



Welcome to Pre- Junior / Junior STARSkate



STARSkate

Skills, Tests, Achievement, and Recognition are what the STARSkate program stands for. The Skate Canada STARSkate program offers opportunities for skaters to develop basic figure skating skills in four different areas: Skating Skills, Free Skating, Dance and Interpretive. At Mississauga FSC, these disciplines are divided into Junior A and B, Intermediate and Senior levels. Our skaters are taught by professional coaches using a combination of group and private lessons, along with shared practice time.

Skaters enrolled in the STARSkate Program have the opportunity to achieve personal growth and development by participating in a high quality program that teaches the fundamentals of figure skating in a progressive and sequential manner. This program is unique in Canada. In addition to the benefits outlined above, participants in the Skate Canada STARSkate program can be recognized for achieving specific figure skating skills through a nationally standardized testing system. They can also participate in invitational, local and provincial competitions. The highly trained coaching staff at MFSC is looking forward to an exciting new season with the upcoming STARSkate skaters. In January 2017 we will be conveying some exciting new changes that Skate Canada will be implementing in the fall of 2017. Further communication on this will follow.

Moving from CanSkate to STARSkate

At Mississauga FSC our Pre-Junior /Junior STARSkate Development program has been designed to help figure skaters move smoothly from CanSkate to STARSkate. CanSkate is taught by professional coaches in a group lesson format with optional private coaching, while STARSkate is taught using a combination of group and private lessons. During their free time skaters are expected work on developing the skills learned during their lessons.

Pre-Junior Level

This level is for skaters that have completed CanSkate Stage 4 and are working on completing their CanSkate Stage 5 or 6. Registering in Pre-Junior skating sessions gives skaters an opportunity to experience training in a STARSkate type environment and helps them be better prepared for it when they pass CanSkate Stage 6 and become Junior STARSkaters. It is recommended that parents hire a coach to ensure continuous progress and enjoyment for the skater but is not mandatory at this time. Registering in this session is optional; CanSkaters that have passed their CanSkate Stage 4 can continue registering in CanSkate sessions where they can continue working on their CanSkate Stage 5 and 6.

Junior A Level

This level is for skaters who have completed CanSkate Stage 6. We recommend that parents hire a coach to ensure continuous progress and enjoyment for the skater. We also recommend that skaters register for two or more sessions in order to have sufficient time on the ice to continuously improve their skills and progress sooner to the Junior B level.



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Junior B Level

Skaters who have completed one and a half years at the Junior A level or have already passed one of the first three preliminary dances (Dutch Waltz, Canasta Tango, Baby Blues) progress to the Junior B level. They must have a private coach by this level.

Group Lessons

Pre-Junior level STARSkaters will participate in 45 minutes of group instruction conducted by a club coach. The first lesson is 30 minutes in a small group that focuses on skill development. The second lesson is 15 minutes that works on stroking and builds strength and speed along with creative movement to music. Skaters in our Junior STARSkate Development program (both A and B levels) participate in two 15-minute group lessons conducted by a club coach. One is a small group lesson that focuses on skills development. The other lesson works on stroking and builds strength and speed along with creative movement to music. The lessons are arranged by our Junior Development Coordinator, Annette Roy.

Off-Ice Training

Young figure skaters should develop the habit of warming up and stretching their muscles before they step on the ice. This will ensure that they are prepared to warm up and stretch on their own by the time they progress to the Intermediate level.

We expect all our Pre-Junior and Junior members to attend the 30 minute off-ice warm-up session conducted by a coach before each Pre-Junior and Junior session. A variety of physical activities will be introduced. Skaters must come prepared to run laps and perform stretching exercises at the beginning of the session. They will be given 15 minutes to put on their skates before continuing to the on-ice session.

Assessments

Report cards are given out five months after the start of the season, followed by another report card at the completion of the Spring season. These summarize the progress the skater has made during the session. Badges will be given for successful completion of Field Movements, jumps, spins, and dance, and will be accompanied by an evaluation of the developmental skills accomplished. Should your skater be transitioning from Pre-Junior to Junior prior to report card distribution you will be contacted by the Jr. Coordinator with an update.

Supervision

During the session it is important for a parent or chaperone to stay in the arena. Sometimes skates need to be retied, or other assistance is required. Please make sure that we can find you at the rink during your child's session.

Communications

The Club occasionally sends out emails to remind parents of upcoming events, class cancellations due to snow or other events and other news. Please ensure that we have your current email address and that you can receive our important messages.



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Contact Us

If you have any questions about the Junior STARSkate development program, please contact us:

Annette Roy: (Junior Program Coordinator) royannette4@gmail.com

Website: <http://mississaugafsc.com/contact-us.php> and fill out form

Email: info@mississaugafsc.com