



**STAR 1-5
Excellence**

StarSkate Information Package

Welcome!!

We are delighted to welcome you to our StarSkate programs! Fall in Love with Figure Skating!!

This StarSkate information package is your guide to navigating our different StarSkate programs. You will find everything you need to know about our sessions, testing, competitions and general information.

STARSKATE OVERVIEW

Led by NCCP-certified Skate Canada coaches, the STAR 1-5 curriculum is Canada's premier figure skating program. It lays the groundwork for future champions in singles, pairs, ice dance, and synchronized skating by introducing participants to all the figure skating essentials.

We welcome skaters of all ages, including adaptive skaters who have met the required skill development level. All students must have completed CanSkate Stage 6 or an equivalent to enroll.

STAR 6-Gold is an assessment and event framework program designed for skaters who have completed the STAR 1-5 curriculum. It pushes your skills to the next level, building on what you've already learned while introducing exciting advanced figure skating elements.

What can you expect?

Our StarSkate programs feature the following pathways to develop your full potential:

Skills: A discipline for assessments that allows skaters to explore turns, steps, field moves and more. Skills is the foundation to all other disciplines.

Singles (Freeskate): Single skating is where individual creativity shines through in the art of freeskate. It's the most recognized form of our sport, showcasing personal style and athleticism on the ice.

Pairs: Two skaters join forces here to create a mesmerizing display of teamwork and skill. From lifts to throws, this discipline combines the beauty of technical ability and collaboration.

Ice Dance: Inspired by ballroom dancing, ice dance blends rhythm, athleticism and elegance, allowing skaters to express themselves through captivating performances set to some of your favourite songs.

Synchronized: Synchronized skating, or "synchro," is a dynamic team discipline where groups of eight or more skaters move as one, executing beautifully fluid circles, blocks, lines, wheels and intersections to music. Open to all ages and skill levels, it celebrates unity and teamwork on and off the ice.

Artistic: This discipline allows skaters to show their artistry through movement, creativity, projection, and musicality.

WHAT IS INTERMEDIATE STAR?

Intermediate Star groups are a component of CanSkate & StarSkate and not a program on its own.

Participants who have passed Level 3 in Canskate have the opportunity to Skate on our intermediate Star session.

This program is an introduction to Figure Skating. All skaters must have passed CanSkate Stage 3. These sessions run with group instruction from a professional coach with help from Program Assistants. Canskate levels 4,5 & 6 will be taught with the use of circuits. StarSkaters will be working on Stroking, Skating Skills, Dance, Artistic, Synchro, and Freeskate. Skaters at this level may obtain a Professional Coach for private instruction (refer to Private lesson information and our Professional Coaching Staff information & contact page).

ASSESSMENT SHEETS (Progress Reports for Canskate levels 4, 5 & 6)

CanSkate progress reports are evaluation tools used by our coaches and developed by Skate Canada to track the development of skaters in the CanSkate program.

These reports document skaters' achievements, provide feedback on their strengths and areas needing improvement, and use a checklist to indicate which skills have been mastered. This structured approach helps skaters see their progress, set goals, and stay motivated

One progress report is given out at the end of each skating term (December & March).


An example of a progress report can be found on the Canskate Information section on our website.

Skate Canada Assessments (for skaters in Star 1 and above)


Skate Canada Assessments are done on an individual basis – much like Canskate – skaters will all progress at different times and thus will do their Skate Canada Assessments at different times. Assessments will come in the form of a test sheet – please keep these completed test sheets in a safe place for your skater – creating an achievement binder of some sort is a great idea!

Assessments at some levels will require a skating dress. Skaters do have the option to wear a skating dress for any or all assessments – the coaches will communicate if your skater will need a dress. If a dress is not required – the skater must dress neatly and have tidy hair for the assessment.

Examples of Assessment Sheets:

		Skate Canada Dance Assessment STAR 1 Dance - Elements				
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Candidate: <input type="text"/>	SC # <input type="text"/>				
Home Club/Skating School: <input type="text"/>		Assessor: <input type="text"/>				
Evaluation Result: <input type="checkbox"/> Pass with Honours <input type="checkbox"/> Pass <input type="checkbox"/> Retry <input type="checkbox"/>						
STAR 1 Dance - Elements		Assessor: <input type="text"/>				
Date: <input type="text"/> / <input type="text"/> / <input type="text"/> Candidate: <input type="text"/>						
MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.						
All elements: Meets definition of the element.						
ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		BRONZE	SILVER	GOLD		
Forward Progressives	Accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	CW <input type="checkbox"/> CCW <input type="checkbox"/>
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Carriage/Clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Forward Chasses	Accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	CW <input type="checkbox"/> CCW <input type="checkbox"/>
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Carriage/Clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Forward Slide Chasses	Accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	CW <input type="checkbox"/> CCW <input type="checkbox"/>
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Carriage/Clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Forward Outside Swing Roll Sequence	Accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/>
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Carriage/Clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Forward Outside Cross Rolls	Accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/>
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Carriage/Clarity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements at Gold) <input type="checkbox"/> Pass (4 of 5 elements at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment	Bronze Silver Gold			

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		Skate Canada Freeskate Assessment STAR 1 Freeskate - Elements				
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Candidate: <input type="text"/>	SC # <input type="text"/>				
Home Club/Skating School: <input type="text"/>		Assessor: <input type="text"/>				
Evaluation Result: <input type="checkbox"/> Pass with Honours <input type="checkbox"/> Pass <input type="checkbox"/> Retry <input type="checkbox"/>						
STAR 1 Freeskate - Elements		Assessor: <input type="text"/>				
Date: <input type="text"/> / <input type="text"/> / <input type="text"/> Candidate: <input type="text"/>						
MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.						
Jumps: Fully rotated (lacking 1 rotation or less), correct take-off. Spins: Definition of basic position(s) achieved, established centre, min revs.						
ELEMENT	CRITERIA	RATING			OVERALL	COMMENTS
		BRONZE	SILVER	GOLD		
Waltz Jump (DW)	Execution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	
	Speed/Flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Landing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Single Salchow (St)	Execution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	
	Speed/Flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Landing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Single Toe Loop (St)	Execution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	
	Speed/Flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Landing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Forward Upright Spin (St) Min 3 revs	Execution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Backward Upright Spin (St) Min 3 revs	Execution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	G <input type="checkbox"/>	
	Edge Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S <input type="checkbox"/>	
	Position	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B <input type="checkbox"/>	
Passing Requirement: Must have a minimum of 4 elements at Silver or better.		<input type="checkbox"/> YES <input type="checkbox"/> NO				
Result: <input type="checkbox"/> Pass with Honours (4 of 5 elements at Gold) <input type="checkbox"/> Pass (4 of 5 elements at Silver or better) <input type="checkbox"/> Retry		Total Overall Assessment	Bronze Silver Gold			

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WINTER GALA

This is a small showcase for all skaters in our Intermediate Star Program (Canskate levels 4, 5 & 6), Open Star and Development Squad. Skaters with a solo will perform their solo in their competition dress. (Think of it as a competition preparation stage!). Skaters in the Canskate level 4, 5 and 6 will perform in groups of 2 or 3 and do their Creative Expression activity. This is something we do at the end of every Intermediate Star session, so the skaters are very used to it!

All skaters will participate (unless there is an indication they do not wish to or are away). Please notify Coach Cheryl if you are unable to attend.

All Skaters will wear a skating dress/outfit. Skaters with a dress will wear either beige or black tights, depending on your dress colour/style. Your coach or the club coaches will advise if needed.

Skating order will be established 1-2 weeks prior to the event, takes place during regular sessions Spotlight & Christmas lights used to make it more of a special event.

COMPETITIONS

For skaters who are working on STAR level one or higher, there is an opportunity to compete in Skate Ontario sanctioned competitions. A private coach is highly recommended if your skater has aspirations to attend a competition at the STAR 2 level or higher. Our Club Coaches will assist any skater in Star 1 without a private coach who is interested in attending a competition.

Early in the season, Skate Ontario asks each skater to do an assignment process so they can gauge how many skaters are interested in the competition dates/locations they have available. This process ensures the equal distribution of competition opportunities for all skaters. Club coach Cheryl will advise all skaters without a private coach on this process and everything to do with competitions.

Competition dates and locations are usually released by Skate Ontario in mid August to assist in planning for clubs and coaches. This schedule can be found on the Skate Ontario website under events. Skaters at this level will be under the Star 1-4 Competition schedule.

Skaters wishing to compete will require a skating dress/outfit and beige tights. It is also highly recommended you have an Aylmer Skating Centre jacket to wear to the competition as you will be representing our school. (Aylmer Skating Club jacket is acceptable as well if you have purchased this already).

INTERMEDIATE STAR & STARSkate EXPECTATIONS

Skaters: Etiquette on and off the ice

- o Proper skating attire must be worn – leggings, skating dress, skating sweater or jacket (without hood). No jeans, winter coats, snow pants, long scarves, or bulky mittens
- o Hair must be tied back, away from face
- o Be on-time
- o Promote good sportsmanship by encouraging fellow skaters and respecting their work time on the ice.
- o Skaters must get up promptly after a fall, unless seriously injured.
- o Skaters who are in a lesson or performing their program, dance or skills to music have right of way, so try your best to get out of their way as they approach
- o No standing in the middle of the ice
- o Any questions or concerns – speak to a coach
- o Use time wisely...if not in a group/semi/private lesson consult a coach as to what to practice if you aren't sure!
- o If you will be away, try and let a coach know
- o ALWAYS WATCH your surroundings! Just like crossing a street, look before you go! Watch where you are going and watch for others and be courteous to fellow skaters on the ice.

Parent/Guardian roles and responsibilities

- o To ensure skaters get to the arena on time
- o To be supportive, patient and encouraging
- o To work as a team with the coaching staff and skater to achieve goals
- o To stay informed on club development and activities
- o To know the contact person for their skater's session
- o To volunteer your time within the centre's operations



REQUIRED EQUIPMENT

Intermediate StarSkate & StarSkate

Recommended Skate Brands:

Skates should fit properly, if they are too big or too small, injuries can occur.

"Leaving room to grow" is not suggested for skaters at this level.

Please talk to your coach or to one of our coaches to recommend the skate type for your skater and recommend a place you can go to be properly fitted & purchase or rent your skates.

Equipment is a very important component for safety and success in skating for all levels.

Skates: When looking for figure skates, the following tips should be kept in mind:

- Fit well and provide ankle support.
- Fit around ankle should be snug and the top is a bit looser to allow the ankle to bend.
- Any extra lace should be tied or tucked in to avoid tripping or stepping on the lace.
- Sharpen skates before use (new skates do not come sharpened) and continue to sharpen every 15-20 hours.
- Sporting goods stores and arena pro shops are fine for sharpening hockey skates, but should not be used for figure skates.
- **Figure Skates must be sharpened by a professional or they may be damaged.**

- Use hard guards to protect sharpening when walking (off the ice).
- **Wipe off snow after skating and dry with a soft towel.**
- **Never store skates with guards on as it creates rust.**

Not Recommended: Poor ankle support, poor fit= less control



Recommended: Good support and fit= faster progress and good ankle support



Clothing:

- Should be warm, but not restrictive.
- Dress in layers.
- Ensure skates are secure, with nothing hanging down or touching the ice.
- Avoid wearing long scarves or pants that are too long or that flare at the bottoms
- Mittens or gloves are mandatory- not just for warmth, but protection from the ice & sharp skates!

Note: Parents/guardians are asked to remain in the arena in case of skater injury/illness, or to take their skater to use the washroom.

Coaches and Program Assistants are not able to take your skater to the washroom or off the ice.

FAQ's

What happens if I need to leave the arena while the session is in progress?

All skaters must have a designated parent/guardian/adult that is in attendance throughout the session for emergencies, injury, washroom breaks, etc. Guardians must stay in the arena for all skaters under the age of 12 years old. You can ask another parent/guardian present to mind your skater in your absence- be sure to advise your skater who this. Coaches and Program Assistants are not able to take your skater off the ice or to the washroom.

What happens if I think my skater is in the wrong group?

What if I have a question during the session? If you have any questions, please direct them to Cheryl, our Head coach and Program coordinator at info@aylmerskatingcentre.ca. We will assess your skater and provide an explanation as to their group placement or move the skater as needed. Skaters are grouped by ability.

Can I film or take pictures of my skaters on the ice?

Parents are not allowed to record another child that is not their own unless they have consent from the child's parent. Additionally, parents will not use technology or social media to disrespect or exploit others. While we understand the desire to capture your child's progress, we cannot monitor who is being filmed, by whom, or which children are included in the video or picture.

Next Steps

Is your child interested in figure skating or power skating?

After level 3 Canskate is achieved - we offer skaters to go to figure skating or our pre power group.

Figure Skating -

IntermediateStar Sessions (see our website for details)

Canskate level 4, 5 &, Star 1& 2 (with lessons)

This program is an introduction to Figure Skating. All skaters must have passed CanSkate Stage 3. These sessions run with group instruction from a professional coach with help from Program Assistants. Canskate levels 4,5 & 6 will be taught with the use of circuits. StarSkaters will be working on Stroking, Skating Skills, Dance, Artistic, Synchro, and Freeskate. Skaters at this level may obtain a Professional Coach for private instruction (refer to Private lesson information and our Professional Coaching Staff information & contact page). Next Steps after Intermediate: StarSkate - see website for details.

Power Skating

PrePower Program

This session is designed for those children who can already skate forwards, backwards and stop. In these classes the skaters develop better balance, power, agility, speed and endurance, using edges, crossovers, lateral moves and fast forward/backward starts. No Hockey Sticks. Participants must be working on CanSkate level 3, must wear a CSA Certified hockey Helmet.

Advanced PowerSkate

Spring Only Program

The PowerSkate program is designed to develop 15 essential skills across three core areas: Balance, Control, and Agility. Since skating is a key foundation for hockey and ringette, this program offers focused skill development outside of games and practices. It allows flexible progression and intensity to match each skater's level. Participants are assessed on a development scale indicating early, moderate, or advanced skills. The program's primary goal is to teach and refine proper skating technique. Note: PowerSkate is not a learn-to-skate program.

All skaters must have completed Stage 4 of the CanSkate program or equivalent. Required equipment includes hockey skates, gloves, a stick, and a CSA-certified helmet. Full equipment is mandatory. Coaches may conduct assessments to confirm eligibility.

Contact Information:

Coach Cheryl: info@aylmerskatingcentre.ca

Website: aylmerskatingcentre.ca

Facebook: Aylmer Skating Centre



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