



# MISSISSAUGA FIGURE SKATING CLUB



## Guide to Understanding the STARSkate Program

### STARSkate (Skills, Tests, Achievement, Recognition)

**STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of **Skating Skills**, **Freeskate**, **Interpretive** and **Ice Dance**. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

Once a skater is in the Skate Canada STARSkate Program, there are several options. Skaters may choose to remain in the STARSkate Program, taking tests (although not mandatory) at organized test sessions and honing their 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 wish to enter the Skate Canada CompetitiveSkate Program, 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 six Skating Skills tests in the STARSkate Program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold.

### Freeskate

**Freeskate** consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation (Freeskate Elements) or performed in sequence to music (Freeskate Solo).

There are six two-part (Elements & Solo) Freeskate tests in the STARSkate Program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold.

### 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 Interpretive tests consist of skating to and interpreting a piece of music 2.0 to 3.0 minutes (+/- 10 seconds) in length.

There are four Interpretive tests in the STARSkate Program: Introductory, Bronze, Silver and Gold.

*(please see over)*



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## Ice Dance

**Ice Dance** teaches timing, musicality, rhythm interpretation, and 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.

There are seven levels of Ice Dance tests in the STARSkate Program:

### **Preliminary Dances**

Dutch Waltz  
Canasta Tango  
Baby Blues

### **Junior Silver Dances**

Keats Foxtrot  
Harris Tango  
American Waltz  
Rocker Foxtrot

### **Gold Dances**

Viennese Waltz  
Westminister Waltz  
Quickstep  
Argentine Tango

### **Junior Bronze Dances**

Fiesta Tango  
Swing  
Willow Waltz

### **Senior Silver Dances**

Paso Doble  
Starlight Waltz  
Blues  
Kilian

### **Diamond Dances**

Ravensburger  
Tango Romantica  
Yankee Polka  
Rhumba  
Austrian Waltz  
Golden Waltz

### **Senior Bronze Dances**

Ten Fox  
Fourteenstep  
European Waltz