



# NICKEL BLADES SKATING CLUB



## INFORMATION FOR STAR 3-GOLD

### 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.

**STAR 3+ session** encompasses the upper levels of the STAR program. Skaters must have completed the STAR 2 program and have been recommended by Club coaches to advance. Sessions will include a combination of Stroking, Dance, and Free Skate. Skaters will receive group lessons by club coaches in stroking, edges and turns. The remainder of the time, skaters work independently or in private lessons. These levels are considered a part of the learn to train program.

#### **STAR 3**

STAR 3 introduces skaters to performing more challenging elements in a program. The focus is on the fundamental skating skills and encouraging more difficult elements, such as an axel and change-of-foot spins. Music is important and interpretation is assessed. In a STAR 3 competition, skaters are evaluated individually against a standard and skaters are given an overall rating of Gold, Silver, Bronze or Merit, with report cards and ribbons.

#### **STAR 4**

The technical content of STAR 4 is largely the same as STAR 3. However, axels and change of foot spins are incorporated into the solo. STAR 4 also serves as a transition between individually evaluated events and competition among other skaters. Skaters are separated into groups based on age. Each skater receives a report card with a score and top finishers within each group receive either a ribbon or medal.

## **STAR 5**

Most STAR 5 skaters will have a consistent axel and are working on double jumps. Interpretation and transition steps are increasingly important at this level. STAR 5 introduces skaters to performing in a learn to compete environment.

## **STAR 6-GOLD**

As of the 2019 season, a new program for Star 6-Gold has been launched by Skate Canada. These levels are considered to follow a learn to complete program.

The skaters that enter these higher levels continue to build on their elements, spins, jumps and dance skills. They also have the option to participate in an Artistic Program.

## **SKILLS**

Star 3-5 will be evaluated by coaches testing turns, stroking & field moves.

At the Star 6-Gold level, it is a continuation of the Star 3-5 skills. Skaters will be assessed ON SESSION when possible by the Coach OR Evaluator.

## **ARTISTIC SKATING**

Starting at the STAR 5 level, (pre-requisite is Star 4 skills), skaters may choose to develop an artistic program. This is another program skated individually to music, which involves interpretation of a theme. Skate Canada requires all skaters to wear all black when competing in this event.

## **ICE DANCE**

Skaters in STAR 3-5+ will learn a series of Skate Canada dances that are skated with a partner for testing. Ice dance allows skaters to explore their own musicality and creativity with Artistic and Rhythm Dance ideas. The skater can complete these dances with or without a partner. As the skaters increase to the Star 6- Gold level the dances become more complex and will be tested by an evaluator at a high test.

## **FREESKATE**

Skaters will be required to move through elements or their program independently (must complete both). At the Star 6- GOLD level it is evaluator assessed. The content that is required for their competition is dependent on their level.

## **TEAM COACHING**

Group and private coaching will be utilized to instruct the skaters.

Private lessons will be provided by all NBSC coaches on a rotational basis as required to meet the needs of the skater.

Private lessons are mandatory at this level. The number of private lessons is at the parent's discretion, which is worked out between parent and the coaching team. Another alternative is to have semi-private lessons. This is a lesson given to two or more skaters at the same time and the costs shared between the parents. These arrangements are made with the coaching team.

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.

Prior to the start of the skating year, send an email to the coaches at [coach.nickelblades@gmail.com](mailto:coach.nickelblades@gmail.com) to indicate which days your skater will be skating and how many private lessons per week you would like your skater to receive.

## **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.

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) or clean competition shirt with pants.
- Hair accessories (hairspray is not allowed to be used in dressing rooms)
- Make-up (optional)
- Music – 2 copies
- Running shoes
- 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.
- 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. The coaching team will determine when a skater is ready to try their tests and move to the next level. Low tests are conducted during regular skating sessions. High tests are conducted at various locations throughout the Rainbow Region. 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. Low tests may be conducted by club coaches or an external evaluator during regular skating sessions. High tests are always conducted by an external evaluator on scheduled test days.

**Dance tests:** Dances typically learned up to the STAR 5 level are usually partnered by a Coach or skated alone. At higher levels, dance tests usually use a professional dance partner, with associated fees. There are also options to skate some of these dances without a partner. It is best to discuss the specifics with your coach.

### **Test Day Checklist:**

- Skates
- Guards (both hard and soft)
- Club jacket or sweater
- Gloves
- Clean competition dress or nice clean shirt/dress pants
- Tights plus back-up pair
- Hair accessories and make-up (optional)

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

## **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 and/or skating shirt with fitted skating pants. 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.

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.