



Richmond Hill



June 30, 2017

Dear parent/guardian:

Your skater is now ready for the STAR program! The STAR 1-5 program has five levels of assessment for skaters in three disciplines of Figure Skating. These levels of assessments align with the STAR 1-5 events. The STAR 1-5 program offers opportunities for skaters to develop basic skating skills in three different areas: Freeskate, Dance, Skills

Skaters will transition with ease from CanSkate stage 6 to the STAR levels. Skills introduced in the CanSkate stages are advanced and refined in the STAR Program. Advanced figure skating elements such as single and double jumps, spins, ice dance and skills, will be covered in this program.

In order to maximize skaters time with a Skate Canada professional coach the club may use a variety of formats including classes, group lessons, stations and more. Your skater will receive instruction in all three disciplines during their time on the ice for solid development.

As your skater masters the skills at each level they will be assessed by their coach on a regular session. There are 23 assessments in the STAR 1-5 program. All assessments have a Skate Canada fee of \$12 which must be paid prior to the assessment. Your skaters training will also include off-ice warm-up and/or jump, stretch, movement and fitness classes. Off-ice training is a critical piece of development as skaters must ensure their bodies are ready for the on-ice demands. Off ice programing is included in our Novice Sessions. Pre Novice session includes STAR 1.

STAR program participants love to perform! The STAR program offers several opportunities for these skaters to demonstrate what they have learned. They have many opportunities to do this: Club Events, Interclub Events, Regional Events and Invitational Events.

Further information may be obtained at www.rhfsc.on.ca and click on the Programs Tab on the left.