

Upper Canada Skating Club STAR 1- 5 Assessment Guide

- STAR 1 -5 assessments are less formal than Assessment Days. Skaters who are ready to be assessed will be notified by their group or private coach. Not all skaters will be assessed. Coaches will notify the parent/skater that the skater is ready for assessment with all the details (what is test the skater will be doing, assessment date, what to expect, what to wear etc.) 1-2 weeks prior to the assessment date.
- Rules and format set out by Skate Canada must be followed.
- Skaters will be assessed by their own coach during their regularly scheduled skating session. There will be no additional coach fees for the assessment. The only fees for assessments being conducted on a regular session are the Skate Canada Assessment Fee (Test Fee, to be collected BEFORE the assessment) and the regular coach lesson fee, paid by skater to his or her coach according to the previously existing arrangement between them. If skaters are being assessed on a session that they are not registered for due to vacation, scheduling conflict etc., guest skating fees will be applied in addition to the Test Fee.
- STAR 1 and 2 skaters who do not have a private coach will be assessed by their group coach. Besides Test Fee, no additional fees are required.
- Test fee must be paid before the assessment date. Skaters WILL NOT be allowed to be assessed if test fee is not received. Even if assessment has been done by the coach, the test result WILL NOT be submitted to Skate Canada. No exceptions.
- Test fees must be sent to the club by E-transfer. Send E-transfer to uppercanadaskating@bellnet.ca. Please include information such as the skater's name, coach and the tests that the skaters will be testing.
- STAR 1 assessments are the least formal. Depending on the coaches' preferences, skaters may be allowed to wear their practice skating outfits. As skaters progress from STAR 1 to 2, 3, and 4, the tests become more formal. Skaters will have to wear their skating dresses, do up their hair etc. It is to prepare skaters for higher level testing which they will be evaluated by judges appointed by Skate Ontario.
- STAR 5 assessments will be similar to tests in the Assessment Day setting where skaters are expected to arrive early and dress properly.
- Skaters Must have passed the corresponding preceding level (per discipline).
- In dance, skaters may be assessed on STAR 2b prior to STAR 2a, however must pass the complete STAR 2 before being assessed on either STAR 3 assessment.
- In freeskate, skaters may be assessed on the element portions separately from the program assessments. To achieve a full STAR level, both portions must be passed.

What to Wear?

- STAR 1 – Practice attire (Skating dresses, skirts, pants or leggings, skating pants with stretchy material, fitted sweaters or jackets that do not fall below the hips) is acceptable.
- STAR 2 and above – Proper skating attire described below is required.

STAR 1-5 assessments will increase in formality as the skater progresses along the pathway of development.

Proper Skating Attire

- **Dresses:** Ensure that the skater has an appropriate skating dress suitable for the low temperatures inside the rink. Skaters should wear the test dress at least once before the test during the regular skating session to make sure the skater feels comfortable in the outfit and that no stones, adornments fall from the dress. Skaters maybe allowed to wear fitted sweaters over their dresses if the arena is exceptionally cold.
- **Tights:** For girls, proper skating tights.
- **Pants:** For boys, black stretch skating pants and a nice shirt and/or a fitted sweater is appropriate.
- **Gloves:** Gloves (not mittens) and sweaters can be worn during the warmup but not during assessment.
- **Skate Sharpening:** Do not sharpen skates the day of the test. If skaters need to get their skates sharpened, a week before the test is recommended. Edges are very sharp and could affect the skater's comfort level and performance.
- **Hair:** Long hair must be neatly tied back and off the face. Please avoid the use of bobby pins. Use hair clips instead. Clips will ensure hair stays in place and are less likely to fall onto the ice surface.