



# White Rock South Surrey Skating Club

## HANDBOOK FOR HAPPIER SKATING



*September 2009*

*Dedicated to:*

*Margaret Elsey*

*Port Arthur Figure Skating Club*

*author of the first*

*Handbook for Happier Figure Skating, 1965*

---

# Welcome!

The White Rock South Surrey Skating (WRSSSC) Board welcomes you. We hope your participation with the Club will be a positive experience and enable your child to achieve his or her skating goals.

Our Club, a member of Skate Canada, became a registered Society in 1977 (formed in 1967). Thousands of children, youth and adults have participated in the Club's many skating programs and the bi-annual ice show.

The Club's skating programs are delivered by professional skating coaches with a wide range of experience, talents and skills and high levels of certification. We are extremely proud of our coaches and recognize their commitment to developing the Club's skaters.

The WRSSSC Board of Directors is composed of volunteers committed to providing a high standard of leadership. They contribute thousands of volunteer hours to ensure the Club operates well for the skaters. The Club is also fortunate to have the outstanding support of dozens of parents and skaters who take on volunteer tasks throughout the year.

The Club operates out of both Centennial Arena in White Rock and South Surrey Arena, and our skaters enjoy quality ice due to the efforts of Arena staff from those facilities.

Please contact the Club's Administrator or Directors (see the website [www.wrssc.com/contact.htm](http://www.wrssc.com/contact.htm) or your registration form for current contact information) if you have any questions about the Club -- we are here to help you. Have an excellent skating year!

Sincerely,

*The Board of Directors White Rock South Surrey Skating Club*

---

---

# Table of Contents

Club Values.....	2
How to Use This Handbook.....	3
Coaches.....	4
Volunteerism (vol un teer' ism).....	6
General Information.....	6
Club Constitution and Bylaws .....	8
Special Events.....	9
Courtesy On and Off the Ice .....	11
Equipment.....	11
CanSkate .....	21
Accelerated STARSkate .....	28
Adult Skate .....	29
CanPower Skate.....	30
STARSkate/Competitive Programs .....	31
Guiding Your Child .....	32
Group Instruction for STARSkate and Competitive Skaters .....	34
Competitions .....	35
Well Balanced Free Skating Program Requirements.....	38
Skate Canada Tests .....	39
Evaluation .....	54
Skater's Achievement Fund.....	55

---

# Club Values

1. Our Club provides and supports an environment in which all members can achieve their fullest personal potential.
2. Our Club values and recognizes the contributions of the individuals involved in the organization.
3. Our Club values integrity, mutual respect and trust.
4. Our Club fosters innovation and creativity built on a solid, stable foundation.
5. Our Club cares about the personal growth of its members and encourages the development of life skills.
6. Our Club cares about and supports the professional development of its coaches.



---

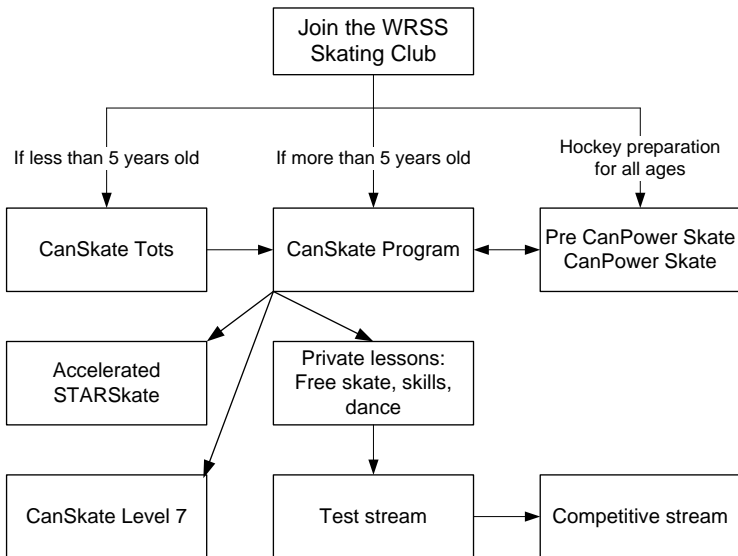
# How to Use This Handbook

The goal of this handbook is to provide information for WRSSSC participants at all levels.

The diagram below suggests ways that skaters can progress through the skating programs offered by the WRSSSC. A glance at that diagram will direct you to the various handbook sections with information relevant to skaters and their parents for that level.

There is a great deal of general information throughout the book that will be relevant either now, or at some time in the future. There are answers to many of the questions you or others may have. Select the parts that are important to you by checking the table of contents, and reading those parts in detail, or skim through it, and find out more than you ever wanted to know about where you or your child is headed.

Progression between the various programs provided by the Club and how to register for each type of program is clarified in each section.



---

# Coaches

All WRSSSC coaches are Skate Canada-registered, hold current First Aid Certificates and have 3M National Coaching Certification Program (NCCP) training. NCCP is a five-level education program for coaches of all levels in over 60 sports. Levels 1 to 3 constitute a training program of about 100 hours designed to certify coaches as competent leaders of community and Club sports programs. The training for each level involves a technical component, a theoretical component, and a practical component. Levels 4 and 5 prepare coaches for coaching high performance athletes.

## **Jennifer Dougan (604-531-5119)**

Jennifer has Level 3 coaching certification and has been with the Club for 32 years. She provides instruction in free skate, skills and dance. She trained as a member of the White Rock Figure Skating Club and completed her Gold Figure, and Senior Silver Free Skate and Dance.

## **Linda Carroll (604-576-1069)**

Linda has partial Level 3 coaching certification and has been with the Club for 23 years. She provides instruction in free skate, skills and dance. Linda trained as a member of the White Rock Figure Skating Club and completed her 7th Figure, Gold Free Skate, and Senior Silver Dance.

## **Jitka MacIntock (604-241-8206)**

Jitka has Level 3 coaching certification and has been with the WRSSSC for the past 18 years. She provides instruction in free skate and skills. She trained in Czechoslovakia and completed her Gold Figure and Gold Free Skate. She holds a Masters Degree in Physical Education and Sport from Charles University in Prague. She has over 25 years of coaching experience internationally, in Czechoslovakia, Austria, the UK and Canada, with the last 23 years being in Canada.

---

**Sandra Pennington (604-312-7333)**

Sandra has Level II coaching certification and has completed 2 of the 3 required modules for Level III certification. She has 14 years of coaching experience and is beginning her second year with the WRSSSC. She has 5 courses left to complete her BSc. majoring in Kinesiology and specializing in 'Active Health and Rehabilitation'. She provides instruction in freeskate, skills and dance, and is a certified CanPowerSkate coach. She competed nationally and internationally for Canada at the Senior level. She has completed her Senior Competitive test, Gold Freeskate, Level 1 Skills and Junior Silver Dances.



---

# Volunteerism (vol un teer' ism)

Volunteerism is a rare condition with side effects that can range from a smile to a wonderful sense of community.

Every non-profit organization needs volunteers, and the size of the WRSSSC makes volunteering especially important. “Many hands make light work”. If we had to hire people to do all the odd jobs involved in running the Club, your yearly fees would go up dramatically. The Club directors are all volunteers and rely on your active participation to run the Club and all of its activities.

- Let's say that you enjoy baking brownies. Just call the hospitality chair and she'll let you know the occasions for which brownies would be welcomed.
- If you would like a bird's eye view of your child skating, or you'd rather watch skating from the warmth of the music room instead of the frozen bleachers, call the music coordinator. She will put your name on the list for playing music.
- If decorating is your forte, the carnival, Jingle Blades, Sugar Plum, Open House or the Year End Celebration will provide you with a chance to show off your talents.
- If you have always dreamed of being a paramedic, we need gate moms and dads who are willing to stand by during CanSkate sessions with First Aid kit in hand.

We can never say “thank you” enough to those who have already volunteered. We would like to take this opportunity to express the appreciation of the skaters who have seen your patience, your kindness, your helpfulness, and your generosity in giving your time. The best “thank you” is the smile of a child.

There are many advantages to volunteering in Clubs in which your child participates: you get more information about the activity, your child is aware of your involvement, and you have the ability to easily have input into the future of the Club.

## General Information

---

## **History of the Club**

The White Rock Figure Skating Club was incorporated as a society in 1977 and has been in operation since 1969. The name was changed to White Rock South Surrey Skating Club in 1993 to better reflect the participation of skaters from both communities, and the broader nature of the skating program.

## **Facilities**

The Club operates out of both White Rock Centennial Arena at 14600 North Bluff (16<sup>th</sup> Avenue), and South Surrey Arena, 2199 148<sup>th</sup> Street, Surrey. The Club office is located in Centennial Arena. Information is available via:

Club Infoline	604-538-0109
Website	<a href="http://www.wrsssc.com">www.wrsssc.com</a>
Email	<a href="mailto:info@wrsssc.com">info@wrsssc.com</a> .

## **Seasons**

The skating year is divided into 3 seasons: winter, spring and summer.

- The fall/winter season runs from mid September to March.
- The spring season is usually a 10-week session from early April to the middle of June.
- The summer season takes place from the beginning of July to the middle of August.

---

# Club Constitution and Bylaws

The Club's bylaws were revised in 2009. Members can obtain a free copy of the Society's Constitution and Bylaws upon request.

## **Board of Directors**

WRSSSC is governed by a Board of Directors composed of a least 4 but not more than 14 Directors, including 4 officers. Directors must be 19 years of age or older and a majority of the Directors must be Canadian citizens.

## **Voting**

To vote at the Club's Annual General Meeting or Special General Meeting, a member must be over 18 years of age, in good standing with the Club, and present at the meeting. Each member is entitled to one vote. *A parent or legal guardian of a member 18 years or younger who is in good standing, is entitled to one vote.*

## **Good Standing**

Please note that a member not in good standing will not be permitted to take part in any Society or Skate Canada activity. As stated in the Bylaws, all members are in good standing:

1. A member who has failed to pay the current annual membership fee or any other subscription or debt due and owing by that member to the Society within 30 days of the due date, and such member is not in good standing so long as the debt remains unpaid;
2. A member fails to maintain himself or herself as an Associate Member of the Skate Canada and pay any dues required by the Skate Canada within 30 days of the due date.

A member not in good standing for 30 consecutive days shall cease to be a member of the Society.

## **Expulsion**

A member may be expelled from the club pursuant to the Society's Bylaws and Skate Canada rules.

---

# Special Events

## Open House

This whole-Club event starts the winter season and includes a family skate, a used skate and clothing sale, and registration for all programs. Coaches and local distributors of skates are on hand to help with equipment needs. This is a great time to purchase quality used skates and clothing. The Club retains 15% of each sale.

## Jingle Blades

This is a BC Coast Region, Skate Canada-sanctioned, competition hosted by our Club, with events for both STARSSkate and competitive skaters. It is generally a fun competition with a focus on the younger skaters entering their first competitions. It runs over 3 days at the end of November. All events are open for free public viewing and provide great entertainment. It is an opportunity to cheer for our Club skaters and a chance to see the outcomes of the private lesson programs. It takes about 100 volunteers to make this event a success, so help is always needed.



## Sugar Plum Skate

Sugar Plum Skate is a family skate held during the last week of skating prior to the winter break. It is a social event for children and parents in the CanSkate program as well as participants in the STARSSkate/competitive program.

## Elves on Ice

This is an informal, in-Club competition held on the last day prior to the winter break open to all STARSSkate and competitive skaters. Some of these events are pair or team events. The event is organized by the coaches and the senior skaters are often the judges.



## Carnival

The Club holds a carnival (ice show) every other year. This is an opportunity for all skaters to display their skills for friends and family, and to participate in a large-scale production. It also is our Club's way to bring the joy of skating to our community.

---

## **CanSkate Skills Competition**

In years with no carnival, at the end of the winter season, Canskate skaters are invited to participate in the skills competition.

Participants perform a number of skating skills, everyone receives a participant's ribbon and have an opportunity to win a medal.

## **Dress-Up Days**

Throughout the season, special days are selected for dress-up days. e.g., Hallowe'en costumes or red for Valentine's Day. During the summer skating session, there are usually dress-up days each Friday for STARSkate and competitive skaters (e.g. PJ day, inside out day).

## **Year End Celebration**

Each year, a celebration is held to present awards to test skaters and CanSkate champions. Skaters' families are encouraged to attend and the costs of the event are subsidized by the Club, when possible. Skaters are presented with the badges and medals for the tests they have passed. There are other special awards for sportsmanship and volunteerism. There are many prizes and a fun time is had by all.

## **Board of Directors' Meetings**

Monthly meetings (day of the week determined by the board to meet the schedules of the majority) are generally held in the boardroom at Centennial Arena. All members of the society (i.e. parents of skaters and skaters over 19 years of age) are welcome to provide input in one of two ways: ask the president for permission to address the Board, or send a written letter.

## **Annual General Meeting (AGM)**

The Club's AGM is held in April or May of each year. All parents of skaters, and skaters over 19 years of age, are welcome to attend. The meeting involves election of officers and board members. The terms of office are generally 2 years, with potential for 6 years of uninterrupted service on the board.

---

# Courtesy On and Off the Ice

## Skate Guards

Skate guards should be worn when off the ice.

## Boards

Sitting or climbing on the boards is not allowed.

## Ice

Skaters must fill holes in the ice at the end of freeskate sessions. Deliberately kicking holes in the ice is not acceptable and any skater who continues to kick the ice will be asked to leave.

## Falls

For the safety of all skaters, skaters who fall must get up immediately and get out of the way of oncoming skaters.

## Right of Way

During freeskate sessions, priority is given to skaters performing their programs and skaters having lessons. During dance sessions, priority is given to those skaters skating the dance being played and skaters having lessons. Be aware of your fellow skaters and “do unto others as you would have them do unto you”.

## Clothing

Appropriate clothing should be worn. See the section relating to your child’s level of skating for specific information.

## Profanity/Code of Conduct

Profanity is not permitted in the arena. After one notice, parents will be notified. (*See Skater and Parent Code of Conducts for more information.*)

## Gossip

As parents, we spend many hours sitting in the stands watching our children. Please remember to keep any discussions positive – negative gossip is hurtful. (*See Parent Code of Conduct for more information.*)

# Equipment

---

The information below is relevant to skaters at all levels.  
Information specific to your child's skating level can be found in  
the section dealing with each level.

**Local Equipment Dealers (skates, helmets, clothing)**

Cyclone Taylor Figure Skating  
1005 W 49<sup>th</sup> Ave (49<sup>th</sup> and Oak)  
Vancouver, BC V6M 2P6  
604-264-9261  
[www.cyclonetaylorfigskate.com](http://www.cyclonetaylorfigskate.com)

Leading Edge Skate Shop  
#101 - 15685 Fraser Hwy (Fleetwood)  
Surrey, BC V3S 2W1  
604-598-0288  
[www.ice-sk8.com](http://www.ice-sk8.com)

Skaters Edge Boutique  
Suite 10, 145 Schoolhouse Rd  
Coquitlam, BC V3K 4X8  
604-521-5550  
[www.skatersedgeshop.com](http://www.skatersedgeshop.com)



---

## Skates

### **Choosing Skates**

Purchasing appropriate skates to suit the level of your skater and your budget is of utmost importance. A reputable skate dealer will help you determine the best skate and blade for your child's level of skating and select skates that will fit your child properly. Some dealers also offer consignment programs, allowing you to resell skates as your child outgrows them. Consignment programs offer good used skates for sale and help offset the cost of the investment. Generally, a good quality pair of used skates is better than a pair of poor quality new ones. Poor quality skates can jeopardize not only your child's safety but their progress in, and enjoyment of, the sport as well. Some of the better skate company names to look for are: Gam, Graf, Riedell, Risport, SP-Teri, Wifa and Jackson. Used skates, for sale or wanted, may be posted on the WRSSSC bulletin board in either rink, space permitting. *See the Local Dealers section for locations where to purchase skates.*

### **Skates for Tots**

Beginner skaters can start with either hockey or figure skates. Recreational skates sold in department or sporting goods stores should provide adequate support for the beginner. You may also get good quality used skates at the WRSSSC skate sale in September. Remember, your local skate retailer is experienced in fitting the best skate to your skater. The skater's coach and skate dealer are the ultimate source for the best fitting skate. Examples of skate brands appropriate for this level:

---

<b>Skate Brand</b>	<b>Model</b>	<b>Level</b>	<b>Description</b>
Gam	Fantasia	CanSkate	Boot/Blade Set
Jackson	Softskate/Glacier /Mystique	Beginner	Boot Blade Set
Riedell 10	White Ribbon 10	Beginner	Boot/Blade Set

---

These skates range in price from \$85.00 to \$150.00.

---

## Skates for CanSkate

Buy good quality skates that fit. Avoid buying a larger size skate in anticipation that the skater will “grow into it” - poor fitting equipment will cause discomfort, discouragement and poor results. At all but the beginner level, molded plastic skates should be avoided. They are inflexible and make it difficult for skaters to bend their knees and push off. Because plastic becomes very cold and stiff on the ice, it makes the skater’s feet cold as well. Look for blades that are screwed on the boot rather than attached with rivets, so that the blade can be moved if necessary.

Skate Brand	Model	Level	Description
Riedell	10	CanSkate	Boot Blade Set
Riedell	255 Jr/Sr	Advanced CanSkate	Boot Blade Set
Gam	Horizon	CanSkate	Boot Blade Set
Jackson	Boys	Advanced CanSkate	Moderate fitting excellent value
Jackson	Glacier	CanSkate	Boot/Blade Set
Jackson	Mystique	CanSkate	
Jackson	Freestyle	Advanced CanSkate	Boot/Blade Set

Skates in the above categories range in price from \$85.00 to \$350.00.



---

## Skates for STARSkate & Competitive Skaters

As the skater moves into the Skate Canada STARSkate and competitive programs, it is time to purchase better quality boots and blades. They will provide better support as your child becomes more proficient technically. At this level boots and blades are purchased separately. Mounting the blades is very critical and should be carried out only by a professional. As the skater progresses, the level of skating dictates the quality of boots and blades. There are different types of blades for different disciplines. The cost for boots ranges upward from about \$350, with blades starting at \$175. Used sets are usually available at greatly reduced costs.

### *Skate Boots*

Brand	Model	Level	Description
-------	-------	-------	-------------

### Single Jumps, Low Doubles

Harlick	Competitor	To Pre Novice	Soft competitive boot
Gam	Zenith	To Pre Novice	Medium Stiff competitive skating boot
SP Teri	Teri Pro	To Pre novice	Soft competitive boot
Jackson	Competitor	To Pre-Novice	Boot with blade
Graf	Richmond	To Pre-Novice	

### Double Jumps

Harlick	High Tester/	Pre-Novice to light seniors	Stiff competitive skating boot
SP Teri	Super Teri	Prelim-Novice	Medium stiff competitive boot
Riedell	875	Pre Novice-Jr	Stiff competitive skating boot
Riedell	2010	to-Pre novice	Medium stiff competitive boot
Risport	RF-3	Prelim-Novice	Stiff competitive skating boot
Graf	Edmonton	Pre-Novice -Jr	Stiff competitive skating boot, very comfortable
Jackson	Elite/ Elite Plus	Pre-Novice -Jr	Stiff competitive skating boot
Jackson	Elite Supreme	Pre-Novice -Jr	Stiff competitive skating boot

## High Double and Triple Jumps

Harlick	Finalist	Novice -Senior	Very stiff advanced skating boot
SP Teri	KT-3	Junior-Senior	Extremely stiff, ideal for males
Riedell	2010	Junior-Senior	Extremely stiff, ideal for advanced freeskate and male skaters
Riedell	Goldstar	Novice-Senior	Very stiff advanced skating boot
Risport	RF-3	Novice-Senior	Stiff advanced skating boot
Gam	Performance	Novice-Senior	Stiff advanced skating boot
Graf	F4000	Junior-Senior	Hinged boot
Graf	Edmonton	Pre-Novice - Sr	Stiff competitive skating boot – very comfortable

## Skate Blades (by manufacturer)

MK	Wilson	Ultima	Graf
Club 2000	Coronation Ace	Mirage	Kingston
Professional Freestyle	Coronation Comet	Protégé/ Legacy	Lausanne
Vantage/Vision	Pattern 99	Elite/Vantage	Jr. Competitor
Phantom	Gold Seal	FreeStyle	Platinum
Goldstar		Matrix	Diamond
MK Dance			

**The above tables are provided as a guideline for information only. Your skate retailer and coach should be consulted for the boot and blade combination that is best suited to your child's level, body weight and foot shape.**

---

## Caring for Skates

Taking care of skates can help prevent premature breakdown of the leather and help you get the most out of your investment.

- Skates should be sharpened by a recognized figure skate sharpener after about 30 to 40 hours of skating. A bad sharpening can ruin blades; therefore a reputable sharpener, experienced with figure skates, is a necessity. *The local dealers above can offer these services.*
- Always wear protective guards when not on the ice. Never store skates with the guards left on.
- After skating thoroughly dry blades and boots and always use cloth skate guards (scrunchies) to help prevent blades from rusting.
- Never store skates in a skate bag for any length of time.
- Leave skates in well-ventilated area so they have a chance to dry out between skates. Leather will rot if proper care is not taken.

## Breaking in Skates

Breaking in new skates can be a difficult time. A skate dealer should help to ease any sore spots by punching out the leather in the problem area. *Bunga Pads* are gel lined protective pads that reduce friction in the affected areas. *Bunga Pads* are endorsed by many world class skaters including former Olympians Elvis Stojko and Victor Petrenko. *Bunga Pads* are available through local dealers.

---

## Clothing

### **What to Wear – CanSkateTots and CanSkate**



Young skaters just beginning lessons should take to the ice comfortably and warmly dressed. Warm one-piece outfits are well suited to the true beginner but avoid snowsuits. Snowsuits can be slippery and restrictive and do not allow a young child to recover easily from a fall. As soon as your skater can move around, progressively less bulky and restrictive wear becomes appropriate.

Young girls will eventually graduate to a skating skirt, warm sweater or sweatshirt and leggings. Not only will this allow for more freedom of movement but will allow the coach to better view body positioning. The same principle applies to young boys. To begin with, warmth and comfort first, then a neat sweater, jacket and skating pants. Stretch one-size-fits-all gloves are recommended. Scarves, hoodies and other items that may hang down are not advised.

### **STARSkate and Competitive Skaters – Clothing for practice**

- Girls skating at this level require a skating skirt or skating dress for practice sessions. Warm sweaters, Club jackets, sweatshirts, leggings and skating tights are worn for warmth. Layering is recommended to prevent over-heating. Tear-away pants can be worn for warm-up but should be removed for the balance of the session. Fitted exercise leggings are allowed upon approval of the skater's coach. Stretch gloves are recommended.
- Boys skating at this level should wear stretch pants with velcro straps that fasten under the boot, along with layers (Club jacket, warm sweater, sweatshirt) for warmth. Stretch gloves are recommended.

- 
- For the advanced skater learning more difficult moves, crash pads may be helpful. These are a snug fitting undergarment with built-in padding to protect the hipbones and tailbone.
  - Custom dresses for the competing skater are available through several well-known seamstresses. Your coach can help you determine what type of dress is necessary and appropriate for your skater's level, and direct you to a designer. New custom designed skating dresses can also be ordered through various on-line skating stores in North America as well as used custom skating dresses online through sites like EBay.

## **STARSSkate and Competitive Skaters - Clothing for Tests**

Test days are formal occasions. Boots must be freshly polished and laces clean. Taking along an extra pair of laces and tights is recommended. For tests, more-decorative competition-style costumes are appropriate. For skills & dance tests, competition costumes are NOT necessary. A clean, tidy and simple skating dress will often be appropriate.

### **Where to Buy Clothing**

Local skate dealers carry a variety of “off-the-rack” apparel and are listed earlier in this book. Custom dresses for the competitive skater are available through several seamstresses. Coaches can help determine what type of dress is necessary and appropriate for your child's level, and direct you to a designer for competition apparel. (*Note: Check the internet for online purchasing as well - e.g., EBay*)

### **Club Clothing**

Club clothing is available for order 1-2 times a year, and generally consists of outerwear (e.g. vests, jackets, sweatshirts) in the Club colours – black, white, and teal, and embroidered with the WRSSSC logo

---

## Helmets

### **Requirement for Helmets**

Helmets are mandatory for all group programs until the skater has successfully completed CanSkate Stage 4. Parents should speak to the coach if they have questions about the wearing of helmets.

### **Selecting a Helmet**

Helmets should fit snugly, and both the helmet and strap should be adjustable. Look for helmets made of a hard plastic with a thick sponge layer. Helmets carrying the Canadian Standards Association (CSA) approval provide the best quality and safest design. Hockey helmets are recommended over cycling helmets, as they are designed to withstand repeated bumps and protect against penetration.

**Remember, WRSSSC wants every skater to enjoy a safe and fun skating season. Purchasing good equipment and maintaining that equipment will help you get the maximum performance out of your investment. Children will have a greater chance to achieve their potential if they have good quality skates.**



---

# CanSkate

CanSkate is a Skate Canada program for children aged 3-12 years old , designed to develop basic skating skills in a group environment.

At the beginning of the season, children are placed in a class according to age and skill level, using information provided on the registration forms. For the first several weeks, coaches will continue to assess the children and move them to a more appropriate class if required. The coaches ask for parents' patience in these first several weeks as this process takes place.

In the 45-minute skating session, skater will receive a 5 minute warm-up lead by a coach or a program assistant (in a large group), then a series of 10 minutes lessons (groups) on a rotating basis with coaches and program assistants.

Evaluation is ongoing, and certificates and rewards are provided to skaters as they master fundamental skills. Younger skaters in particular are rewarded on a regular basis. Structured testing days are held several times throughout the season, with Skate Canada badges awarded at that time. In addition, report cards are provided to each skater at the end of the season.



---

## **CanSkate Badges**

<b>Stage 1 Balance</b>	Go Forward	<ul style="list-style-type: none"><li>➤ Balance on 2 feet with eye focus (posture/alignment)</li><li>➤ Marching on the spot</li><li>➤ Walking forward (duck walk)</li></ul>
	Go Backward	<ul style="list-style-type: none"><li>➤ Walking backward (8 steps)</li></ul>
	Stop	<ul style="list-style-type: none"><li>➤ Falling down and getting up</li><li>➤ Making “snow”</li></ul>
	Turn	<ul style="list-style-type: none"><li>➤ 2 foot quarter bend turns on the spot</li></ul>
	Spin	<ul style="list-style-type: none"><li>➤ Walking around on the spot</li></ul>
	Jump	<ul style="list-style-type: none"><li>➤ Two foot jump on the spot</li></ul>
	Challenge Skills (Opt.)	<ul style="list-style-type: none"><li>➤ (primarily for those who don’t want to spin or jump)</li><li>➤ Forward skating across width of ice without falling</li><li>➤ Falling and getting up while moving</li><li>➤ Forward one-foot balance</li></ul>

<b>Stage 2 Glide Forwards</b>	<b>Go Forward</b>	<ul style="list-style-type: none"> <li>➤ Forward consecutive push/glide sequence (8 thrusts)</li> <li>➤ Forward glide (two feet to one foot)</li> <li>➤ Forward half-sit glide</li> <li>➤ Forward two-foot sculling</li> </ul>
	<b>Go Backward</b>	➤ Walking backward with glide
	<b>Stop</b>	➤ Forward snowplow or forward half-snowplow
	<b>Turn</b>	➤ Two-foot half turn on spot
	<b>Spin</b>	➤ Two-foot spin
	<b>Jump</b>	➤ Two-foot jump while gliding forward
	<b>Challenge Skills (Opt.)</b>	<ul style="list-style-type: none"> <li>➤ Forward skate perimeter of ice</li> <li>➤ Backward skate across width of ice</li> <li>➤ Tight glide turn</li> <li>➤ Backward one-foot balance</li> </ul>

<b>Stage 3 Glide Backward</b>	Go Forward	➤ Forward slalom (two feet and one foot)
	Go Backward	➤ Backward consecutive push/glide sequence (8 thrusts) ➤ Backward glide (two feet to one foot) ➤ Backward 2 foot sculling
	Stop	➤ Backward snowplow or backward half snowplow
	Turn	➤ Two-foot turn forward to backward ➤ Two-foot turn backward to forward
	Spin	➤ Two-foot spin picking up alternating feet
	Jump	➤ Two-foot jump gliding backward
	Challenge Skills (Opt.)	➤ Backward skate perimeter of ice ➤ Forward spiral ➤ V start from back snowplow

<b>Stage 4 Edges</b>	Go Forward	<ul style="list-style-type: none"> <li>➤ Forward glide on curve clockwise (2 ft to 1 ft)</li> <li>➤ Forward glide on curve counterclockwise (2 ft to 1 ft)</li> <li>➤ Walking crosscuts right over left</li> <li>➤ Walking crosscuts left over right</li> </ul>
	Go Backward	<ul style="list-style-type: none"> <li>➤ Backward glide on curve clockwise (2 ft to 1 ft)</li> <li>➤ Backward glide on curve counterclockwise (2 ft to 1 ft)</li> <li>➤ Backward slalom</li> </ul>
	Stop	<ul style="list-style-type: none"> <li>➤ Forward two-foot side stop</li> </ul>
	Turn	<ul style="list-style-type: none"> <li>➤ Turning on curve forward to backward and backward to forward on two feet</li> <li>➤ Turning on curve forward to backward (one foot) outside</li> <li>➤ Turning on curve forward to backward (one foot) inside</li> </ul>
	Spin	<ul style="list-style-type: none"> <li>➤ Forward one-foot spin (one revolution)</li> <li>➤ Two-foot sit spin</li> </ul>
	Jump	<ul style="list-style-type: none"> <li>➤ Two-foot jump forward to backward and backward to forward on a curve</li> </ul>
	Challenge Skills (Opt.)	<ul style="list-style-type: none"> <li>➤ Backward Spiral</li> <li>➤ V start from side stop</li> <li>➤ Forward lateral movement</li> <li>➤ Forward kick line (6 to 8 skaters)</li> </ul>

<b>Stage 5 Power</b>	Go Forward	<ul style="list-style-type: none"> <li>➤ Forward circle thrusts clockwise</li> <li>➤ Forward circle thrusts counterclockwise</li> <li>➤ Forward crosscuts in a figure 8 pattern</li> <li>➤ Edge development: step/step/step and hold - forward outside</li> <li>➤ Edge development: step/step/step and hold - forward inside</li> </ul>
	Go Backward	<ul style="list-style-type: none"> <li>➤ Backward circle thrusts clockwise &amp; counterclockwise</li> </ul>
	Stop	<ul style="list-style-type: none"> <li>➤ One-foot side stop</li> </ul>
	Turn	<ul style="list-style-type: none"> <li>➤ Turning on curve backward to forward changing feet</li> <li>➤ Left back outside to right forward outside or right to left</li> <li>➤ Left back inside to right forward inside or right to left</li> </ul>
	Spin	<ul style="list-style-type: none"> <li>➤ Forward one-foot spin (more than one revolution)</li> <li>➤ One-foot back spin (one revolution)</li> </ul>
	Jump	<ul style="list-style-type: none"> <li>➤ One-foot jump forward to backward</li> <li>➤ Forward power jump</li> </ul>
	Challenge Skills (Opt.)	<ul style="list-style-type: none"> <li>➤ Shoot the duck</li> <li>➤ Backward lateral movement</li> <li>➤ Fast backward start from side stop</li> <li>➤ Forward 4-spoke pinwheel (min. 8 skaters)</li> </ul>

<b>Stage 6 Speed</b>	Go Forward	<ul style="list-style-type: none"> <li>➤ Fast forward stroking perimeter clockwise &amp; counterclockwise</li> </ul>
	Go Backward	<ul style="list-style-type: none"> <li>➤ Fast backward perimeter stroking clockwise</li> <li>➤ Fast backward perimeter stroking counterclockwise</li> <li>➤ Backward crosscuts in a figure 8</li> <li>➤ Edge development: step/step/step and hold - backward outside</li> <li>➤ Edge development: step by step by step &amp; hold - backward inside</li> </ul>
	Stop	<ul style="list-style-type: none"> <li>➤ Forward 2-ft side stop w/ speed</li> </ul>
	Turn	<ul style="list-style-type: none"> <li>➤ Circle stroking with crosscuts and turns</li> <li>➤ Turning on a curve forward to backward changing feet</li> <li>➤ Turning on a curve backward to forward (one foot) outside</li> <li>➤ Turning on a curve backward to forward (one foot) inside</li> </ul>
	Spin	<ul style="list-style-type: none"> <li>➤ 1-foot spin with FO spiraling edge entry (more than 1 revolution) 1-foot back spin (more than one revolution)</li> </ul>
	Jump	<ul style="list-style-type: none"> <li>➤ Back toe-assisted jump &amp; rotating power jump</li> </ul>
	Challenge Skills (Opt.)	<ul style="list-style-type: none"> <li>➤ Any jump with one rotation</li> <li>➤ Back spin with hop on exit</li> <li>➤ 1-ft reverse pivot turn (bracket)</li> <li>➤ Forward simple circle (6 to 8 skaters, one direction)</li> </ul>

<b>Stage 7 Optional Enrichment</b>	Go Forward	<ul style="list-style-type: none"> <li>➤ Forward inside and forward outside edges on a line</li> <li>➤ Fast forward perimeter stroking with crosscuts - clockwise and counter clockwise</li> <li>➤ Forward progressives</li> <li>➤ Forward chassés</li> <li>➤ Forward rolls or swing rolls</li> </ul>
	Go Backward	<ul style="list-style-type: none"> <li>➤ Backward outside and inside edges on a line</li> <li>➤ Fast backward perimeter stroking with crosscuts - clockwise and counter clockwise</li> <li>➤ Backward progressives</li> <li>➤ Backward chassés</li> <li>➤ Backward rolls or swing rolls</li> </ul>
	Stop	<ul style="list-style-type: none"> <li>➤ Forward fast skating, stop</li> <li>➤ Backward fast skating, stop</li> </ul>
	Turn	<ul style="list-style-type: none"> <li>➤ Simple set pattern step sequence including 3 turns and mohawks</li> </ul>
	Spin	<ul style="list-style-type: none"> <li>➤ One-foot spin with backward crosscut entry</li> <li>➤ Sit spin (one revolution)</li> <li>➤ Backward sit spin (one rev.)</li> </ul>
	Jump	<ul style="list-style-type: none"> <li>➤ Waltz jump (from backward crosscuts)</li> <li>➤ Toe loop</li> <li>➤ Salchow</li> <li>➤ Half flip or half lutz</li> </ul>
	Challenge Skills (Opt.)	<ul style="list-style-type: none"> <li>➤ Loop jump</li> <li>➤ Half axel take-off</li> <li>➤ Camel spin or back camel spin</li> </ul>

## Accelerated STARSkate

---

The Accelerated STARSSkate program is a WRSSSC designed program. It is the connecting link between CanSkate and the STARSSkate test/competitive stream and private lessons with a club coach. This program is taught in small groups by our Skate Canada coaches. Participants skate twice a week. The program includes an off-ice performance class. Participation in this program is through coach identification and invitation process, usually at the beginning of the season.

## Adult Skate

WRSSSC offers an adult-only drop-in session for adult skaters looking for a relaxed and fun hour to practice skating. There is no group instruction provided, although private lessons can be arranged. Skaters must be currently registered Skate Canada members to participate. In addition, adult skaters may also skate on any freeskate, dance or skills (STARSSkate) sessions for which they are qualified, and home club members are welcome to participate in Carnival.



---

# CanPower Skate

The CanPowerSkate program is an extension of the CanSkate program, and skaters are registered members of Skate Canada and WRSSSC and, as such, have access to the activities and facilities provided by the Club. The CanPowerSkate program was designed to help hockey and ringette skaters (particularly at the Hockey 2 to Bantam levels) develop their skating skills. In this program, the skaters will learn turns, forward and backward skating and stops to increase their power, speed, agility and confidence in their games.

The skaters practice in full equipment with sticks. Therefore, skaters should bring appropriate pads, clothing and gloves to sessions.

## *Pre CanPowerSkate*

This is a learn-to-skate program for 4 to 7 year olds interested in playing hockey and ringette. Full gear is required.



---

# **STARSkate/Competitive Programs**

## **STARSkate System**

The Skate Canada STARSkate system is designed to provide the skater with a series of goals to achieve in several different areas: free skate, skills, interpretive, dance and pairs. Skaters can progress to the STARSkate system (private lessons) without completing the CanSkate program.

## **Competing**

Skaters who wish to compete can follow the STARSkate program or the Competitive program. In either, skaters must complete tests, as they are needed to qualify for the various levels of competition. Skaters who do not wish to compete at the international level can participate in the STARSkate program. Skaters seeking to qualify for international competition must participate in the Competitive program.

## **Coaching**

It is the responsibility of the parent to select and make arrangements with a coach for private lessons. Private lessons are paid directly to the coach, and are separate from ice costs. The number of lessons your child needs each week depends on the child's skill level, parents' budget, hours of skating per week, coach availability and child's attention span. Take the time to talk to the coaches in the Club, and to make sure you select a coach who will work well with your child's personality and aspirations.

## **Commitment**

When you and your child undertake to participate in the STARSkate/Competitive program, you are committing yourselves to being at the rink and on the ice on time. Your child must be prepared to work independently, although a practice schedule may help. If the skater is going to be late, or absent for a lesson, the skater should let your coach know at least 24 hours in advance (whenever possible).

---

# Guiding Your Child

When your child shows great promise at a sport or art, it can be very compelling to become overly involved. An article in *Chatelaine* (October 1998) had some guidelines on how to nurture talent without smothering your little one (or yourself):

## **Assess your child's stress level**

*If you see warning sign like headaches, stomachaches, changes in sleep or eating patterns, you may be pushing too hard. If he's practicing and achieving to fulfill your expectations, he'll feel pressured*

## **Let your child decide**

*If a parent becomes too engaged, a talented child loses her sense of ownership over her hobby. Let your child's level of interest dictate her goals. Do consult with her coach to help her set realistic goals. You certainly can set expectations for amount of practice, but an occasional day off is likely beneficial.*

## **Slow the Pace**

*Talented children often have too many structured and scheduled activities. A limit of two or three different activities allows room for play.*



---

### **Assess Your Stress**

*If you snap at your spouse when your child isn't performing well, or feel knots in your stomach before the big competition, you're too involved.*

### **Teach By Example**

*One of the best things you can do for a talented child is to be a "model of achievement" and get excited about an interest in your own life.*

### **Spread the Attention**

*Siblings are quick to perceive favoritism, so spread the attention around the family. Give the other kids their own area of specialty - a different sport, instrument or hobby.*



*Skating is foremost for enjoyment*

---

# Group Instruction for STARSkate and Competitive Skaters

There are some periods of group instruction included in the price of sessions. These include stroking, off-ice warm-up, stations, and conditioning. A variety of other group classes may be offered to help develop the skater's abilities and performance skills, as follows:

## Off-Ice Technique

This class designed to improve skaters' spin and jump technique, by focusing on strength and flexibility exercises specific to skating. This class is taught by WRSSSC Skate Canada coaches. This training assists skaters with their jump rotations and landings on ice, and recommended for all skaters.

## Performance Training

This class is provided by professional dance instructors. It is designed to provide group instruction in musicality and movement to a variety of dance styles (hip-hop, jazz, and ballet), stretching, and core strengthening. The program will benefit skaters in their on-ice presence and performance, and is recommended for all skaters.

## Figures

This class is based on the compulsory figures. It is designed to help skaters focus their minds and attention to the details of edges, turns, balance, glide, body alignment, and control.

---

# Competitions

In our region (BC Coast) and our Section (British Columbia, which includes the Yukon), there are several competitions throughout the year for STARSSkate and competitive skaters at all levels. The entry fees for each competition are about \$50 at the elementary and pre-preliminary (beginning) level and, in addition, coaches usually charge a fee for attending competitions to assist the skater. If there is travel involved, travel costs are usually shared among the coach's skaters. Registration for most competitions is done on-line at [www.karelo.com](http://www.karelo.com). Please check with your child's coach before registering for any competition to clarify the category and suitability.

## **Preparation for Competitions:**

The skater's program must be the required length. The coach will know the required time.

The skater usually wears decorative competition clothing. These can be bought off-the-rack at one of the skate supply stores, made by the parent, or made to order by a seamstress. Talk to the coach about design, colour, etc. before purchasing a costume. Your child should practice skating in the costume because often adjustments must be made to allow for movement.

Prior to a competition, our Club may hold a "Simulation Day" to allow skaters to skate their program alone on the ice, with an evaluator (usually a competition judge or coach or senior skater). Registration is required, and a small fee (e.g., \$10) is charged.

Ensure that you know the day and time your child is skating (and inform your child's coach), at which arena your child is skating, where registration is taking place (this may be a different arena), and how to get to each arena (remember to allow for rush hour traffic if appropriate).

---

Pick up your child's program music CDs from your home arena before leaving for the competition. You will need to hand in two copies of the music in case there is a problem with the first one. Don't forget to pick up the CDs before you leave the arena after the competition.

Plan to be at the arena at least 1 hour prior to the scheduled start time to allow for warm-up, orientation, getting lost, and a competition that may be running ahead of schedule. It is usual to arrive in clothes appropriate for off-ice warm-up, with the costume in a costume bag. Skates and laces must be cleaned. Hair must be tidy.

Upon arrival at the arena, the skater must register and hand in their music CDs. The skater should check to see the skating order, which will be posted around the registration area. The skater & parent will need to find the coach, and confirm when they wish to have the skater turned over to them (at which point the parents can enjoy the show) for off-ice warm-up and the competition event. The skater will need to go to the designated dressing room, and a dressing-room volunteer is usually there (a clipboard in hand) to check off the skater's arrival, and tell the skater and coach whether the competition is running on time. (Skater dressing rooms are often designated restricted areas and parents not allowed.) Skaters warm up on the ice for a specified length of time, depending on the level of the competition.

Results are usually posted about 30 minutes after the competition is complete. Awards are given and photos are taken of those placing in the top 3 (or top 6) about 15 to 20 minutes later. In some instances, there are finals on another day for those placing in the top of their group. Placement in competitions is determined just like they are determined for World's or Olympics.

---

Competitions are fun and provide useful experiences for skaters, no matter where they place. The goal should be for each skater to skate their best, not necessarily to win. If the only goal is to win, the skater and parent will often be disappointed.

### **BC/YT Competitions**

<b>Autumn Leaves</b>	October	Kamloops
<b>BC Coast Region</b>	October	a skating club in the Lower Mainland – clubs rotate
<b>Jingle Blades</b>	Late November	White Rock South Surrey SC
<b>BC Section (Competitive)</b>	Mid November	a skating club in the BC – regions rotate
<b>Winter Skate</b>	January	a skating club in the Lower Mainland – clubs rotate
<b>Ogopogo</b>	February	Penticton
<b>Spring Fling</b>	March	a skating club in the Lower Mainland – clubs rotate
<b>Victoria Day</b>	May	a skating club in the Lower Mainland – clubs rotate
<b>BC Summer Skate</b>	August	Burnaby 8 Rinks



---

# Well Balanced Free Skating Program Requirements

In order to ensure skaters perform programs that demonstrate the full range of skating skills, Skate Canada has developed an evaluation system for both the STARSkate and competitive streams of competition, which dictate the number and type of elements that can be included in competition programs. The criteria are different for each level of freeskate event, and apply to jumps, spins and step sequences. Skaters are rewarded for completing the required content, and receive deductions from their scores for failing to complete required elements or performing restricted elements. The well balanced rules can change from year to year but, for example, under the BC/YT requirements revised in August 2009, the Elementary STARSkate criteria includes the following:

## JUMP ELEMENTS

- Max 6 jump elements
- Must include a Waltz jump, and can be no higher than loop jump
- No more than 2 jump combinations and/or sequences
- No more than 2 jumps in a combination
- Repeated jumps do not have to be in combination or sequence
- No restriction as to number of repeated jumps

## SPIN ELEMENTS

- Max 2 spins
- No flying spins
- 1 spin of one position, not in combination, no change of foot
- Max of 1 combination spin, no change of foot

## STEP SEQUENCE

- Max 1 step sequence or spiral sequence

---

# Skate Canada Tests

## Preliminary Tests

There are no pre-requisites for any preliminary tests, and there is no requirement to take all of the various types of tests, i.e., you can take a dance test without taking any freeskate tests, or a freeskate test without taking any skills tests.

### **Free Skate**

#### Elements

- Forward and backward perimeter stroking
- Jumps: bunny hop (power jump), waltz jump, salchow, flip, loop
- Jump Combination: toe loop/toe loop
- Spins (minimum 2 rotations): forward one-foot, backward one-foot, sit, camel
- Field Movements: Right and left forward spirals

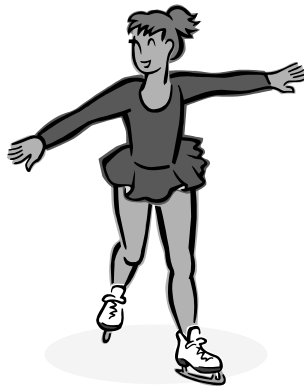
Pass Requirement: All stroking satisfactory, and 12/14 elements

#### Program

- 1.5 minutes +/- 10 seconds
- Minimum of 3 different jumps of at least one rotation
- Minimum of 2 different spins
- Pass 4/6 of:
  1. Use of Ice
  2. Use of Music
  3. Carriage/Line/Form
  4. Sureness of Skating Skills (excluding jumps and spins)
  5. Speed
  6. Program Composition

Pass Requirement: Satisfactory in 4/6

<b>Skills</b>	<ul style="list-style-type: none"> <li>➤ Waltzing Threes</li> <li>➤ Waltzing Mohawks</li> <li>➤ Preliminary Circles</li> </ul>
<b>Dances (must pass 3 of 4)</b>	<ul style="list-style-type: none"> <li>➤ Dutch Waltz</li> <li>➤ Canasta Tango</li> <li>➤ Baby Blues</li> </ul> <p>All three dances are skated in the side-by-side position (Kilian - man on left, lady on right or reverse Kilian (Canasta) - man on right, lady on left) with the man and lady skating the same steps. Dance tests within a group can be taken in any order, and more than one can be taken at one time.</p> <ul style="list-style-type: none"> <li>➤ Preliminary Creative Dance</li> </ul> <p>Performed solo, shadow (side by side, but not holding), or as a couple</p> <p>Skater must obtain “Satisfactory” or better on Timing and Accuracy/Flow</p>



---

## **Junior Bronze Tests**

### **Free Skate**

#### **Elements**

- Forward and backward stroking with inside and outside edges
- Jumps - flip, lutz, axel or walley, split jump
- Jump combinations - salchow/toe loop, loop/loop
- Spins (minimum 3 rotations) - one foot backward corkscrew, flying spin, combination (minimum of 2 rotations in each position) 2 positions, optional change of foot
- Field Movements: Backward spiral

Pass Requirement: All stroking satisfactory, and 12/14 elements

#### **Program**

- 2.0 minutes +/- 10 seconds, at least 4 different jumps of at least 1 rotation, and 2 different spins
- Pass 4/6 of:
  1. Use of Ice
  2. Use of Music
  3. Carriage/Line/Form
  4. Sureness of Skating Skills (excluding jumps and spins)
  5. Speed
  6. Program Composition

Pass Requirement: Satisfactory in 4/6

---

**Skills**

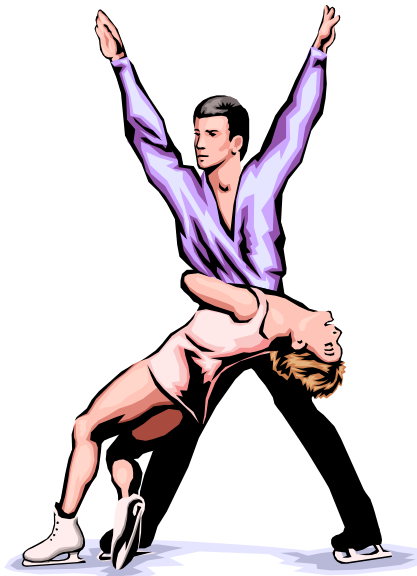
- Threes and power mohawks
- Power circles
- Expanding exercise

**Dance**

- Swing Dance - waltz position, man and woman skate same steps but in reverse
- Fiesta Tango - side by side, same steps - reverse Kilian position
- Willow Waltz - first dance with different steps for man and lady

A solo may be requested by the evaluator under “extenuating circumstances” including the partner doing the wrong steps, or an appearance that the partner kept the test skater off time.

The skater must obtain “Satisfactory” or better on Timing and Accuracy/Flow and one of Style/Form, Expression, Unison or Placement



---

## **Senior Bronze**

Note: If your child has progressed this far and you should be a regular visitor to the Skate Canada and SkatingInBC websites. A skater can enter the competitive stream at this point, if desired, at the Juvenile level - see Competitive Tests.

<b>Free Skate</b>	<u>Elements</u>
	<ul style="list-style-type: none"><li>➤ Stroking - crosscuts, with inside/outside change exercise, Russian stroking</li><li>➤ Jumps: axel, double salchow, double toe loop, split jump</li><li>➤ Jump sequence: 3 or more jumps, at least 2 with 1 rotation or more</li><li>➤ Jump Combination: single lutz plus single or double toe loop or loop</li><li>➤ Spins:<ul style="list-style-type: none"><li>• Flying camel (minimum 3 rotations)</li><li>• Layback or camel/sit (minimum 3 rotations)</li><li>• camel/sit, combination (3 rotations on each foot, minimum 2 rotations in each position) 2 positions, 1 change of foot</li></ul></li><li>➤ Field Moves - sequence of 2 moves of choice</li><li>➤ Step Sequence - one step sequence full length or width of ice</li></ul> <p>Pass Requirement: All stroking satisfactory, and 12/14 elements</p> <p><u>Program</u></p> <ul style="list-style-type: none"><li>➤ 2.5 minutes +/- 10 seconds</li><li>➤ 10 out of 12 of:</li></ul> <p><u>Technical Merit</u></p> <ol style="list-style-type: none"><li>1. At least 5 different jumps, 4 of at least 1 rotation, 1 double jump</li><li>2. Jump sequence with 3 jumps</li><li>3. Jump combination with at least 1 double</li></ol>

	<ol style="list-style-type: none"> <li>4. 2 different spins</li> <li>5. 1 combination spin</li> <li>6. Step sequence -full length or width of ice</li> </ol> <p><u>Presentation</u></p> <ol style="list-style-type: none"> <li>1. Use of Ice</li> <li>2. Use of Music</li> <li>3. Carriage/Line/Form</li> <li>4. Sureness of Skating Skills (excluding jumps and spins)</li> <li>5. Connecting steps, field moves</li> <li>6. Program Composition</li> </ol>
<b>Skills</b>	<ul style="list-style-type: none"> <li>➤ Forward brackets</li> <li>➤ Power circles II</li> <li>➤ Expanding exercise</li> </ul>
<b>Dance (must pass 3 of 4 dances)</b>	<ul style="list-style-type: none"> <li>➤ Fourteenstep</li> <li>➤ Tenfox</li> <li>➤ European Waltz</li> </ul> <p>These dances must be skated with a partner</p> <ul style="list-style-type: none"> <li>➤ Bronze Creative Dance</li> </ul> <p>Performed solo, shadow or as a couple</p> <p>Skater must obtain “Satisfactory” or better in Timing and Accuracy/Flow and two of Style/Form, Expression, Unison (if with a partner) or Pattern/Placement</p>

---

## **Junior Silver**

### **Free Skate**

#### Elements

- Stroking - forward/backwards circle stroking
- Figure eight stroking forwards/backwards
- Jumps: axel; one of double loop, double flip, or double lutz; split/split
- Jump Sequence: 3 or more jumps, including one double
- Jump Combination: 2 jumps of at least 1 rotation, second must be double
- Spins (minimum 4 rotations): layback or crossfoot; sit change sit; combination: (minimum 2 rotations in each position, 4 Rotations on each foot) 3 positions, one change of foot
- Field movement - sequence of two moves chosen by candidate
- Step Sequence - one step sequence full length or width of ice

Pass Requirement: 12/14 elements

#### Program

- 3 minutes (+/- 10 seconds)
- Jumps - at least 6 different, 4 of at least one rotation, and two doubles
- Jump Sequence - at least 3 jumps, one of which is double
- Jump Combination including at least 1 double
- Spins - 3 different including 1 combination
- Step Sequence using full width or length of ice

Pass Requirement: 10/12 criteria (see Sr. Bronze)

---

<b>Skills</b>	<ul style="list-style-type: none"><li>➤ Multi Turns and Power Threes</li><li>➤ Snakes and ladders</li><li>➤ Flying Choctaws</li></ul>
<b>Dance</b>	<ul style="list-style-type: none"><li>➤ Rocker Foxtrot – with partner</li><li>➤ Harris Tango – with partner</li><li>➤ Foxtrot – may be skated solo</li><li>➤ American Waltz - may be skated solo</li></ul> <p>(A solo may be requested by the evaluator.)</p> <p>The skater must obtain “Satisfactory” or better in Timing and Accuracy/Flow and at least 3 of Style/Form, Expression, Unison or Placement</p>



---

## Senior Silver

### **Free Skate**

#### Elements

- Stroking - Russian stroking with inside 3's
  - Russian stroking with hip twist
  - Russian stroking with 3/mohawks
- Jumps: axel; double toe loop, two of double loop, double flip, double lutz
- Jump Sequence: 3 or more jumps, including two double jumps
- Jump Combination: consisting of 2 doubles
- Spins (minimum 5 rotations):
  - camel change camel
  - flying camel/back sit
  - combination: (minimum 2 rotations in each position, 5 rotations on each foot)  
3 positions, 1 change of foot
- Field movement - sequence of at least 3 moves chosen by candidate
- Step Sequence - one step sequence full length or width of ice

Pass Requirement: 12 of 14 elements, all stroking

#### Program

- 3.5 or 4.0 minutes (+/- 10 seconds)
- Jumps - at least 6 different, 3 of at least one rotation, and 3 double or triple jumps
- Jump Sequence - at least 3 jumps, two of which are double
- Jump Combination including at least 2 doubles
- Spins - 3 different including 1 combination
- Step Sequence using full width or length of ice

Passing Requirement: 10 of 12 criteria

<b>Skills</b>	<ul style="list-style-type: none"> <li>➤ Rockers and choctaws</li> <li>➤ Multiple circle 3's and brackets</li> <li>➤ Expanding exercise</li> </ul>
<b>Dance (must pass 4 of 6)</b>	<ul style="list-style-type: none"> <li>➤ Starlight Waltz – with partner</li> <li>➤ Cha Cha Congelado – with partner</li> <li>➤ Paso Doble – with partner</li> <li>➤ Blues - may be skated solo</li> <li>➤ Kilian – may be skated solo</li> <li>➤ Silver Creative Dance</li> </ul> <p>Skater must obtain “Satisfactory” or better in all of Timing and Accuracy/Flow of Style/Form, Expression, Unison (partnered dances only) and Placement/Pattern</p>



---

## Gold

### **Free Skate**

#### Elements

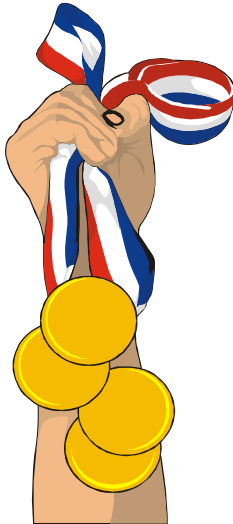
- Stroking - Russian stroking with inside 3's
  - Russian stroking with hip twist
  - Russian stroking with 3/mohawks
- Jumps: axel, double toe loop, double salchow, double loop, double flip, double lutz or double axel
- Jump Sequence: min. 3 jumps, 2 must be doubles
- Jump Combination: 2 double jumps
- Spins (minimum 5 rotations): layback or sideways leaning or upright variation; combination: (minimum 2 rotations in each position, 5 rotations on each foot) 3 positions, one change of foot; flying sit spin
- Field movement - sequence of moves utilizing the full surface
- Step Sequence - one step sequence full length or width of ice

Pass Requirement: 12/14 Satisfactory or better

#### Program

- 3.5 or 4.0 minutes (+/- 10 seconds) for ladies, 4.0 or 4.5 minutes for men
- Jumps - at least 4 different double jumps
- Jump Sequence - min. 3 jumps, 2 must be double
- Jump Combination - 2 doubles
- Spins - 4 different including a combination using all 3 positions with at least 5 rotations on each foot; a flying spin (5 rotations), 2 other spins
- Ladies: Step Sequence using full width or length of ice and 1 sequence of field movements to include spirals, and/or free skating movements such as turns, arabesques,

	<p>spread eagles, etc fully utilizing the ice surface</p> <ul style="list-style-type: none"> <li>➤ Men: two different step sequences using full length or width of ice</li> </ul> <p>Passing Requirement: 10/12 Satisfactory or better</p>
<b>Skills</b>	<ul style="list-style-type: none"> <li>➤ Counters and 3 change 3's</li> <li>➤ Multi-circle double 3s and mohawks</li> <li>➤ Expanding exercise</li> </ul>
<b>Dance (must pass 4 of 6)</b>	<ul style="list-style-type: none"> <li>➤ Argentine Tango – with partner</li> <li>➤ Westminster Waltz – with partner</li> <li>➤ Viennese Waltz – with partner</li> <li>➤ Silver Samba – may be skated solo</li> <li>➤ Quickstep – may be skated solo</li> </ul> <p>(A solo may be requested by the evaluator)</p> <p>Skater must obtain “Satisfactory” or better in all of Timing and Accuracy/Flow of Style/Form, Expression, Unison (partnered dances only) and Placement/Pattern</p>



---

## *Diamond*

### **Diamond Dance**

- 4 of the following 6 dances
- Ravensburg Waltz
- Tango Romantica
- Rhumba
- Yankee Polka
- Austrian Waltz
- Golden Waltz

(A solo may NOT be requested)

Skater must obtain “Satisfactory” or better in all of  
Timing and Accuracy/Flow of Style/Form,  
Expression, Unison (partnered dances only) and  
Placement/Pattern



---

## **Interpretive Tests**

Interpretive skating is a form of skating in which emphasis is placed on the skater's ability to use their skills to interpret music rather than on the technical difficulty. Programs contain a variety of skating moves selected for their value in enhancing choreographic interpretation of the music rather than for their technical difficulty. Double or triple jumps may not be included. Other jumps are allowed, but no credit will be given for their technical difficulty. Skaters must be at least 12 years old at the time of the test.

Interpretive tests can be taken individually or as a couple. All programs are at least 2.0 minutes but less than 3.0 minutes ( $\pm 10$  seconds)

### **Interpretive tests are evaluated on the following:**

<b>Skating</b>	<b>Performance</b>
➤ Edge and turn quality	➤ Interpretation of music
➤ Speed, flow and power	➤ Communication of theme
➤ Creative movement with sureness	➤ Use of whole body
➤ Carriage and line	➤ Use of levels and space
	➤ Originality/creativity
	➤ Interaction (Couples only)

<b>Must be satisfactory or better</b>	<b>Skating</b>	<b>Performance</b>
<b>Introductory</b>	2 out of 4	2 out of 5
<b>Bronze</b>	2 out of 4	3 out of 5
<b>Silver</b>	3 out of 4	4 out of 5
<b>Gold</b>	4 out of 4	5 out of 5

---

## **Competitive Tests**

There are competitive tests for Free Skate, Dance, and Pairs at

- Juvenile
- Pre-Novice
- Novice
- Junior
- Senior

Each level has groups of elements from which Skate Canada selects one group for tests and competitions each year. The components of the competitive tests are described in detail in the Skate Canada rulebook which can be accessed on the Skate Canada website:

**[www.skatecanada.com](http://www.skatecanada.com)**

To access it, go to “Members Login” and sign in using your 10-digit Skate Canada number and your last name. It is recommended that skaters at this level make themselves familiar with the rules related to their specific activities.

---

# Evaluation

- An “evaluator” assesses each element in a test as excellent, good, satisfactory, or needs improvement. For each test, a certain number of satisfactory or better than satisfactory elements are required to proceed to the next level. There may be some elements that must be at least satisfactory to proceed to the next level.
- **Freestyle tests** have required elements (stroking, jumps, spins, etc) and a program. Each part may be tried separately but both parts must be passed to complete the test.
- All **skills tests** are evaluated on the following criteria:
  1. Edge quality - accuracy and depth of edge
  2. Ice coverage - power and flow
  3. Ease of motion - balance control, agility, flexibility
  4. Correctness of steps - correctness of main features
  5. Musicality/pacing - development of feeling of rhythm (not designated timing)
  6. Posture - carriage
- **Dance tests** have specific steps, timing and pattern and are evaluated on correctness of timing, accuracy of steps and flow, unison with partner, expression, style/form, and pattern.

## Evaluators

Evaluators receive a training program involving instruction, practice and mentorship, and exams. Anyone can become an evaluator - speak to the test chair if you are interested in becoming an evaluator.

- Evaluators are usually friendly and supportive of skaters.
- Evaluators are volunteers who should be treated with respect and appreciation by parents, skaters and coaches at all times.

---

## **Test Days**

Tests are divided into Low and High Tests. Low tests are organized by the Club, and held on Club ice. High tests are organized by the BC Coast Region, hosted by the various Clubs, and may be held at any arena in the lower Fraser Valley.

Test fees (e.g., \$10.00 for each part of a free skate, dance test, skills or interpretive STARSkate test, and \$20.00 for competitive tests) are levied by the Skate Canada to cover their costs.

Administration fees (e.g., \$9.00 per test application) are levied by the Club or the region to cover ice costs and other administration costs (costs of test papers, copying, mailing, etc).

The skater's coach usually charges a fee for the time spent at a test (usually the cost of one or two 15-minute lessons).

Low tests include Preliminary, Junior bronze and Senior Bronze freeskate, dance and skills tests.

High tests are Junior Silver, Senior Silver and Gold freeskate, dance and skills tests plus all competitive and interpretive tests.

## **Skater's Achievement Fund**

The WRSSSC helps our competitive skaters meet the costs of participating in higher level competitions. On written request to the Board, and at the discretion of the Board, fund are dispersed once annually to help offset the costs of travel to Sections, Pacific STARSkate, Divisions, or National Competitions.