

COQUITLAM SKATING CLUB

STARSKATE WELCOME PACKAGE

STARSKATE ACADEMY 2020

Off Ice and On-Ice Programming

What is the STAR SKATE Academy program all about?

- **STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of, 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 entry level StarSkate Competition

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.
- 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
- Special STARSkate events and club functions

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.

What are the skills learned in the Off Ice Program?

- Fundamental Movement Skills
- Sport Specific Skating Skills
- Flexibility and Mobility Skills

Will there be homework?

- Yes! There will be flexibility homework as this is a very important time in the growth and development of flexibility for the sport of figure skating and extra work at home is not only encouraged but necessary.

How do we know if our child is advancing at the required rate to advance to PRIVATES?

We assess throughout the year. The Director will then decide if a skater advances to the JD program (pending age) or can increase training sessions and begin private instruction as an addition to the SSA.

What are the expectations of the skaters who decide to enrol in the SSA program?

- Skaters must participate in Off Ice classes that the Director and the program requires in your registration package.
- Skaters must attend with focus, attention to the Instructor, willingness to give their best efforts, and show a level of discipline appropriate to acquire the necessary skills in the program
- Parents are requested to reinforce to their skaters that focus and disciplined behaviour is required.

What are the expectations of the parents of the SSA skaters?

Please do your best to:

- Arrive on time
- Please take your child to the facilities so that they won't have to leave during class to use the washroom
- Have the appropriate clothing, running shoes, hair tied back: **please no jewellery or head bands** that can fall off injure and distract (**please remember that skaters without the appropriate clothing and footwear will not be allowed to participate in class.**)
- Most importantly, please remind your skater to focus and listen to instructions so that every skater will have fun and improve

What is the equipment and clothing required?

- Skaters need to arrive 15min prior to start of session ready with the appropriate sport clothing and skates on.
- Fitted stretch clothing or Tights/leggings, Socks, hair tied back neatly (girls) (appropriate for on-ice training).

Covid19 Return to Play Expectations for CSC Club Programming

- The SSA program consists of 1 ice time and 1 Zoom off-ice classes per week. Attendance to all is mandatory to remain in the program.
- No Parents will be permitted to enter the rink. Skaters must have parents cell phone information with them at all times. Parents MUST remain in the parking lot and be accessible by cell phone in the event of an emergency.
- If your child is not feeling well, they are to remain at home.
- Masks are highly recommended but optional.
- Water Bottle

DENEEN SOKOLOSKI STARSKATE DIRECTOR COQUITLAM SKATING CLUB

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We are excited to be back and look forward to seeing you all again!