



2023/2024 INTRO TO STARSKATE Welcome Letter

Hello and welcome to an exciting new skating season! This letter will give you some information as to what we have planned over the next few months and answer some of the FAQ!

Our Intro to Starskate Program

For the 2023/2024 season, skaters must have passed Stage 4 badge to be eligible for our Intro to STARSkate session. With a focus on figure skating, skaters will progress out of Canskate and into the Skate Canada STARSkate program. Led by our NCCP certified coaches (minimum Regional trained), skaters will begin to focus on technical and fundamental figure skating skills. The program is offered on Monday and Thursday nights. Figure skates must be worn!

What is STARSkate? SKILLS, TESTS, ACHIEVEMENT, RECOGNITION

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate 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. Star 1-5 tests are Coach assessed and Star 6-Gold are conducted by a Skate Canada Evaluator during a club designated test day.

Session Format:

- 10 min Coach led Warm Up
- 30 min Coach led Groups
- 10 min Independent Free Time

*We strongly encourage skaters to enrol in private lessons to supplement group instruction. Please contact the coach of your choice **directly** as found on our website to inquire about private lessons, availability and rates.

SSC Coaches page: <https://www.stouffvilleskate.com/pages/club-info/coaches1/>

Skating Attire/Equipment

- Skaters should wear proper skating attire including items like stretchy insulated warm up jackets, insulated leggings or pants, skating tights, skating dresses, gloves. Please avoid wearing long winter jackets, jeans, or anything that does not allow proper movement on the ice.
- Skaters should be wearing figure skates with good ankle support. Please ensure that the laces aren't too long and there is nothing hanging down under the blade. Skate sharpening should be done at a reputable source specializing in figure skates.
- Skaters are required to wear CSA-approved hockey helmets while enrolled in the Intro to STARSkate program **until they have passed Stage 5 badge**.

Some coaches recommended sources for equipment/sharpening:

<https://skatingboutique.com>

<http://jakesskatesharpener.com>

Important Dates:

Date	Significance
Monday Sept 11, Thursday Sept 13, 2023	First Session of the Season
Monday October 9, 2023	Thanksgiving – NO SKATING
Monday Dec 11, Thursday Dec 14, 2023	Last Session before the Holidays
Monday Jan 8, Thursday Jan 11, 2024	Skating Resumes
Monday March 11, Thursday March 14, 2024	March Break – NO SKATING
Thurs April 11, Mon April 15, 2024	Final Session of the Season



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Theme Days:

Date	Theme
Thursday Oct 26/Monday Oct 30, 2023	Halloween Skate

(More theme days will be added throughout the season!)

Evaluations:

Skaters will be assessed during group time for remaining Canskate badge skills. Once on STARSkate 1, skaters must be assessed by their private coach during lesson time. Coach must be a certified Skate Canada Star 1-5 Coach-Assessor. With coach recommendation, after passing one STARSkate test, skaters may be eligible to move to the Intermediate session. Please discuss this with your private coach.

We will communicate to parents via email and our website throughout the season regarding important dates, reminders, and updates. If you have any questions, please contact us via email.

Looking forward to a great season!

Your Stouffville SC Coaches & Executive