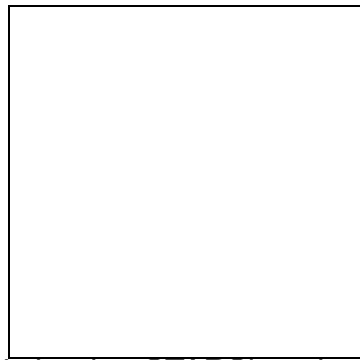


Figure Skating

STARSKATE



Skills, **T**ests, **A**chievement, **R**ecognition – 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:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- invitational and interclub competitions, including the STARSkate championship stream
- STARSkate Skater of the Year awards program
- 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.

MANDATORY 15 MINUTE OFF ICE WARM UP

This is a new Skate Canada Requirement and is to be completed before a skater enters the ice surface. As this activity will not be supervised, please have your skater move to an area that is open and safe.

Objective: <ul style="list-style-type: none">- To introduce and develop warm up strategies- To ready the skaters for the on ice session while enhancing their strength, coordination, flexibility and awareness		
Sample warm up exercises (basic)		Be sure skaters have:
5 mins of general cardio (jump rope, running, stairs, etc.) Running backwards "h" hops Karaoke (grapevine) both ways Side gallops	Arm circles (forwards, backwards) Leg swings (forward, back, and side) Anything from off ice jump Coordination type exercises	<ul style="list-style-type: none">- Enough room to move freely- Wear proper foot attire (good running shoes) and athletic attire

MUSIC SCHEDULE

Music is a vital part of our programming, **each skater is required** to have a parent/guardian assist with the music a number of times during the year.

A schedule is developed and posted to the club website with weekly updates to the club facebook page. If you cannot play music on your scheduled time, it is your responsibility to find a replacement. Please mark your scheduled days in your calendar!

COACHING

For the 2016/17 year –

All juniors (stage 1-4) will have group instruction which is paid with registration costs. The coaches are cognizant of ensuring they spend time with every skater.

My Junior is moving to Seniors! What happens for private lessons?

When a skater changes ice times mid-season, the parent should be given the option of private lessons. However, sometimes this cannot happen due to current coaching availability. The coaches are often totally booked for all available ice time and could give lots more lessons if there was only time!! Sometimes, the coaches are able to move skaters to other times or can incorporate your skater into an existing small grouping. Another option is to leave your skater at the current time and have the skater work on new skills until the next season starts or an opening is available for coaching on the ice time for the new group. Please have a discussion with the coach to determine the best scenario for you and your skater.

When approaching the coaches for lessons, your skater may not be able to receive the number of lessons that you were hoping for due to a number of reasons. Some of the reasons are:

- coach availability
- number of skaters in need of lessons
- ice availability during the scheduled ice time for that group
- lessons available whether it is private, shared, or small group

From time to time, coaches may have extra ice during other ice times and may request that a skater move up for one skating day a week in order to provide the coaching, as well as maximize the ice time available. The skaters which fit into this situation are advanced juniors and are very close to becoming seniors.

How to Contact a coach:

Club Professional: Sharon MacAusland icedancers1@hotmail.com

Freelance Coach: Krista MacKay kjmackay@coxandpalmer.com

Freelance Coach: Brenda Smith – jk1smith@icloud.com

STROKING

Stroking is very important to build stamina, strength and speed. The skaters have to have some fun too so from time to time we will do something different and more fun than a regular stroking session.

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.

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.

Introduction:

STAR 1 to 5 offers a solid development pathway for skaters who are entering a figure skating program for the first time. The complete [STAR 1-5 Resource Tool Kit](#) will offer coaches and clubs information to help deliver their program in a fun, enjoyable and challenging format.

This stage of development (Learn to Train), as described in our **Skate Canada Long Term Athlete Development (LTAD) document**, states:

In the Learn to Train stage skaters are encouraged to acquire a skill set that will allow them to reach the highest level of proficiency that their unique talent and commitment will allow. It is defined by technical development rather than chronological age. There is a free skating bias at this stage as skills learned in freeskating will transfer easily to the other disciplines.

Technical development is the defining characteristic of this stage. All other development supports and accommodates technical development. Aptitude in other areas such as performance and mental training skills may be identified and should be introduced but should not replace skill acquisition. The volume of training in the Learn to Train stage may not be any greater than others but the range of skill acquired and personal growth attained is substantial.

General Objectives

- To increase the commitment level of athletes to our sport as demonstrated through increased yet effective training time
- To develop the language and rules of figure skating
- To develop the ability to practice/train in different ways (i.e. private and group lessons, as well as independently)
- To develop and consolidate basic sport specific skills while continuing to develop motor skills (agility, balance, coordination, rhythm, time/space orientation, speed, dexterity) and control of movement
- To acquire and demonstrate a good understanding of the mechanics of jumping and spinning
- To develop some understanding of artistic training, under the umbrella of technical training. Artistic knowledge is relative to the technical proficiency and age of skaters
- To introduce conditioning, off-ice technical jumping skills and fundamental mental skills including concentration, self-motivation, visualization, relaxation, positive self-talk and goal setting
- To create awareness and enthusiasm for the various testing and event opportunities available to athletes in Learn to Train
- Introduce ancillary capacities (warm-up, hydration, cool-down, stretching, etc.)

STAR 1-5 PROGRAM

The STAR 1-5 program will introduce skaters to the sport of figure skating and its disciplines:

- Freeskate, Skills, Dance and Synchronized Skating (optional)

All coaches teaching skaters at the STAR 1-5 level of development must be trained on the contents of this program.

As explained in the LTAD Philosophies, the importance of strong technical development is critical at this stage.

The STAR 1-5 Resource Tool Kit is designed to give coaches the tools and information to ensure programming and delivery formats cover the crucial areas necessary to build strong foundations for all skaters.

STAR 1-5 Philosophies:

Golden Age of Learning:

Section 1 – page 9 of the LTAD Model explains the “Windows of Trainability” athletes go through as they mature. In order to maximize the skater’s potential, coaches should be familiar with each of these windows. The Learn to Train stage generally hits two of these windows: Skill development (ages 8-12) and Flexibility (ages 6-10). The importance of training proper technique during this “**golden age of learning**” is paramount for optimum skill development. To take advantage of the flexibility window, coaches are encouraged to offer off-ice programming and promote the participation of other sports during this phase.

Remove barriers for progression:

During this “golden age of learning” it is imperative that skaters are encouraged to move through the assessments at their own rate. Coaches and skaters no longer have to wait for test days or adjust their training plans to accommodate dates for testing as coaches will be assessing this program. Coaches can spend time on training, development and skill acquisition and assess the skaters when ready. For many clubs this will open up huge opportunities for growth and progression as acquiring officials on a regular basis is a difficult task (due to availability) and can be very costly in remote areas.

Strong focus on quality basics:

The STAR 1-5 program is designed to encourage skaters and coaches to strive for the highest quality of skill execution and acquisition. A strong foundation at this level will enable skaters to progress more quickly in the higher levels of figure skating and be ready for the next level of skills. This philosophy is reinforced by encouraging skaters to achieve the “Pass with Honours” designation on their assessments, as well as achieving “Gold” status on their performances at events.

Introduce more complex skills earlier to allow for a better foundation for development:

As in CanSkate, many skills in the STAR 1-5 program will be introduced early to allow coaches to work with skaters on developing these skills over time. Many skills in skating are complex. Introducing these skills early will enable coaches to hone and develop the skaters’ technique over time. This will allow the skaters to have sufficient practice of the skill before it is required in our sport. Be mindful that many of these skills are not expected to be performed at an advanced level, but rather at a level that is in development. It is critical that coaches are aware of each standard of the skills as they progress through the STAR program.

Create a better bridge from CanSkate to Figure Skating:

The entry level of STAR 1 is designed to meet the exit level of Stage 6 in CanSkate. It is imperative that all skaters beginning STAR 1 have the skills of Stages 5 and 6 in CanSkate. STAR 1 Skills and STAR 1 Freeskate are designed to be achieved within three to nine months of exiting CanSkate. The remainder of the STAR 1-5 program is designed to assist the skater’s development in a progressive manner. Skaters may move through the STAR

program at their own pace per discipline. For example: A skater may be working on STAR 3 Skills, STAR 1 Dance and STAR 2 Freeskate.



Why Coach Assessed Tests?

Assessment in the STAR 1 -5 program will be performed by the coach who is teaching the skater the discipline that is being assessed. There are many reasons why coaches will be assessing their skaters:

- **Clears the pathway for development by removing time and logistic barriers.** Skaters will have access to assessment opportunities as they are ready and their development progresses. Without the demands of readiness following a pre-set test day calendar, the skaters are free to move through the program at their own rate without obstacles. STAR 1-4 assessments are designed to be available to the skaters on their regular session and during their normal time slot, thus allowing the assessments to be convenient and free of additional ice or travel costs.
- **Opens up equal opportunity to all skaters regardless of location in Canada.** Being able to use the club coach to perform assessments enables all skaters in every region of Canada to have the opportunity to be assessed when ready. This eliminates the geographical advantage or disadvantage due to availability of officials. During the “Learn to Train” stage of development, the ability to move through the program when ready is a critical component of maximizing skill progression in this “golden age of learning”.
- **Allows coaches to be 100% accountable for skater development.** Coaches will have total command over skater development from CanSkate to double jumps. This opportunity is advantageous in ensuring skater development quality is consistently monitored, nurtured and encouraged.
- **Costs to the skater is reduced.** The STAR 1-4 assessments can be taken at any time during the year on the session they are skating. STAR 5 assessments for the pattern dances and freeskate programs, must be skated on **clear ice**. This can be done on a session that has been cleared (Freeskate program or dance pattern), or can be scheduled on a separate session.

For the level:

- Every skater will go through early, moderate and advanced stages of development for each skill and area of technique. The STAR 1-5 program allows skaters to be rewarded for being on the pathway of development at each stage. A STAR 1 skater will be at the early stages of development in all areas, therefore the assessment standards will reflect an “early stage” performance. The new assessment standards will reflect a satisfactory or good performance “**for the level**” regardless of the stage of development.

Coaches will be given more information on assessments in the STAR 1-5 Assessor Training and **STAR 1-5**

Assessment Guidelines & Procedures

STAR 1- 5 Content Format

Colour Coded: Each discipline has been assigned a colour to assist in easy recognition of documents and reference.

Skills = Green

Freeskate = Purple

Dance = Blue

	SKILLS	FREESKATE		DANCE
STAR 1	Edges, Turns, Field Move, Stroking	Elements		STAR 1: Elements
STAR 2	Edges, Turns	Elements	Program: STAR 2 Event requirements	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
STAR 3	Field Move, Stroking	Elements	Program: STAR 3 Event requirements	STAR 3a: Baby Blues STAR 3b: Elements
STAR 4	Edges, Turns	Elements	Program: STAR 4 Event requirements	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
STAR 5	Field Move, Stroking	Elements	Program: STAR 5 event requirements	STAR 5a: Willow Waltz (M & F) STAR 5b: Elements
	5 assessments	5 assessments	4 assessments	9 assessments
Total of 23 assessments (spanning LEARN TO TRAIN: Stage 6 to double jumps)				

In all areas of development, skaters will be introduced to simple and then more difficult concepts throughout their progression. Many elements will be repeated to allow coaches to introduce technique, develop the technique and finally master the technique needed for solid development.

The next chart shows a list of all skating elements that are included in the STAR 1-5 Assessment pathway.



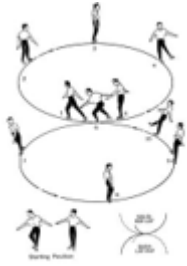
Overview STAR 1-5 Test Content

	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
STAR 1	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
STAR 2	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
STAR 3	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
STAR 4	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
STAR 5	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom) Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls

Main focus of each discipline:

SKILLS

The main focus in the STAR 1-5 Skills discipline will be the development of edge and turn technique using “figure form”.



- Narrow stance
- Arms close to body
- Free foot held close to skating leg
- Highlights balance point on blade
- Requires solid control for balance, flow (strong core)
- Focus on edge quality vs. presentation

Stroking exercises will also be introduced to enhance power and rhythm. Skaters will also be introduced to a variety of field moves to help develop balance, flexibility and strength.

DANCE

The dance development at this level will focus on the execution and comprehension of dance technique with skaters learning the dance steps before the dance patterns. Skaters will be encouraged to master timing and pattern execution before introducing partnering technique by using “shadowing” for their assessments.

Shadow Dance

Shadow dance is the term used when a skater skates the full pattern of the dance with another skater, coach or PA using a “shadow” formation.

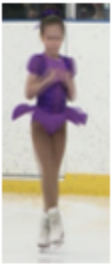


FREESKATE:

STAR 1-5 freeskate development will concentrate on jump and spin technique, along with the development of programs using program components as the focus.

The assessment criteria will follow the same guidelines as the criteria used in events at the STAR 1-5 level and higher to bring awareness to technical requirements of our sport.

Example: Basic Spin Position Definitions



Upright Spin



Sit Spin



Camel Spin

For a full detailed list of each skill and its description, along with the standard needed a successful assessment, please see:

Descriptions and Standards - Skills

Content and Training - Skills

Descriptions and Standards - Dance


Content and Training - Dance

Descriptions and Standards - Freeskate

Content and Training - Freeskate (Coming soon)

SYNCHRO: Descriptions and Standards Chart (in development)

STAR 1-5 Descriptions and Standards - Skills.pdf - Adobe Reader
File Edit View Window Help

 **STAR 1-5 SKILLS - Descriptions and Standards Chart**

STAR 1			G	S	B
STAR 2			G	S	B
STAR 3/4		G	S	B	
STAR 5	G	S	B		
	Advanced	Moderate	Early		

STAGES OF DEVELOPMENT

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STAR 1-5 SKILLS - Descriptions and Standards Chart

Criteria	Advance Stage of Development	Moderate Stage of Development	Early Stage of Development
Edge Quality: Quality of edge	<ul style="list-style-type: none"> Fully defined edges Consistent balance 	<ul style="list-style-type: none"> Moderately defined edges Generally balanced 	<ul style="list-style-type: none"> Weak edges and/or wobbles Inconsistent or weak balance
Technique: Proper mechanics demonstrated	<ul style="list-style-type: none"> Pushes from side of blade Equal thrust on both feet in crosscuts Correct knee action 	<ul style="list-style-type: none"> Generally, pushes from side of blade One dominant thrust may be evident Some knee bend evident 	<ul style="list-style-type: none"> Thrust technique not properly executed Little knee bend – stroking choppy Some toe-pushing may be evident
Execution: Balance, control, agility	<ul style="list-style-type: none"> Skates on true edges Strong body lean demonstrated Skater has consistent balance 	<ul style="list-style-type: none"> Edges of moderate quality Some body lean demonstrated Generally balanced 	<ul style="list-style-type: none"> Weak edges and wobbles Little to no body lean demonstrated Balance inconsistent or weak
Power: Ability to generate and maintain speed	<ul style="list-style-type: none"> Demonstrates ability to accelerate and maintain speed 	<ul style="list-style-type: none"> Demonstrates reasonable maintenance of speed 	<ul style="list-style-type: none"> Skater seems slow Unable to generate and maintain speed Movements may seem laboured
Position: Quality of positions in field moves	<ul style="list-style-type: none"> Solid posture maintained Full free leg extension (Spiral) 	<ul style="list-style-type: none"> Slight break in posture Partial free leg extension (Spiral) 	<ul style="list-style-type: none"> Significant break in posture No free leg extension (Spiral)
Duration: Length of position	<ul style="list-style-type: none"> Able to maintain position for 3 seconds or more (on each foot Spiral circle or sequence) 	<ul style="list-style-type: none"> Able to maintain spiral position for 3 seconds on one foot and second foot for no less than 2 seconds (Spiral circle or sequence) Able to hold Field Move position for 2 seconds or more 	<ul style="list-style-type: none"> Unable to hold spiral position on either foot for 2 seconds Holds field move position for less than 1 second



STAR 1-5 SKILLS - Descriptions and Standards Chart


NOTE: All edges and turns in the STAR 1-5 program are to be performed using "figure form".
 Please review the definition of figure form before teaching these elements to the skaters.

SKILLS		
Skill	Description	Minimum Performance Standard
STAR 1		
Forward edges 	Starting from a standstill, skater pushes off onto FO or FI edge. Using a line for axis across the width of the ice, the skater will execute a series of lobes on designated edge using blade pushes. Once the skater has reached the other end of the ice, they will return across the width by performing a series of forward lobes on the opposite edge. Skaters are required to perform edges with "figure form" in a controlled manner.	Must perform a min of 4 FO edges and 4 FI edges Reason able for level: <ul style="list-style-type: none"> - Solid body lean on 50% or more - 75% of pushes from the blade (3 of 4 edges) - Reasonable control
Forward 3-turns 	Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge as they perform a forward 3-turn. The skater may or may not return to a standstill position for the subsequent turns. Demonstrating "figure form", the skater must demonstrate a 2 second glide entering and exiting the turn. The skater may perform the turns in any order and must demonstrate unweighting during each turn.	All 4 forward turns must be performed Reasonable for level: <ul style="list-style-type: none"> - Solid lean on 50% or more - 75% of turns demonstrating

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STAR 1-5 SKILLS - Descriptions and Standards Chart

	A 3-turn is a 180 degree turn on one foot that is executed by rotating towards the center of the lobe (circle) and stays on the same lobe (circle).	a 2 second glide in and out of turn (3 of 4 turns) <ul style="list-style-type: none"> - Reasonable control
Forward Inside Mohawk Turn Sequence 	Using a line for an axis, skaters may start from a standstill or a glide and may choose starting foot. Push onto a forward inside edge to perform a FI Mohawk. From the BI edge, step onto the same lobe with the opposite foot to execute a BO edge. Hold this edge to the axis line. At the line, change lobes and step forward onto an inside edge to perform the same sequence on the opposite foot. The skater should aim to perform the FI Mohawk on the 1 st ½ of the lobe, leaving the last ½ of the lobe to hold the BO edge. Blade pushes should be used throughout.	Must perform a min of 4 sequences (2 on each foot) <ul style="list-style-type: none"> - 75% of sequence demonstrating proper turn and pushing technique (3 of 4) - Reasonable acceleration and knee action - Stable for 75% of exercise (3 of 4)
STAR 1 Stroking (Basic)	Starting from forwards skating, the skater will complete a large circle of forward crosscuts at one end of the ice (between blue line and goal line) in either clockwise or counter-clockwise direction. After one full circle, the skater will then skate off the circle at the next corner to execute a series of blade pushes across the ice diagonally to the opposite corner. At this corner the skater will perform at 3-turn or FI Mohawk to turn backwards. The skater will then skate a full circle of backwards crosscuts and come out of the next corner to execute a backward push/glide sequence across the ice diagonally to the opposite corner.	One full pattern must be performed. Skater may choose starting direction. <ul style="list-style-type: none"> - 75% of exercise demonstrating proper pushing technique (fwd and bwd) - Reasonable acceleration and knee action

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STAR 1-5 SKILLS - Descriptions and Standards Chart

	<p>This pattern is called X & O and will be used throughout the STAR 1-5 program.</p> <p>Skaters must practice this in both starting directions (CW and CCW).</p>	<ul style="list-style-type: none"> - Stable for 75% or more of the exercise
<p>Forward Spiral Circles</p>	<p>Skaters may start in clockwise or counter clockwise direction. Skating on a large circle forwards, skaters will gain enough speed to execute a forward spiral on their leg of choice. After holding the spiral for as long as they can, they may skate around the same circle with as many steps as they like and perform another forward spiral on the opposite foot. This exercise must then be repeated in the opposite direction.</p>	<p>All 4 forward spirals must be performed. (RFO, LFO, RFI, LFI)</p> <ul style="list-style-type: none"> - Reasonable body line - Min of 1 spiral per foot at hip level or higher for 1 second or more - Reasonable control and edge quality (no straight lines)
<p>Field move of choice</p>	<p>Forward 1-foot sit glide: (formerly shoot the duck) A one-foot movement in which a skater travels along the ice with one leg in a strongly bent position and the other leg directed forward parallel to the ice.</p> <ul style="list-style-type: none"> - Skater must demonstrate a 90-degree angle or more on the skating foot <p>Ina Bauer: A two-footed movement in which the skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge behind the skater running parallel to the forward tracing. Spacing between the edges/tracings should be greater than 24 cms. The more</p>	<p>Only 1 field move (skaters' choice) to be performed</p> <ul style="list-style-type: none"> - Reasonable body line - Position held for 1 second or more



STAR 1-5 SKILLS - Descriptions and Standards Chart

	<p>proficient the skater becomes at this move, the greater the distance between the tracings.</p> <ul style="list-style-type: none"> - May be on a straight line or inside curve <p>Spread eagle: A curving, two-footed movement in which the skater skates with one foot on a forward edge and the other on a matching backward edge on the same curve (ex. outside/outside or inside/inside).</p> <ul style="list-style-type: none"> - May be performed on an inside or outside edge. Some knee bend permissible 	<ul style="list-style-type: none"> - Reasonable balance & control
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STAR 2

		Criteria marked with an (*) is mandatory for passing standard
<p>Backward edges</p>	<p>Starting from a standstill, skater pushes off onto BO or BI edge on either the left or right foot. Using a line for axis, the skater will execute a series of lobes on the designated edge using c-pushes. Once the skater has reached the other end of the ice, they will return to their start by performing a series of lobes on the opposite edge. Skaters are required to perform edges with "figure form" in a controlled manner.</p>	<p>Must perform a min of 4 BO edges and 4 BI edges</p> <p>Reasonable for level</p> <ul style="list-style-type: none"> - *Solid body lean on 50% or more - 75% of pushes from the blade (3 of 4 edges) - Reasonable control
<p>Backward 3-turns</p>	<p>Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge. The skater may or may not return to a standstill position for the subsequent turns. The skater must demonstrate a 2 second glide entering and exiting the turn using "figure</p>	<p>All 4 backward 3 turns must be performed</p> <p>Reasonable for level:</p>



STAR 1-5 SKILLS - Descriptions and Standards Chart

	<p>form". The skater may perform the turns in any order and demonstrate some unweighting during each turn.</p>	<ul style="list-style-type: none"> - *Solid lean on 50% or more - 75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns) - Reasonable control
<p>Forward circle on circle</p>	<p>Starting from a standstill, the skater may start with the left or right foot, outside or inside edge. The skater performs one blade push onto an edge and holds that edge for a full circle. During that circle the skater should display figure form and move the body in a quiet and controlled manner. For example; after the push off, the free foot should come towards the skating leg in a "toe to heel" position for the 1st half of the circle, during the 2nd half of the circle the free foot will then move to the front of the skating foot in a "heel to toe" position demonstrating "figure form". This transition should be performed with a stable core and in a controlled manner. Once the skater has completed the 1st circle on one foot/edge, they will then perform another blade push to complete a 2nd circle approximately the same size and pattern as the 1st circle, thus creating a "circle on circle" exercise.</p>	<p>Two complete circles (one on each foot) on different edges.</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Solid body lean on 50% or more - Pushes from the blade - Reasonable control <p>Skaters may choose direction for assessment.</p>
<p>2 foot & 1 foot multi turns</p>	<p>Starting from backwards skating, the skater will perform 2 hip-twist like turns on two feet in one direction and then push backwards to perform 2 hip twist like turns in the opposite direction. These turns are exactly like the 2 foot multi turns from Stage 6 CanSkate. After the skater has executed 2 sets of 2 foot turns, the skater will then push onto a BI edge to perform 2 – 1 foot turns of the same nature in one direction (3-turn/bracket) and then push onto the opposite foot for another BI entry to 2-1 foot turns in the other direction</p>	<p>1 complete set of:</p> <ul style="list-style-type: none"> - 2 2ft turns one way - 2 2ft turns the other way - 2 1ft turns one way - 2 1ft turns the other way <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of turns correct - *75% of pushes with blade - Reasonable knee action



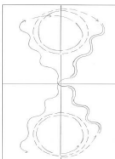
STAR 1-5 SKILLS - Descriptions and Standards Chart

		<ul style="list-style-type: none"> - Stable for 75% or more of the exercise
<p>Forward outside turn sequence</p>	<p>Starting from a standstill or forward skating the skater will execute FO 3-turn, backward crosscut on one lobe and then change lobes to execute a FO 3-turn, backward crosscut on the opposite lobe. The skater will repeat this sequence to perform a total of 2 RFO 3-turns and 2 LFO 3-turns. The skater may start the exercise on their foot of choice. An example of the turn sequence is: RFO-RBI 3turn, LBO-RBI crosscut, LFO-LBI, RBO-LBI crosscut...</p>	<p>4 complete sets completed (2 on each foot)</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of turns must demonstrate solid edge in and out - 75% of pushes must be executed correctly - Reasonable knee action - Stable for 75% or more of the exercise



STAR 1-5 SKILLS - Descriptions and Standards Chart

STAR 3


<p>STAR 3 Stroking (Power)</p> 	<p>Starting from forwards skating, the skater will complete a large circle of forward crosscuts at one end of the ice (between blue line and goal line) in either clockwise or counter-clockwise direction. The crosscuts will be performed using the "tempo" pacing of 2 crosscuts with 4 – 2 beat pushes and 4 crosscuts using 8 – 1 beat pushes. The skater repeats this tempo of crosscuts for an entire circle and continues until they have reached the corner of the ice to start their X pattern. The 1st part of the X is executed by performing a 2-foot forward slalom to the mid line (red line) of the ice. At the mid line, the skater will then shift the slalom to 1 foot for the remaining of the X which will proceed diagonally to the opposite corner. At this corner the skater will perform at 3-turn or FI Mohawk to turn backwards. The skater will repeat this exercise with a backward tempo crosscut circle and a backward 2-foot slalom to 1-foot slalom across this ice diagonally. Skaters must practice this in both starting directions (CW and CCW). The 1-foot slalom part of this exercise should be trained on both feet in both directions. For the assessment, the skater may choose their foot for both forwards and backwards.</p>	<p>One full pattern must be performed. Skater may choose starting direction</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Acceleration and knee action - 75% of exercise demonstrating proper pushing technique (fwd and bwd) - Stable for 75% or more of the exercise
<p>Forward spiral circles</p>	<p>As in STAR 1, skaters may start in clockwise or counter clockwise direction. Skating on a large circle forwards, skaters will gain enough speed to execute a forward spiral on their leg of choice. After holding the spiral for as long as they can, they may skate around the same circle with as many steps as they like and perform another forward spiral on the opposite foot. This exercise must then be repeated in the opposite direction.</p>	<p>All 4 forward spirals must be performed. (RFO, LFO, RFI, LFI)</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Body line, 1 spiral per foot hip level or higher - 1 spiral must be held 3 seconds or more and other spiral must be held for no less than 2 seconds



STAR 1-5 SKILLS - Descriptions and Standards Chart


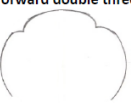
		<ul style="list-style-type: none"> - Reasonable control and edge quality (no straight lines)
<p>Field move of choice</p>	<p>Backward 1-foot sit glide: See description in STAR 1 (Fwd 1-foot sit glide)</p> <ul style="list-style-type: none"> - Skater must demonstrate a 90-degree angle or more <p>Forward Y Spiral: Skater holds free leg by the skate or blade to side to create a Y stance.</p> <ul style="list-style-type: none"> - Free foot to reach shoulder height or higher <p>Spread eagle: See description in STAR 1</p> <ul style="list-style-type: none"> - May be performed on an inside or outside curve with straight legs. <p>Ina Bauer: See description in STAR 1</p> <ul style="list-style-type: none"> - Performed on a straight line or a curve facing outside 	<p>Only 1 field move to be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Body line - Position held for 2 seconds or more - Reasonable balance & control

STAR 4

<p>Forward brackets</p> 	<p>Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge as they perform a forward bracket. The skater may or may not return to a standstill position for the subsequent turns. Demonstrating "figure form", the skater must demonstrate a 2 second glide entering and exiting the turn. The skater may perform the turns in any order and must demonstrate unweighting during each turn.</p> <p>A bracket is a 180 degree turn on one foot that is executed by rotating away from the center of the lobe (circle) and stays on the same lobe (circle).</p>	<p>All 4 forward turns must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Solid lean on 50% or more - *75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns) - Reasonable control, balance, form and agility
<p>Backward brackets</p>		


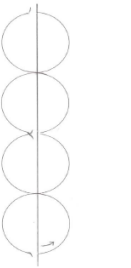


STAR 1-5 SKILLS - Descriptions and Standards Chart

	<p>Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge. The skater may or may not return to a standstill position for the subsequent turns. Keeping the toe of the free leg close to the heel of the skating leg, the skater must demonstrate a 2 second glide entering and exiting the turn demonstrating "figure form". The skater may perform the turns in any order and demonstrate some unweighting during each turn.</p>	<p>All 4 backward turns must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Solid lean on 50% or more - *75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns) - Reasonable control, balance, form and agility
<p>Forward double threes</p> 	<p>Starting from a standstill, a glide or a set number of prescribed steps, the skater may choose foot and starting edge. The skater will perform a forward 3-turn followed by a backward 3-turn on the same lobe. The skater may or may not return to a standstill position for the subsequent turns. Keeping the free leg close to the skating leg in "figure form", the skater must demonstrate a 2 second glide entering and exiting EACH turn. The skater may perform the turns in any order and demonstrate some unweighting during each turn.</p>	<p>All 4 forward turns must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Solid lean on 50% or more - *75% of turns demonstrating a 2 second glide in and out of turn (3 of 4 turns) - Reasonable control, balance, form and agility
<p>Backward circle on circle</p>	<p>Starting from a standstill, the skater may start with the left or right foot, outside or inside edge. The skater performs one "C" push onto an edge and holds that edge for a full circle. During that circle, the skater should display "figure form" and move the body in a quiet and controlled manner. For example: After the push off, the free foot should be lifted off the ice and be held in a "heel to toe" position in front of the skating foot for the 1st half of the circle, during the 2nd half of the circle the free foot will then move to</p>	<p>Two complete circles (one on each foot) on different edges.</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Solid body lean on 50% + - *Pushes from the blade



STAR 1-5 SKILLS - Descriptions and Standards Chart



	<p>the back of the skating foot in a "toe to heel" position. This transition should be performed with a stable core and in a controlled manner. The upper body may need to rotate as well moving the arms and head separately to encourage balance and control. Once the skater has completed the 1st circle on one foot/edge, they will then perform another "C" push to complete a 2nd circle approximately the same size and pattern as the 1st circle, thus creating a "circle on circle" exercise.</p>	<ul style="list-style-type: none"> - Reasonable control, balance, form and agility <p>Skater must draw for direction.</p>
<p>Forward change of edges</p> 	<p>Starting from a standstill or small glide, the skater steps onto a FO edge at a line to create a lobe, as the skater approaches the line again, they will prepare to change their edge and lobe at that axis by ensuring the free foot is in front of the skating foot and the skating side arm is leading. At the axis (line), the skater will shift their lean to the new lobe while moving their free foot behind their skating foot. The new edge will match the symmetry of the 1st edge, and be held until the axis (line). At the line, the skater will push onto the other foot to create a FI edge and prepare for the change by bringing the free foot in front of the skating foot, lead with the free arm and repeat the technique above to perform another change of edge. The skater will then stop and repeat the exercise on the opposite foot on the way back, demonstrating "figure form" throughout.</p> <p>The change of edge should be executed in a manner that sees the skater progressively travel down the ice without "back tracking" or performing an "S" change. There should be clear edges entering and exiting the change of edge to ensure that the change is not diagonal.</p>	<p>All 4 forward change of edges must be performed</p> <p>Reasonable:</p> <ul style="list-style-type: none"> - *Solid body lean on 50% + - *Pushes from the blade - Reasonable control, balance, form and agility

STAR 5

<p>STAR 5 stroking 1**</p>	<p>Starting from forwards skating, the skater will complete a large circle of forward crosscuts at one end of the ice (between blue line and goal line) in either</p>	<p>One full pattern must be performed. **Skater draw for starting direction</p>
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STAR 1-5 SKILLS - Descriptions and Standards Chart

<p>(quick edges) (insert pic)</p> 	<p>clockwise or counter-clockwise direction with power. Once the skater has completed 1 full circle, they will continue doing crosscuts to reach the corner of the ice where they will begin the 1st exercise of the X pattern. The 1st exercise of the X pattern is a series of quick FI edges executed by the skater transferring their weight by sliding the free foot to the front of their body. There is no “push” in this manoeuvre, as the skater generates the power by using their knee bend and unweighting during each weight transfer. Once at the opposite end of the rink, the skater will perform a 3 turn or Mohawk to repeat the exercise backwards. For the backward inside edges, the skater will transfer their weight by unweighting and taking their free leg off the ice towards the back of their body. Again, the push is generated by the depth and pressure on the edge and the unweighting action during the weight transfer from foot to foot.</p>	<p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of exercise demonstrating proper pushing technique (fwd and bwd) - *Acceleration and knee action - Stable for 75% or more of the exercise
<p>STAR 5 stroking 2 (backward slalom) (insert pic)</p> 	<p>Using the X & O pattern and starting from forwards skating, the skater will start the circle portion of this exercise with a FI Mohawk and execute a step-push sequence consisting of: FI Mohawk, backward crosscut, BO 3-turn, FI Mohawk, backward crosscut, BO 3-turn. The skater will continue this sequence until they reach the exit point to start the diagonal pattern of the X consisting of a backward 1-foot slalom on their foot of choice. At the opposite end of the rink, the skater will perform the FI Mohawk, backward crosscut, BO 3-turn exercise in the opposite direction for a full circle, exiting at the opposite corner to perform a backward 1-foot slalom on the opposite foot.</p>	<p>One full pattern must be performed. Skater may choose starting direction</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *75% of exercise demonstrating proper pushing technique (fwd and bwd) - *Acceleration and knee action - Stable for 75% or more of the exercise
<p>Spiral sequence</p>	<p>As defined in the STAR 5 Technical Package for the current year.</p>	<p>Two spirals must be performed</p> <p>Reasonable for level:</p> <ul style="list-style-type: none"> - *Body line, 1 spiral per foot hip level or higher



STAR 1-5 SKILLS - Descriptions and Standards Chart

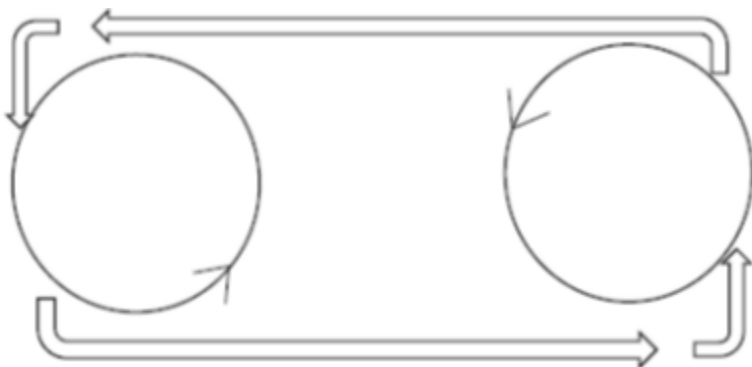
		<ul style="list-style-type: none"> - *1 spiral must be held 3 seconds or more and other spiral must be held for no less than 2 seconds - Reasonable control and edge quality (no straight lines)
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STAR 1-5 Content & Training

The following has been compiled to give coaches some resources and rationale for skill placement and training strategies in each discipline. Please note that all skills regardless of discipline can be trained on any session. It is not mandatory to segregate disciplines into different sessions. For easy training accessibility, it is recommended to allow skaters to train all areas of the STAR 1-5 program on the same session.

SKILLS

NOTE: The ***practice pattern** for the X & O Strokings Exercises is to be skated on full ice. The circle portions are to remain in the same place as the assessment pattern. Exercises designed for the X portion would be performed along the outside perimeter of the rink. Skaters must practice this pattern in both directions to ensure the forwards and backward circles are trained in both CW (clockwise) and CCW (counter clockwise) directions.



STAR 1 Skills is designed to be acquired within 3-9 months of achieving skills in Stage 6 of CanSkate. The success of this goal will largely depend on the quality of skills taught in Stage 5 & 6 as well as the program delivery and frequency in the club's STAR 1-2 program. STAR 1 skills introduce skaters to basic philosophical foundations of quality skating.

All edges and turns in the Skills Program will be taught in "figure form" to allow skaters to develop an understanding of:

- Balance point on the blade
- Controlled body movement
- A still and strong core
- Proper turning technique

NOTE: There is no mandatory criteria required for assessment at this level as it is "developmental". As the entry level, skaters will be encouraged to achieve proper technique. The allowance of "no mandatory criteria" has been identified as skaters will repeat all of these skills in subsequent levels, therefore continuing their development. Coaches are encouraged to include these skills in every day routines, for example: Edge & Turn classes, Warm Up routines, etc. Reaching the GOLD standard of performance whenever possible, is the goal of the STAR 1-5 program.

STAR 1 - Skills	Rationale/progression:	Strategies to train this skill include:
Fwd Edges	These edges will become the foundation for many skills in figure skating including spin entries and dance steps. Teaching a quiet posture with controlled, close movements will encourage good balance and constant lean.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using a circuit in lesson time - Using the goal, blue or red line for axis
Fwd 3-Turns	Adding onto the technique already learned in CanSkate, skater will be taught to extend entry and exit edge length, as well as gather the body into figure form for more control. This skill will continue to be developed throughout the STAR 1-5 program as it is used in many, many other skills.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using a circuit in lesson time (ensure drawings encourage a 2 second glide in and out of the turn)
FI MoH Turn Sequence	This skill helps instill equality of movement in both directions (agility) and builds on the mohawk taught in CanSkate. Figure form is not expected in this skill.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using a circuit in lesson time - Using the goal, blue or red line for axis
STAR 1 Stroking (Basic)	The 1 st stroking exercise in the STAR 1-5 program will focus on proper crosscut technique both forwards and backwards, again expanding on technique learned in CanSkate. Forwards and backwards push-glide sequences are also the focus, concentrating on correct pushing technique.	<ul style="list-style-type: none"> - Incorporating into a power class - If used in a power class, coaches can choose to have all skaters try all stroking exercises, or have each skater work on the exercise closest to their level of development. - Delivering content in a small group format - Using the *practice pattern to practice on session without interruption of session flow. If using this pattern, be sure to practice both directions.
Fwd Spiral Circles	This may be the 1 st time skaters will be introduced to spirals on an edge. This skill allows skaters to work on balance and flexibility on both feet and edges. Spirals will be a constant in the STAR 1-5 program and should be trained regularly. Skaters are encouraged to work on circles that are larger than hockey circles.	<ul style="list-style-type: none"> - Incorporating into a field move or cool down class. Explore ways to work on curves - Delivering content in small group format - This skill can be trained on a straight line as a progression or challenge, however assessment must be on a circle. -
Field Moves	This skill grouping is designed to expose skaters to the range of motion required for some skills in this area. Both the 1-foot sit glide and spread eagle build on the techniques learned in the CanSkate program. The introduction of the Ina Bauer expands on the spread eagle skill set. Be sure to have skaters practice all skills in all directions and on both feet. They will be required to choose one for assessment purposes.	<ul style="list-style-type: none"> - Incorporating into a field move or cool down class. - Delivering content in small group format - These skills can be trained on a straight line as a progression or challenge.

STAR 2 Skills introduce skaters to concepts that have not been fully developed at previous levels. Figure form will play a big part in some of these skills.

NOTE: For every skill, **one** criteria has been identified as “mandatory”. Coaches need to be familiar with this mandatory criterion as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to achieve this rating to pass the entire assessment.

STAR 2 - Skills	Rationale/progression:	Strategies to train this skill include:
Backward Edges	These edges will expand on the BO and BI slalom learned in CanSkate. Coaches will teach the proper pushes required to initiate power from a stand still (c-pushes) as well as the technique needed to step onto a BO or BI edge. Teaching a quiet posture with controlled, close movements will encourage good balance and constant lean.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using a circuit in lesson time - Using the goal, blue or red line for axis
Backward 3-Turns	This is a new skill for skaters. Building on the forward turning technique and backward edge acquisition, coaches will concentrate on teaching the technique of the turn. This skill will be used in many applications moving forward in the STAR 1-5 program. Teaching a quiet posture with controlled, close movements will encourage good balance and constant lean.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using a circuit in lesson time (ensure drawings encourage a 2 second glide in and out of the turn) - Using solid progressions, assistance and repetition. Skill can have steps leading into entry of the turn to assist skater with flow and momentum.
Forward Circle on Circle	This is a new skill for skaters and is positioned here to expose skaters to the challenge of holding a sustained edge for a 360-degree curve. Coaches will teach the skater to hold a constant, equal lean while maintaining a quiet body to increase flow and edge quality. Proper pushing technique is essential on this skill. Skaters will train this skill in both directions (CW & CCW).	<ul style="list-style-type: none"> - Placing multiple skaters on the same circle to practice at the same time. This can be easily done by placing the skaters at the third or quarter marks.
2-ft to 1-ft Multi Turns	This skill is a direct progression from the 2-ft multi turns on Stage 6 in CanSkate. Skaters will expand on their knowledge by adding the same action and technique to turning on 1 foot. This is an advanced skill that is being brought to this level for development and exposure purposes. Skaters will need time to develop this technique. The technique learned here will assist the skater in preparation for jump take-offs, brackets and more.	<ul style="list-style-type: none"> - Incorporating into an edge/turn or warm up class - Delivering content in a small group format - Using a circuit in lesson time
FO Turn Sequence	This skill helps instill equality of movement in both directions (agility) and builds on the forward 3-turns taught in STAR 1. Figure form is not expected in this skill. This skill is also used in the STAR 2 Freeskate Program.	<ul style="list-style-type: none"> - Incorporating into edge/turn or warm up classes - Using a circuit in lesson time

STAR 3 Skills builds on skills learned thus far and encourages a greater level of development/performance.

NOTE: For every skill **one** criteria has been identified as “mandatory”. Coaches need to be familiar with this mandatory criterion as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to achieve this rating to pass the entire assessment.

STAR 3 - Skills	Rationale/progression:	Strategies to train this skill include:
STAR 3 Stroking (Power)	This stroking exercise expands on crosscut technique by having the skaters generate power with a different tempo of crosscut. This will encourage power development from full thrusting and pushing technique. This exercise also expands on the 2-ft to 1-ft slalom learned in CanSkate. Skaters will be expected to generate and maintain power and flow through the slalom part of this exercise. Proper knee bend and twisting action will be imperative for success. This skill should be trained constantly starting at STAR 1 in edge/turn or warm up classes.	<ul style="list-style-type: none"> - Incorporating into a power class - If used in a power class, coaches can choose to have all skaters try all stroking exercises, or have each skater work on the exercise closest to their level of development. - Delivering content in a small group format - 2-ft to 1-ft slalom may also be incorporated into edge/turn classes as a separate component in a lane or on the perimeter. - Using the *practice pattern to practice on session without interruption of session flow. If using this pattern, be sure to practice both directions.
Fwd Spiral Circles	This is the 2 nd time skaters will perform this skill for assessment. The level of proficiency is higher than originally introduced at STAR 1. Skaters should be using a larger circle as well as demonstrate more speed and balance throughout.	<ul style="list-style-type: none"> - Incorporating into a field move or cool down class. Explore ways to work on curves - Delivering content in small group format - This skill can be trained on a straight line as a progression or challenge, however assessment must be on a circle.
Field Moves	This skill grouping is designed to expand on the field moves introduced at STAR 1. Coaches will need to be mindful of safety strategies when delivering or practicing these skills. Performance of these skills should demonstrate a higher level of acquisition than STAR 1. Coaches are encouraged to include field moves into regular weekly training for solid development.	<ul style="list-style-type: none"> - Incorporating into a field move or cool down class. - Delivering content in small group format - These skills can be trained on a straight line as a progression or challenge. - Training bwd 1-ft sit glides in lanes for safety purposes - Training skaters to stay slightly forward on Y-Spiral to activate core and maintain proper balance on blade

STAR 4 Skills introduce skaters to concepts that have not been fully developed at previous levels. Figure form will play a big part in some of these skills.

NOTE: For every skill there are **two** criteria has been identified as “mandatory”. Coaches need to be familiar with these mandatory criteria as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to achieve this rating to pass the entire assessment. The rationale for identifying two criteria is to ensure the quality development expected at this level is achieved.

STAR 4 - Skills	Rationale/progression:	Strategies to train this skill include:
Forward Brackets	This is a new skill for skaters. Building on the 2-ft to 1-ft multi turn technique, coaches will concentrate on teaching the technique of the bracket action. Technique for this skill will see skaters face outside the circle and turn away from the center while maintaining a solid lean toward the inside of the circle. This skill will be used in many applications moving forward in the STAR 1-5 program. Teaching a quiet posture with controlled, close movements will encourage good balance and constant lean. Coaches are encouraged to keep the 1-foot multi turns incorporated into warm up or edge/turn classes throughout the STAR 1-5 program.	<ul style="list-style-type: none"> - Using stationary 1-ft scissor exercises - Incorporating into edge/turn classes - Using drawings on ice to show skaters length of edge and direction of turn - Using solid progressions, assistance and repetition. Skill can have steps leading into entry of the turn to assist skater with flow and momentum.
Backward Brackets	This is a new skill for skaters. Building on the 2-ft to 1-ft multi turn technique, coaches will concentrate on teaching the technique of the bracket action. Technique for this skill will see skaters face inside the circle and turn away from the center while maintaining a solid lean toward the inside of the circle. This skill will be used in many applications moving forward in the STAR 1-5 program. Teaching a quiet posture with controlled, close movements will encourage good balance and constant lean. Coaches are encouraged to keep the 1-foot multi turns incorporated into warm up or edge/turn classes throughout the STAR 1-5 program.	<ul style="list-style-type: none"> - Using stationary 1-ft scissor exercises - Incorporating into edge/turn classes - Using drawings on ice to show skaters length of edge and direction of turn - Using solid progressions, assistance and repetition. Skill can have steps leading into entry of the turn to assist skater with flow and momentum.
Forward Double Threes	Building on both the forward and backward 3-turn technique, skaters will now combine both turns on the same lobe. This is a great skill to expand on control, rotational axis and edge quality.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using drawings on ice to show skaters length of edge and lobe size - Using solid progressions, assistance and repetition. Skill can have steps leading into entry of the turn to assist skater with flow and momentum.
Backward Circle on Circle	Building on the forward circle on circle concept, coaches will teach skaters this skill backwards. This skill will emphasize the ability to hold a constant, equal lean while maintaining a quiet body to increase flow and edge quality. Proper pushing technique is essential on this skill. Coaches will be able to expand on backward pushing technique by focussing on the proper step down edge is executed quickly and correctly. Skaters will train this skill in both directions (CW & CCW).	<ul style="list-style-type: none"> - Placing multiple skaters on the same circle to practice at the same time. This can be easily done by placing the skaters at the third or quarter marks.
Forward Changes of Edge	At this level of development, it is quite probable that skaters have been introduced to change of edges in dance (Baby Blues or Fiesta). Skaters have also been performing change of edges in the 1-ft slaloms. This exercise allows coaches to teach the finer points of edge changes on both feet and both edges. Using figure form, skaters will be encouraged to focus on balance point, lean and symmetry of edges.	<ul style="list-style-type: none"> - Incorporating into edge/turn classes - Using drawings on ice to show skaters length of edge and lobe size - Using the goal, blue or red line for axis. Can have several skaters on the line at the same time.

STAR 5 Skills builds on skills learned thus far and encourages a greater level of development/performance.

NOTE: For every skill there are **two** criteria has been identified as “mandatory”. Coaches need to be familiar with these mandatory criteria as it is necessary to be achieved to reach an overall passing rating for each skill. Be mindful that not all skills need to achieve this rating to pass the entire assessment. The rationale for identifying two criteria is to ensure the quality development expected at this level is achieved.

STAR 5 - Skills	Rationale/progression:	Strategies to train this skill include:
STAR 5 Stroking 1 (Quick Edges)	<p>This stroking exercise pushes the development of power on the crosscuts. Skater's technique for pushing should be solidified at this level. The introduction of quick edges expands on the concepts introduced in the slalom exercises by encouraging the skaters to generate speed without the aid of a push. Skaters will need to use their knee and ankle bend to apply pressure onto the edge, as well as their unweighting action during the transfer of weight when changing feet, to maintain and generate speed and power. This is an evolved skill from the down-up-down required in the execution of the 1-ft slaloms. The natural upper body twisting action from the slaloms will also be required to perform this skill well.</p>	<ul style="list-style-type: none"> - Incorporating into a power class - If used in a power class, coaches can choose to have all skaters try all stroking exercises, or have each skater work on the exercise closest to their level of development. - Delivering content in a small group format - Quick forward and backward inside edges may also be incorporated into edge/turn classes as a separate component in a lane or on the perimeter. - Using the *practice pattern to practice on session without interruption of session flow. If using this pattern, be sure to practice both directions.
STAR 5 Stroking 2 (Bwd Slalom)	<p>This stroking exercise includes many skills previously taught. The crosscut circles introduce skaters to a rotational axis readiness exercise that will become very helpful to skaters as they progress in their freeskate. It also allows skaters to use their gained skills to create and maintain power and flow. The backward slalom for this exercise should be introduced at an earlier level of development in class or lesson format to allow skaters more time to acquire this technique.</p>	<ul style="list-style-type: none"> - Incorporating into a power class - If used in a power class, coaches can choose to have all skaters try all stroking exercises, or have each skater work on the exercise closest to their level of development. - Delivering content in a small group format - Backward 1-ft slalom may also be incorporated into edge/turn classes as a separate component in a lane or on the perimeter. - Using the *practice pattern to practice on session without interruption of session flow. If using this pattern, be sure to practice both directions. - The BO-3-turn component may also be trained separately in a lane (alternate directions) or on a circle in class or lesson format.
Spiral Sequence	<p>This skill derives from the requirements identified in the freeskate program events at this level. Coaches will help the skaters construct a spiral sequence as per the requirements of the current technical package. The level of performance should be identified at a higher acquisition expectation than performed at STAR 3.</p>	<ul style="list-style-type: none"> - Incorporating into a field move or cool down class. Explore ways to work on curves in a class format. - Delivering content in small group format - This skill can be trained on a straight line as a progression or challenge, however assessment must see spirals performed on edges.