



STARSKATE PARENT INFORMATION NIGHT

Thursday November 5, 2014

- ▶ 10 Professional Coaches on Staff
- ▶ Run by a volunteer Board of Directors of 8
- ▶ Club is a Non-for Profit Organization which aims to keep skating costs reasonable for parents
- ▶ Please visit any board member if you have any questions! We are here to help.

HOW OUR CLUB OPERATES

- ▶ Pick your base coach carefully
- ▶ Base coach makes all your decisions as to any additional coaching if needed
- ▶ Don't be afraid to talk to your coach about your expectations
- ▶ www.niagarafallsskatingacademy.org/

STARSKATE – STEPS TO PROGRESSION



- ▶ Tight fitting apparel
- ▶ Hoodies are not recommended
- ▶ Soft guards vs. hard guards
- ▶ Skate sharpening
 - ▶ Beginner level blades (Canskate Programs) should be sharpened every 8 - 10 hours of skating time.
 - ▶ Intermediate level blades (Junior and Intermediate Programs) should be sharpened every 20 - 25 hours.
 - ▶ Advanced level blades (Above Intermediate Programs) should be sharpened every 35 - 45 hours of skating.
 - ▶ It is also suggested that you have your skates sharpened at least one week before a competition, ice show or test. (reference: www.skatingboutique.ca)
 - ▶ Dave Breedon or Front Row Sports in Thorold.

WHAT TO OUTFIT YOUR SKATER IN

- ▶ Dutch waltz!
- ▶ Dance, Skills, Freeskate and Interpretive
- ▶ <http://clubs.skatecanada.ca/niagarafallssa/en-us/starskaters/testingguide.aspx>
- ▶ Your coach will let you know if you are testing
- ▶ \$10 per test plus a \$7.50 social fee
- ▶ Dress appropriately
- ▶ Come early and check in with your Test Chair

SKATE CANADA TESTING

Skate Canada

Skate Ontario

Western Ontario Section

Niagara Skating Council

Niagara Falls
Skating
Academy

SKATE CANADA STRUCTURE

- ▶ Membership ID and access to information www.skatecanada.ca
- ▶ <https://info.skatecanada.ca/hc/en-ca> is an interim site with resources for parents
- ▶ <http://www.skating-wos.on.ca/index.htm>
- ▶ <http://clubs.skatecanada.ca/niagaraskatingcouncil/en-us/home.aspx>
- ▶ <http://clubs.skatecanada.ca/niagarafallssa/en-us/home.aspx>

SKATING RESOURCE SITES

- ▶ Western Ontario Section Competitions
- ▶ Western Ontario Section Development Team
- ▶ Western Ontario Section and NSC Seminars

SECTION PROGRAMS AND COMPETITIONS

STAR 1 – 5

- New levels of competition piloting in 2014 – first one John McKay
- Star 1 – (Canskate) – only elements, no music, no ranking system only bronze, silver, gold or merit.
- Star 2 – (pre-Preliminary) – pre-selected music, no ranking only bronze, silver, gold and merit for elements in solo.
- Star 3- (preliminary) – solo music by coaches selection, no ranking only bronze, gold and merit for elements in solo.
- Star 4 (preliminary STARSkate) – slightly more competitive no ranking only bronze silver gold and merit for elements.
- Star 5 (Junior Bonze) – ranking 1st, 2nd and 3rd place winners along with bronze, silver, gold and merit for each element (jump/spin/spiral sequence)

THANK YOU!