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# Skaters Handbook

For The



**STARSKATE**

**Program**



SKATECANADA



# SKATECANADA

## **Skate Canada**

**Skate Canada** is the governing body of figure skating in Canada. The CanSkate, STARSkate, CanPowerSkate and CompetitiveSkate are all registered programs of *Skate Canada*.

For the purposes of governance and organizing test days and competitions, Canada is divided into 13 sections. Each section is subdivided into several regions. Fort Frances is a part of the Sunset Country Region in the Northern Ontario Section. Competitions and Test Days are held at the regional, sectional, multi-sectional and national levels.

For more information please go to [www.skatecanada.ca](http://www.skatecanada.ca). Using yours or your skater's membership number you can access a wealth of knowledge about figure skating in Canada.

## **Border Skating Club and STARSkate**

The Border Skating Club STARSkate Program, which is also referred to as the senior program, offers five sessions of skating per week. Skaters have the option of a one, two, three or five day membership. If you choose the five-day membership, you may skate less than the five days.

With the many different day options offered, there is usually no problem with space on the ice. Skate Canada's guidelines is 25-30 skaters on the ice, however the Border Skating Club tries to limit the number to 20 skaters in the 52 Arena and 22 skaters in the Ice for Kids arena.

Instruction is primarily given via private lessons, however, group lessons in stroking are offered in a varied format every day except Thursday.

**STARSkate - Skills, Tests, Achievement, Recognition:**  
this is what the STARSkate program stands for.

This program offers opportunities for skaters to develop basic figure skating skills in four different areas. Skating skills are taught in-group and private lesson format in four different areas: Dance, Skills, Free Skating and Interpretive Skating. Dance, Skills and Free Skate are divided into the following levels:

Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold. Interpretive Skating has Introductory, Bronze, Silver and Gold levels. Skaters have the option of taking Skate Canada Tests and earning awards and incentives.

Every STARSkater starts at the Preliminary/Introductory level. To move to the next level a skater is evaluated by a certified Skate Canada Judge at a test day. The skater's coach determines when the skater is ready to be tested. Test days are scheduled throughout the winter. For more information, please see the Test Day section of this book.

Occasionally a skater may show exceptional talent and motivation and want to compete at the sectional, multi-sectional or even national level. This can occur in Singles Freeskate, Pairs Freeskate or Dance. To do this a skater may take additional tests in the **CompetitiveSkate** program. The skater must decide by September 1st of the season if they will be a *STARSkater* or a *CompetitiveSkater* that year. A competitive skater can always return to the STARSkate program in the following season. This only applies to Freeskate, Competitive Dance, and Pairs (IE: a competitive skater can still work on skills and interpretive, etc.)

***Benefits of Participating in the STARSkate program are:***

- Opportunity to be recognized through a nationally standardized testing system for achieving specific figure skating skills.
- Complimentary Gold Test pins.
- Access to invitational and interclub competitions, including the new national Interclub.
- Championship stream specifically designed awards and incentives such as badges and stickers.
- Various STARSkate program handbooks, guides, technical manuals and videos
- STARSkate Bursary
- Opportunity for personal growth and development of important life skills such as goal-setting, self-discipline time management, coping strategies to deal with success and failure, confidence and healthy lifestyle.
- Opportunity to be exposed to a variety of potential career paths in figure skating including evaluating, judging and coaching.

## **Rules and Guidelines**

**\*\*\*\* Skaters, Coaches, & Board Members are reminded that the Skate Canada Club Code of Ethics prohibits the consumption or being under the influence of cigarettes, alcohol, and illicit drugs in the training environment \*\*\*\***

### **Off Ice**

- Skate guards should be worn in all off-ice areas.
- Defacing the club or arena property is prohibited and may result in loss of skating privileges.
- In the dressing room unacceptable behaviour and abuse of other people's property will not be tolerated. The curtained off area may be used for clothing changes.
- MEN are not allowed in the change room. If you must tie your child's skates you are to go to another dressing room.
- The dressing rooms must be kept tidy and all items are to be picked up off the floor.
- Report damaged property and/or equipment to the club or arena office.
- Skater's registration fees and lessons must be paid in full in accordance with club policies before trying tests or participating in the Ice Show.

### **On Ice**

- All skaters are to stay off the ice until the zamboni has left the ice surface, the doors are closed and a coach is present.
- Only persons wearing skates are allowed on the ice.
- Proper skating attire is required.
- No food, gum or loose change may be taken on the ice. Beverages in plastic containers are permitted.
- Only coaches engaged under contract with BSC or with specific permission may give lessons or dance partner at the club.
- Skaters who come for a private lesson on an alternate session are only allowed on the ice 5 minute before the lesson and for the 15 minutes of the lesson. Unless they have paid the drop in fee.

### **Ice Priority**

- The skater whose music is playing has the right of way.
- The skater who is in a lesson or the jump harness.
- All other skaters.

### **Refund Policy**

- Refund will be program fee minus late fee, if applicable, minus Skating Association fees and Fundraising fees.
- Illness or injury such that a skater cannot continue skating for the remainder of the season. A doctor's note is required. Refund will be pro-rated re: time left in the season minus Skating Association fees and fundraising completed to date.
- If moving more than 25 miles away: Refund will be pro-rated re: time left in the season minus Skating Association fees and fundraising completed to date.

## ***Music Playing***

All STARSkate disciplines require music. Freeskate, Dance, and Interpretive have certain pieces of music that must be played. In order to utilize our coaches more effectively it is a requirement that each skater's parents/guardians play a certain number of music sessions during the skating year. A calendar is available at registration which must be filled in at that time. The number of times required to play is determined each year depending on the number of skaters. Instruction for playing music is offered before the regular season starts.

## ***Private Lessons***

At this level private lessons, with a private coach, are recommended to achieve the skills necessary to take the STARSkate tests. A private coach is also necessary to choreograph a program for competition.

Penny McComb, Nicole Katona-Campbell, Gerry-Lynn Cousineau, Sarah McComb, Ashley Benoit & Alexa Buttner, are available as base coaches.

You must contact them directly to arrange private lessons. These base coaches may utilize the other freelance coaches to supplement their lessons, including those from Marie Josee Potvin. The coaches will provide information regarding their lesson rates and other expectations individually. Their rates depend on years of experience, personal levels of achievement and the levels achieved by their students.

## ***Program Assistants (PA/PAA)***

These are STARSkaters that have volunteered to assist coaches instructing the CanSkate program. PAA's are first year seniors, usually under 12 years old. They work with a PA who has had at least one year of experience.

PA/PAA's cannot be paid, according to Skate Canada regulations, but are allowed to receive credit toward their skating costs. These credits may be used for test days, competitions, Ice Show and registration. Credits must be used by registration of the following season or they will be lost. Volunteer hours may also be used for High School Community Involvement Hours.

PA's are awarded \$5/hr if they work alone and if they are working with a PAA, both skaters receive \$3.50/hr. The Professional Canskate Coaches keep track of the hours worked and report this to the treasurer.

## ***Grievance Procedure***

There may be times throughout the season that you feel there are issues that should be addressed. If this occurs we do have a Grievance form which must be completed and given to the club President, Past President, or Vice Preesident so the issue can be dealt with in a timely and appropriate manner. Grievance forms can be found in the StarSkate dressing room or attached to our bulletin board outside the IFK arena doors.

## **Ice Etiquette and Safety Guidelines**

Figure Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time.

### ***Courtesy***

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

### ***"On Program" and "In Lesson" Get Priority***

The skater who is "on program" (who's music is playing) has the right of way at all time, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their coach. Always yield to these skaters as well.

### ***Lutz Corners***

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink. These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

### ***Dangerous Singles Moves***

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem.

### ***Watch out for Pairs Skaters***

If there are pairs skaters at the rink, practicing on the same session as you, be aware that two skaters moving together take up more room than one and generally can't react as nimbly or quickly as a single skater. If they are doing lifts, be aware that once a lift is Started, the skaters are pretty much committed to their" path", and that getting into that path can be dangerous for both you and them.

## ***Falls and Injuries***

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades and learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and maybe injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

## ***Predictability***

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable).

If you're an "other way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions quite often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly.

Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

## ***Don't Stand Around***

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

**Please be aware of what is going on around you!**

## **Border Skating Club Skaters Code of Conduct**

- Skate for the enjoyment of the sport, not to please your parent or your coach
- Work equally hard for yourself and your club mates, your club results will reflect your own
- Control your temper and your tongue. Your language is a reflection of yourself as well as the club
- Be a good sport, cheer for all participants
- Treat all other skaters, as you yourself would like to be treated. Don't interfere, ridicule, bully or take advantage of any other skater
- Remember the goals of the sport are to have fun and improve your skills
- Co-operate with your coach, volunteers, fellow skaters, for without them you wouldn't have a sport
- Obey the rules and regulations of the club
- Respect the opinions of the judges, evaluators, and officials. Please remember, these are volunteer positions

## ***Competitions***

Participating in competitions is part of the fun and excitement of figure skating. There are events for all levels.

The skater's coach will determine which events he/she can enter. It is based primarily on Freeskate level, but a skater can always skate up a level depending on ability and the number of participants in the event.

Most solo events require music and a choreographed program. A skater will need an appropriate skating costume for their age level. Details for each event, for each competition, are sent to the club and forwarded to the coaches. Coaches will pass this information to the skaters and parents. If your skater is interested in participating at competitions you should discuss this with his/her coach early in the season.

An important thing to remember is that competitions often run ahead of schedule. It is imperative that the skater is at the arena 1-1½ hours before their event is scheduled.

## **Ice Show**

This is a fun event, which all skaters love to be a part of. The show is made up of group, feature, and solo routines. It is essential that all parents volunteer to ensure that the Ice Show can take place. All outstanding balances owed to the club or the coaches must be paid before a skater can participate in the Ice Show.

The following criteria will be used by the Coaches when determining the Groups, Solos, and Features for the Ice Show:

**New Senior skaters:** Skate 2 numbers (Opening Line and with another Line number)

**Senior skaters:** All skaters in this level will skate 2 or 3 numbers in the Ice Show:

Opening Line

1 Line Number split by level or age

Solo/Feature—must be on Senior Bronze or Junior Silver freeskate

*\*All Graduating seniors will receive a solo regardless of freeskate level*

**Solos:** 6 solos in the Ice Show – Offered to Graduating Seniors and Skaters who have passed their **Complete** Senior Bronze or higher Freeskate test. If there are more than 6 skaters eligible for a solo, priority will be given to the Graduating Seniors, and the new qualifying skaters. Skaters who have had a solo in the past may not automatically receive a solo the following year

*– Must be a Registered Member of the Border Skating Club \*\**

**Feature Skaters:** Groups of 2-4 skaters who have passed the complete Junior Bronze freeskate test – *Must be a Registered Member of the Border Skating Club \*\**

*\*\*Solos & Features will be decided based on tests passed as of January 30<sup>th</sup>*

**Pairs:** Skate their pairs program or a redesigned program as agreed by the coaches

**Guest Skaters:** Skaters from other clubs that have been invited to participate in the ice show by the board of directors

*\*\*These are only guidelines, as there may be special circumstances or certain variations, which may need to be made from year to year depending on the number and level of the skaters participating in the Ice Show **All changes will be discussed by the board of directors prior to the Ice Show\*\****

## **Test Days**

When a skater has progressed and is ready to be evaluated in the STARSkate test stream, their coach will advise and discuss this with the skater/parent.

Coaches must submit a list to the Test Chair with the eligible tests approximately 3-4 weeks prior to the test day. Coaches have until two weeks prior to the test day to withdraw any tests that will not be tried.

The Test Chair then completes the test day schedule and bills the skaters for the tests involved. Test bill payments are due on the test day.

*\*\*If the skater does not show up for their tests they are still required to pay. Concessions are only given to those with a Doctors note\*\**

Skaters trying tests at a Regional High Test Day MUST use the Regional dance partner. This rule applies to all three Intermediate/High Regional Test Days and exceptions will only be made if the dance is tried solo. Skaters must practice with the dance partner on the same weekend as they are being evaluated. It is expensive to bring in dance partners for test days and everyone who uses the dance partner pays an equal amount of the travel expenses.

**There are many costs associated with having a test, and an example of a senior bronze dance test is:**

Skate Canada Fee	\$10.00
Dance Partner Fee	\$15.00
Dance Partner Expenses	\$25.00
Administration Charge (Evaluator Expenses & Test Ice Expenses)	\$25.00
Practice Ice:	
Dance Partner Fee (10 minutes of practice)	\$10.00
Cost of Ice	\$13.00
<b>Total:</b>	<b>\$98.00</b>

**\*\* The above does not include coaching costs. Any accrued expenses, including gas, accommodation, lessons will be billed to you separately, and will vary from coach to coach. \*\***

## **BSC Professional Coaches**

Penny McComb	274-3836
Nicole Katona-Campbell	274-1328
Gerry-Lynn Cousineau	274-7067
Marie-Josée Potvin	274-9333
Sarah McComb	276-3120
Alexa Buttner	275-7593
Ashley Benoit	270-7777

## **BSC Board Members**

President	Caroline Spencer
Past President	Lorena Jenks
Vice-President	Lynne Avis
Treasurer/Accountant	Margie Caul
Secretary	Linda Keeler
Test Chair	Anne Renaud
Public Relations	Amanda Levesque
Music Chair	Amy Wilson-Hands
Fundraising	Shauna Hammond
Registration	Lisette Wilson
Senior Parent Rep	Mary Crowell
CanSkate C & Junior Group Parent Rep	Alexis Norris
CanSkate B Parent Rep	Barb Eldridge
Canskate A Parent Rep	Karen Peltomaki
Coaching Rep & Ice Scheduling	Nicole Katona-Campbell
IceShow Convener	Mindy Eldridge
Director	Marna Martin

***\*\*All Board meetings are held in the IFK conference room at the Memorial Sportsplex Arena on the 3<sup>rd</sup> Wednesday of every month @ 7:00pm. All parents are always welcome to attend. If interested in volunteering as a Board member or in any capacity, please contact Caroline Spencer at 274-6203.***



## **PARENT CODE OF CONDUCT**

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

- All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.
- Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.
- Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.
- Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (i.e., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.