



# Oshawa Skating Club

History of Success and a Future of Excellence

## StarSkate / Competitive Skate

### What is the StarSkate program?

The StarSkate program is for skaters who have completed their CanSkate badges and are continuing to work on their figure skating skills.

The Oshawa Skating Club offers 4 levels in the StarSkate / Competitive Skate program.



### OSC StarSkate Session Qualifications

Session Level	Completion Requirements	Test Breakdown
<b>A</b>	CanSkate Stage6 badge	
<b>B</b>	One complete Star3 test * (previously one complete Preliminary test)	<b>Complete Star3 test is (one of):</b> <ul style="list-style-type: none"> <li>Star3 Skills, or</li> <li>Star3 Free Skate (elements and program), or</li> <li>Star3a Baby Blues and Star3b Dance Elements</li> </ul>
<b>C</b>	Complete Star3 Free Skate test plus Star4 Skills test plus Complete Star4 Dance test  * (previously complete Preliminary Free Skate plus one complete Junior Bronze test)	<b>Complete Star3 Free Skate test is:</b> <ul style="list-style-type: none"> <li>Star3 Free Skate (elements and program)</li> </ul> <b>Complete Star4 Dance test is:</b> <ul style="list-style-type: none"> <li>Star4a Swing Dance and Star4b Fiesta Tango</li> </ul>
<b>D</b>	Complete Star4 Free Skate test plus One complete Senior Bronze test  * (previously complete Junior Bronze Free Skate plus one complete Senior Bronze test)	<b>Complete Star4 Free Skate test is:</b> <ul style="list-style-type: none"> <li>Star4 Free Skate (elements and program)</li> </ul> <b>Complete Senior Bronze test is (one of):</b> <ul style="list-style-type: none"> <li>Complete Senior Bronze Free Skate (elements and program), or</li> <li>Senior Bronze Skills, or</li> <li>Complete Senior Bronze Dance (Ten Fox, Fourteenstep and European)</li> </ul>





# Oshawa Skating Club

History of Success and a Future of Excellence

## Where and When does it run?

StarSkate sessions are offered at Campus Ice Centre and Legends Centre. Please see the current season's schedule for specific program times and location.

To ensure a skater's success within the StarSkate / Competitive Skate program, we require the following commitment:

- Session A and B skaters register for a minimum of 2 sessions.
- Session C and D skaters register for a minimum of 3 sessions.

## What should my skater wear?

We recommend that StarSkate skaters dress in comfortable clothes that are easy to move in. Many skaters like wearing yoga pants or shorts or skating dresses and tights/leggings with fleece jackets or sweatshirts. Gloves are also recommended.

## Who teaches the program? How do I book a coach?

The StarSkate / Competitive Skate programs are taught by Professional Coaches. For figure skating a private coach is a must. You and your skater would decide who you wish to contact to book lessons and make arrangements directly with that coach. Coaches vary in their rates, experience and qualifications. A list of current Professional Coaches affiliated with our club and their resumes, can be found on the Coaches page of our website [www.oshawaskating.com](http://www.oshawaskating.com).

The first coach you book will be your Base Coach. Your base coach will be responsible for all decisions relating to your skater. You have the option of also selecting additional coaches to work with your skater as well, however this decision should be made in conjunction with your base coach.

Occasionally, there may come a time when a coaching change is necessary. The protocol in this situation is to contact your new coach (to ensure they can accommodate your lesson requests) and then speak with your former coach to notify them of the change. All fees must be paid in full to the former coach before you can receive any lessons from your new coach.

## How Does a Typical Session Run?

- On arrival at the arena, please check the monitor to find out which dressing room(s) have been assigned to us.
- Proceed to the dressing room to put on your skates.
- All skaters then line up at the entrance door to the ice surface. Skaters may not enter the ice surface before their session begins and must leave the ice promptly at the end of their session. During skating, parents can watch from the arena seating or the lobby area. No parents will be permitted in the players/penalty boxes.
- During the StarSkate sessions, skaters will work independently. Typically, a skater will get one 15-minute lesson from their coach and then practice what they have learned for the remainder of the session.





# Oshawa Skating Club

History of Success and a Future of Excellence

- Some sessions are structured (i.e. time designated for skills, free skate, dance, etc.), whereas others are open sessions in which skaters can practice anything they wish to work on.
- Some sessions offer a group stroking lesson instructed by a Coach, which is included in your club fees.

## What is a Test Day?

Skate Canada has divided the figure skating skills into different disciplines and levels. They start at the Preliminary level and conclude with the Gold levels.

Test days are held at various times throughout the season, but at the Star1-3 level may also occur informally during regular skating sessions. When your coach feels that your skater is ready to pass a test, they will notify you and your skater and submit a request to the club's Test Chair. Test fees are to be paid to your Coach.

For formal Test Days (Star4-5 level), the Test Chair will create a testing schedule and distribute it approximately 1 week before the Test Day.

*\* Please note, tests cannot be removed from the test list within 14 days of the Test Day. Any tests pulled after this time will be marked as a retry and test fees will be charged.*

Skaters need to arrive approximately 45-minutes before their scheduled test time. At the completion of the test, there is a short wait for the results. Results are either a 'Pass' or a 'Retry'. If a test must be retried, your coach will submit a request for the next test day to try it again. The Evaluators who come to the test days are volunteers, and their decisions must be respected. Your coach can provide you with more information when your skater is ready for a test.

## The tests are:

<p><b>Skills Tests</b></p> <ul style="list-style-type: none"> <li>• Preliminary</li> <li>• Junior Bronze</li> <li>• Senior Bronze</li> <li>• Junior Silver</li> <li>• Senior Silver</li> <li>• Gold</li> </ul>	<p><b>Dance Tests</b></p> <ul style="list-style-type: none"> <li>• <b>Preliminary</b> <ul style="list-style-type: none"> <li>- Dutch Waltz</li> <li>- Canasta Tango</li> <li>- Baby Blues</li> </ul> </li> <li>• <b>Junior Bronze</b> <ul style="list-style-type: none"> <li>- Swing Dance</li> <li>- Fiesta Tango</li> <li>- Willow Waltz</li> </ul> </li> <li>• <b>Senior Bronze</b> <ul style="list-style-type: none"> <li>- Ten Fox</li> <li>- Fourteenstep</li> <li>- European Waltz</li> </ul> </li> <li>• <b>Junior Silver</b> <ul style="list-style-type: none"> <li>- Keat's Foxtrot</li> </ul> </li> </ul>
<p><b>Free Skate Tests*</b></p> <ul style="list-style-type: none"> <li>• Preliminary</li> <li>• Junior Bronze</li> <li>• Senior Bronze</li> <li>• Junior Silver</li> </ul>	





# Oshawa Skating Club

History of Success and a Future of Excellence

<ul style="list-style-type: none"><li>• Senior Silver</li><li>• Gold</li></ul> <p>* There are two parts to each of these levels for which your skater will be tested:</p> <ul style="list-style-type: none"><li>- Elements</li><li>- Program</li></ul>	<ul style="list-style-type: none"><li>- Harris Tango</li><li>- American Waltz</li><li>- Rocker Foxtrot</li><li>• <b>Senior Silver (4 out of 5)</b><ul style="list-style-type: none"><li>- Paso Doble</li><li>- Starlight Waltz</li><li>- Blues</li><li>- Kilian</li><li>- Cha Cha Congelado</li><li>-</li></ul></li><li>• <b>Gold (4 out of 5)</b><ul style="list-style-type: none"><li>- Viennese Waltz</li><li>- Westminster Waltz</li><li>- Quickstep</li><li>- Argentine Tango</li><li>- Silver Samba</li></ul></li><li>• <b>Diamond</b><ul style="list-style-type: none"><li>- For skaters wishing to continue with dance tests</li></ul></li></ul>
<p><b><u>Interpretive Tests</u></b></p> <ul style="list-style-type: none"><li>• Introductory Interpretive</li><li>• Bronze Interpretive</li><li>• Silver Interpretive</li><li>• Gold Interpretive</li></ul>	

## What opportunities are there for competitions?

Even if your skater does not choose the Competitive Skate program pathway, there are numerous opportunities for StarSkater's to participate in competitions. Contact your coach for more information.

## Questions?

If you have any questions it is recommended you speak with your coach. General inquiries for the club can be directed to [membersrep@oshawaskating.com](mailto:membersrep@oshawaskating.com).

## Tips for success:

- An off-ice warm-up before the session will enable skaters to be able to use their ice time more effectively.
- Off-ice programs (such as dance, Pilates, yoga, etc.) are also beneficial to keep your skater's body strong and flexible in order to be able to perform the some of the more difficult skating skills.

