



# Cochrane Skating Club

## StarSkate Parent Handbook

2024-2025

### CSC StarSkate Programs

#### Advanced CanSkate

Cochrane Skating Club's Advanced CanSkate program is designed to transition skaters from CanSkate into the Junior StarSkate program. CanSkaters who are ID'd by a coach, have achieved CanSkate Stage 3, and are interested in figure skating, are eligible. Skaters will be invited by the coaching team to register into the Advanced CanSkate program.

Advanced CanSkate shares ice time with our Junior StarSkate program and skaters are encouraged to skate both Tuesday and Thursday as well as participate in off-ice training (Tuesdays from 5:15-5:45 pm) with the Junior skaters.

Skaters will continue to focus on CanSkate stages 4 through 6, along with being introduced to figure skating specific skills including; edges and turns, jumps, spins and performance. As this is a continuation of the CanSkate program, skaters are required to wear helmets.

Once your skater has completed the necessary requirements, you will be notified of their move into the Junior StarSkate program.

#### Junior StarSkate

The Junior StarSkate program is a group instructed program. Focus will be to develop fundamental figure skating skills in the areas of; free skating, pattern dance, dance elements and skating skills. Coaches will introduce and develop the skills and requirements for Star 1 tests. Skaters will be assessed by the coaching team throughout the season as the tests are ready. Fees range from \$12 per test and will be billed to your Uplifter account.

Skaters may also have the opportunity to enter competitions throughout the season at the Star 1 level. Coaches will provide information regarding these opportunities if applicable to your skater. Juniors should skate a minimum of two days per week and are encouraged to skate a third.

Junior StarSkaters will advance to the Intermediate program upon successful completion of all Star 1 tests or by unanimous coach invitation.

## **Intermediate StarSkate**

Intermediate StarSkaters will continue developing and testing Star 2 and 3 tests. Coaches will continue to focus on teaching strong fundamentals in all disciplines. Depending on the sessions chosen, skaters at this level will receive a combination of group lessons (included in your registration fee), or open sessions where semi-private and private lessons are given. Lessons given on open sessions will be charged by coaches and invoiced to you monthly.

Skaters will be eligible and encouraged to enter applicable competitions throughout the season. A program with music and required elements will be given once the skater is ready. Intermediate skaters will compete at the Star 2 or Star 3 level in competition.

Off-Ice programming is mandatory at this level and we recommend Intermediate skaters train a minimum of three days per week. Tuesday and Wednesday are the core Intermediate days and skaters should choose at least one other day from available ice sessions. Regarding Wednesday off ice, if a skater is participating in an equivalent off-ice program (dance, Pilates, yoga etc.) an exemption may be approved by the coaching team.

To advance to Senior StarSkate, skaters must have passed all Star 2 and Star 3 tests, be landing an axel, or be invited by the coaching team.

## **Senior StarSkate**

Senior StarSkate programs provide the most flexibility and ice time availability. Skaters should train a minimum of four on-ice sessions per week, and will be working from Star 4 through the Gold test and competition levels in all disciplines. There are 7 on ice training sessions per week available to seniors. Skaters entering Podium Pathway (competitive stream), will also train on these sessions.

Skaters are team coached in a private or semi-private lesson format and will choose a primary coach for their season. Off-ice programming and a minimum of one stroking/edge class per week is mandatory at this level. All coaching fees are billed directly by the coaches at the end of the month.

## Team Coaching

CSC believes in a team coaching philosophy. All coaches will work with skaters in group and/or semi-private/private lessons on rotation until they are required to choose a primary coach at the senior starskate level. At that time, your primary coach will be your skater's manager and will schedule lessons with other coaches as they see fit or as per your skater's request.

Team coaching allows skaters to get to know all coaches to find the right fit, and ensures a positive and collaborative working environment. It also promotes the best learning environment for your skater.

Your Cochrane Skating Club Coaching Team:

Karen Allison - Director of StarSkate Programs [coachkaren@cochraneskatingclub.ca](mailto:coachkaren@cochraneskatingclub.ca)

Lynanne Bjerke - CanSkate Coordinator [coachlynanne@cochraneskatingclub.ca](mailto:coachlynanne@cochraneskatingclub.ca)

Beth Allison - Club Coach [coachbeth@cochraneskatingclub.ca](mailto:coachbeth@cochraneskatingclub.ca)

Julia Figura - Club Coach [julia.m.figura@gmail.com](mailto:julia.m.figura@gmail.com)

## StarSkate Competitions

Last year, the Alberta Skating Section implemented a new competition structure. The new structure is fairly detailed and will be discussed at the parent meetings in September.

Star 1-3 Competitions will be smaller club run events throughout the season. These competitions were a great success last year and skaters and parents enjoyed the accessibility, cost savings, and FUN focused aspects. These competitions also tend to offer additional events such as elements, team and creative categories.

Below are the links to both competition calendars.

[Star 1-3 Competition Calendar 2024-2025](#) (link had not been updated at time of release)

[Alberta NWT NUN Competition Calendar 2024-2025](#)



## **Star 1 Competition - Junior StarSkate Level**

This is a required element event. Elements are individually executed with your flight of skaters, typically using half of the ice surface. Skaters are assessed to a standard by a panel of officials. For each element, officials award a bronze, silver or gold rating. At the conclusion of the event, skaters will receive a report card and ribbon. This event is not ranked.

## **Star 2 Competition - Intermediate StarSkate Level**

This event consists of a two minute free-skate solo with music (provided by the coaching team), including required elements. Skaters perform their program individually on full ice assessed by a panel of officials. For each element, evaluators award a bronze, silver or gold rating. STAR 2 will also include two program components: Skating Skills and Performance. At the conclusion of the event, skaters will receive a report card and ribbon. This event is not ranked.

## **Star 3 Competition - Intermediate StarSkate Level**

This event consists of a two minute free-skate solo with music (provided by the coaching team), including required elements. Skaters perform their program individually on full ice assessed by a panel of officials. For each element, officials award a bronze, silver or gold rating. STAR 2 will include two program components: Skating Skills and Performance. At the conclusion of the event, skaters will receive a report card and ribbon. This event is not ranked.

## **Star 4 Level - Intermediate/Senior**

This event consists of a two minute free-skate solo with music, including required elements. Skaters perform their program individually on full ice assessed by a panel of officials. For each element, officials award a bronze, silver or gold rating. Star 4 will include three program components: Skating Skills, Performance and Interpretation. Within the criteria, evaluators will rate these components as bronze, silver or gold. Star 4 is the first Star event where skaters are ranked.

## **Star 5- Gold/Podium Pathway - Senior**

Skaters competing at the Star 5 level or higher will have a skating program (free program, short program or both) depending on the skaters level. Skaters will submit a planned program sheet prior to competition (will be assisted by the coach), and will be ranked and scored based on an element and program component scoring system. Chat with your coach for more detailed information.

## Program Music

For Star 2 & Star 3 programs, coaches will select the skater's music. At the Star 2 and Star 3 levels, coaches may provide a selection of recycled music for skaters to choose from. It is ok if skaters choose the same piece (Star 2 only). Coaches will invoice the cost of 2 CD's (\$10.00 per skater), and will be given to each skater prior to competition and are yours to keep. Slowly, CD's are phasing out and clubs are collecting music electronically only (back-up music is accessible with a USB).

## Equipment & Maintenance

Proper equipment and maintenance is crucial to your skater's success in the sport. All skaters in Junior StarSkate and higher are encouraged to purchase figure skates in good condition suitable for their skating level.

CSC has a selection of consigned skates that can be purchased – please speak to Coach Lynanne about checking these out prior to purchasing new skates. Should you not be able to find an appropriate used skate at CSC, we recommend **Professional Skate Service** or **The Skate Lab** in Calgary - their staff specialize in new and used equipment.

These specialized skating retailers are also where you will go to have your skates sharpened. Alternatively, the skate shop at SLS Centre, Dangle Show Hockey, can also sharpen figure skates.

To protect the skate blades, hard skate guards should be worn to the ice surface. At the end of every skating session, the blades should be wiped dry with a cloth to prevent rusting and stored with soft guards to absorb any additional moisture.

## Drop-In Sessions

Skaters may wish to drop-into an additional skating session from time to time. Please let a member of the coaching team know in advance if you wish to drop-in or purchase an additional training session. Coaches will take attendance and you will be billed \$20 per session to your Uplifter account. Please also note that coaching fees will also be applicable (for lesson time) and will be invoiced directly to you.

The outlined sessions below would also be applicable should you wish to purchase an additional training session each week for the season.

Available drop-in sessions for:

## **Junior StarSkate**

Monday 4:00-5:45 pm

Wednesday 5-5:45 pm (Edge, Turn & Spin)

## **Intermediate StarSkate**

Monday 6:45-7:45 am

Monday 4:00-5:00 or 4:45-5:45 pm

Wednesday 5-5:45 pm

Friday 7:00-8:00 am

Saturday 10-11 am

## **Coach Assessed Tests Star 1-5**

All of our coaching team are eligible to assess skater tests from Star 1-5 in each discipline. This covers tests into the Senior StarSkate program. We believe in a “test when ready” philosophy, and usually give a day or two notice to the skater. Tests will be taken on regular practice sessions during your skater’s lesson time and no special preparation is required.

Skaters will have a few minutes to warm up and chat with the coach and then the test will be executed. Although coaches are assessing tests, sometimes skaters still become nervous and are unable to complete the test successfully. Should the skater not meet the requirements of the test at that moment, coaches are required to mark the test as a re-try. Although this does not happen often, this experience prepares the skater for the future when tests are taken at an official test day in front of an evaluator.

Coaches will complete the test papers and submit the test stub to our assessment coordinator to submit to Skate Canada’s National office for record keeping. Once the test is complete and submitted, your Uplifter account will be billed \$12.

## **Team Wear**

Our club organizes team wear (club jackets and other items) at the beginning of each season. Please watch your emails for information! If you missed it, check our club consignment. Team wear promotes team spirit and a professional and consistent appearance at competitions and test days.



# Giving Back to CSC

## Volunteering 2024-2025

To support Cochrane Skating Club in running successful programs, we need parent volunteers! The Board of Directors has voted on the following commitments for each skating program.

### Volunteer Commitments:

Advanced CanSkate	8 hours
Junior StarSkate	10 hours
Intermediate StarSkate	15 hours
Senior StarSkate	20 hours

1 hour = \$25 paid to the Club at the end of the season, if hours are not fulfilled.

Some volunteer opportunities for this season include:

- Membership Chair (board position, volunteer commitment waived)
- Test Chair Assistant
- Bulletin Board (update 6 times per year)
- Photographer
- Financial Audit (approx 2 to 3 hours in January - 2 people needed)
- Clean Up Tasks (music room etc.)
- Advanced CanSkate / Junior StarSkate Liaison - 1 to 2 people
- PR Assistant(s):
  - School handouts - 3 times per season
  - CanSkate Greeter - 3 times per season
  - Website updates
- Fundraising Assistants
- Policy Development - Program Assistant Policy Writer (draft)
- Home Test Day Assistants - Date TBD
- Winter or Spring Pop Concert - all aspects

If you are interested in any of the above opportunities or have questions about volunteer commitments, please contact Sara Bruce, Vice President at [vicepresident@cochraneskatingclub.ca](mailto:vicepresident@cochraneskatingclub.ca)



## StarSkaters make the BEST Program Assistants for CanSkate

To meet the needs of our CanSkate program it is mandatory for skaters aged 10 plus to become a Program Assistant. Our CanSkate program runs on Mondays, Tuesdays, Thursdays and Saturdays. This is a great opportunity for your skater to gain valuable and fun work experience and support our learn to skate program. Our CanSkate coordinator runs a MANDATORY PA clinic every September - watch your emails!



Trained program assistants are also paid for their time as a credit in your Uplifter accounts as follows:

- 1st Year - \$6.00/hour
- 2nd Year - \$8.50/hour
- 3rd Year - \$11.00/hour
- 4th and subsequent years - \$13/hour

[Check out the Program Assistant Policy here.](#)

## CSC Board of Directors 2024-2025

Name	CSC Board Position	Email
Bre Halliday	President	president@cochraneskatingclub.ca
(n/a this season)	Past President	
Sara Bruce	Vice President	vicepresident@cochraneskatingclub.ca
Donny Foley	Secretary	secretary@cochraneskatingclub.ca
Katelyn Spohr	Fundraising Director	fundraising@cochraneskatingclub.ca
Natalie Moore	Assessment Director	testchair@cochraneskatingclub.ca
VACANT	Safety Committee Chair	safety@cochraneskatingclub.ca
VACANT	Membership Director	membership@cochraneskatingclub.ca



Stacey Foley	PR Director	pr@cochraneskatingclub.ca
Rusty Cholach	Ice Director	icechair@cochraneskatingclub.ca
Katie Muir	Treasurer	treasurer@cochraneskatingclub.ca
<b>Other Club Contacts:</b>		
Sheila Bryant	Admin Management	office@cochraneskatingclub.ca
Cathy Brassington	Bookkeeping	finance@cochraneskatingclub.ca

## Important Documents for your Review

[Parent Code of Conduct](#)

[Skater Code of Conduct \(Dress Code included\)](#)