the ice. Dryland warm-up helps skaters with injury prevention, flexibility and saves time on the ice as they are already warmed up. Additionally, these exercises can be used for competition warm-ups.
    - At the beginning of the season, the dryland warm-up will be coach led to ensure exercises are properly being done. Throughout the season, skaters will begin transitioning to a self-directed dryland warm-up
  - **Fitness and Jump:** Our certified club coaches will also be incorporating fitness training into the classes focusing on cardio, strength and injury prevention. The jump portion will focus on the jump technique, specifically the positioning needed in each section of the jump (set up, take off, in-air and exit positions).
  - **Dance:** This program will be focused on various types of dance styles. Body line, posture, flexibility, as well as musicality will all be a part of the dance program.
  - **Yoga:** Focusing on balance and flexibility. It is so important for figure skaters to have these two areas developed. It will help skaters be successful in multiple aspects of skating and is essential for progression into the higher levels of skating.



## PreSTAR and STARSkate Levels

The club has revised the requirements for PreSTAR and STARSkate levels as follows:

1. **PreSTAR**- Coming out of CanSkate (by invitation)
2. **Jr STARSkate**- Must have passed at least one STAR 1 assessment (freeskate, dance or skills)
3. **Int STARSkate**- STAR 4 and STAR 5
4. **Sr STARSkate**- STAR 6- Gold and/or Pre-Juvenile to Senior

## Recommended packages for each level

These packages have been developed so that skaters receive the minimum amount of skating for proper athlete development and timely advancement.

### PreSTAR

- **Recommended Package #1**- 2 days a week- Choose between Monday & Saturday or Wednesday & Saturday.
- **Recommended Package #2**- 3 days a week- Monday, Wednesday, Saturday

### Jr STARSkate

- **Recommended Package #1**- 3 days a week: Monday or Wednesday, Tuesday or Thursday, and Saturday
- **Recommended Package #2**- 4 days a week: Monday, Wednesday, Tuesday or Thursday, and Saturday

### Int STARSkate

- **Recommended Package #1**- 3 days a week: Monday or Wednesday, Tuesday or Thursday, Saturday
- **Recommended Package #2**- 4 days a week: Monday, Wednesday, Tuesday or Thursday, Saturday

### Sr STARSkate

- **Recommended Package #1**- 4 days a week: Must include a Tuesday or Thursday, plus 3 other days
- **Recommended Package #2**- 5 days a week- Must include a Tuesday or Thursday, plus 4 other days



## Training and Practicing

Training Frequency: The suggested quantity and frequency of On-Ice training (Off-ice is additional) from Skate Canada

Entry Level STAR 1-2			By STAR 5		
On Ice Session Length	Days per week	Weeks per year	On Ice Session Length	Days per week	Weeks per year
45-60 minutes on ice, with a 15 minute warm up prior	2 to 4	Minimum: 20 weeks Ideal: 30-40 weeks	45-60 minutes on ice, with a 15 minute warm up prior	4 to 5	Minimum: 40 weeks Ideal: 44 weeks

The schedule for the 2023-2024 skating season has been adjusted to focus on balanced development in all skating disciplines (freestyle, skills and dance). It is recommended that skaters skate more than the recommended minimum to ensure faster development.

Please consider when picking days of skating that all disciplines are covered in your minimum. For example: Dance and skills are only offered on Tuesdays and Thursdays so choosing one of those days is essential for developing these disciplines. Specific group development classes are scheduled throughout the week. Please try to select days to get a variety of group development classes (edges, stroking, spins, jump technique). Season planning can be discussed with your coach or the skating director.



## Assessments

Skills	Freestyle		Dance			Artistic	Synchro
	Elements	Program					
STAR 1	STAR 1	STAR 1	STAR 1				
STAR 2	STAR 2	STAR 2	STAR 2A	STAR 2B			STAR 2
STAR 3	STAR 3	STAR 3	STAR 3A	STAR 3B			STAR 3
STAR 4	STAR 4	STAR 4	STAR 4A	STAR 4B			STAR 4
STAR 5	STAR 5	STAR 5	STAR 5A	STAR 5B		STAR 5	
STAR 6	STAR 6	STAR 6	STAR 6A	STAR 6B	STAR 6C		
STAR 7	STAR 7	STAR 7	STAR 7A	STAR 7B	STAR 7C	STAR 7	
STAR 8	STAR 8	STAR 8	STAR 8A	STAR 8B	STAR 8C		
STAR 9	STAR 9	STAR 9	STAR 9A	STAR 9B	STAR 9C	STAR 9	
STAR 10	STAR 10	STAR 10	STAR 10A	STAR 10B	STAR 10C		
Gold		Gold	STAR Gold A	STAR Gold B	STAR Gold C	STAR Gold	
Diamond Dances	Diamond Dances (4 of 6) Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka						

- Skaters may progress through each discipline at a different rate (ex: Star 2 Dance and Star 5 Freestyle and Skills may be what a skater is working on). **Skaters will progress at their own rate**, with many factors to be taken into consideration, such as amount of time they practice, natural ability, off ice training, etc.

STAR 1-5 are coach assessed and may be done at any point during the season or session.

Star 6-Gold assessments are assessed by officials and are done at an assigned test day. Coaches are able to assess Skills Star 6 to Gold if assessor training has been completed.

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

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".



## Purchasing a Coach Assessed Test Ticket

After your coach has notified you that your skater is ready for an assessment you must purchase a coach assessed test ticket before coaches can complete an assessment (regardless if skaters pass or fail the assessment). Assessments will be built into private lesson time and therefore charged a private lesson rate by the coach for the duration of the assessment.

### How to Purchase in Uplifter:

Figure 8 SKATING CLUB

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Have an Account?  
You must [login](#) or [create an account](#) to register for programs.

Find Programs  
Filter the programs in the main area by selecting options from the dropdowns below.

Categories  
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**Purchase Products**  
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Quick Search:  **CALENDAR VIEW**

CanSkate: Fall CANSkate		
Program Description	Fees	
<b>CanSkate Fall - Tuesday</b> » View Details 15 Events	\$144.00 <del>\$240.00</del>	<b>REGISTER</b>
Start & End Date: Sep 5, 2023 - Dec 19, 2023	Day / Time / Location: Sep 5 - Dec 19 @ 5:15-6:00PM Kenilworth Arena, Arena	
<b>Patinage Plus Automne - mardi (CanSkate Fall Tuesday)</b> » View Details 15 Events	\$144.00 <del>\$240.00</del>	<b>REGISTER</b>
Start & End Date:	Day / Time / Location:	

Figure 8 SKATING CLUB

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Items for Purchase

<b>Coach Assessed Test Ticket</b> Test tickets must be purchased prior to the test. Present this test ticket to the coach that will be conducting the skating test and it will be redeemed by scanning the QR code. Please print this ticket and send it with your skater on the ice, or let the coach know that the test can be redeemed online.	Cost: \$12.00	QTY <b>ADD</b>
<b>Drop In Ticket - Member</b> Drop in drop-in, please email the Skating Director at	Cost: \$10.00	QTY <b>ADD</b>





## Assessment day

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

This helps the coach to assess your posture as well as present a tidy appearance.

**STAR 1 & 2:** Regular practice attire acceptable

**STAR 2 – 5:** Performance attire required.

**STAR 6-Gold:** Performance attire is mandatory with the exception of skills, where activewear is acceptable (no hoods, baggy clothes, preferable to have all black). Artistic tests must be done in all black attire.

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 Day Fees

The Skate Canada fee for all STAR 1-5 assessments is \$12. The assessment fee must be paid prior to the skater being assessed.

STAR 6-Gold assessments are a minimum of \$22.00 per test. This varies by club and fees include admin, ice time, and Skate Canada fees.

If a Coach is assessing STAR 6-Gold skills test, the test fee will be \$12 and completed on normal practice times.



## Competition Structure

**\*New Restructuring for 2023-2024 Season**

### Local Club Hosted Competitions

**Club hosted competitions are for skaters STAR 1-3.**

**Example: F8SC Rising Stars Element Event-** This event is for our PreSTAR, Adult/Teen LTFS and STARSkate Junior skaters. Skaters demonstrate various elements and/or their solo, and a panel of coach judges assess their performance. This is a great way to introduce skaters to competitions in a fun environment. All skaters will receive a certificate for their performance and an opportunity for a picture on the red carpet. This event is included in your registration fees.

### Section Competitions

**Section competitions are for skaters STAR 4 and Up, Competitive, and Adult STAR**

#### **STAR 4**

- STAR 4 category will only be offered at STAR Series #1-4 competitions, and Combined Summer Invitational (Wild Rose)
- STAR 4 is no longer offered at Combined Winter Invitational, Spring Combined Invitational (Sunsational) or the StarSkate Championships

Competitions are held throughout the season. Your primary coach will communicate with you regarding which events your skater may attend.

#### **STAR Series Restriction of Entry:**

- Skaters may enter a maximum of two competitions choosing from the STAR Series competitions and the Combined Winter Invitational.
  - The Spring Combined Invitational (Sunsational) and Summer Combined Invitational (Wild Rose) are not included in the restricted number of competitions requirement. Skaters may enter as space permits.
- STAR 5 and Up are required to qualify for the STARSkate Championships



Registration fees vary per competition and event. It is important to take into account the total cost of competing as there will be registration fees, coach fees and possibly travel fees. Please direct any questions or concerns to your primary coach.

Skaters must arrive at each competition **90 min prior to their scheduled event.** Skaters should have their hair and makeup (makeup is optional) done prior to going to the rink.

## Competition Checklist

1. Skates (extra laces in bag)
2. Solo music
3. Dress/Tights (extra pair in bag)
4. Water bottle
5. Running shoes
6. Skipping rope
7. Competition warm up sheet (provided by their primary coach)

## Equipment & Attire Recommendations

### Skates

Figure skates are mandatory. Skaters at this level should be in a sturdy boot with a quality blade. Sharpening should be performed by a trained professional.



Recommended Stores to purchase figure skates are ProSkate and United Cycle

How to Tie Figure Skates-  
<https://youtu.be/p9mpKDn-Kul?feature=shared>



## On-ice attire

Skaters should wear athletic clothing on the ice. Clothes should be form fitting or close to it, to allow coaches to see the body line for proper execution of technique. Baggy, loose fitting attire is not acceptable. Hoods are also not acceptable. Gloves should be worn versus mittens, if temperature permits, to allow for more articulation of the hands and fingers. Hair must be pulled back.

## Off-ice attire

- Appropriate activewear
- Hair must be pulled back
- Yoga mat (there are some club mats available in the office)
- **Running shoes** are required for all off-ice classes. Please note that street wear sneakers are not the same as running shoes. [Style vs Sport Shoes](#). It is recommended for skaters to leave appropriate running shoes in their skate bag so they don't forget them. Skaters may not be able to participate in all activities if they do not have the appropriate footwear.



**Dance classes-** ballet slippers or jazz oxfords are highly recommended. Here are a few local dance stores that sell ballet slippers.

- **All 4 Dance** - <https://www.all4dance.ca/shop/shoes/ballet/?limit=24&sort=asc>
- **On Stage** - <https://www.onstageedmonton.com/search?q=ballet+slippers&options%5Bprefix%5D=last>
- **All That Jazz** - <https://andallthatjazz.ca/search?q=ballet+slippers>



## Additional

### Skate care and storage:

Skates should be transported in a bag that allows for the following: gloves, extra laces, skate guards, small towel to dry skate blades, blade protectors, Band-Aids, extra socks or tights, hair elastics, hair brush, water bottle, tissues, etc.

### Proper care of the skates should include:

- drying the blade after each use ensuring all snow and ice have been removed. This includes the sole of the boot.
- Placing dry blades into a cloth blade protector for storage. Do not put blades back into the skate guards, as trapped water could form rust on the edges of the blade.
- Skates should be aired out each day after practice to allow the leather to dry. Skater's feet sweat inside their skates. Damp leather could rot and weaken the boot.
- Blades should be sharpened approximately 20 – 40 hours of use, depending on quality of blade.
- Blades should always be protected when walking to and from the ice surface by skate guards. NEVER walk on floors with unprotected blades.

Providing your child with appropriate skating equipment will help them improve their skating skills more quickly and will make their on-ice experience more enjoyable.

## How To Support Your Skater

Here are a few key parent/guardian behaviors to keep in mind as you navigate through our sport with your child:

- **Being supportive:** It is important and healthy to constantly reassure your child that you support their efforts and are proud of them. Make time to watch their skating session or competitive performance when possible and invest your time in their development.
- **Being encouraging:** Being present and encouraging following a good and/or difficult sport experience will provide opportunities for your child to recognize their strengths and allow them to grow. Tone, body, and facial expression tell so much more of our truth than the words that we use. When things don't go as planned, your role is to not only help your child deal with the disappointment—but also learn from it. Empathy, along with encouragement and adaptability can result in positive change and building resilience, which is a skill your child can use both on and off the ice, and for years to come.



- **Being informed and knowledgeable:** Take time to educate yourself by accessing the resources available to you and by establishing a good communication line and relationship with your child's coach.

Being a role model: Children need to adopt and maintain a healthy lifestyle to perform well and reduce the risk of injury. As a parent/guardian, you can help them achieve these goals. Serve healthy foods, stress the importance of good nutrition and proper sleep. By leading the way, your child may follow along.

## Skate Canada Parent Code of Conduct

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect

Parents shall always model positive responsible behavior and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.

Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

Skate Canada has developed a resource for parents: [Long-Term Development \(LTD\) in Sport & Physical Activity Parent Resource Guide](#)

- How to support your skater at different stages of development
- Stage specific objectives
- Physical Capacities and Mental Skills



## Coaching Fee Guidelines

Private and Semi-Private Lessons are available for all STARSkaters. Each skater will have a primary coach with the option of additional supplementary coaches.

Private Lesson Fees are paid monthly directly to the coaches. Each month, an invoice will be sent out with the previous month's lessons.

**\*Please notify your skater's coaches at least 24 hours in advance if your skater will not be able to attend their lesson. If an emergency comes up less than 24 hours in advance, please contact your coach as soon as possible. Any missed lessons without notice will be billed for.**

Lesson rates are dependent on the coaches qualifications, years of experience and accomplishments.

## 2023/2024 Skating Season Lesson Fees

**\*These rates may vary by coach. If you would like exact fees and rates, please contact your coach directly.**

**Private:** Coach Rate/15min- Can vary from \$8-\$14 per 15 minutes

**Semi Private/Group:** Coach Rate+\$2.00/15min divided by amount of skaters in lessons.

### **In Club Tests**

**COACH EVALUATED TESTS** (Star 1-5 All Disciplines, Star 6-Gold Skills): Normal lesson fees apply. (Amount of time to evaluate is the amount of time charged for.)

### **OFFICIAL EVALUATED TESTS**

#### **Freestyle Star 6-Gold**

Part I - 2X private lesson fee

Part II - 2X private lesson fee

Part I & II (same day) - 3X private lesson fee

#### **Dance Star 6-Diamond or Skills Star 6-Gold**





2X private lesson fee

\* If dance is being partnered by your coach, there will be an additional charge of 1X private lesson fee

### **Competitions/ Out of City Tests**

4X 15min private lesson fee per event

Plus expenses:

Mileage - \$0.52/kilometre as per Skate Canada rule 2.7 (1) \*

Accommodations \*

Meals \*

Divided equally among all coaches' private skaters attending \*

### **Music Editing**

\$20/min \*Fee varies by coach

### **Notes:**

Please be advised that this document is a guideline only. If your coach's fees work differently, they will advise you at the start of the season.

Invoices will be sent monthly and must be paid by the due date. Late fees will apply if invoices are not paid on time.

## **Contact Information**

Questions or Concerns can be directed to one of the following:

Skating Director- Abby Kozma: [skatingdirector@figure8skating.ca](mailto:skatingdirector@figure8skating.ca)

Club President- Erin Turnell: [president@figure8skating.ca](mailto:president@figure8skating.ca)

Office Manager- Jacklyn Blades: [info@figure8skating.ca](mailto:info@figure8skating.ca)

## **Additional Resources**

Long-Term Development (LTD)- Parent Guide:

[http://figure8skating.ca/wp-content/uploads/2023/10/LTD\\_ParentsGuide.pdf](http://figure8skating.ca/wp-content/uploads/2023/10/LTD_ParentsGuide.pdf)

2023-2024 Skate AB Competition Restructure Announcement:

[https://skateabnwnun.ca/wp-content/uploads/2023/05/For-Immediate-Release\\_-Competition-Restructure-May-12-2023.pdf](https://skateabnwnun.ca/wp-content/uploads/2023/05/For-Immediate-Release_-Competition-Restructure-May-12-2023.pdf)