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Junior StarSkate (Star 1 and 2) WINTER 2019



STARSKATE encourages skaters to develop more advanced figure skating skills in various areas such as Skating Skills, Free Skating, Dance and Interpretive Skating. It provides figure skating instruction in group and private lesson format. Skaters in the Star 1 to 5 program are assessed by coaches at various times throughout the year. If skaters continue beyond Star 5, skating is then assessed during test days held by the club at various times throughout the year and evaluated by trained Skate Canada judges. The Starskate program also challenges skaters in a competitive environment through competition and encourages skaters to keep participating in skating for fun, fitness and achievement.

Skating Skills: Skaters learn exercises containing edges, turns and field movements.

Free Skating: Skaters learn how to execute jumps, to spin in a variety of positions and to incorporate those and other skills into a program of a specified length using connecting steps and music interpretation.

Interpretive: Encourages creativity and movement to music, and allows skaters to explore the performance aspect of skating without focusing on technical elements. There are four different Interpretive levels: Introductory, Bronze, Silver and Gold.



Dance: Skaters learn timing, musicality, rhythm, interpretation, and structure as well as basic skating skills such as edges, flow, control and unison. Dancers skate with partners and sometimes by themselves to various musical rhythms, including waltz, tango and blues. Each compulsory dance has a series of steps that must be skated in a specific pattern.

Visit the website for more information and a list of coaches/contact information.

ICE SHOW

The club will also be hosting an ice show this year at Takhini Area on **February 16, 2019**. All Starskaters will be encouraged to participate. More information will follow about this exciting event in the new year.

VOLUNTEER REQUIREMENTS

Parents/Guardians of skaters who join Junior StarSkate program in **January** will be required to work between **3 to 6 bingos** throughout the year on Friday evenings between September to September of the following year. The majority of the bingos will be held during May to August 2019. The number of bingos will be determined based on our registration numbers and the how many bingos are scheduled.

PRIVATE LESSONS

Skaters can take private lessons from club coaches when not in group lesson. For private lessons, please contact the club coaches directly to make arrangements for lessons and payment.

ICE SCHEDULE

Sessions include off-ice on Tuesdays, Thursdays and Fridays.

Tuesdays-5:00 to 6:00 pm
Thursdays-5:00 to 6:00 pm
Fridays-3:45 to 4:30 pm
Saturdays-9:45 to 10:30 am

The club also offers open ice sessions on **Tuesday and Thursday mornings from 7:15 to 8:00 am** for additional practice and private lesson time.

ICE AND OFF-ICE GROUP LESSONS

Group lessons are offered by the Club and scheduled at the following times:

Tuesdays: 5:00 to 5:30 pm
Thursdays: 5:00 to 5:30 pm
Fridays: 3:45 to 4:15 pm

Tuesdays Off-ice: 4:15 to 4:45 pm
Thursdays Off-ice: 4:00 to 4:45 pm
Fridays Off-ice: 4:45 to 5:15 pm

STARSKATE FREQUENTLY ASKED QUESTIONS

How many days should we skate?

For optimum development, we recommend at least three to four times per week with at least one including an off-ice session. Skating is a sport where skills are learned by continuous repetition. The more times a skater can repeat a skill in a week, the faster they will progress.

What about cancellations and changes to schedule?

The schedule in **April** will vary from the regular season schedule and will be posted on the Website. Cancellations during March Break and Special events will be announced throughout the Year. Check the website for schedule updates.