



**GLENGARRY  
SKATING CLUB**



TEACHING PENTICTON TO SKATE SINCE 1953



## **STAR ACADEMY**

Dear Skater & Parent(s),

Welcome to Star Academy!

Star Academy is the Glengarry Skating Club's continuation of the CanSkate program for Stages 4-6, and also serves as an introduction to the StarSkate program. Skaters will learn the basic fundamentals of figure skating as well as have lessons in order to prepare them in the areas of ice dance, skating skills and freestyle. Lessons are given in a group format and led by NCCP certified professional coaches. Skaters are taught figure skating skills in a group environment while having an opportunity to learn how to develop good practise skills which are essential once a skater moves into private lessons (StarSkate).

At this point in your skaters' learning we suggest that you make arrangements to have them be on the ice a minimum of twice per week, and more is better. Group coaching is included in your registration price for the program, and skaters are encouraged to supplement the group instruction with private lessons. Cost of private and/or semi-private lessons booked during your session are the responsibility of the parent. Please speak with Mr. B if you would like to arrange private lesson times for your skater.

### **Equipment Needed:**

- Warm, comfortable clothing; please no jeans, snow pants, or bulky jackets. We encourage figure skating attire!
- Hair cannot be in the skater's face. Long hair must be tied back in a ponytail or bun.
- A positive attitude! Come prepared to have fun while you develop your skating skills.
- Skaters may also have a water bottle on hand, but only water is permitted.
- Skaters must still wear their helmets until they have finished all 3 parts of Stage 5 CanSkate.
- Good quality figure skates. At this point, we would begin directing skaters and parents away from recreational skates. Please see the information below or speak to a coach if you have questions.

### **Figure Skates:**

Here are some tips for selecting and caring for your figure skates:

- Skates need to fit properly, provide firm ankle support and consist of good quality leather. Blades should be screwed on. The blade should feel centered when walking.
- For second hand skates, make sure that the skate is in good condition and still has good support. Check that the blade still has sharpening left, that the pick is in good condition and that the back of the blade has not been rounded off.
- Boot covers or skate tape keeps the skates in good condition.

[www.glengarryfsc.com](http://www.glengarryfsc.com)

[info@glengarryfsc.com](mailto:info@glengarryfsc.com)

250-486-0244

- If possible, have the skates properly fitted by knowledgeable individuals to ensure you have the correct size for your skater.
- Skates should be sharpened at the time of purchase and re-sharpened after approximately 20 hours of skating depending on use, care and the personal preference of the skater.
- Wear protective guards walking to and from the ice surface. Blades pick up all the grit on the mats and damage blades.
- Dry the blades and sole plate with a cloth immediately after use and apply cloth skate blade covers. Always remove guards for storage between sessions or the blades may rust. Air out boots following use.

To purchase skates at this level we use 4 sources:

Mr B keeps a very limited supply of skates in small sizes. (Used only)

Dave Drake at Bladerunner Skate Services in Coldstream, BC (near Vernon); 250-260-2023 (New & used). \* Dave is absolutely your best choice. He is knowledgeable, stands behind what he sells, and has not yet steered any of our skaters the wrong direction.

Play-it-Again Sports in Kelowna, BC (Used only)

Chevy's Source for Sports in Kelowna, BC. (New only)

#### Sharpening:

At this point your skates should be coming to Mr B for sharpening. You can speak with him to make arrangements.

Please tie your skate laces together, and put their name in the boot. The cost is \$10, which can either be invoice on your private lesson bill, or you can put the cash inside the boot upon drop-off.

#### Skills in Star Academy:

<b>BALANCE 4: (pass 5 of 7)</b> fwd crosscuts (CW & CC) fwd inside slalom fwd outside slalom fwd drag fwd spiral drop-down drill fwd 'V' start	<b>CONTROL 4: (pass 5 of 6)</b> bwd stop bwd circle thrusts (CW & CC) bwd 2-ft slalom bwd 1-ft glide w speed fwd 1-ft glide (blue to blue) speed: skate goal to 1 <sup>st</sup> blue <9s	<b>AGILITY 4: (pass 5 of 6)</b> fwd 1-ft turn: small circle (FI & FO) bwd 360* step turn fwd to bwd 2-ft jump bwd to fwd 2-ft jump 2-ft spin 2-ft sit spin
<b>BALANCE 5: (pass 5 of 7)</b> fwd crosscuts (figure 8) fwd inside edges fwd push/glide sequence fwd perimeter stroking w jumps inside spread eagle fwd 1-ft slalom (4 edge changes) running lateral crossovers (L & R)	<b>CONTROL 5: (pass 6 of 7)</b> fwd 2-ft side stop (CW & CC) bwd stop with speed (L & R & B) bwd crosscuts (CW & CC) bwd inside slalom bwd push/glide sequence bwd spiral speed: skate goal to 2 <sup>nd</sup> blue <12s	<b>AGILITY 5: (pass 6 of 7)</b> fwd 1-ft turn: large circle (all 4 turns) fwd 360* glide turn fwd to bwd 1-ft jump (FI & FO) fwd power jump 1-ft spin alternating foot spin fwd tight glide turns (CW & CC)
<b>BALANCE 6: (pass 6 of 8)</b> fwd power crosscuts (CW & CC) fwd perimeter skating w crosscuts (CC & CW) fwd outside edges fwd 1-ft slalom (6 edge changes) fwd 1-ft sit glide fwd perimeter skating w side stops	<b>CONTROL 6: (pass 6 of 8)</b> fwd 1-ft side stop (CW or CC) fwd 2-ft side stop w speed (CW & CC) bwd outside slalom bwd crosscuts (figure 8) bwd perimeter skating w crosscuts (CC & CW) bwd 1-ft slalom	<b>AGILITY 6: (pass 6 of 8)</b> fwd 180* step turn: mohawk (R & L) bwd 180* step turn: mohawk (R & L) 2-ft multi-turns rotating power jump bwd toe-assisted jump bwd 360* 2-ft jump fwd 1-ft spin w spiralling edge

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fwd spiral on a curve fwd 'crossover' acceleration	bwd 1-ft spin speed: skate perimeter of the ice <35s	fwd 2-ft reverse pivot turn (CC & CW)
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### **Skating Session Attire:**

- Skating dresses/skirts with tights or fitted leggings and fitted sweaters/jackets are acceptable.
- Thin fitted mitts or gloves are required (two pairs may sometimes be required for warmth).
- Hair should always be pulled back into a ponytail or out of the skater's face.
- The following items are not acceptable: jeans, baggy jogging pants, hoodies or hooded jackets, winter coats, shorts, bulky headbands
- Skaters will be given the opportunity to purchase Glengarry SC team wear.

### **Private Lessons:**

Every skater in Star Academy has the option to take private lessons in order to work on their skating and help develop the skater. Lessons are set by Mr B when requested by the parent. Many of our lessons are given in a Semi-Private or Group format. This is a lesson given to two or more skaters at the same time and the costs shared between the parents. Private coaching fees are invoiced directly from the coach to the parent and payments are made directly to the coach. The club is not responsible for arranging private coaching contracts or payments.

### **On Ice Etiquette:**

Proper skating etiquette is required at all times; coaches and other skaters are to be treated with respect:

- The ice surface is to be shared by all skaters on the session
- Skaters who with the music being played have the right of way, followed by skaters working with coaches
- All skaters must participate in group lessons on a session
- Parents are not allowed on the ice surface, to "coach" from the boards, or disrupt a session
- Foul language, disruptive or abusive behavior on the part of skaters or parents is grounds for suspension of skating privileges
- Proper skating attire must be worn during all StarSkate Sessions (see 'Attire' above)
- No cell phones on or near ice surface
- No food is allowed on the ice surface; a drink in an unbreakable container is allowed on the boards – water only!
- Skaters should be moving on the ice at all times - no standing around

### **Parents' Role:**

- Help your skater to set realistic skating goals
- Support your skaters coach (pay your bills on time, get your skater to the rink on time, communicate with your coach)
- Learn about the sport
- Be a good sport and role model at the rink
- Support your club (volunteering)

Please stay connected with us on our website and Facebook page.

Facebook: Glengarry Skating Club

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