



Assessment Procedures and Tips

The STAR 1-5 program includes five levels of assessment in each discipline: Skills, Freeskate and Dance

Coach assessment of the skater is a very important part of a skater's development

- It measures their progress and allows them to see the results of their hard work
- It allows the coach, parent and skater to plan the season ahead
- Assessments may be done at any time throughout the season
- Your coach will decide which assessment your child is prepared for and will advise you when an assessment will be done

Each child will progress at his/her own pace, and will have immediate access to assessment when ready for advancement. Coaches will notify you of the upcoming session on which your skater will be assessed. Skaters will be assessed on their regular scheduled session time. The only exception to this may be some STAR 5 assessments that require clear ice. Your skater's coach will provide you with the appropriate dates and times if the assessment requires "clear ice".

Assessment day

Hair should be neat; it is best to tie it back or put it up. This helps the coach to assess your posture as well as present a tidy appearance. Ensure that your skates and laces are clean and tidy. Coaches will inform the skater of the appropriate attire required for each assessment.

The following may be used as a suggestion for Assessment day attire:

STAR 1 & 2: Regular practice attire acceptable

STAR 2 - 5: Performance attire recommended

Gloves and jackets may be worn for warm-up, but should be removed for the assessment (if temperature provides).

Each skater will get time to warm up prior to their assessment. Skaters will need to obtain an overall rating of Silver or better to be successful on the assessment. Once the coach has completed his/her evaluation, the result will be given to the skater and be recorded by the club for submission to Skate Canada.

Assessment Day Fees

The Skate Canada fee for all STAR assessments is \$12. The assessment fee must be paid one week prior to the skater being assessed.



STAR 1-5 Program

Equipment & Attire Recommendations

1. Skates

Figure skates are preferred but not mandatory. Hockey skates may be worn in the STAR 1-5 program. Skaters at this level should be in a sturdy boot with a quality blade. Sharpening should be performed by a trained professional.

2. On-ice attire

Skaters should wear athletic clothing on the ice in layers. Clothes should be form fitting or close to it, to allow coaches to see the body line for proper execution of technique. Baggy, loose fitting attire is not acceptable. Gloves should be worn versus mittens, if temperature permits, to allow for more articulation of the hands and fingers.

3. Off-ice attire

All skaters should be in appropriate active wear for the off-ice class they will be attending. Appropriate foot wear must be worn as per the class they will be attending i.e. ballet shoes for ballet class, running shoes for fitness class etc.

4. Assessment Day attire

STAR 1 & 2: Regular practice attire acceptable

STAR 2 – 5: Performance attire required.

Gloves and jackets may be worn for warm-up, but should be removed for the assessment (if temperature provides).

Hair should be neat and pulled back away from the face.

Skates and laces should be clean and tidy.

5. Skate care and storage:

Skates should be transported in a bag that allows for the following: gloves, extra laces, skate guards, small towel to dry skate blades, blade protectors, Band-Aids, extra socks or tights, hair elastics, hair brush, water bottle, tissues, etc.

Proper care of the skates should include:

- drying the blade after each use ensuring all snow and ice have been removed. This includes the sole of the boot.
- Placing dry blades into a cloth blade protector for storage. Do not put blades back into the skate guards, as trapped water could form rust on the edges of the blade.
- Skates should be aired out each day after practice to allow the leather to dry. Skater's feet sweat inside their skates. Damp leather could rot and weaken the boot.



- Blades should be sharpened approximately 20 – 40 hours of use, depending on quality of blade.
- Blades should always be protected when walking to and from the ice surface by skate guards.
NEVER walk on floors with unprotected blades.

Providing your child with appropriate skating equipment will help them improve their skating skills more quickly and will make their on-ice experience more enjoyable.

Note: check with your skater's coach for exact information on equipment and attire expectations