

## **Skate Canada Programs: STARSkate**

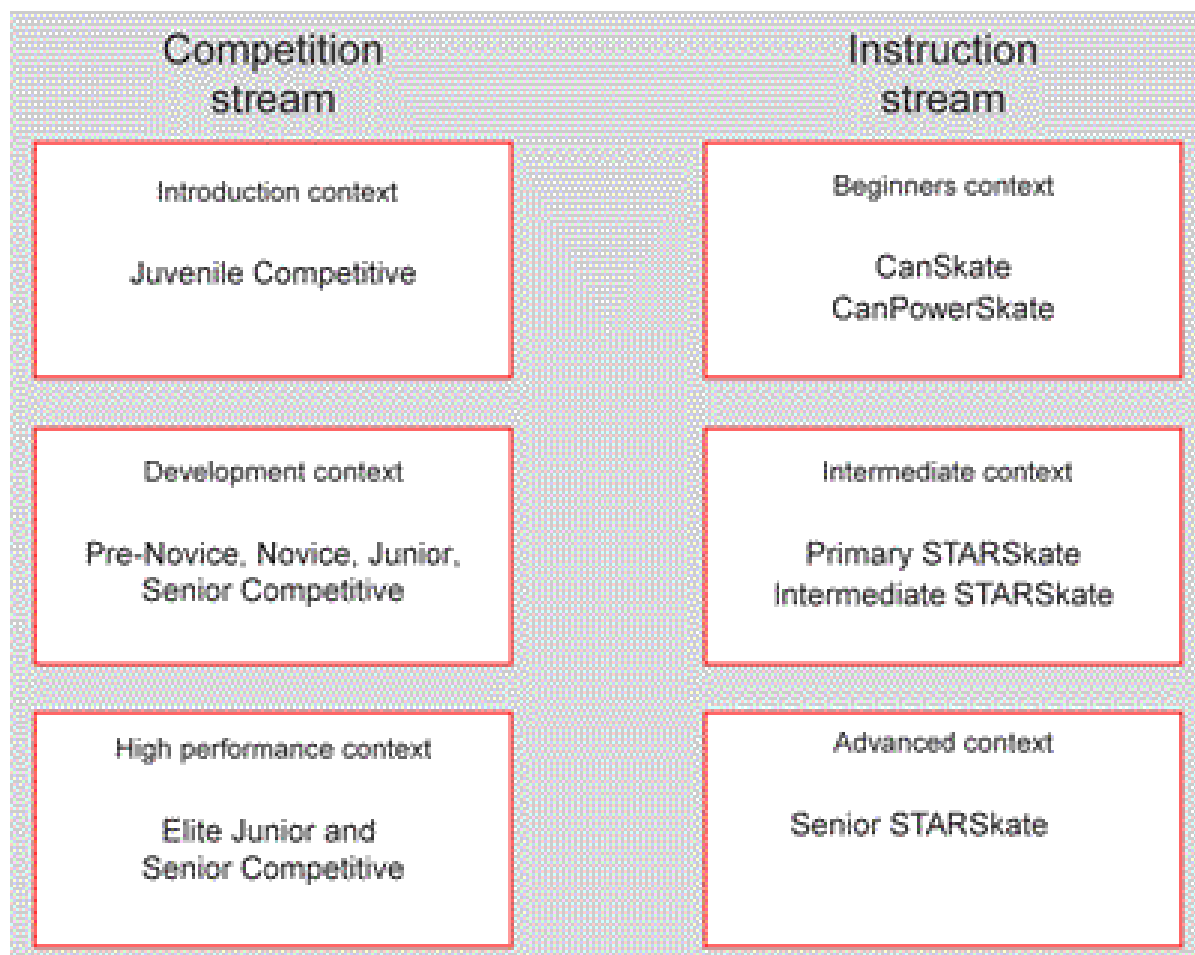


**Skills, Tests, Achievement,  
Recognition** – this is what STARSkate is all about!

**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.

## Participant Development Model

The model below illustrates the two streams of programming offered by Skate Canada. Skaters may participate in either stream from one season to the next.



## **How STARSkate works**

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive. Each area is divided into the following levels:

### *Primary Level Tests*

- Skating Skills: Preliminary, Junior Bronze
- Free Skating: Preliminary, Junior Bronze
- Dance: Preliminary, Junior Bronze
- Interpretive: Introductory

### *Intermediate Level Tests*

- Skating Skills: Senior Bronze, Junior Silver
- Free Skating: Senior Bronze, Junior Silver
- Dance: Senior Bronze, Junior Silver
- Interpretive: Bronze

### *Senior Level Tests*

- Skating Skills: Senior Silver, Gold
- Free Skating: Senior Silver, Gold
- Dance: Senior Silver, Gold, Diamond
- Interpretive: Silver, Gold

## **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.

### **Skating Skills**

**Skating Skills** are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating - edge quality, control, power and speed.

There are 6 Skating Skills tests in the STARSkate program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

## **Ice Dance**

Consisting of seven levels of tests, the Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

The dances in the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level. In addition to the traditional compulsory dances, there are also Creative Dances to challenge skaters' creativity, artistry and originality.

The Dance Tests are as follows:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold
- Diamond

## **Free Skate**

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

There are six Free Skating tests in the STARSkate Program:

- Preliminary
- Junior Bronze
- Senior Bronze
- Junior Silver
- Senior Silver
- Gold

Each test consists of 2 parts - Elements in Isolation and a Free Program.

## **Interpretive**

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

The Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length. Skaters can take Interpretive tests as individuals and/or as a couple (male/female, female/female or male/male) at four levels:

- Introductory
- Bronze
- Silver
- Gold

## **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 Competitive Skate 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.

## **Glossery of Skating Terms:**

### ***Jumps:***

**Waltz Jump:** Generally the first rotational jump that skaters learn. The skater takes off from a forward outside edge, completes 1/2 revolution in the air, and lands on the back outside edge of the opposite foot.

**Salchow Jump:** A jump in which the skater takes off from the back inside edge of the skating foot, rotates one rotation in the air and lands on the back outside edge of the opposite foot. Named after its originator, Ulrich Salchow.

**Variations:** double Salchow, triple Salchow, quadruple Salchow, one foot Salchow.

**Neat fact:** The 1965 World Champion and 1964 World and Olympic bronze medallist Petra Burka became the first woman to complete a triple jump in competition - the triple Salchow - performed at the 1962 Canadian Championships in Toronto, Ontario.

**Toe Loop Jump:** A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the toe of the free foot and turns one rotation in the air, landing on the back outside edge of the take-off foot.

**Variations:** double toe loop, triple toe loop, quadruple toe loop.

**Neat fact:** Canadian Kurt Browning was the first skater to complete a quadruple toe loop in competition at the 1988 World Championships in Budapest, Hungary.

**Loop Jump:** A jump in which the skater takes off from the back outside edge of the skating foot, turns one rotation in the air and lands on the back outside edge of the take-off foot.

**Variations:** double loop, triple loop, 1/2 loop (a one rotation jump in which the skater lands on the back inside edge of the opposite foot from take-off)

**Flip Jump:** A toe jump in which the skater takes off from the back inside edge of the skating foot with assistance from the toe of the free foot, turns one rotation in the air and lands on the back outside edge of the original free foot.

**Variations:** double flip, triple flip.

**Lutz Jump:** A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the free foot toe, rotates in the reverse direction one rotation in the air and lands on the back outside edge of the opposite foot.

**Variations:** double Lutz, triple Lutz.

**Neat fact:** 1962 - Donald Jackson completes first-ever triple Lutz in competition.

**Axel Paulsen:** The skater takes off from the forward outside edge of the skate, completes 1 1/2 revolutions in the air and lands on the back outside edge of the opposite foot. Named after its originator.

**Variations:** double Axel, triple Axel, inside Axel, one-foot Axel.

**Neat fact:** Canada's Vern Taylor became the first skater to land a triple Axel in competition at the 1978 World Championships in Ottawa.

## ***Spins:***

There are three main categories of spins:

- the upright spin
- the camel spin
- the sit spin

There are many variations within each of these categories.

**Upright Spin:** A spin where a skater's body stays more or less vertical to the ice. This category includes one-foot spins, backspins, cross foot spins, and the layback spin. The layback spin is a spin primarily performed by female skaters (though more men are performing this difficult spin today) where the back is arched and the free leg is drawn up slightly.

**Variations** include the Bielman position (the skater catches the blade of the free foot in their hands and pulls the free-leg up over their head) and sideways leaning spin in which the skater arches to one side while maintaining an upright position.

**Sit Spin:** As the name indicates a sit spin is classified as any spin in which the skater's body is located close to the ice and the skating knee is bent to allow the skater to appear to be 'sitting'.

**Variations** include flying sit, flying change sit, sit change sit spin and more.

**Camel Spin:** A spin position in which the skater's body is horizontal to the ice except for the leg on which they are spinning.

**Variations** on this spin include a flying camel (change foot in air prior to start of spin) and death-drop (a dramatic flying entry). To increase the difficulty of a camel spin skaters will often perform a forward camel spin on an outside edge, or a back camel on an inside edge. Arm and leg position variations also increase the difficulty of spins and can be very effective from an aesthetic standpoint.

*Please note that all information found in this handout was taken from the Skate Canada Website at [www.skatecanada.ca](http://www.skatecanada.ca)*