

What Does NDSC Offer???

CanSkate

What is CanSkate?

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Who's it for?

For beginners of all ages, children or adults, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

Who teaches it?

NCCP-trained professional coaches, assisted by trained program assistants.

What will you learn?

A complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster.

What can you expect?

Action, movement and fun! Lessons are given in a group format with a coach-to-student ratio of a maximum 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation.

CanPower

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

CanPowerSkate's Pre-Power is designed for young skaters, approximately four to six years of age who can stand up on skates and move forward (shuffle, walk or glide) who may not be ready for CanPowerSkate Level 1. Pre-Power helps develop basic skating abilities in a power skating-specific environment, including balance skills, forward and backward skating, stopping, turning and agility skills. The curriculum is presented in three progressive levels complete with its own awards to encourage participation and motivate skaters. Pre-Power has been designed to run concurrently with CanSkate sessions.

STAR Figure Skating

Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!

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 interpretive 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. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

The STARSkate legacy

STARSkate has been the mainstay of figure skating in Canada for more than four decades.

When you/your child registers for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to: [starskate-kids] opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills complimentary Gold Test pins

invitational and interclub competitions, including the STARSkate championship stream specifically designed awards and incentives such as badges, tattoos and stickers

STARSkate Skater of the Year awards program

Progress updates and report cards

Special STARSkate events and club functions

Opportunity to be talent-scouted

Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.

These are some of the awards and incentives that have been developed to encourage athletes in the STARSkate Program.

How STARSkate works

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive. Each area is divided into the following levels:

Primary Level Tests

Skating Skills: Preliminary, Junior Bronze

Free Skating: Preliminary, Junior Bronze

Dance: Preliminary, Junior Bronze

Interpretive: Introductory

Intermediate Level Tests

Skating Skills: Senior Bronze, Junior Silver

Free Skating: Senior Bronze, Junior Silver

Dance: Senior Bronze, Junior Silver

Interpretive: Bronze

Senior Level Tests

Skating Skills: Senior Silver, Gold

Free Skating: Senior Silver, Gold

Dance: Senior Silver, Gold, Diamond

Interpretive: Silver, Gold

What Options do I have as a STARSkate Athlete?

Once a skater is in the Skate Canada STARSkate Program, there are several of options. Skaters may

choose to remain in the STARSkate Program, taking tests (although not mandatory) at organized test sessions and honing learned skills. Skaters may also choose to enter competitions, while still trying Skate Canada tests. Other skaters may feel that they have progressed to a point where they may wish to enter the Skate Canada CompetitiveSkate Program or become involved in synchronized skating, evaluating or judging, or participate as an adult or varsity member.

Skating Skills

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

There are 6 Skating Skills tests in the STARSkate program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Ice Dance

Consisting of seven levels of tests, the Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison. The dances in the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The Dance Tests are as follows:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold
- Diamond

Free Skate

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

There are six Free Skating tests in the STARSkate Program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Each test consists of 2 parts – Elements in Isolation and a Free Program.

Interpretive

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels:

Introductory

Bronze

Silver

Gold

Competitions for STARSkate Athletes

STARSkate participants love to compete! Our feedback indicates that even though a skater may choose not to participate in the Skate Canada CompetitiveSkate Program, they still want the opportunity to test their skill in a competition situation. Skate Canada offers several opportunities to do this.

Club Competitions

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

STARSkate Interclub Competitions

These are events involving a number of clubs in the same region or area. The competition categories offered generally fall in line with the applicable Skate Canada Section specifications, so that all Interclubs within the Section are standardized (this allows Skate Canada Sections to offer a Section Final). The STARSkate Championship program provides opportunities for skaters who want to remain in the STARSkate program but also want to have the challenge of competing up to a Sectional level in a credible, nationally standardized event.

Invitational Competitions

These are events coordinated by a Section or Club(s) and offered, generally, to STARSkaters and competitive skaters. Most events fall within Skate Canada's specifications regarding program length and eligibility to compete. For more information contact the hosting Section or club.