### **2015-2016 CBS Skating Club STARSkate Parent Information:**

### **Club Programs:**

### Gold

* Skaters must have:
- 9+ test points (min 5 points must be freeskate test points) i.e., Skater has half their Sr. Bronze Freeskate test plus 4 other tests; or
- 12+ test points (min 4 points must be freeskate test points) i.e., Skater has full Jr Bronze Freeskate test plus 8 other tests; or
- 15+ CPC score

Silver

* Skaters must have:
- 2+ test points (min Preliminary Elements Test)

Bronze

* Skaters must have:
- Passed the full CanSkate Stage 6 badge

It is recommended that all Bronze skaters skate at least 1 Bronze Club session.

Note: skaters new to the STARSkate program **must** skate at least 1 session in Bronze Club.

Bronze Club

Unlike other StarSkate sessions, skaters do not need a private coach in Bronze Club; **coaching fees are included**.  Coach to skater ratio is 1:5 with a maximum of 30 skaters on the ice per session.  Also, coaches will not be required to follow a prescribed circuit (as in CanSkate) but will customize their lesson to fit the group they are working with.  It is also recommended at this level that skaters are at the rink 20-30 minutes prior to their session to warm-up before putting their skates on.

* Skaters must have:
· Passed the full CanSkate Stage 6 badge.

**How StarSkate Works:**

Levels:

|  |  |  |
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| **STAR** | **Format** | **Description** |
| 1 | Group Elements Event | Introduces skaters to performing elements like jumps and spins in a fun group environment with their coaches. Skaters receive an evaluation sheet and ribbon based on their performance. |
| 2 | Evaluated Program | 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 receive an evaluation sheet and ribbon. |
| 3 | Evaluated Program | 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 an evaluation sheet and ribbon. |
| 4 | Ranked Program | 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 an evaluation sheet with top finishers in each group receiving either a ribbon or medal. |
| 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 | 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 evaluation sheet. Top finishers receive medals. |

**After STAR 1-5**

Skaters may choose to continue in higher levels of the StarSkate program (Senior Bronze, Junior Silver, etc.) or transition into in CompetitiveSkate (Pre-Juvenile, Juvenile, etc.). Skaters may also explore ice dancing, pair skating, interpretive skating, or synchronized (team) skating.  There are many opportunities for skaters and the best path for athletes to take should be a decision made collaboratively (child, parent and coach)

**CompetitiveSkate:**

This stream is geared towards skaters who intend to peruse figure skating as their main focus. Competitive Skaters are required to train many hours a week both on and off the Ice. Unlike StarSkate, Competitive skating has age limits to ensure that skaters are at the level they need to be by the corresponding age.

Competitive Skating Consists of 6 Levels:

* Pre- Juvenile – Under 13 – Axel + 2 consistent double jumps.
* Juvenile- Under 14- Axel + 3 consistent double jumps.
* Pre-Novice- Under 16- Axel + 5 consistent double jumps.
* Novice- Under 17- Double Axel + 1 Triple Jump
* Junior- Under 18- Double Axel + 3 Triple Jumps
* Senior- No Age Limit- Double Axel + All Triple Jumps

**Competitions:**

The decision for a skater to take part in a competition is up to the skaters coach. If you are interested in having your child take part in a competition please consult with your coach first. Here is a list of StarSkate and Competitive competitions that are held in the Section this season:

* Rebecca Pack Memorial Friendship Skate- Gander, Oct 24-25, 2015 (Star 2+)
* Skate NL Sectionals- Mount Pearl, November 6-7, 2015 (Competitive Only)
* Agnes Thistle Invitational- St. John’s, November 28-29, 2015 (Star 1+)
* Eastern Divisionals- Clarenville January 16-17, 2015 (Star 4+)
* Provincial Championships- Botwood, Feb 19-21, 2015 (Star 4+)
* STAR Provincials- CBS, Feb 27-28, 2015 (Star 1 to 3)
* Atlantic Canadian Championships- Dartmouth, NS, April 8-10, 2015 (Star 5+)

**Coaching:**

Aside from the Bronze Club program, skaters that are on the StarSkate sessions are required to have a coach that oversees their skating. It is not mandatory that they work with a coach on each session.

The coach should be someone the skater feels comfortable with, and one you both respect as an individuals as well as a teacher.  You want a coach who treats your child with respect and who is interested in your child’s development as a person as well as a skater.

When looking for a coach, get information directly from the potential coaches, from our club’s website or directly from the club’s office about the coach’s coaching qualification, their coaching experience, formal education, test passed as a skater, competitive experience etc.  Talk to other parents and skater and watch how the potential coach interacts while they are teaching other skaters.  After all, you may end up paying this coach a fair amount of money over several years so take the time to find the right coach for your child. If you require a coach feel free to contact Matt Power to assist you with the process.

Here are a couple common concerns with regards to coaching. These are just general answers, you could consult with your coach with regards to their regulations on each of the following.

* **Invoicing**: Each coach is responsible for invoicing their skaters for the lessons which they receive, at which point you are then responsible for paying the coach directly. Payments are expected to me made to the coach within 7 Days of receiving the invoice. Certain coaches may apply late fees should you not pay on time.
* **Lesson Time**: It is up to the coach how the divide their lesson time. Lesson time is **not necessarily divided evenly amongst all skaters.** Each coach has the right to schedule their lessons based on the level, needs and situation of a skater. For Example: On a silver session, a Star 5 Skater preparing for Provincials may get more lesson as the competition approaches then another skater on their session. Parents and skaters must respect the coach’s decisions when it comes to this.
* **Testing:** It is up to the coach if a skater is ready to try a test or not. It is each coaches responsibly to look out for the best interest of their skaters skating. As professionals they know when a skater is or is not ready to try a test.
* **Levels:** The coach reserves all rights to determine which at which level a skater competes. The coaches are familiar with the requirements and standards for each session so they know where each skater belongs.
* **Team Coaching:** Team coaching is becoming more and more popular, it allows each coach the opportunity to take on more students and ensure that everyone receives the lesson time they need. In team coaching, each skater will have their main coach which oversees everything, as well as work with other coaches who their coach has selected to help with their skaters. If you feel a certain member of a team is not best suited for your child please discuss in private with your child’s main coach.
* **Receiving lessons from other coaches:** Skaters and parents are not permitted to ask coaches in which their coach does not team coach with for additional lesson. If a skater would like a lesson with another coach they are to ask their coach and see if they could arrange it.
* **Talking to your coach:** We encourage you to communicate with your coach frequently to make sure that everyone is on the same page. However, these discussions are to take place during a designated times arranged between you and the coach. Stopping a coach during a session or as they are getting on the ice takes lesson time away from skaters.

We cannot emphasize enough how important it us for each skater and parent to have a good understanding with their coach. Please take the time to become familiar with your coach and their expectations.

**I know being a parent can be tough, and being a Skating Parent is even tougher, here are a few rules and expectations the club as well as the coaches have for you has parents:**

* **Treat all Skaters, Coaches and Volunteers with respect.**
* **Be sure all your information is coming from a reliable source. To avoid confusion if you hear of anything of which you are uncertain, please ask an executive member or a coach for clarification.**
* **Let the coaches do their job. All of our coaches are trained professionals, allow them to oversee your child’s skating and make any adjustments as they feel necessary in the best interest of your child. If a coach feels uncomfortable coaching a skater due to the parents, they have the right to resign from coaching that skater.**
* **Often time’s skaters feel pressure from parents that can have a negative impact on their performance. If this case applies to your skater the coach has the right to request that you not attend as many practices to allow the skater to focus more on their skating and less on mommy and daddy.**
* **If you need your child during a session discreetly pull them off the ice and address them. Standing in the gate or communicating from the stands can be very distracting to all.**
* **Be sure your child understands the rules and manners expected at the rink.**
* **Stay positive towards your child.**
* **Pay all coaching and club fees on time.**
* **Communicate regularly with your coach in an appropriate manner ex: Email or arranged meeting.**
* **Be sure your skater is on time for all sessions.**
* **If you will be late or absent from a session please let your coach know.**
* **Make sure your Skater is having fun!!**

**If you have any further questions or concerns please do not hesitate to ask your coach, the executive or any of our technical directors who’s information is available under the “Our Team” page or our club website.**

**Thanks,**

**CBS Skating Club**