



Quick Reference Guide FSJ FSC 2018/ 2019 Season

Level	Working on	Lessons
Star 1	*Waltz Jump, Salchow, Toe loop, *1 foot spin, back spin, *crossovers forward and backwards both directions and *spirals around the circle	*Lessons are part of registration *If going to competition there will be an entry fee, club skater fee and a coaching fee.
Star 1+	*Landing waltz jump, salchow and toe loop from skating forwards and backwards *Working on loop and flip *Working on all basic spin positions	*Monday and Wednesday lessons are part of registration costs *Thursday lessons will be billed back monthly by each coach * If going to competition there will be an entry fee, club skater fee and a coaching fee.
Star 2	*Landing either loop or flip *Working on loop, flip, lutz and waltz/toe *Sit spin and camel spin *Spiral Sequence	* Lessons will be billed back monthly from each coach *Solo's will cost extra for choreography and music. Approx \$150.00 - \$200.00/solo
Star 2+	*Landing up to flip *Working on Lutz *Working on Camel/Sit	*Lessons billed back monthly
Star 3	*Landing all Jumps up to lutz, *Working on loop/loop and axel *Working on Camel/Sit	*Lessons billed back monthly
Star 4	*Landing Axel *Starting Doubles	*Lessons billed back monthly
Star 5	*Landing Axel and 1-2 Doubles	*Lessons billed back monthly
Star 6 and up	*Landing 3 or more Doubles	*Lessons billed back monthly

Dates for the 2018/2019 Season

Competitions

Autumn Leaves Competition in Kamloops October 19- 21, 2018
CNCR Regions Championships in Quesnel January 18-20, 2019
GP Interclub Competition in Grande Prairie January 25-27, 2019
Totem Interclub Competition in Dawson Creek February 8-10, 2019
Super Series StarSkate Final March 1-3, 2019

High Test Days (SR bronze level and up)

High Tests Dawson Creek November 24-25, 2018
High Tests Chetwynd February 23-24, 2019
High Tests Fort St John April 20-21, 2019

Simulations

(not for all skaters, you will be notified if you are doing this by your coach)

October 5, 2019 3:30-6:00
January 11, 2019 3:30 – 6:30
February 01, 2019 3:30 – 6:30

Seminars

Taylor Seminar October 27-28, 2018 (not finalized yet)

Extra Days to Know!

Skating Christmas Performance December 19, 2018
FSJ FSC In House Mini Competition March 13, 2019