



STARSKATE INFORMATION PACKAGE

WHAT IS THE STARSKATE PROGRAM?

The StarSkate program is for skaters who have completed their CanSkate badges and are continuing to work on their figure skating skills.

The Oshawa Skating Club offers 4 sessions groups based on skating levels in the StarSkate / Competitive Skate program.

OSC SESSION QUALIFICATIONS

Session Level	Completion Requirements	Test Breakdown
A	CanSkate Stage6 badge	
B	Complete Star1 tests plus One complete Star3 test * (previously one complete Preliminary test)	Complete Star1 tests consist of: Star1 Skills, and Star1 Free Skate, and Star1 Dance Complete Star3 test is (one of): Star3 Skills, or Star3 Free Skate (elements and program), or Star3a Baby Blues and Star3b Dance Elements
C	Complete Star3 Free Skate test plus Star4 Skills test plus Complete Star4 Dance test * (previously complete Preliminary Free Skate plus one complete Junior Bronze test)	Complete Star3 Free Skate test is: Star3 Free Skate (elements and program) Complete Star4 Dance test is: Star4a Swing Dance and Star4b Fiesta Tango
D	Complete Star4 Free Skate test plus One complete Senior Bronze test * (previously complete Junior Bronze Free Skate plus one complete Senior Bronze test)	Complete Star4 Free Skate test is: Star4 Free Skate (elements and program) Complete Senior Bronze test is (one of): Complete Senior Bronze Free Skate (elements and program), or Senior Bronze Skills, or Complete Senior Bronze Dance (Ten Fox, Fourteenstep and European)





WHERE AND WHEN DOES IT RUN?

StarSkate sessions are offered at one of 2 locations-

- Campus Ice Centre
- Delpark Homes Centre.

PLEASE be sure to check the current schedule to see the location.

To ensure a skater's success within the StarSkate / Competitive Skate program, we recommend a minimum commitment of 2 to 3 days depending on level.

Recommended minimum commitment by level-

- Session A and B skaters register for a minimum of 2 sessions.
- Session C and D skaters register for a minimum of 3 sessions.

PLEASE be aware the more you skate in StarSkate the better your muscle memory and the easier it will be to hit achievements



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WHAT DO I WEAR?

We recommend that StarSkate skaters dress in comfortable clothes that are easy to move in. Many skaters like wearing yoga pants or shorts or skating dresses and tights/leggings with fleece jackets or sweatshirts. Gloves are also recommended.

WHERE DO I GET SUPPLIES, EQUIPMENT?

We have an OSC Boutique that sells new and used items, in a partnership with the Figure Skating Boutique. Our volunteer run boutique is the Club's single largest fundraiser.

The boutique also accepts items on consignment.

If you need something, want to sell something, and want to help the Club in the process please email simalice@bell.net.

WHAT DO I EXPECT AT A SESSION?

- On arrival at the arena, please check the monitor to find out which dressing room(s) have been assigned to us.
- Proceed to the dressing room to put on your skates.
- All skaters then line up at the entrance door to the ice surface.
- Skaters may not enter the ice surface before their session begins. During skating, parents can watch from the arena seating or the lobby area. No parents will be permitted in the players/penalty boxes.
- During the StarSkate sessions, skaters will work mostly independently. Typically, a skater will get one 15 minute lesson from their coach and then practice what they have learned for the remainder of the session





StarSkate

- All sessions have group lessons (i.e. time designated for skills, free skate, dance, etc.), some more than others.... Group lessons are professional coach lead. The number of minimum group lessons by level-
 - ⇒ A Session– 3 group lessons
 - ⇒ B Session– 2 group lessons
 - ⇒ C & D Session– 1 group lesson

WHAT IS AN ASSESSMENT DAY?

- Skate Canada has divided the figure skating skills into different disciplines and levels. They start at the STAR level and conclude with the Gold levels.
- Assessment days are held at various times throughout the season, but at the Star1-4 level may also occur informally during regular skating sessions. When your coach feels that your skater is ready to pass a test, they will notify you and your skater. Assessment fees are to be paid before the test may proceed.
- For formal Assessment Days (Star5-10 level), the Assessment Chair will create a Assessment schedule and distribute it approximately 1 week before the Assessment Day.* Please note, assessments cannot be removed from the assessment list within 14 days of the Assessment Day. Any assessments pulled after this time will be marked as a retry and assessment fees will be charged.
- Skaters need to arrive approximately 45 minutes before their scheduled assessment time. At the completion of the assessment, there is a short wait for the results. Results are either a 'Pass', 'Pass with honours' or a 'Retry'. If an assessment must be retried, your coach will submit a request for the next assessment day to try it again. The Evaluators who come to the assessment days are volunteers, and their decisions must be respected. Your coach can provide you with more information when your skater is ready for an assessment.





ASSESSMENTS OVERVIEW

Overview STAR 1-5 Test Content

	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
STAR 1	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
STAR 2	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
STAR 5	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom) Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls

Appendix A — Overview STAR 6-Gold Assessment Content

	Skills	Freeskate		Dance	Artistic
		Elements	Program		
STAR 6	Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change Threes	Axel + C 2 Different Double Jumps Sit or Camel Spin (1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteenstep	
STAR 7	Forward Loops Backward Loops Forward Inside Choctaws Backward Outside Choctaws Twizzles STAR 7 Skills Exercise – Backward Change Threes	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 8	Forward Rocker-Three Sequence Backward Rocker- Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin (2 features) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – 2 features)	STAR 8 Program (as per current Technical Program Requirements)	8A: Killian 8B: Rocker Foxtrot 8C: Starlight Waltz	
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – Choctaws	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin 3 Different Spins of Any Nature (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Movement Sequence Choreographic Spin
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature Change Combination Spin	STAR 10 Program (as per current Technical Program Requirements)	10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep	
GOLD	9 Turn Challenge Step Sequence Field Move Sequence		GOLD Program (as per current Technical Program Requirements)	Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Movement Sequence or 360 Degree Field Move Choreographic Spin



HOW DOES MY SKATER COMPETE?

There are 2 different pathways in our StarSkate program. Both pathways have competitions but it's the level of commitment that changes.

The pathways are-

1. Provincial Pathway– this is Skate Canada's recreational program. This pathway is for skaters that love skating and love competing but don't want the commitment of competitive competition– You can work within our recommended minimum and still have a successful season.
2. Competitive Pathway– this is the pathway to Nationals. This is our high performance pathway. The time commitment is much more and there is training and lifestyle changes to ensure you progress as well as possible.

PLEASE discuss with your coach the best pathway for your skater and work closely with them to ensure your skater is getting the best experience for them.

HOW TO HIRE A PRIVATE COACH?

1. Talk to your skater, if after CanSkate, if they had a coach that made them more comfortable or that they liked their teaching style.
2. Go to our coaches' page on the website, look and see who stands out to you or your skater. Click on their picture to find their resume and their contact information.
3. Contact a few, have meetings, find out who best works for your skater.
4. Remember we have a **NO PRESSURE** environment, **IF** a coach approaches you to discuss private lessons, please notify the Coaches' Liaison immediately. **YOU**, as the member, get to pick the coach that best suits you and your skater, no coach should pressure you to hire them.

Tips for success:

- An off-ice warm-up before the session will enable skaters to be able to use their ice time more effectively.
- Off-ice programs (such as dance, Pilates, yoga, etc.) are also beneficial to keep your skater's body strong and flexible in order to be able to perform the some of the more difficult skating skills.

REMEMBER TO HAVE FUN!!



StarSkate

OSHAWA SKATING CLUB

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