



# ESPSC STARSkate — **HANDBOOK**

East St. Paul Skating Club guide to STARSkate

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[www.espsc.ca](http://www.espsc.ca)



# ABOUT ESPSC

**A member of Skate Canada**

FOR MORE THAN A CENTURY, SKATE CANADA HAS BEEN TEACHING CANADIANS HOW TO FIGURE SKATE WHILE DEVELOPING OLYMPIC AND WORLD CHAMPIONS IN EVERY ERA. ESPSC BRINGS THEIR NATIONALLY RECOGNIZED AND PROVEN PROGRAMS TO YOUR COMMUNITY!



**StarSkate  
PatinageStar**

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# STARSKATE

The STAR 1-5 program offers the best-in-class figure skating curriculum in Canada, targeting athletes looking for a future in the sport. Taught by Skate Canada NCCP coaches, the program introduces participants to the basic figure skating elements to create the foundation for singles, pairs, ice dance and synchronized skating. All skaters in this program must have passed CanSkate Stage 6 or equivalent. Skaters may be any age. Adaptive skaters who have the required skating ability are welcome.





# STAR 1

ESPSC STAR 1 program is a 1.5 hour on ice program at ESP Arena. Classes are offered twice a week. Skaters can choose to skate once, or both sessions. Ice fees and coaching fees are included in the program fees. On ice, skaters will be instructed by one of our NCCCP certified coaches, in elements of ice dance, skating skills, free skating (jumping and spinning) and synchronized skating. Skaters may be assessed on their Skate Canada STARSkate assessments, when identified by their coach. Each STARSkate assessment requires the skater to pay the Skate Canada Assessment fee, which will be invoiced by the club. All club invoices must be paid prior to your skater being assessed.



## STAR 2/3

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ESPSC STAR 2/3 program is a 2.25 hour on ice program at ESP Arena. Classes are offered twice a week and skaters can choose to skate once, or both sessions. Registration fee includes ice fees only. Coaching fees are divided amongst the skaters registered, and are invoiced by the coach at the end of each month. Skaters must pay the coaching fees, regardless of attendance. Missed sessions will still be included on monthly coaching invoice. Skaters may be assessed on their Skate Canada STARSkate assessments, when identified by their coach. Each STARSkate assessment requires the skater to pay the Skate Canada Assessment fee, which will be invoiced by the club. All club invoices must be paid prior to your skater being assessed.

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## STAR 3+

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ESPSC STAR 3+ is our private lesson session. Sessions are offered 4 times a week, three times a week at ESP Arena, and once a week at 7 Oaks Arena. Skaters pay their ice fees to ESPSC, and coaches invoice monthly for their lesson time. Lesson arrangements are made directly with the coach of your choosing, for length of lesson, frequency and location. STAR 3+ skaters are now in a one on one relationship with their coach, and the coach is the point of contact for any questions. Once a skater is in STAR 3+, the ESPSC Program Coordinator is no longer your go to, although always available to assist when needed. Skaters may be assessed on their Skate Canada STARSkate assessments, when identified by their coach. Each STARSkate assessment requires the skater to pay the Skate Canada Assessment fee, which will be invoiced by the club. All club invoices must be paid prior to your skater being assessed.

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# COMPETITIONS!

The STAR Program offers skaters the opportunity to perform in STARSkate Competition and Performance events. These events will be announced through the ESPSC Program Coordinator, and/or the STARSkate Coaches. STARSkate Competitions happen throughout Manitoba, and require registration fees when entering. STARSkate coaches will inform parents of which events to enter. Coaches also invoice ALL levels of STARSkaters for their time when attending events. These coaching fees could include time spent with the skater during the event, mileage, hotel, and meals. When entering an event, please discuss with your coach, what fees will be applied for your skater.

- **Dress and attire**

Skaters representing ESPSC during any practices, competition or performance opportunity are expected to dress in a dignified manner. Skating skirts or dresses, or appropriate bodysuit/jumpsuit for females; dress pants and nice top for males, and a snug fitting sweater for practice are recommended.

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# ESPSC

## STARSkate disciplines

Figure skating has four disciplines that lead to a high performance pathway.

Singles: Single skating is a term used to describe the discipline of freeskate. Generally, this is the most recognized form of figure skating.

Pairs: Pair skating involves two individuals skating as a unit performing freeskating moves. Pair skating also includes lifts, death spirals and throws.

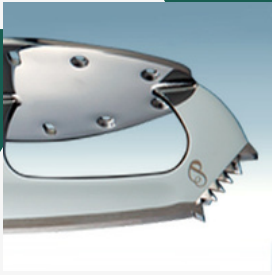
Ice Dance: Inspired by ballroom dancing, this discipline incorporates musicality, performances and athleticism to all your favourite rhythms.

Synchronized: Synchronized skating, or “synchro” is a specialized discipline of skating involving groups of eight or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow. Synchronized Skating categories accommodate skaters at any age and skill level.





# EQUIPMENT



Being on the ice more often means there is greater chance for your skates to start breaking down. Proper skates provide stability, and are specifically designed for the rigours of more intense training, specifically jumping and spinning. There are a variety of appropriate support levels. At this stage, you should be concentrating on increased support and performance fit for increased skills. Blades are not all created equal! In order for your skater to learn proper spin technique, the toe picks on the blades need to be situated so the bottom pick is BELOW the blade (see photo). This is to balance the skater while spinning. Talk to one of our professional coaches for information on where to get the best skates for your STARSkater! Prepare your skater with proper equipment to ensure their success! Protect your new skate investment with a quality skate bag, soft blade covers for transport, and skate guards for walking from the dressing room to the ice surface. After their training session, dry the blades thoroughly, use soft soaker blade covers to soak up any residual condensation, and store at home with the bag OPEN to dry any remaining sweat or moisture. Skates will need to be sharpened every 12-15 skates, by a figure skate sharpening professional. Speak to a coach about where to take your figure skates for a proper sharpening.

Equipment resources: Canadian Tire, Source for Sport, Online. Speak to your coach prior to making any skate purchase, to ensure appropriate equipment choice is made.





# CLUB POLICIES —

ESPSC has a number of policies that all skaters must agree to. These can be found on the website when you register. These include the waiver of liability, code of conduct, photo and video waiver.

ESPSC is a volunteer run, not for profit club, and it is expected that all STARSkate families sign up for a minimum number of volunteer hours. These could include, but are not limited to, music playing, ice show decorating, competition volunteering, assessment day assistance, or joining our volunteer board of directors. There is a mandatory volunteer fee at the start of the season, which is returned to you once your minimum number of hours have been recorded

# MEET THE COACHING TEAM

**The Best Team brings out the Best Skaters!**



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