



STARSkate Introduction at Ice Edge Skating Club

STARSkate

Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!

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 interpretive 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. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

The STARSkate competition program is comprised of 10 different STAR levels for skaters who have completed the CanSkate program. It introduces participants to key components of figure skating including performance, assessment, and competition. STAR 1-5 fits into the Learn Train level of Skate Canada's Long-Term Athlete Development Model (LTADM).



Each stage of this national program emphasizes key skills as turns, stroking, jumps, spins, and different aspects of performance that have been designated by figure skating experts as necessary for development and progression in our sport. It is important to note that every skater is unique and will advance at different rates due to various factors such as growth spurts and participation. To accommodate individual needs, the STAR 1-5 competition program is designed to be fluid and allow skaters to progress at their own pace, even skipping levels if appropriate; skaters may move through several levels in a season or stay at the same level – it's all dependent on individual athlete development! At all stages and levels, parents should discuss their skater's progress with their coach to determine the best options for them.

The STARSkate legacy

STARSkate has been the mainstay of figure skating in Canada for more than four decades.

When you/your child registers for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- complimentary Gold Test pins
- invitational and interclub competitions, including the STARSkate championship stream

- specifically designed awards and incentives such as badges, tattoos and stickers
- STARSkate Skater of the Year awards program
- Progress updates and report cards
- Special STARSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.

These are some of the awards and incentives that have been developed to encourage athletes in the STARSkate Program.

How STARSkate works

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive. Each area is divided into the following levels:

Primary Level Tests

- Skating Skills: Preliminary, Junior Bronze
- Free Skating: Preliminary, Junior Bronze
- Dance: Preliminary, Junior Bronze
- Interpretive: Introductory

Intermediate Level Tests

- Skating Skills: Senior Bronze, Junior Silver
- Free Skating: Senior Bronze, Junior Silver
- Dance: Senior Bronze, Junior Silver
- Interpretive: Bronze

Senior Level Tests

- Skating Skills: Senior Silver, Gold
- Free Skating: Senior Silver, Gold
- Dance: Senior Silver, Gold, Diamond
- Interpretive: Silver, Gold

What Options do I have as a STARSkate Athlete?

Once a skater is in the Skate Canada STARSkate Program, there are several of options. Skaters may choose to remain in the STARSkate Program, taking tests (although not mandatory) at organized test sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada tests. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada CompetitiveSkate Program or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.

Skating Skills

Skating 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.

There are 6 Skating Skills tests in the STARSkate program:

- Preliminary

- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Ice Dance

Consisting of seven levels of tests, 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. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The Dance Tests are as follows:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold
- Diamond

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.

There are six Free Skating tests in the STARSkate Program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Each test consists of 2 parts – Elements in Isolation and a Free Program.

Interpretive

The objective of the Interpretive program 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.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels:

- Introductory
- Bronze
- Silver
- Gold

Competitions for STARSkate Athletes

STARSkate participants love to compete! Our feedback indicates that even though a skater may choose not to participate in the Skate Canada CompetitiveSkate Program, they still want the opportunity to test their skill in a competition situation. Skate Canada offers several opportunities to do this.

Club Competitions

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

STARSkate Interclub Competitions

These are events involving a number of clubs in the same region or area. The competition categories offered generally fall in line with the applicable Skate Canada Section specifications, so that all Interclubs within the Section are standardized (this allows Skate Canada Sections to offer a Section Final). The STARSkate Championship program provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing up to a Sectional level in a credible, nationally standardized event.

Invitational Competitions

These are events coordinated by a Section or Club(s) and offered, generally, to STARSkaters and competitive skaters. Most events fall within Skate Canada's specifications regarding program length and eligibility to compete. For more information contact the hosting Section or club.

STARSkate at Ice Edge Skating Club: SKATER COMMITMENT

Skate Canada's new StarSkate program has been strategically designed to fit with the Long Term Athlete Development Plan. This plan, which was created by Skate Canada to be in line with Sport Canada's requirements, guides all levels of skaters up and through to their end goal - be that competitive skating, recreation while they are young or active for life. Recognizing the value in both the new StarSkate program and the LTAD will help our skaters reach their goals this coming season and in the future. The LTAD specifies minimum ice requirements, set by level, that are recommended/needed for skaters to experience regular growth and improvement on the ice. These are the MINIMUM recommendations for a RECREATIONAL StarSkater. Star level listed refers to Star FreeSkate Competition level.

Star 1	2-3 days (Junior)
Star 2	3 days (Junior)
Star 3	3-4 days (Senior)
Star 4	4 days (Senior)
Star 5	4-5 days (Senior)

As our regular StarSkate ice times for this year reflect only 2 days/week, many of our skaters will not be receiving the required ice time they need. To address this problem, our club is again offering morning sessions both on Monday and Friday, from 6:30-7:30am. These classes are very well priced, and currently open for registration. You can find them at www.iceedgeskatingclub.com/registration

STARSkate at Ice Edge Skating Club: OUR STARSKATE TEAM

Head Coach: Heather McFarlane coaching@iceedgeskatingclub.com & h.mcfarlane@live.com

Responsible for overseeing all club program delivery and execution.

Certifications	Skate Canada NCCP Level 1, Primary STARSkate, CanPowerSkate, Standard First Aid and CPR
Education	Skate Canada ISPC NCCP Level 2 Trained, Skate Canada National Coaching Conferences, Skate Canada Workshops and Clinics, Level 2 (Sport Science, Skating Skills and Stroking, Dance, Pairs and Syncro), 100+ hours of mentoring by Level 3 coaches, New CanSkate Program, fluent in English and French
Skating Experience	Dance, FreeSkate, Skills, Interpretive, Adult competitor
Coaching Experience	Head Instructor City of Brampton, Head Coach Warsaw and District Figure Skating Club, Professional Skating Coach Skate Canada Brampton-Chinguacousy and Woodbridge Skating Club, Alternate Professional Skating Coach Sport Seneca - Seneca College, Alternate Professional Skating Coach York Regional Skating Academy, Head Professional Coach Cranbrook Skating Club
Choreography	FreeSkate, Dance, Interpretive, Ice Shows and Demonstrations

Coach: Sonya MacMillan sonyamacmillan1@gmail.com

Certifications	Skate Canada NCCP Level 1; CanPowerSkate; Standard First Aid and CPR
Education	Skate Canada NCCP Level 2 NCCP Level 2 Theory and Technical (Singles) Course; New CanSkate Program
Skating Experience	Freeskate, Skills and Dance
Coaching Experience	Since 1994 including Skate Canada programs CanSkate, StarSkate and CanPowerSkate in Calgary, AB and Cape Breton, NS; Learn to Skate programs Calgary Skating Academy and City of Calgary
Choreography	Individual Freeskate and Ice Show events

Our regular coaches may be absent from time to time and will typically secure subs for that time

Program Assistants – SR STARSkaters, with Coach approval

Competition & Test Chair – Desiree Aboud; Board Director; testchair@iceedgeskatingclub.com

STARSkate at Ice Edge Skating Club: SCHEDULE

Jr. STARSkate Sessions

Jr. STARSkate classes are designed for skaters that have completed CanSkate Level 5 or have head coach approval to register. Skaters will work on STAR 1-2 technical level.

FALL/WINTER 2017-2018 SCHEDULE

Class	Day	Time	Fall/Winter Session Dates
Ice Time	Monday and Wednesday	4:00-5:30PM	Sept 11 - Mar 29 (No classes Oct 9, Dec 25&27, Jan 1&3, Feb 19)
Off-Ice	Monday and Wednesday	5:45-6:45PM	Sept 11 - Mar 29 (No classes Oct 9, Dec 25&27, Jan 1&3, Feb 19)
Extra Practice Ice	Monday	6:30-7:30AM	Sept 11 - Mar 26 (No ice times Oct 9, Dec 25, Jan 1, Feb 19)
Extra Practice Ice	Friday	6:30-7:30AM	Sept 15 - Mar 29 (No ice times Nov 10&24, Dec 1&22&29, Jan 5, Feb 9)

SPRING 2018 SCHEDULE

Class	Day	Time	Spring Session Dates
Ice Time	Monday and Wednesday	4:00-5:15PM	TBA
Off-Ice	Monday	5:30-6:30PM	TBA
Extra Off Ice	Thursday	5:30-6:30PM	TBA

Sr. STARSkate Sessions

SR. STARSkate classes are designed for skaters who are working on skating skills at a STAR 3 technical level or higher and have head coach approval to register.

FALL/WINTER 2017-2018 SCHEDULE

Classclass	Day	Time	Fall/Winter Session Dates
Ice Time	Tuesday and Thursday	4:00-5:30PM	Sept 12 - Mar 29 (No classes Nov 9, Dec 26&28)
Off-Ice	Tuesday and Thursday	5:45-6:45PM	Sept 12 - Mar 29 (No classes Nov 9, Dec 26&28)
Extra Practice Ice	Monday	6:30-7:30AM	Sept 11 - Mar 26 (No ice times Oct 9, Dec 25, Jan 1, Feb 19)
Extra Practice Ice	Friday	6:30-7:30AM	Sept 15 - Mar 29 (No ice times Nov 10&24, Dec 1&22&29, Jan 5, Feb 9)

SPRING 2018 SCHEDULE

Class	Day	Time	Fall/Winter Session Dates
Ice Time	Tuesday & Thursday	5:30-6:45 PM & 4:00-5:15PM	TBA
Off-Ice	Thursday	5:30-6:30PM	TBA
Extra Off Ice	Monday	5:30-6:30PM	TBA
Extra Ice Day	Monday / Wednesday	4:00-5:15PM	TBA

STARSkate at Ice Edge Skating Club: WHAT IS INCLUDED IN FEES?

Skate Canada, advertising, bank charges, merchant fees, signage, awards, website, ice and room rental, head coach administration and off-ice fees, supplementary instructor fees (nutritionist, dance instructor, etc), printing, gifts, supplies, event and party decorations, food, costumes, props, etc..

A portion of the STARSkate fees also covers on-ice coach time (60 minutes per week for JR's, 30 minutes per week for SR's)

STARSkate at Ice Edge Skating Club: OFF-ICE & SUPPLEMENTARY CLASSES

In the Learn to Train Stage, skaters should participate in a variety of other sports and activities to become better athletes and more well-rounded skaters in both body and mind. As in the Learn to Skate stage, the specific types of activities will depend on the specific socio-cultural context of the athlete but coaches, parents, and clubs are encouraged to explore the different opportunities that exist in their communities.

That said, at this stage of development more sport-specific activities such as off-ice technical jumping classes should be introduced to help with body development and awareness and the understanding of movement patterns. It is important to note that the proportion of on-ice to off-ice activity is also seasonal and subject to periodization. Knowledge of the intentions behind warm-up, cool-down, stretching, nutrition, hydration, and rest and recovery should be encouraged. At point of entry into Learn to Train, skaters should be participating in one to two hours of sport-specific off-ice activity each week, for 20 to 40 weeks of the year.

Off-ice training is essential for all Skate Canada members. Off-Ice is a requirement for STARSkaters; it helps in improving flexibility and reduce the risk of injury and is just as important as on-ice training.

Incorporating fitness training into a club's STARSkate program ensures that Canadian children are getting the appropriate level of physical activity, as outlined in Health Canada's "Guide to Physical Activity for Youth". It also ensures that young figure skaters recognize that off-ice training is part of training for our sport. As the athlete develops, training will become more specific and should include the following areas:

- 1. Core Stability/Strength Training/Functional Movement*
- 2. Aerobic / Anaerobic Training*
- 3. Flexibility Training*
- 4. Creative Movement / Dance Movement*
- 5. Nutrition*
- 6. Mental Training*

Incorporating regular off-ice training into an athlete's annual training plan will help ensure that our members are doing all that they can to achieve their own level of personal excellence – in whatever Skate Canada program they are enrolled.

- Participants will learn exercises that are sport specific and others that will help general fitness, strength and balance.
- Participants will learn exercises that can be done both at home and in the gym.

Please note that this year the club has added enrichment to our off ice programming! Skaters will now be offered special off-ice days with guest instructors or presenters to come help our skaters grow on a broader basis while also enhancing our current skating program.

Our first seminar will be Nutrition, and the dates are set for Wednesday September 27th (Juniors) and Thursday September 28th (Seniors) during the normal off-ice time, 5:45-6:45 pm in the Spartan Room. We HIGHLY encourage parents to plan ahead and join us for the entirety of this off ice seminar!!

STARSkate at Ice Edge Skating Club: WHY JOIN IESC?

We are a LOCAL skating club right in Chestermere! The ice time and off-ice is offered at low cost (STARSkaters are subsidized by about 50%) despite the small classes, badges/ribbons are available to skaters as they progress, participation in competitions (the club does not subsidize any competition costs, however, the skater is able to register under the club name), photo days, year-end pizza party, demo or ice show event (if during the applicable year), program assistant training, supplementary instruction for 6 off-ice classes during the year, access to certified professional coaches, skating skills, strength, endurance and flexibility training, and gain general life skills.

STARSkate at Ice Edge Skating Club: EQUIPMENT / ATTIRE

- Figure skates, properly fitted and sharpened (coach can discuss which skates are most appropriate for your skater)
- Hard blade guards (to be used only when walking in the skates)
- Soft blade guards (to be used only when blades are DRY, during storage of the skates)
- Cloth to dry blades after ice time
- Warm up jacket
- Gloves
- Comfortable pants/tights/skating dress or skirt
- Runners or sneakers for off-ice
- Yoga mat for off-ice
- Water bottle
- Snack for between ice and off-ice
- Ensure hair is tied back
- No loose jewelry
- No hoodies

****PLEASE NOTE THAT WE DO NOT RECOMMEND THE LOCAL SKATE SHARPENING BUSINESS, AS FIGURE SKATES REQUIRE SHARPENING PERFORMED BY A TRAINED PROFESSIONAL, AND WE CAN ONLY TRUST LOCATIONS SUCH AS CALGARY PROFESSIONAL SKATE, DONE RIGHT SPORTS EQUIPMENT, NOSWEAT, ETC. PLEASE SPEAK WITH THE COACH TO DISCUSS ANY OTHER OPTIONS****

STARSkate at Ice Edge Skating Club: OVERVIEW & PROGRAM FORMAT

Objective of program – To train skaters in the sport of figure skating from CanSkate to the Learn to Compete stage of development. STAR 1-5 covers the Learn to Train stage of development and will offer the skaters a solid pathway for development.

Overview of all disciplines – Skills will train skaters on edges, turns, power and field moves. Freeskate will train skaters on jump and spin technique as well as introduce them to programs. Dance will train the skaters on dance steps and technique, pattern dances, timing and carriage. Skaters will participate in all disciplines at this level of training.

Coach assessments – Skaters in this program will be assessed by the coach that is teaching them each discipline. This will allow skaters to have access to assessments when they are ready. This will be more convenient for the parents as all assessments can be done on the skater's regular session.

Assessment to standard – All assessments in the STAR 1-5 program will be assessed to a standard. This standard will also be used at the STAR 1-5 events. Skaters are encouraged to reach a Gold standard for as many skills as they can.

Session formats – To increase and maximize coach directed time on the STAR 1-5 sessions, clubs will use a variety of formats during this “golden age of learning” to facilitate strong skill development. This includes on and off ice classes, group, semi-private or private lessons or stations.

Billing Format – Our club uses a Club/Coach directed billing format, where a portion of the STARSkate fees covers coach time (60 minutes per week for JR's, 30 minutes per week for SR's). The coach will invoice for the remainder of lessons given to the skaters. It is customary to pay your coach invoices within 2 weeks. You will receive the rates from your coaches via email.

STARSkate at Ice Edge Skating Club: COMPETITION EXPECTATIONS

1. Parents will enter their skaters in the competition event categories specified by the coaches; please contact the coaches or the Test & Competition Chair if you have event category/registration questions.
2. Entries must be submitted on time; please watch for email reminders and reach out to our club Test & Competition Chair if in doubt to stay abreast of deadlines and schedule information. If a deadline is missed, skaters may be asked to pay a higher entry fee or may not be able to participate.
3. Skates must be sharpened no closer than 1 week prior to a competition to ensure any sharpening errors or adjustments can be made.
4. Skates must be purchased no closer than 4 weeks prior to a competition to allow time for skaters to break in their skates.
5. Skaters must arrive, ready for their performance, one hour ahead of their scheduled event flight time.
6. Skaters must wear an appropriate skating dress, neutral tone tights. Hair must be neat and hair-sprayed and tasteful make-up can be worn. Black jacket or sweater and black 'mini' gloves must be worn during warm up. Team event outfits are more flexible and may go outside of standard skater attire.
7. Complete competition technical requirements are available on our website.

COMPETITION: Completed Achievement Requirements - STAR 1-5

EVENT	FREE SKATE PROGRAM Test Passed				SPINS Executed to Standard			JUMPS Executed to Standard				
	STAR 1	STAR 2	STAR 3	STAR 4	Sit	Back	Camel Sit	Loop	Flip	Loop-Loop	Lutz	Axel
STAR 1		coaches permission required to participate										
STAR 2	✓				✓	✓		✓	✓			
STAR 3	✓	✓			✓	✓	✓	✓	✓	✓		*
STAR 4	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	**
STAR 5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	***
Introductory Interpretive												
Bronze Interpretive												

* must have begun working on axels

** must be able to fully rotate or consistently cheat an axel, begun working on double jumps

*** must be consistently landing full rotation axels and able to fully rotate OR consistently cheat any double jump

COMPETITION: STAR 1-5 Brief Description

STAR	Format	Description
1	Group Elements Event	<ul style="list-style-type: none"> ➤ MUST HAVE COACH PERMISSION TO PARTICIPATE <p>Introduces skaters to performing elements like jumps and spins in a fun group environment with their coaches. Skaters are evaluated and receive a report card and ribbon based on their performance.</p>
2	Evaluated Program	<ul style="list-style-type: none"> ➤ MUST HAVE PASSED STAR 1 FREESKATE TEST TO PARTICIPATE ➤ MUST BE ABLE TO EXECUTE A LOOP, FLIP, SIT SPIN AND BACKSPIN TO STANDARD <p>Skaters now take many of the elements they learned in STAR 1 as well as new skills and perform them in a program in front of judges. Many skaters may learn a program in a group and even share music. Like STAR 1, skaters are evaluated and receive a report card and ribbon.</p>
3	Evaluated Program	<ul style="list-style-type: none"> ➤ MUST HAVE PASSED STAR 2 FREESKATE TEST TO PARTICIPATE ➤ MUST BE ABLE TO EXECUTE A LOOP-LOOP, FLIP AND CAMEL SIT SPIN TO STANDARD ➤ MUST HAVE BEGUN WORKING ON AXELS <p>STAR 3 continues to build on the skills learned in STAR 1 and 2. More difficult elements like an axel jump are added and judges evaluate the programs based on more challenging criteria. Skaters also receive a report card and ribbon.</p>
4	Ranked Program	<ul style="list-style-type: none"> ➤ MUST HAVE PASSED STAR 3 FREESKATE TEST ➤ MUST BE ABLE TO EXECUTE A LUTZ, AND ALL STAR 3 ELEMENTS TO STAR 4 STANDARD ➤ MUST BE ABLE TO FULLY ROTATE OR CONSISTENTLY CHEAT AN AXEL ➤ SHOULD HAVE BEGUN WORKING ON DOUBLE JUMPS <p>Axels are encouraged at this level and receive a bonus for successful completion. STAR 4 serves as a transition point between evaluated levels and competition incorporating a points system. Assessments are used to produce a ranking for each group of competitors. Each skater receives a report card with top finishers in each group receiving either a ribbon or medal.</p>
In STAR 1-4, skaters are evaluated against a national standard by a panel of certified judges. Each element they perform receives an assessment of Gold, Silver, Bronze or Merit as well as an overall standing.		
5	Ranked Program	<ul style="list-style-type: none"> ➤ MUST HAVE PASSED STAR 4 FREESKATE TEST ➤ MUST BE CONSISTENTLY LANDING FULL ROTATION AXELS ➤ MUST BE ABLE TO FULLY ROTATE OR CONSISTENTLY CHEAT ANY DOUBLE JUMP <p>Skaters may perform double jumps at this level. STAR 5 is the first time skaters are rewarded points for elements and performance; it is the same scoring system used to judge top competitive figure skaters. Skaters are ranked based on total points and are provided a detailed report card. Top finishers receive medals.</p>

STARSkate at Ice Edge Skating Club: TESTING

Once a skater moves to the STARSkate program, progress in Free Skate, Skating Skills and Dance is evaluated through testing. Skaters are assessed and upon successful completion move through each test level.

Although the experience of testing may be a little overwhelming for both parents and skaters it is designed to celebrate the achievements of our skaters.

Testing Expectations

1. Parents should regularly check their emails to ensure they are aware of their skaters schedule test dates. A minimum notice period of 48 hours will be provided. Coaches will work with the Competition & test Chair to arrange testing of skaters. The Competition & Test Chair will email you when your skater will be tested.
2. Test fees **MUST** be paid before a skater will be allowed to take a test. If fees are not paid, the test will have to be rescheduled. Test fees are \$12. The current STARSkate registration fee includes \$36 in test fees (3 tests). You will be notified once the \$36 has been used. Please contact us at the end of the skating season for any remaining/unused test fee credits.
3. Tests will not be scheduled until the coaches deem a skater is ready to be tested. Skaters may test individually or within a group. As all skaters progress at their own pace, test days may be different for skaters participating in the same group lessons.
4. As all skaters progress at their own pace, test days may be differ by skater and may not align with those participating in the same group lessons.
5. Tests will happen during a skater's regular scheduled class lesson. Parents will be charged their normal lesson fee for the test.
6. Jacket and gloves can be worn during warm-up, but should be removed for the assessment, if temperature provides.
7. Proper attire for The following may be used as a suggestion for Assessment day attire:
STAR 1 & 2: Regular practice attire acceptable, however performance attire is encouraged
STAR 3 – 5: Performance attire required

TEST LEVELS: STAR 1-5

STARSkate Program		FREESKATE		SKILLS	DANCE						
New	Old	Elements	Program		Elements	Dutch Waltz	Canasta Tango	Baby Blues	Swing	Fiesta	Willow
STAR 1	Intro	✓		✓	✓						
STAR 2	Prelim	✓	✓	✓		✓	✓				
STAR 3	Prelim	✓	✓	✓	✓			✓			
STAR 4	Junior Bronze	✓	✓	✓	✓				✓	✓	
STAR 5	Junior Bronze	✓	✓	✓	✓						✓

TEST LEVELS: INTERPRETIVE

Interpretive Program	PASSED TEST			
	STAR 3	Introductory Interpretive	Bronze Interpretive	Silver Interpretive
Introductory	✓			
Bronze	✓	✓		
Silver	✓	✓	✓	
Gold	✓	✓	✓	✓

STARSkate at Ice Edge Skating Club: SKATER RESPONSIBILITIES

The Skater's Role:

- Be on time
- Use interest, attention, focus and concentration
- Enact your commitment to sport
- Show an effort and willingness to try
- Practice goals and skill development
- Use coach corrections to better your skills
- Use their class time wisely (no distraction to themselves or other skaters)
- Have hair tied back, proper clothes and equipment for on and off ice classes
- Use good manners and Respect team mates, parents and coaches
- Have a tolerance for others as well as yourself

The Skater's CODE OF CONDUCT:

- Represent the Ice Edge Skating Club in a respectful and professional manner
- Strive to create and maintain cooperative relationships with skaters/parents and coaching colleagues for the purpose of ensuring a positive skating environment
- No food, gum, candy or glass containers are permitted on the ice surface
- Alcohol and drugs are forbidden at all club activities; abuse of this will result in expulsion
- Pushing, tripping, horseplay, intentional interference with other skaters or profanity may result in expulsion of the offending skater
- Leave the ice during a flood and PROMPTLY at the end of each session
- All skaters and guests are expected to dress and behave in an appropriate manner that reflects good taste and a good moral attitude
- Non-Payment of Club fees will result in the withdrawal of Skating Privileges
- Inappropriate and disrespectful behavior by Skaters and/or Parents to Coaches or Club officials can result in a temporary or permanent suspension from the Ice Edge Skating Club
- There is NO bullying, victimizing, harassing (sexual or otherwise), impersonating, vandalizing or stealing from another skater; Disciplinary actions may include the suspension or expulsion
- Skaters are to display good sportsmanship and encourage all skaters' enjoyment of skating
- Skaters are responsible for keeping the dressing rooms clean and tidy, putting away their own personal items and throwing away any garbage
- Socializing on the ice between skaters is to be kept to a minimum
- Electronic devices such as MP3 players or cell phones are not permitted during on ice or off-ice sessions without coaches approval
- Trust your coach and resolve conflicts by allowing a 24-hour cool down period; bring your issue to your parent who can direct your concern to a member of the board for resolution

The Skater's ICE ETIQUETTE:

- Soloist has the right of way but all skaters need to be aware of their surroundings and respect everyone on the ice
- Coaches doing choreography also have the right of way if they are using music
- When skating away from the boards, pay attention to oncoming skaters
- Profanity or disrespect to fellow skaters or coaches will not be tolerated
- The Coach has the authority at all times and will enforce the above rules when required

STARSkate at Ice Edge Skating Club: VOLUNTEER & FUNDRAISING

The STARSkate program is expensive to run.

Program cost information:

- ice rental - \$185/hr
- room rental - \$28.88/hr
- coaching stroking/skills/off-ice - ~ \$40-46/hr plus mileage, depending on the coach

Skater fee information:

- ice [time@~\\$9.6/hr](#)
- off-ice@~\$4/hr

STARSkate (20 skaters: 10 JR + 10 SR) program example:

- for every 1 hour of ice time the club pays \$185 and the group of 10 STARSkaters pays \$96
- for every 1 hour of off-ice time the club pays \$74.88 and the group of 10 STARSkaters pays \$40.
- for the fall/winter session of 157.50 hours of total STARSkate program ice time and 105 hours of off-ice time the cost to the club overall is:
 - \$29,138 for ice
 - \$3032 for off-ice room
 - \$11,296 for instructor fees
 - \$43,466 TOTAL COST for STARSkate September to March
- HOWEVER the revenue we get from registrations is \$22,126. We are short by \$21,340. We need to find approximately \$1000 in extra funds per skater in order for our STAR program to run. The \$100 in fundraising profits from your fundraising still does not cover what we need. We then rely on the casino funds and CanSkate surplus funds, if available, to cover the remainder.

STARSkate Volunteer & Fundraising Requirements:

- These requirements exist in order to improve our results for the club and to share the work amongst all of us, as we all benefit from the club's subsidy to STARSkaters.
- Details and explanations on the following pages...

STARSkate at Ice Edge Skating Club: ...VOLUNTEER & FUNDRAISING

Overview OF HOW WE ARRIVED AT THE REQUIREMENTS:

Ice Edge Skating Club offers CanSkate and STARSkate programs.

CanSkate is essential to the club as this program establishes a presence in the community and provide the basic skating skills for those interested in moving to our STARSkate program.

The majority of the operating costs for both CanSkate are covered by the program fees however this is not the case for the STARSkate program.

Our STARSkate program is the highest cost program that we offer, and the funds we receive from STARSkate registrations do not come close to covering the operating costs.

In order to keep STARSkate program fees reasonable a significant amount of fundraising is required.

Volunteer / Fundraising Commitment:

Our club is a not for profit society that is run entirely by volunteers. Board members act on behalf of the club to ensure it operates smoothly, however even with a full board (10 members) we still need additional volunteers to guarantee all the club events, programs and fundraising happens successfully.

This year, the board had decided on a new set of requirements for the STARSkaters, as a thank you for the hard work during the 2016/2017 year and also due to the fact that casino funds have become available for this upcoming year.

Requirements Rubric:

COMMITMENT CATEGORY	MINIMUM REQUIREMENT	BOND CHEQUE \$*	ADDITIONAL INFORMATION
Volunteer Time	Twelve (12) hours per skater	\$200 cheque x 1 Post Dated March 15, 2018	Earn 600 credits for Volunteering. Sign up online!
Product Fundraising	Approximately \$300 in product sales per skater, which is about \$100 in profits to the club.	\$100 cheque x 1 Post Dated March 15, 2018	Earn 250 credits for Fundraising OPT OUT by providing a cheque for \$100 by September 18.
Bottle Drive	One (1) Bottle Drive	\$100 cheque x 1 Post Dated October 14, 2017	OPT OUT by providing a cheque for \$100 by September 18.
Casino	N/A	N/A	N/A
AGM Attendance	One (1) parent in attendance each season per family	\$50 cheque x 1 Post Dated June 25, 2018	June – Date TBD
Silent Auction Item	One (1) of a min.\$50 value each season per skater	\$50 cheque x 1 Post Dated September 30, 2017	OPT OUT by providing a cheque for \$50 by September 18, 2017
Raffle Ticket Sales	Two (2) books in the Winter session	\$200 cheque x 1 Post Dated March 15, 2018	OPT OUT by providing a cheque for \$200 by September 18, 2017
Program Assistant Time	Attend PA training session and provide program assistance at up to 12 CanSkate classes – eligible Sr. STARSkaters ONLY		Schedule will be agreed to by the Head Coach and the Sr. STARSkaters eligible to participate

***Bond cheques will be returned once a requirement is met in a corresponding commitment category.**

NOTE: Exceptions can be made for any member who provides funds to the club by way of sponsorships or other means. The value of such funds will be determined and applied towards the above listed requirements. If you do complete a portion of your volunteer and / or fundraising requirements, we will prorate the amount that you would owe the club.

Requirements Rubric Explained:

Volunteer Time

Volunteers are needed for a variety of roles including board membership, special events, fundraising events etc. We are in desperate need for CanSkate class help!

- Earn 600 credits = 12 hours
- Provide One (1) Post-Dated Bond Cheques of \$200 (dated March 15, 2018)

Product Fundraising

The club will offer product fundraising opportunities once or twice per year. The offerings are seasonal/holiday-based and applicable for the time that they are offered.

- Earn 250 credits = approximately \$300 in Product Sales (generates ~ \$100 profit to the club)
- Provide One (1) Post-Dated Bond Cheques of \$100 (dated March 15, 2018): \$100
- Opt Out from Product Fundraising; due September 18, 2017: \$100 per skater

Bottle Drive Participation

Bottle Drives have proven to be a great way to raise funds and the club plans to run 2 bottle drives throughout the year.

- Participation in 1 of 2 bottle drives (fall, winter, spring options)
- Provide One (1) Post-Dated Bond Cheques of \$100 (dated October 15, 2018): \$100
- Opt Out from Bottle Drive Participation; due September 18, 2017: \$100 per skater

Casino Participation – Mandatory

- NA

AGM Attendance

The club must hold an Annual General Meeting each year and as per the club By-Laws the AGM must have attendance that passes as quorum (10% of the club's membership) in order to run. Skater awards are typically given at this meeting.

- Participation at the Annual General Meeting (in June each year)
- Provide a Post-Dated Bond Cheque (dated June 25): \$50 per family

Silent Auction Item

The club will host events throughout the year that afford the opportunity to have a silent auction (i.e. Paint Nite). Donations of silent auction items are required and it will be at the clubs discretion as to when a donated silent auction item will be utilized/displayed.

- Provide One (1) Silent Auction Item with a Minimum Value of \$50
- Provide a Post-Dated Bond Cheque (dated September 30, 2017): \$50 per family

Raffle Ticket Sales

Sell a Minimum of Two (2) Books of Raffle Tickets per STARSkate skater

- Provide a Post-Dated Bond Cheque (dated March 15, 2018): \$200 per skater
- Opt Out from Raffle Ticket Sales; due September 30: \$200 per skater

Program Assistant Time - Mandatory

Program Assistants are required in order to operate the CanSkate program.

- All age-appropriate Sr. STARSkaters MUST volunteer time to PA at CanSkate classes
- Schedule will be agreed to by the Head Coach and the Sr. STARSkaters eligible to participate
- Opt-Out Option is NOT available for this item

STARSkate at Ice Edge Skating Club: FUNDRAISING DETAILS

Fundraising Opportunities exist throughout the year.

These are the prime examples of the fundraising we will host for the 2017/2018 season:

- The Mixing Spoon – Oct 11nd – Oct 31st.
- Big Chief: Ongoing
- Wreaths – Oct 11- Oct 31st
- Paint Nite type of event this fall, stay tuned. Silent auction will harness funds, and ticket sales will provide a portion of the sales amount to the club.
- Raffle – Travel voucher, 1/1000 chances \$10 each, potential for \$7,000 in funds after costs, voucher/prizes will be at a cost of ~\$3000. Launch Winter Session.

Other fund raising endeavors that are not directly related to the members' exact fundraising requirements include:

- Bottle drives
- 50/50 at a Demonstration Event?
- Silent Auctions at Paint Nite events, etc.
- Sponsorships from businesses

STARSkate at Ice Edge Skating Club: VOLUNTEERING DETAILS

Volunteer Opportunities exist throughout the year. We need your help in order to facilitate the smooth operation of the programs and also promote it in order to grow within the community. As we grow, our fundraising requirements will decrease!

These are some prime examples of the volunteer positions we will need help with for the 2017/2018 season:

- Board Position: Skating Programs Chair
- CanSkate Class Coordinator
- Brochure/flyer distributors
- New volunteer roles will be posted ongoing. They offer ample small opportunities to help out.

STARSkate at Ice Edge Skating Club: CLUB INFO & DATES TO NOTE

Our club is a non-profit society that is wholly run on a daily basis by volunteers/the Board of Directors:

Role	Member	Contact
President	Donnette Bren	president@iceedgeskatingclub.com 403.831.8141 (Call or Text)
Vice President	Michelle McGillivray	vp@iceedgeskatingclub.com
Secretary	Darilyn Guacher	secretary@iceedgeskatingclub.com
Treasurer	Chris Crawford	treasurer@iceedgeskatingclub.com
Test & Competition Chair	Desiree Martinez	testchair@iceedgeskatingclub.com
Fundraising Chair	Ainsley Doren	fundraising@iceedgeskatingclub.com
Special Events Chair	Amanda van Ham	speialevents@iceedgeskatingclub.com
Membership / Publicity Chair	Sasa Boric	publicity@iceedgeskatingclub.com
Marketing / Sponsorship Chair	Sandeep Chauhan	marketing@iceedgeskatingclub.com
Coaching Representative	Heather McFarlane	coaching@iceedgeskatingclub.com

Paid staff is solely comprised of our coaches.

All club fundraising is done by its members.

All STARSkate programs and events are subsidized by CanSkate (if our registration numbers bring us above cost of that program) and the club's fundraising efforts.

Without these volunteers and fundraising efforts, our club would simply not exist.

We are a Skate Canada Sanctioned club, which means:

- Club privileges and obligations: Annual club registration with Skate Canada, Socan coverage, Skate Canada badges/ribbons available to skaters, membership and insurance fees for board and skaters.

Skate Canada provides to us:

- Certified professional trained coaches – coaches must be registered and complete program and fitness training requirements, background checks, have first aid/CPR training
- Maintained skater records, low cost insurance, facilitates testing and competitions (evaluators, volunteers etc.)
- Skate Canada website is a great resource for all STARSkate program information:

<https://info.skatecanada.ca/index.php/en-ca/programs/starskate.html>

IMPORTANT DATES

SEPTEMBER

8-First day CanSkate Friday
 10-First Day CanSkate Sunday
 10-PA Training 1:45-2:30 pm
 11-JR STARSkate Start
 12-SR STARSkate Start
 18-Parent Meeting 6:00 pm, Lounge
 Bring bond cheques!
 27/28-Nutritionist @Off-Ice
 Parents encouraged to attend
 30-Silent Auction Items Due

OCTOBER

9-No JR STAR classes
 9-No Monday am Ice
 10/11-Fall Fundraiser Launch
 14-Bottle Drive
 30/31-Fundraising Orders Due

NOVEMBER

3/5-Picture Day TBC
 9-No SR STAR Classes
 10-No Friday am Ice or CanSkate
 12-No CanSkate or Sunday Ice
 17-Last Day Friday CanSkate
 19-Last Day Sunday CanSkate
 24-No Friday am Ice
 24-26-St. Albert Comp *ALL*

DECEMBER

15-No Friday am Ice (*was previously no Friday am Ice Dec 1*)
 15-17-Calalta Comp *ALL*
 22-31-Christmas Break

JANUARY

1-4-Christmas Break
 5-No Friday am Ice
 5-Friday CanSkate Begins TBC
 7-Sunday CanSkate Begins
 7- PA Training 1:45-2:30 pm
 TBD-Bottle Drive (Jan or Feb)
 TBD-Winter Fundraiser Launch

FEBRUARY

9-11-Sylvan Lake Comp *STAR4+*
 9-No Friday am Ice or CanSkate
 11-No CanSkate or Sunday Ice
 19-No Monday am Ice
 19-No JR STAR classes

MARCH

9-No Friday am Ice
 9-11-Calalta Comp CGY
 11-No CanSkate or Sunday Ice
 29-JR STARSkate Last Class
 30-SR STARSkate Last Class

Additional Resources:

Our website contains all of pertinent information under PARENT AND SKATER INFORMATION:

<https://www.iceedgeskatingclub.com/pages/Parent-and-Skater-Information/>

An important document for your skater's success, the Long Term Athlete Development Program for Skating:

<https://skatecanada.ca/wp-content/uploads/2014/09/Skate-Canada-LTAD-Model-EN.pdf>

STARSkate at Ice Edge Skating Club: FACILITY

All of our ice for the September to March 2017-2018 season is on the BLUE rink. Please check the dressing rooms allocated for each session on the monitor in the lobby for each class, as the dressing rooms may change from time to time.

Off-Ice is held in the Spartan Room on the upper level, just up the stairs from inside the Main Door vestibule.

Our Coach Room is located beside the hallway leading to the sharpening shop. This is not our office. Because we are a non-profit society run by volunteers, we do not have a permanent office space. We do store our CanSkate props and necessary club supplies in the Coach Room. "Office hours" for our volunteers vary.

Our PA's have use of the "Referee/Coach Room" on the BLUE side on Fridays and Sundays for use to prepare for CanSkate Classes.

Our club bulletin board is located on the South wall of the Rec Centre lobby.