



Oshawa Skating Club

History of Success and a Future of Excellence

Pre-StarSkate

(Introduction to Figure Skating)

What is the Pre-Star program?

Our Pre-Star program is for skaters who have completed Stage 4 or at the recommendation of a coach. The objective of the Pre-Star program is to complete the CanSkate badges, as well as introduce basic figure skating skills that include jumps, spins, turns and dances.

Where and When does it run?

The Pre-Star program is 50-minutes in length and is offered at Campus Ice Centre and Legends Centre.

* Please see our current season's schedule for specific times and program location.

What should my skater wear?

We recommend that Pre-Star skaters dress in comfortable clothes that are easy to move in. Many skaters like wearing jogging pants, yoga pants or skating dresses and tights with warm fleece jackets or sweatshirts. Gloves or mittens are also recommended. Helmets are mandatory for all skaters until they have passed their Stage 5 badge.

Who teaches the program?

The Pre-Star program is taught by Professional Coaches. Program Assistants will also help with the warm-up, cool down and lesson time.

How Does a Typical Session Run?

1. When skaters first arrive at the arena, please check the monitors to find out which dressing room(s) have been assigned to our club (listed as OSC).
2. Proceed to a dressing room to put on skates (and helmet if still required).
3. All skaters then line up at the entrance door to the ice surface.
4. Pre-Stars will be greeted at the ice surface door by one of our Coaches. At this time parents can watch from the arena seating or the warmer lobby area. No parents will be permitted in the players/penalty boxes.
5. Upon entering the ice, skaters will participate in a Warm Up lead by a Program Assistant. They will then receive three 10-minute group lessons from various Professional Coaches. Their session will conclude with individual practice time and a Cool-Down lead by a Program Assistant.
6. At the completion of the program, the skaters will be directed back to the same door they came on at to meet their parents.





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** Please note that our Monday sessions will differ from our other Pre-Star sessions.*

Our Monday session will run similar to our CanSkate program. The session will begin with a warm-up lead by a Professional Coach. Skaters will then be grouped based on level (our Pre-Star skaters will all be in the same group) and as a group they will rotate to the different stations on the ice to receive lessons from Professional Coaches or review skills with a Program Assistant. The session will conclude with a Cool-Down lead by a Professional Coach.

How are ribbons and badges earned?

In the Pre-Star program, skaters will continue to complete their CanSkate Stages (4 to 6), and badges are awarded at the completion of each Stage. As in CanSkate, each Stage is divided into the 3 *Fundamental Areas* with ribbons being awarded for each, for example:

Agility 5 Ribbon + Balance 5 Ribbon + Control 5 Ribbon
= Stage 5 Badge



How long does it take to complete the Pre-Star program?

Every skater is different and all skaters progress at different rates. It often depends on the age of the skater, and readiness to participate in the program.

Considering private lessons?

Pre-Star is a group lesson program. If you wish your skater to have private lessons in addition to their Pre-Star lessons, you can choose to register for PLB (Private Lessons for Beginners). There are additional fees for this extra session. You and your skater would decide which coach you would like to book your private lesson with – a list of professional coaches affiliated with our club is on our website www.oshawaskating.com. It is up to you to contact your preferred coach directly to book lessons. Typically, during the PLB session a skater would book a 15-minute lesson and then practice for the remaining time on their own. Some coaches offer semi-private lessons as well.

What's after Pre-Star?

Once your skater has completed their Stage 6 badge, they are eligible for our club's StarSkate 'A' program where they will continue to develop their figure skating skills and begin testing and/or competing. At this point, you would select a private coach who your skater will work with as they advance through the StarSkate levels. It is up to you to contact your preferred coach directly to book lessons. Coaches bill directly for their fees, which are separate from the fees paid to the club to register your skater in a session. A list of professional coaches affiliated with our club is on our website www.oshawaskating.com.





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Questions?

If you have any questions, please speak with the Program Coordinator before/after your skater's session. If time doesn't permit, please e-mail us at canskate@oshawaskating.com.

Tips for success:

- As there may be some individual practice time, it is recommended that skaters be able to work well independently to participate in the Pre-Star program.
- Ensure that your skater is wearing a better-quality skate, as better equipment will assist in performing the more difficult skills easier.

