

Uxbridge offers Two Session Levels

LEVEL ONE

Level One includes skaters who have completed the six CanSkate Stage badges and are working towards Skate Canada tests in any of the four disciplines. Group lessons are offered on Mondays and Wednesdays. Skaters are encouraged to register in a minimum of 2 sessions/week.

LEVEL TWO

Level Two includes skaters who have earned Skate Canada test credits, including Preliminary Freeskate **AND EITHER** one of Sr. Bronze Skills or Sr. Bronze Dance **OR** two of Jr. Bronze Skills, Jr. Bronze Dance and Jr. Bronze Freeskate. Group lessons are provided Mondays and Wednesdays (may include Freeskate elements, field moves and skills.) Skaters are encouraged to register in a minimum of 3 sessions/week.

For more information about the programs, speak to a member of the Board of Directors or to any member of the coaching staff. To help your skater progress through the levels, you may wish to speak to his/her coach about private lessons, dance lessons and preparation for upcoming test days and competitions.

The Competitive Stream

CanSkaters and STARSkaters who want to challenge their figure skating skills and show potential as competitive skaters can participate in the competitive program. The Competitive Test Program is a testing program for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to the discipline (Singles, Pairs and Dance) in which they wish to compete. A skater or team may begin testing at the level at which they wish to compete (there are no test pre-requisites).

For more information, speak to any of our professional coaches.



Beyond CanSkate...
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, freeskate 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.

The STARSkate Legacy

STARSkate has been the mainstay of figure skating in Canada for more than four decades. When you/your child register for a STARSkate program with the Uxbridge Skating 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
- Complimentary Certificate and Gold Test pins from Skate Canada and the Eastern Ontario Section
- Invitational and Interclub Competitions, including the national STARSkate championship stream
- Special STARSkate events and Club functions
- Opportunity to be talent-scouted
- 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
- Uxbridge Skating Club awards a gold chain to each skater once s/he has completed his/her first Gold test

If you have any questions, speak to any of our club's professional coaches.

How STARSkate works

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

Primary Level Tests

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

Intermediate Level Tests

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

Senior Level Tests

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

What Options do I have as a STARSkate Athlete?

As a skater in the Skate Canada STARSkate Program, you have several options. Skaters may choose to remain in the STARSkate Program, taking tests (recommended, 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 Competitive Skate Program or become involved in synchronized skating, evaluating or judging or participate as an adult or varsity member.

STARSkate - Skating Disciplines

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, freeskating 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, each comprised of 3 elements—Preliminary; Junior Bronze; Senior Bronze; Junior Silver; Senior Silver; Gold

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—Dutch Waltz, Canasta Tango, Baby Bues
- Junior Bronze—Swing Dance, Fiesta Tango, Willow Waltz
- Senior Bronze—Ten Fox, Fourteen Step, European Waltz
- Junior Silver—Keat's Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot
- Senior Silver—Paso Doble, Starlight Waltz, Blues, Killian, Cha Cha Congelado (select 4)
- Gold—Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango, Silver Samba (select 4)
- Diamond

Freeskate

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

There are six Freeskating tests in the STARSkate Program—Preliminary; Junior Bronze; Senior Bronze; Junior Silver; Senior Silver; Gold

Each test consists of two parts - Elements in Isolation and a Freeskate Program.

Interpretive

The objective of the Interpretive Program is to encourage and develop skater's 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