



**SKATECANADA**  
ALBERTA-NWT/NUNAVUT



**STARSKATE**



# Handbook





# Welcome

**You have now joined the ranks of the skating parent. These are a unique group of people who recognize one another by the following:**

- 1. You talk a new language about toe loops, three turn, edges and chasses.**
- 2. You are forever driving to or from the arena.**
- 3. Your toes are permanently frozen.**
- 4. Someone is always phoning you about ice changes or asking for help and your hands are full.**
- 5. Your hair has that arena smell to it. (No one has been able to define it).**
- 6. Family members are always complaining about dinner being late or the refrigerator being empty.**

**On the more serious side, skating does provide your child and yourself with many positive experiences. When your child lands his/her first jump, executes 3 turns or learns the Dutch Waltz, it is a very exciting time for him/her. They are learning new skills and developing confidence in themselves. Educators claim that children involved in a sport that uses minds and skills do better in school.**



## Definitions

There are 3 main disciplines in figure skating, each with their own terms for elements and/or levels.

### FREE SKATE

Free Skate is a series of jumps, small spins, field movements and footwork. When skaters are ready to compete, these elements are performed to a specific timed piece of music and choreographed in a pleasing and artistic way.

Examples of the elements your skater will learn or be introduced to are:

**Jumps** – Waltz, salchow (pronounced sow-cow), toe loop, loop, flip and jump combinations

**Spins** – 2 foot, forward 1 foot spin, backward 1 foot spin, sit, camel

**Field Movements** – Spiral, arabesque, Ina Bauer, spread eagle, pivot

**Footwork** – 3 turns, mohawks, edges, mazurkas, gallops



# DANCE

**Ice dancing is ballroom dancing done on ice. There are several levels of dances ranging from Preliminary to Gold and Diamond. Each dance has specific steps, a specific pattern on the ice and is skated to music with the appropriate rhythm.**

**Your skater will be introduced to the Preliminary Dances including the Dutch Waltz, the Canasta Tango and the Baby Blues. After these dances are learned, they will continue on with the system of dances at the Junior Bronze and Senior Bronze levels.**



# SKATING SKILLS

**Skating Skills** are exercises containing edges, turns and field movements designed to teach fundamental movements to skaters of all levels. These skills have replaced the old “figures” that were done in a patch session.

They are similar to the dances but cover more of the ice surface and are more intricate. Skills are a very important discipline and teach the basics of every skating move.

Your skater will be introduced to the first level of Skating Skills tests.

Your skater will receive group instruction in all these disciplines as well as stroking. Stroking sessions build the skater’s cardiovascular system and make strong skaters.



## Skate Canada Tests

**Skating Tests** in Free Skate, Dance and Skating Skills challenge skaters to learn and develop more advanced figure skating skills. Skaters work independently to obtain certificates and crests from Preliminary to Gold. When your skater is ready for a Skate Canada Test, the coach will let you know and provide details of taking the test.



## COMPETITIONS

**There are competitions during the skating season designed for beginner skaters. Competitions introduce skaters to competitive skating in a fun atmosphere with less pressure. Skaters perform a free skate program against other skaters who are working at the same skill level. There is no pressure to enter competitions. There are entry and coaching fees associated with competitions.**



## COACHING FEES

**Coaches set their fees according to their qualifications and years of experience. There are fees for semi-private or private lessons, preparation of the skater's music and coaching at Tests and competitions. Lessons may be booked in 10 or 15 minute blocks for a set fee. Parents schedule lessons with coaches. The coach will invoice you monthly and fees are paid directly to the coach. Lessons may be taken in small groups of 3 or 4 to help keep costs down for parents. This also provides an opportunity for socialization for the skaters.**

**It is recommended that you review fees and costs with coaches prior to scheduling lessons.**



## **EQUIPMENT AND CLOTHING**

**It is important that skaters have good quality equipment. Better quality boots and blades will provide support as your child advances technically and will help to prevent injury. Used skates are readily available for a fraction of the cost of new equipment. A good used pair of skates is a better investment than poor quality new skates.**

**Skates are an investment and should receive proper care. Make sure guards are worn when walking off the ice. Once the skates are taken off, both the blades and the soles should be wiped thoroughly dry. Ensure the screws that hold the blade to the boot are tight.**

**How do you know when skates require sharpening? Skates must be sharpened after approximately 25 hours of ice time. If in doubt, feel the blade crosswise with your thumb. If it feels flat or round, they need sharpening. If your skater starts to fall more than usual, especially when going in a circle, skates may require sharpening. Ask your coach to check the skates.**

**Skaters require appropriate skating clothes. Girls should have skating skirts or dresses and warm tights or athletic pants. Boys wear athletic pants with straps to keep them from flapping. Both must have warm sweatshirts, sweaters or jackets that are not bulky or restrictive.**

**Test days and competitions are formal occasions and require dress clothes, clean laces and polished skates.**



## **Rules for Group STARSkaters**

Safety First! Always keep your head up, watch for other skaters.

Skaters having a lesson or going through their program with music have the right of way.

Coaches have the right of way.

If you fall, get up right away . . . it is dangerous to sit on the ice.

If you fall, always try to fall so you land on your bottom.

Dress properly (mitten/gloves and a sweater are a must).

Bring a water bottle.

Ask your coach before you leave the ice. Before coming on the ice, make sure you have used the washroom and have everything you need, (tissues, water bottle, mittens, sweater, etc.) Leaving the ice is discouraged.

If you need to rest, sit in the box for a few minutes.

Skaters are not allowed to sit on the boards,

Absolutely NO gum or candy is allowed on the ice.

Please be on time for your lessons.

Make good use of your ice time. Practice what you have been taught in your lessons.

Standing around is discouraged.

Remember to say Thank You!

Have fun and work hard!