

HUNTSVILLE SKATING CLUB



HANDBOOK FOR STARSKATERS

2024-2025

STARSKATE: **SKILLS, TESTS, ACHIEVEMENT, RECOGNITION**

HUNTSVILLE SKATING CLUB

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Huntsville Skating Club Board of Directors 2023-2024

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CanSkate Liaison: Muriel Blaker

Coaches Liaison: Muriel Blaker

Assessment Co-ordinator: Chrissy Mantle-Marnoch

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Huntsville Skating Club Fall/Winter Schedule 2023-2024

Monday-Don Lough Arena

- 3:30 pm - **Gold/Silver** - Power
- 3:45 pm - **Gold/Silver** - Freeskate
- 4:45 pm - **Gold/Silver** - Dance & Dance Elements
- 5:00 pm - FLOOD
- 5:15 pm - **Youth PowerSkating (12 & under)** (Sept 7-Oct 2)
 - **StarSkate Off-Ice** September 11, 18, 25, October 2 (5:15 pm-5:45 pm)
 - **PreCanSkate** (Start date October 16)
- 5:45 pm - **CanSkate** (Start date October 16)
- 6:30 pm - **Bronze** - FreeSkate
- 7:00 pm - **Bronze** - Skills/Stroking
- 7:15 pm - **Bronze** - Dance
- 7:50 pm - FLOOD
- 8:00 pm - 8:50 pm - **Teen/Adult PowerSkating (13 & over)** (Sept 11—Oct 30)
 - **Teen/Adult Learn to Skate & Beyond ADVANCED** (Nov 6 -Apr 8)

Tuesday-Jack Bionda Arena (starts September 19)

- 4:00 pm - 5:20 pm - **ALL StarSkate Enrichment Program**
- 5:30 pm - 6:15 pm - **StarSkate Off-Ice**

Wednesday-Jack Bionda Arena (starts September 20)

- 7:00 am to 8:00 am - **ALL STARSKATE (1st Year Bronze must have coach approval)**- Freeskate

Thursday-Don Lough Arena

- 3:30 pm - **Gold & Silver** - Freeskate
- 4:00 pm - **Gold & Silver** - Spins & Spirals
- 4:15 pm - **Gold & Silver** - Power/Edges & Turns
- 4:30 pm - **Gold & Silver** - Dance
- 4:45 pm - **ALL STARSKATE** - Rhythm/Edges & Turns
- 5:00 pm - **Bronze** - Dance
- 5:15 pm - **Bronze** - FreeSkate
- 5:50pm - FLOOD
- 6:00pm - **Youth PowerSkating (12 & under)** (Sept 7-Sept 28)
 - **StarSkate Off-Ice** September 7, 14, 21 & 28 (6:00 pm-6:30 pm)
 - **CanSkate** (Start date October 12)
- 6:45pm - FLOOD
- 7:00pm - **Teen/Adult Learn to Skate & Beyond** (Nov 9 -Apr 11)
- 7:50pm - FLOOD

Sunday-Jack Bionda Arena

- 7:30 am to 8:30 am - **ALL AGES HOCKEY SKATING SKILLS** (Start October 1-December 17)
- 8:30 am to 9:45 am - **ALL STARSKATE (1st Year Bronze must have coach approval) OPEN**
(starts September 17)
- 10:00 am to 10:45 am - **CanSkate** (Start date October 1)
- 10:45 am to 11:15 am - **Pre CanSkate** (Start date October 1)

Why Have We Made This Booklet?

We have made this booklet as a guide specifically for parents of new StarSkaters. Moving from CanSkate to StarSkate can be unfamiliar territory, so we hope you find the information in this booklet helpful with the transition. We value any feedback or questions you might have as we continue to update this resource. We also encourage you to ask any Board member or Coach any questions you may have.

We rely heavily on our volunteers to run the club. The HSC is run by a dedicated group of volunteer Board of Directors, Professional Coaches and Parent Volunteers. If you are interested in volunteering, please contact any board member.

As a skater at HSC, your daughter/son has paid the Skate Canada membership fee which entitles them to be registered with Skate Canada yearly from September 1 to August 31. A skater's Skate Canada number remains with them during their skating years. Registration provides important liability insurance while on the ice and access to the Skate Canada membership site. We recommend that all skating families sign-up for newsletters and updates from Skate Canada & Skate Ontario.



STARSKATE PROGRAM OBJECTIVES

Our StarSkate program objectives for this season are based on Skate Canada's Long-Term Development model. Club time lessons are a great way to direct skaters' work and effort in a very cost effective, work productive manner. All skaters should begin each skating session with a General Warmup. In an effort to provide specific and focused instruction, we have introduced these classes during each skating session.

Off Ice Training- To introduce and develop awareness of strength, coordination, and awareness. As part of any athletes Long Term Athlete Development this is an integral part to all athletes training.

General Warmup

- To warm up the body (increase blood flow and body temperature)
- To re-establish skating balance on blades and reinforce connection with the ice
- To warm up rotational exercises to prepare skaters for the session

STAR Power Class

- To develop more power on pushing and acceleration - To increase the comfort level of the skater at higher speeds

Edges/Turns Class

- To teach, develop and reinforce proper technique for all edges and pushes
- To teach, develop and reinforce proper technique for all turns

Dance Steps Class

- To teach, review and develop power and technique in dance steps

Steps & Rhythm Class

- To teach, review and develop basic dance steps using music
- To master timing and dance pattern execution

FreeSkate Class

- To teach, develop and master jumps and spins
- To develop skating programs and program components

Spins & Spirals Class

- To teach, develop and master a variety of spins and spirals

Field Movement Class

- To teach, develop and master a variety of field movements (spirals, split jumps, sit glide, etc.)

StarSkate Program

Skills, Tests, Achievement, Recognition - this is what STARSkate is all about!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, freeskate and artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

How StarSkate Works

The StarSkate program consists of figure skating skills in four areas
Skating Skills, Ice Dance, Free Skate and Artistic.

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, freeskating and ice dancing. The objective of the Skating Skills program is mastery of the fundamentals of skating - edge quality, control, power, and speed.

Ice Dance

The Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control, and unison. The dances in the StarSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level.

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.

Beginning with STAR 2, each test consists of 2 parts - Elements in Isolation and a Free Program.

Artistic

The objective of the Artistic 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.

Each of the above areas have 11 testing levels that go from Star 1-Gold

Star 1 & 2 - Tests are completed in the skaters' natural environment, during their regular lesson time. This may be in a group, semi or private lesson. Testing attire is required for this type of assessment.

Star 2,3,4 & 5 - Tests are completed in the skaters' natural environment, during their regular lesson time. To increase the formality, only the skater being assessed will participate in the assessment. Proper skating attire is required for this type of assessment. STAR 5 skaters will be assessed on "clear ice".

Star 6 - Gold - Tests are completed on a specified test day with an external evaluator. Coaches & skaters stand off the ice and the skaters perform their assessment on clear ice.

Private Coaching

Private coaching involves a skater working individually or in a small group format with direct instruction from one of our Professional skating coaches. Working with a private coach, supports yearly goal setting and skill development for a skater. Skate Canada Tests are an integral part of a skater's development and success. If your skater would like to test or compete in events organized by Skate Ontario, a Private Coach is essential to this process. You will want to choose an HSC coach that is the best fit for you and your skater. Private coaching lessons can be given on an individual basis, semiprivate or in a group. Talk to the Professional Coaches to decide what will work best for your skater. Having a Private Coach is an additional fee above and beyond the registration fee. These fees are set by the coaches and are payable to that coach. Please feel free to talk to our coaches about your child's goals and progress.

StarSkate Tests and Competition Opportunities

Once a skater is in the Skate Canada StarSkate program, there are several options for testing and competing.

SKATE CANADA TESTS

Tests (which are optional, not mandatory) are organized by your coaches, the HSC Board or by other skating clubs. **Tests are a way to track the skaters progress and keep them progressing through the StarSkate levels.** Your Private Coach will decide with you and your skater when a skater is ready to be tested. Fees are \$12.00 per Dance, Skills test, Artistic program and per part of a Freeskate. Star 1-5 Tests are coach assessed and can be done during regular skating sessions by your private coach. Star 6-Gold tests are considered HIGH TESTS and are tested by an External assessor. You may see other costs such as a partnering fee for a dance partner, and/or an administration fee may be charged (that will assist paying for the Judge's gas, a gift and/or meals). Judges are not paid as they are also volunteers. They often have to take time off work and time away from their families to participate in a Test day.

SKATE ONTARIO COMPETITIONS

Your skater may choose to enter competitions. Skate Ontario, our provincial governing body, has organized a series of competitions throughout the province for skaters of all levels to participate in.

There are 3 levels of competition, open to skaters based on their skating levels.

STAR 1-4 Series - This group of events is designed as an introductory experience for athletes at the STAR 1-4 level in the Learn to Train stage of LTAD. This group of events will offer STAR 1-4 categories plus supplementary categories chosen by the host club from a list provided by Skate Ontario. STAR 1-4 events are judged to a standard set by Skate Canada.

Provincial Series (STAR 5-Gold qualifying and non-qualifying, Pre-Juvenile - Senior) - The Provincial Series will consist of events over the province of Ontario between November – March 2022. This series will determine the participants in the Provincial Championships taking place in March 26, 2020.

Sectional Series (Pre-Juvenile to Senior) - The Sectional Series will consist of events between July to December 2022 and culminate with Sectionals on TBD

For more information on the competitions visit Skate Ontario www.skateontario.org click on the Compete tab and then Event Series Information.

Talk to your coach if you would like more information pertaining to your skater doing competitions.

Program Assistants

Becoming or continuing as a Program Assistant with the Huntsville Skating Club is a very rewarding experience and a great way to give back to the club/community. The CanSkate program depends on Program Assistants to ensure the program runs smoothly and all skaters receive needed attention. Program Assistants are a major part of the program's success.

In September, StarSkaters are contacted by the Club CanSkate Coordinator and invited to become a Program Assistant. This is such a great way for a skater to build leadership skills, collect volunteer hours and to become a great role model.

Training session dates will be TBD with Classroom instruction and On-ice demonstration and instruction. During these sessions, the Trainees will learn Warm Up and Cool Down exercises, how the session and groups run and rotate through the circuits, learn how to set up and take down the sessions and other aspects such as ice safety and etiquette with not only the skaters but the parents as well. This is not only a fun team to join but it can be a great team- building experience. The coaches and Board of directors would like to see all our StarSkaters become a part of this team.

IMPORTANT INFO: If a PA is unable to help with a session, please inform the CanSkate Coordinator and club email at least 24 hours in advance.

Volunteering & Fundraising

We are always in need of volunteers whether it's helping at a fundraiser or special event days. We are also looking for volunteers who would like to take on a more active role with the Huntsville Skating Club by joining our Board of Directors. For more information on how to become a board member and the time commitment involved, please email the club @ huntsvilleskatingclub@gmail.com or talk to a board member at the arena.

Here are a few volunteer opportunities:

- **Skokie Skate - an HSC hosted competition**
- **Performance Day Event/CanSkate Challenge**
- **Test Days**
- **Ice Show**
- **Canskate Club Table**
- **Music Playing**

Your skating fees DO NOT cover all Huntsville Skating Club costs. Fundraising is necessary to cover the cost of our programs. Below are a few of our ongoing Fundraisers. Please visit the website and the skating table for more Fundraising opportunities throughout the year.

- **Buy & Sell** - bring in your used skates and skating clothing and we will sell for you. You set the price and the club keeps 20% of the sale price. This is out on display several times throughout the season for skaters and families to purchase items - (E-TRANSFER ONLY SALES)

- **Skate Ontario Sectionals**- We will be hosting a Skate Ontario Sectional competition in 2023. Skaters from across Ontario will attend this 4-day event to compete. It takes many volunteers to host an event of this size. No skating experience is necessary. Jobs include admissions/program sales, setup and cleanup, skater, and music registration, dressing room attendants, to name a few. Keep an eye out for sign up charts via email or at the skating table.

We are always looking for new fundraising ideas. If you have an idea, feel free to share with any of our Club Board members.



Skate Care: Questions and Answers

How do I care for my skate blades when wearing my skates?

To protect your blades from nicks and gouges, always wear hard rubber/plastic skate guards when off the ice. Even the rubber mats that lead from the dressing room to the ice surface accumulate dirt and grit from the shoes of pedestrians and this dirt will nick blades.

How do I care for my blades when off the ice?

To prevent your blades from rusting, always dry off your blades when you get off the ice. Slide your fingers along both sides to remove snow as soon as you get off and then put on your hard rubber/plastic skate guards. After taking off your skates, remove the hard guards and wipe the blades down with a towel or chamois. Wipe both the blade areas and the mounting surfaces as the screws can rust too. Before you put them in your bag, put them in soft covers or soakers to help absorb further moisture and to stop them from banging against each other inside your bag. NEVER store your skates in the hard guards as there is still moisture inside and this will cause your blades to rust and ruin the sharpening. Clean out the hard guards periodically in case dirt or grit accumulates inside them.

Who should I get to sharpen my blades?

Be careful whom you trust with your blades. Make sure they are sharpened in a place that does not use an automated machine and that they understand how to sharpen figure skates. Those who sharpen hockey skates do not necessarily know how to sharpen figure skates. The bottom pick should not be removed. A couple of locations that HSC skaters currently use is Figure Skating Boutique in Markham, Coach Tim on Monday nights only. Your coach may also be able to make recommendations.

How do I know if my blades need sharpening?

You can generally tell if your skates need sharpening by how they perform on the ice. If you feel that you are not gripping the ice or are sliding too much sideways when you skate, then you probably need to sharpen them. An easy test for sharpness is to run the back of your fingernail lightly across the edge of the blade. If some shavings peel off your nail, then they are still sharp. If you are not sure if your skates need to be sharpened, ask your coach.

How do I know if my skates fit properly?

A correctly fitted boot should feel snug in the heel. There should be little or no movement when you try to lift your heel. Your toes should be able to wiggle freely but not slide from side to side. In young children, whose feet experience frequent growth spurts, it is suggested that when fitting skates that the child first inserts the foot snugly into the heel "cup", then stands and bends the knee so that the foot slides forward. No more than 5mm minimum to 10mm maximum width is recommended which allows for growth up to one year. In children and adults whose feet have stopped growing, no more than half a finger width is recommended or else the boot is too long.



The Huntsville Skating Club Skaters' & Parents' Code of Ethics & Conduct

Skating is a competitive sport requiring safe and courteous behaviour from all participants, both on and off the ice. Skaters need to be aware of one another to ensure the safety of everyone. Although skating is primarily an "individual" sport, all skaters must act as a team and exhibit team mentality while sharing the ice.

Each skater and parent at The Huntsville Skating Club (HSC) is responsible for being aware of and practicing the rules of etiquette and safety as noted in this document. This Code of Ethics, based upon HSC Policies, must be followed during all training sessions. All HSC members are expected to act in accordance with these rules while representing our Club at competitions and other events. All skaters and parents are expected to make themselves familiar with the Code of Ethics and HSC Policies (posted on our website).

GENERAL CONDUCT:

1. Skaters and parents must be courteous at all times to everyone, including their fellow skaters and parents both on and off the ice in accordance with the Town of Huntsville's True Sport Principles and Skate Canada Rules.
2. A Board Member or Coach has the authority to remove any skater from the ice for inappropriate conduct or non-payment of fees as per the HSC Policies.
3. For insurance reasons, only Skate Canada members are permitted on the ice surface. Those on the ice need to wear skates and be wearing a CSA approved helmet (ie for carnival set up).
4. Parents/Guardians are not allowed in the players' boxes during skating lessons.
5. **Parents, Guardians or designate should remain in the arena for the entire session.** For CanSkate, this is mandatory, as HSC does not provide for any off-ice supervision.
6. **Be on time** for all your sessions. Please let your coach know if you are going to be late or absent.
7. Coaches are not to be disturbed during lessons or when in their change room.
8. All HSC StarSkaters must have a base coach to be eligible to test or compete. The base coach must be a Huntsville Skating Club Coach. Out of club coaches are permitted on our Wednesday & Sunday sessions only. The Base coach needs to approve any other coaches giving lessons to HSC Skaters for on ice sessions on HSC ice and skaters should get their permission for other skating associated lessons. All coaches (club and associate coaches) must be in good standing with Skate Canada.
9. Skaters may go to another session for a 15-minute private lesson with a coach as per HSC Policies
10. Hopping or guest fees must be **paid before skating**. Hopping fees are payable to a Board Member or your coach. Please notify HSC & your coach by email, of your intention to guest skate. Skaters must adhere to all HSC Hopping & Guest Skater Policies.
11. Money and valuables should not be left unattended. HSC bears no responsibility for lost or stolen items.
12. Skaters asked to be respectful to the Canada Summit Centre, Club, and fellow skaters' property and this includes the change rooms. Use of the change room is a privilege, which can be revoked.
13. Skaters and Parents are encouraged to make an effort to support their fellow skaters during regular sessions and competitions/events.
14. **Concerns/Complaints will be reviewed only if submitted in writing to the Board and will be addressed following the HSC Club Dispute Reporting & Resolution Procedures Policy.**

ICE RULES:

Right of Way Rules

1. **Priority is given to club time lessons, followed by skaters playing their solo music and then skaters who are in a lesson.**
Regardless of priority - safety must come first. Use common sense and regardless of who has the right of way, both skaters must stop before a collision.
2. When a dance is played, the skater with the coach who requested the dance music will skate first followed by skater requests/sign up list
3. Solo or dance music will be played in the order of coach request followed by skater requests/sign up list.
4. Spin in the center. Jump at the corners. Do not linger in these areas.
5. It is important to always be aware, cautious, and considerate of everyone on the ice. Within each session, there are a variety of skating levels sharing the same ice.
6. During freeskate sessions, skaters will either sign up or make request to music player, to have their music played. Once that skater is done doing their solo (no restarts), they will erase their name from the list and/or the music player will start the next skater's music. Coaches may play solos during private lessons and must cue the music back to where the interruption occurred. When there are no requests freeskate music will play.

Conduct

1. **All Skaters who have not passed CanSkate Stage 6 must wear a CSA approved hockey helmet on the ice.**
2. Proper skating attire must be worn on all sessions (such as Girls: tights, dress, skirt, or leggings. Boys: athletic non-baggy pants). Long hair should be tied back. No hoodies worn on skater's head. For off-ice, skaters must have running shoes and appropriate exercise attire.
3. Program Assistants must wear their Program Assistant identifying hoodies when assisting with Canskate sessions.
4. Skaters may not enter the ice surface until the Zamboni doors have closed and a coach/program assistant has invited skaters onto the ice. For StarSkaters, if no coach is present, skating may commence once two board members are present.
5. Food, drink, and gum are not permitted on the ice. Water bottles must be left at the boards. No glassware is permitted.
6. Skaters are expected to be skating at all times when on the ice. Skaters must get up promptly after a fall in order to keep pathways clear for other skaters.
7. **Skaters must follow the session schedule**, otherwise they may be asked to vacate the ice, i.e. free skate only during free skate time, dance only during dance time, etc. unless in a lesson with their coach.
8. **Skaters are expected to participate in all group lessons.** The only exception is those in a private lesson at the same time as the group lesson. A skater choosing not to participate in the group lesson need to exit the ice until the group session is over.
9. Skaters should not leave the ice surface during a session unless absolutely necessary. It is good practice to obtain a coach's permission before leaving the ice.
10. Skaters must clear the ice promptly at the end of the session.
11. All skaters, including guest skaters, must skate on the session for which they are qualified.
12. Attention must be paid to the position of other skaters and coaches while skating to ensure the safety of all.
13. Foul language, yelling, abusive or aggressive behaviour, including kicking or picking holes and the intentional making of "snow" is prohibited.
14. Pushing, tripping, horseplay, tag, racing or intentional interference with other skaters is not permitted on the ice.

DISCIPLINARY ACTION:

The HSC Board will only commence Disciplinary Action when a written letter of complaint is forwarded to the Board. The complaint will be dealt with following HSC's Club Dispute Reporting & Resolution Procedures Policy.

