

## 2018-19 STARSkate Sessions

STAR Level		Criteria	Group Lesson/Private Coaching
STAR 1	Intro To Junior	Skaters must have passed CanSkate Stage 6.	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group skills lesson &amp; 45 min. group freeskate/dance lesson.</li> <li>• Skater can only leave the group lesson for 15 min. for private lesson.</li> <li>• Private Coaching – Optional</li> <li>• No Private lesson is allowed during the group skills lesson.</li> </ul>
STAR 2	Junior	Skaters must have passed the complete STAR 1 tests: <ul style="list-style-type: none"> <li>• STAR 1 Skills</li> <li>• STAR 1 FreeSkate AND</li> <li>• STAR 1 Dance Elements</li> </ul> Skaters should be landing 3 single jumps.	<ul style="list-style-type: none"> <li>• Session includes a 15 min. group skills lesson, 30 min group freeskate/dance lesson and 15 min. private/practice time.</li> <li>• <b>Skater MUST hire a private coach for at least one 15 min. lesson each skating day.</b></li> <li>• Skater can also leave the group lesson for 15 min. only for private lesson.</li> <li>• No Private lesson is allowed during the group skills lesson.</li> </ul>
STAR 3	Intermediate	Skaters must have passed the complete STAR 2 tests: <ul style="list-style-type: none"> <li>• STAR 2 Skills,</li> <li>• STAR 2 FreeSkate Elements and Program,</li> <li>• STAR 2a and b Dances.</li> </ul> Skaters should be landing 4 single jumps.	<ul style="list-style-type: none"> <li>• STAR 3 sessions include a 15 minutes group skills lesson.</li> <li>• No Private lesson is allowed during the group skills lesson.</li> <li>• <b>Skater MUST hire a private coach for at least one 15 min. lesson each skating day.</b></li> </ul>

STAR 4	Senior	<p>Skaters must have at least passed one of the following group(s) of tests:</p> <p>(1) Complete STAR 3 Freeskate (both Elements and Program) AND STAR 3 Skills; OR</p> <p>(2) Complete <b>ALL</b> STAR 4 and 5 Dances.</p> <p>Skaters should be landing 5 Single Jumps</p>	<ul style="list-style-type: none"> <li>• STAR 4 sessions include a 15 minutes group skills lesson.</li> <li>• No Private lesson is allowed during the group skills lesson.</li> <li>• <b>Skater MUST hire a private coach for at least one 15 min. lesson each skating day.</b></li> </ul>
STAR 5 - 10	Advanced	<p>Skaters must have at least passed one of the following group(s) of tests:</p> <p>(1) Complete STAR 4 Freeskate (both Elements and Program) AND STAR 4 Skills; OR</p> <p>(2) Complete <b>ALL</b> Senior Bronze Dances (Ten Fox, Fourteenstep AND European Waltz)</p> <p>Skaters should be landing a Single Axel</p>	<ul style="list-style-type: none"> <li>• STAR 5-10 sessions include a 15 minutes group skills lesson.</li> <li>• No Private lesson is allowed during the group skills lesson.</li> <li>• <b>Skater MUST hire a private coach for at least one 15 min. lesson each skating day.</b></li> </ul>