

What Happens After CanSkate

The next level is STAR 1 in the STARSkate Program. Skaters may need to change their skating days and/or time.

STAR 1 (STAR 1 Session)

- 15 min. of skill lesson, 45 min. of group free skate/dance lesson
- * Private Coach - Optional
- Skate Canada Tests required to move up to STAR 2 are: STAR 1 Skills, STAR 1 Free Skate AND STAR 1 Dance
- \$12/Test. Upper Canada SC forwards the Test fees to Skate Canada.

STAR 2 (STAR 2 Session)

- 15 min. of skill lesson, 30 min. of group free skate/dance lesson.
- Skate Canada Tests required to move up to STAR 3 are : STAR 2 Skills, STAR 2 Free Skate Elements AND STAR 2a & 2b Dance. A total of 4 tests.
- \$12/Test. Test fees are submitted to Skate Canada.

STAR 3 (STAR 3 Session)

- 15 min. of skill lesson, No other group lessons are provided.
- MUST hire a Private Coach.
- Will need to change skating day(s) and/or time.
- MUST communicate with private coach before making such changes.
- MUST achieve all the required tests to move up to STAR 4 (STAR 4 session) and then STAR 5 (STAR 5-10 session)
- Refer to our website for details.

Assessments & Test Day

Note: Test fee must be paid prior to assessment or Test Day. Results are submitted to Skate Canada by the Test Chair.

STAR 1 -5 Assessments

- Skaters are assessed by their coaches during their regular skating sessions.
- Skaters must wear proper skating attire for STAR 2 and above assessments.

Test Day

- Test Day is pre-planned day for skaters who are ready to test their STAR 6 and above Free skate, dance and interpretives.
 - Skaters are evaluated by a Skate Canada Evaluator.
 - Skaters must wear proper skating attire for Test Day.
- Refer to our website for details regarding STAR Assessments and Test Days

Private Lessons

Private coaching will help speed progress by increasing focus on each skater's individual goals and challenges. The addition of private lessons is mandatory for skaters skating on STAR 3 and above sessions. For the list of our coaches and their qualifications please refer our website.

- Contact the coach directly.
- Make sure that your coach is available for the sessions on which the skater is skating.
- Private lesson costs approximately \$9-15 per 15 minutes.
- Private coaching fees are not included in your skating session fees and must be paid to the coach directly.
- Some coaches may deliver semi-private lessons with up to 3 skaters and prices will vary.
- Rates are determined by individual coaches.



Upper Canada Skating Club STARSkate Program

Upper Canada Skating Club
<https://www.uppercanadaskating.com>

Skate Canada <https://www.skatecanada.ca>

Skate Ontario <https://www.skateontario.org>

WHAT IS STARSKATE

STARSkate - Skill, Test, Achievement, Recognition (STAR)

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

The STARSkate program consists of figure skating skills in four areas - Skating Skills, Ice Dance, Free Skate and Interpretive. Each area is divided into the following levels:

Primary Level Tests (STAR 1 - 5)

Assessment: Skating skills, Free skating and Dance Tests are assessed by the skater's coach. Interpretive Test is evaluated by a Skate Canada evaluator on Test Day.

- Skating Skills: STAR 1 - 5
- Free Skating: STAR 1 - 5
- Dance: STAR 1 -5
- Interpretive: Introductory (STAR 5 Artistic)

Intermediate Level Tests (STAR 6 - 9)

Assessment: STAR 6 Skating skills maybe assessed by the skater's coach.

All other tests are evaluated by a Skate Canada evaluator on Test Day.

- Skating Skills: Senior Bronze (STAR 6, 7), Junior Silver (STAR 8, 9)
- Free Skating: Senior Bronze (STAR 6, 7), Junior Silver (STAR 8, 9)
- Dance: Senior Bronze (STAR6 A B & C), Junior Silver (STAR 7A, B, C & STAR 8B)
- Interpretive: Bronze (STAR 7 Artistic)

Senior Level Tests (STAR 8 - 10 & Gold)

Assessment: All tests at this level are evaluated by a Skate Canada evaluator on Test Day.

- Skating Skills: Senior Silver (STAR 10), Gold
- Free Skating: Senior Silver (STAR 10), Gold
- Dance: Senior Silver (STAR 8A, C, STAR 9A, B & C) Gold (STAR 10A, B, C, Gold A, B &C)
- Interpretive: Silver (STAR 9 Artistic), Gold (Gold Artistic)

4 DISCIPLINES OF FIGURE SKATING

Skating Skills

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The objective of the Skating Skills program is mastery of the basic fundamentals of skating - edge quality, control, power and speed.

Ice Dance

The Ice Dance program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

Free Skate

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

Interpretive

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.