



**Loyalist Skating Club**  
**JUNIOR STARSKATE INFORMATION**  
**2019-2020**



**JUNIOR STARSKATE** sessions are for skaters who are working at the STAR 1 and STAR 2 levels.

Session Dates: **Mondays and Fridays**

**September 9<sup>th</sup>, 2019 – March 27<sup>th</sup>, 2020**

**(NO skating on Thanksgiving, or during Christmas Break and March Break)**

Junior StarSkate will follow Skate Canada's STAR 1-5 program delivery methods, which requires that all skaters working at the STAR 1 and STAR 2 levels be taught primarily through group instruction format, with the opportunity for private or semi-private lesson with a coach of the skater's choice.

Figure skating is a sport that is based on developmental skill acquisition, and it can be very difficult to achieve new skills when participating in programs less than twice per week.

For optimal skater development, Junior StarSkate will only be offered as a minimum 2 day package (Monday and Friday).

### **Private Coaching:**

LSC can provide parents with a list of available coaches and their credentials/experience. We cannot and will not make recommendations for coaches as this is outside of our scope and responsibilities. We encourage parents to choose a coach based on a combination of appropriate personality match with your child, coach experience and availability.

### **Off-Ice Training**

The acquisition of figure skating skills takes place both on and off the ice. For this season LSC will be offering off-ice class, focusing on core strength, balance, agility, flexibility and jumping technique to compliment their on-ice training. We strongly encourage all Junior skaters to participate in off-ice training.

# JUNIOR STARSKATE

September 9<sup>th</sup>, 2019 – March 27<sup>th</sup>, 2020

(NO Skating over Christmas Break and March Break)

## Mondays

6:00 – 6:20 pm	Private Lesson/Self Directed time
6:20 – 6:45 pm	STAR Group Lesson
6:45 – 6:50 pm	Group Cool Down exercise

## Fridays

5:00 – 5:30 pm	STAR Group Lesson
5:30 – 5:40	Private Lesson Time
5:40 – 5:50	Spins lesson with skater's coach
6:00 – 7:00	Off Ice Training

### Mondays and Fridays

Early bird before July 22, 2019	<b>\$1090</b> (with \$100 non-refundable deposit)
After July 22, 2019	<b>\$1190</b>

*Package fee includes ice fees, group coaching fees and off-ice class fees for the duration of the season. Non-refundable deposit due by July 22, 2019; 25% of remainder due by September 9<sup>th</sup> with balance of payments due by monthly payments until March 1, 2020.*

**Private lessons are arranged between the skater's parent(s) and the coach and are paid directly to the coach.**

**Your coach may offer semi-private lessons with another skater to manage time and costs.**

In addition to the above package price, each skater must pay a once-per-year Skate Canada Registration Fee of \$44.00, per the following breakdown:

Registrant fee National: \$20.00/registrant
Registrant fee – Section: \$20.00/registrant
Safe Sport Fee: \$3.00/registrant
Participant Accident Insurance Fee: \$0.65/registrant + tax

This fee is paid through LSC but is forwarded directly to Skate Canada. For more information on this fee increase please which was mandated by Skate Canada, please go to:

<https://noticeboard.skatecanada.ca/2019/03/06/registrant-fee-increase-2019-2020/>