



# NICKEL BLADES SKATING CLUB

## PRE-STAR, STAR 1 & 2 INFORMATION



### STARSKATE PROGRAM

*Skills, Tests, Achievement, Recognition*

The STAR program is comprised of five different levels for skaters who have completed the CanSkate program. It introduces participants to key components of figure skating including performance, assessment and competition. Each stage of this national figure skating program emphasizes key skills such as turns, stroking, jumps, spins and various aspects of performance. Every skater is unique and the program is designed to allow skaters to progress through the levels at their own pace. Skaters are encouraged to have fun, try their best and master fundamental figure skating skills.

**PRE-STAR** is the next stage after the CanSkate Program. The skater will be invited to join this group once the coaches feel the skater is ready to take the next step into Figure Skating. Pre-Star skaters will continue to wear their helmet while working on figure skating elements such as stroking, jumps, spins and spirals in a fun group environment with their coaches. The skaters in the Pre-Star program are coached in group lessons throughout the entire time on the ice. Sessions are typically one hour in length and offered 1 to 5 days per week.

**STAR 1** builds on the skaters to performing elements from Pre-Star, such as stroking, jumps, spins and spirals. The skaters are taught in a variety of lesson types including group classes with their coaches, self-directed circuits and free skate time. Skaters in the Star 1 program must have completed the Pre-Star program and have been recommended to advance by the coaches. Sessions are typically one hour in length and skaters may choose to skate 1 to 5 days per week.

**STAR 2** is the third level of the STAR program. STAR 2 skaters must have completed the STAR 1 program and have been recommended by club coaches to advance. Sessions will include a combination of Stroking, Dance, and Free Skate. STAR 2 skaters build on the skills learned in STAR 1 and learn additional spins, jumps and spiral sequences. Focus is on skating skills, speed and balance, as well as performance. STAR 2 skaters participate in group elements events and a solo performance at competitions. STAR 2 skaters also begin to explore ice dancing and learn preliminary dances. STAR 2 sessions are offered up to 5 days per week.

## **TEAM COACHING**

Group and private lessons are provided by all NBSC coaches using a collaborative team approach. Group lessons are included in the registration fees. PRE-STAR skaters will be in group lessons during their whole session, while STAR 1-2 skaters will have a mixture of free skating time, self-directed circuit coaching and group lessons.

You may notice some skaters receiving private lessons, which give the skaters the opportunity to practice skating skills one-on-one. Private lessons are generally 10-15 minutes in length and are conducted during the regular ice time. Skaters usually progress faster with private lessons.

Fees for private lessons are not included in registration fees. They are invoiced directly from the coach to the parent on a monthly basis and payments are made directly to the coach. If you are receiving private lessons from more than one coach, you will receive a monthly invoice indicating which coach taught your skater and the length of time they received with each coach. The Club is not responsible for arranging private lessons or handling payments for these lessons.

If you are interested in private lessons for your skater, you may approach any of our coaching staff to let them know or send an email to the coaches at [coach.nickelblades@gmail.com](mailto:coach.nickelblades@gmail.com).

## **PERFORMANCE EVENTS & COMPETITIONS**

Performance Events are not judged and meant to improve the overall performance of your skater. It is meant to encourage the skater to love to be active and grow their skating development. These events introduce the skater to performing elements in front of a crowd without the anxiety of a competition. Officials are only approved for monitoring or competition simulations.

Competition events are assessed by a team of judges.

An NBSC coach will be on the ice with the PRE-STAR & STAR 1 skaters. Skaters can compete in elements and creative expression events and are evaluated individually against Skate Canada criteria. Report cards and ribbons are issued.

*Participation in performance events & competitions are optional at the PRE-STAR & STAR 1 levels.*

At the STAR 2 level, the coach is no longer on the ice with the skaters, but watches from the rink entrance. Skaters can compete in team elements and a full ice solo.

Skaters are evaluated individually against Skate Canada criteria. Report cards and ribbons are issued.

Competitions are entered into at the discretion of the coaching team and parent. The coaching team will provide information and a registration form to the parent to complete or provide instructions for on-line registration. Competition registration fees vary in price and there is a cost for each event entered. Coaches and board parent representatives will assist parents in choosing the appropriate events for their skater.

One of the NBSC coaches will attend each competition and will be responsible for all skaters at the competition. The name of the coach attending, as well as the fees payable to the coach will be provided prior to competition registration. The coaching fees are in addition to the competition registration fees. For out of town competitions, there will also be a small fee for the coach expenses (hotel, travel, meals), which is divided by the number of skaters at the competition.

Female Skaters are required to wear skating dresses, skating tights and hair pulled back for full ice solos. Male Skaters are required to wear skating pants and tight-fitting shirt, if they have long hair it should be pulled back.

Solo music will be provided to you on two CDs prior to the competition. It is your responsibility to bring these CDs to the competition with you, hand them in at the registration desk, and collect them afterwards to use for the next competition. One of the coaches will charge a small fee for the production of these CDs and a choreographed solo.

### **Competition Checklist:**

- Skates (**never leave unattended at a competition**)
- Guards (both hard and soft)
- Club jacket or sweater
- Gloves (skin colour or make sure they match the colour of your Outfit or Jacket)
- Clean competition dress with tights (also bring backup dress and tights)
- Hair accessories (hairspray is not allowed to be used in dressing rooms)
- Make-up (optional)
- Music – 2 copies
- Running shoes
- Skipping rope for warmup
- Camera – remember Flash Photography is NOT permitted
- Skating schedule

***ALWAYS ARRIVE 1 HOUR PRIOR TO YOUR SCHEDULED EVENT***

**When you arrive at the arena (one hour before your scheduled flight):**

- Check-in and register. Hand in your music.
- Determine if the competition is on time, early or late
- Find your dressing room 45 minutes prior to your scheduled event
- Put your skates on 15 minutes prior to your event.

**SKATE CANADA TESTS**

Skaters have the option of taking Skate Canada Tests through a nationally standardized testing system. Once a skater begins working on their STAR test stream, the coaching team will recommend that the skater try their dances, free skate, elements and/or skills tests. Coaches will determine when a skater is ready to try their tests and move to the next level. Tests are conducted during regular skating sessions and a Skate Canada fee must be paid prior to each test. Also, parents should note that they will be billed accordingly for coaching time during test day. Tests will be conducted by club coaches.

**Test Day Checklist:**

- Skates
- Guards (both hard and soft)
- Club jacket or sweater
- Gloves
- Skating dress is recommended, but not required
- Tights plus back-up pair (female)
- Hair accessories and make-up (optional)

**FUNDRAISING**

In order to keep registration costs low, fundraising is required. A variety of fundraising events are scheduled by the Executive, allowing parents and skaters the opportunity to fulfill their fundraising obligations. Fundraising events for the current season are listed on the club website.

The fundraising fee is set by the executive each year and is communicated to parents at the time of registration. A separate post-dated fundraising cheque is required at registration. If you do not wish to participate in fundraising, this cheque will simply be cashed. If you fulfill your fundraising obligations, this cheque will be returned to you in January. If your fundraising obligation is only partially met by January, a payment for the balance will be required.

## SKATING ATTIRE

Skating dresses/skirts with tights or fitted leggings for females and fitted skating pants for males. Fitted sweaters/jackets are acceptable. Thin fitted mitts or gloves are required (two pairs may sometimes be required for warmth). Hair should always be pulled back into a ponytail or out of the skater's face.

**All PRE-STAR skaters must wear a CSA approved helmet.** After assessment by the coaches, STAR 1 skaters are not required to wear a helmet.

The following items are not acceptable:

- Jeans, baggy jogging pants, hoodies or hooded jackets, winter coats, shorts, bulky headbands, earmuffs, bright-coloured boot covers (white is acceptable)

Skaters will be given the opportunity to purchase Nickel Blades Skating Club team jackets during the fall season.

## FIGURE SKATES

Here are some tips for selecting and caring for your figure skates:

- Skates need to fit properly, provide firm ankle support and consist of good quality leather. Molded skates should be avoided, as they are inflexible in the cold and allow the skater less control. Leather skates are preferable to vinyl.
- Blades should be screwed on. The blade should feel centered when walking.
- For second hand skates, make sure that the skate is in good condition and still has good support. Check that the blade still has sharpening left, that the pick is in good condition and that the back of the blade has not been rounded off.
- White boot covers or skate tape keeps the skates in good condition.
- If possible, have the skates properly fitted by knowledgeable individuals to ensure you have the correct size for your skater.
- Skates should be sharpened at the time of purchase and re-sharpened after approximately 15 hours of skating (depending on use, care and the personal preference of the skater).
- Wear protective guards walking to and from the ice surface. Blades pick up all the grit on the mats and damage blades.
- Dry the blades and sole plate with a cloth immediately after use and apply cloth skate blade covers.
- Always remove guards for storage between sessions or the blades may rust.
- Air out boots following use.

Remember: A good quality second hand figure skate is a much better choice than a poor-quality new skate. Club skaters are often selling used skates at affordable prices.

## **FINANCIAL ASSISTANCE**

If you require financial assistance, please contact the Human League @ 670-8633 or [www.humanleague.on.ca](http://www.humanleague.on.ca). This is a non-profit organization that assists parents with the costs of registration, & equipment, which is geared to income.

## **REPORTING AN INJURY**

If your child is hurt at any time at an Arena, the City of Greater Sudbury requires the parent to complete an incident report at time of accident. These reports can be found in the Arena Office, see the Supervisor on duty.