



## What is StarSkate?

The StarSkate program is the next step after Canskate groups as designated by Skate Canada and is in essence, private or semi-private lessons (exception is Star Junior Group – see p2) that follow a particular route and are geared toward the development of more advanced skating skills. A child can begin private lessons at any time.

Development along this route is steered by the Skate Canada registered coach of your choice (see website for list of Lakeshore SC coaches), who will work toward skills improvement based on goals, ability and desire to learn and improve. The coach works within certain guidelines as determined and set out by Skate Canada. StarSkaters/families discuss with their chosen coach the best time for lessons and thereafter register at KFSC for the agreed slot. **Ice time fees are separate to Coaches fees and the coach is paid directly for their tutoring time.** The ice is something you purchase from Lakeshore SC – normally you register for a particular day (s) and time for part or the whole season. You can however, 'buy-on' in to individual sessions - although all children must

be registered with Skate Canada before they can skate on any of Lakeshore SC's ice. A note should be sent in advance to the Club email to advise of buy-on slot/time. Please contact the Club for more details.

## Program

There are four main disciplines within figure skating: Freestyle; Dance; Skills and Interpretive. A student may opt for learning just one, two, three or all of the disciplines. Alternatively, they can focus on one and then the other – as they choose. Some coaches however, have certain



specialisms and may not teach all disciplines. However, coaches do work with other coaches in order to provide appropriate coaching if it is felt necessary: It is important to clarify that your chosen coach can guide you where you want to go. It is important to note however, that the coach who teaches the freestyle discipline is considered the 'Head Coach' and all development plans should be made via them and in agreement with them in the first instance.

## Tests

It is not compulsory to take skating tests and is the choice of the skater and their family as to whether they wish to progress in this fashion. Here at Lakeshore SC however, we do believe it important that all children feel a sense of achievement and indeed something to work toward. This is one way to achieve something concrete which testifies the level of skill a child has achieved. Skate Canada run tests for every level achieved in all disciplines. At Lakeshore SC we operate two Club test days in the fall/winter season: In November and in February. Advanced skaters (Senior Silver and up) can also test at Centralized testing days. Lakeshore usually operates one of those per season. Your coach will direct you when (or if) your child is ready to test. All skaters wishing to test must get permission in advance from Lakeshore SC Test Chairman. After, a copy of test results should be dropped off in Club drop box: Lakeshore assigns points based on successful test and competition results – these points are added up at end of season and the skaters with most points in Junior, Intermediate and Senior categories are presented with a Club Award.



## Test Levels

- 1. Freestyle/Freeskate** (Levels): Preliminary; Junior Bronze; Senior Bronze; Junior Silver; Senior Silver; Gold.
- 2. Skills** (Levels): Preliminary; Junior Bronze; Senior Bronze; Junior Silver; Senior Silver; Gold.
- 3. Dance** (Levels): Preliminary (3 dances); Junior Bronze (3 dances); Senior Bronze (3 dances); Junior Silver (4 dances); Senior Silver (4 dances); gold (4 dances) and finally diamond (4/5 dances).
- 4. Interpretive** (Levels): Introductory; Bronze; Silver; Gold.

## Competitions

Are held throughout the season and at various different locations - both locally and further afield. The level a child enters a competition is based on their last test past at time of registration for any particular competition: a child can skate up a level if a competition allows for it (and if their coach believes it appropriate) but not down. As with tests, a copy of the competition results sheets (issued at end of every competition) should be posted in to KFSC (attn. of Club Points) - it is the responsibility of skater/parents to collect all results and ensure KFSC has a copy.



## Junior Star Group

This is a Club initiative and is designed to help skaters/families transition from the Canskate group program in to the StarSkate program. A child must have achieved his/her Canskate Badge 5 at minimum for

eligibility to register for this Star Club program. Ratio is 6 children per coach. It is recommended that the child skate at least twice a week to progress at a reasonable pace: An option is 1 Junior Group class (Club program) and 1 private lesson per week.

## Skate Canada Competitive Program

The Competitive Program is geared toward children who have aptitude

### *What is Sans Limite?*

*Sans Limite is the term given to Quebec's beginner competitive program and this grouping allows children ages 6, 7 and 8 (9 for boys) to enter the Competitive stream. All Sans Limite programs (solo's) are 2 minutes long. This is a more demanding program and requires a strong basic skill set. The competitive stream that begins with Sans Limite is the one that leads eventually to Canadian Championships, Worlds and the Olympics.*

and advanced skating skills and importantly, a desire for a more challenging program. Your coach will direct you on whether this is an appropriate option at this time. A child can enter the competitive stream at any time depending on whether their coach thinks it appropriate.

## Figure Skates

All children registering for the Star program need to wear proper figure skates.

It is very important to take care of skates. After each session, the blades should be wiped dry with a cloth and stored away with soakers on. This helps dry up any condensation and prevents the rusting of blades. Blades should be sharpened by a professional figure skating blade sharpener - not a hockey blade sharpener. The rocker and the picks are

### *Healthy Fun and Achievement*

*According to Canadian Statistics, Quebec has one of the worst sports participation levels in children and adults than almost anywhere else in Canada. Encourage your children to develop a love of sport and an active lifestyle. Its good for their general health and their mental development.*

the most important part of the blade and the quality of sharpening does affect how a child is able to perform on ice.

Although we are not specifically endorsing these service providers, many members at our club use the following for sharpening and other skating supplies:

**Place Du Patin Inc.**  
935 Boulevard de la Cité-Des-Jeunes,  
Montreal Metro Area, QC J7V 8P2  
450-455-6373

**L'Artiste du Patin**  
7825 Taschereau Blvd.  
Brossard (450)678-5442

**H&L Dance and Skating Boutique**  
826 Boul. Decarie,  
St. Laurent QC H4L 3L9 (514)744-2016

**La Maison du Patin**  
9371 Meaux,  
St. Leonard (514)324-2662

**Boutique Patinage Plus**  
3760 Blv Concord East,  
Laval (450)661-6655

