



WEST CARLETON SKATING CLUB

W.J. Erskine Johnson Arena, Carp, ON

Teaching West Carleton to Skate

STARSkate Parents' Handbook

September 2020

Please feel free to contact West Carleton Skating Club at:

E-mail: skate@wcskatingclub.ca

Website: www.wcskatingclub.ca

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Welcome to the West Carleton Skating Club!

Thank you for choosing to register your skater(s) with West Carleton Skating Club (WCSC)! We hope that you will find this STARSkate handbook informative and helpful. It is important that you read this handbook thoroughly as it will answer many questions about the STARSkate program offered by the Club from how to hire a coach through to where to get skates sharpened. Additional information to review is the WCSC's policies and resources, etc. located on the website.

The WCSC has been in operation for over 35 years. At the present time, there are approximately 300 skaters ranging from Preschooler to Adult and the Club has a great team of Skate Canada Professional coaches. Our Club strives to promote good sportsmanship and the love of skating to all who skate with us.

WCSC is a non-profit organization, run by a dedicated team of parent volunteers. If you are interested in volunteering, please review the section of this handbook entitled 'Volunteering Opportunities' and contact us for more information.

WCSC is a member of Skate Canada. Skate Canada is divided by ten sections for organization and administration and WCSC falls under section Skate Ontario at <https://skateontario.org/>.

STARSkate Season

The WCSC regular skating season begins in October and runs through to March at W.J. Erskine Johnson Arena in Carp.

Off-Season Skating Opportunities:

WCSC skaters interested in continuing skating in Spring, Pre-Summer, Summer, and/or early Fall may do so at other skating clubs in the area who offer skating sessions. When booking ice at other clubs, a coach is required, and we suggest discussing this with your coach prior to registering.

The following local clubs offer sessions periodically during our off-season; Goulbourn Skating Club, Glen Cairn Skating Club and March Kanata Skating club.

WCSC Executive Board Email Addresses

For a current listing of the Executive Board, as well as, coordinators of the various programs, please visit our website www.wcskatingclub.ca.

President	President@wcskatingclub.ca
Vice President	Vice-president@wcskatingclub.ca
Secretary	secretary@wcskatingclub.ca
Registrar	registrar@wcskatingclub.ca
Treasurer	treasurer@wcskatingclub.ca
Past President	skate@wcskatingclub.ca
Assessment Coordinator	testchair@wcskatingclub.ca
Coach Liaison	cristy.gravelle@outlook.com
STARSkate Coordinator	starskatecoordinator@wcskatingclub.ca

STARSKATE PROGRAM

Offers opportunities for skaters to continue to develop their figure skating skills in the areas of ice dance, skating skills, free skate and artistic skating. This program teaches figure skating skills in a group and/or private lesson format, Unique in Canada, figure skating is taught in a progressive and sequential manner. The program includes specifically designed awards and incentives. When a skater moves to the STARSkate program, she/he will require a coach. Coaching is arranged by the parents/guardians of the skater. The coach will invoice you directly for the time spent with your skater. Invoices are paid to the coach directly and not through the Club. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. The STARSkater will move through STAR 1 through 5 testing, which is performed by their Coach during normal skating times. Next, they will move into test levels STAR 6 - Gold, which are assessed by an external evaluator or the skater's qualified coach (for Skills only). For ice scheduling purposes, we divide ice time between Junior, Intermediate and Senior ice. In general, CanSkate Level 5 - STAR 1 levels skate on Junior ice, STAR 1- 3 levels skate on Intermediate ice and STAR 4 and up skate on Senior ice. The coaches make the final decisions as to which skaters qualify for the different levels. Please see a list of our coaches on the following page.

About Hiring a Coach for Intermediate/Senior STARSkate

When you decide to hire a coach for lessons with your skater, it is encouraged that you discuss their coaching fees and have periodic meetings with your coach to ensure you and your coach are on the same page with respect to your skater's lessons and abilities. In respect of the coach's time, it is best to contact them by telephone or e-mail or speak to them when they are off the ice. Please do not try to interrupt a coach while they are giving lessons (whether private or group).

JUNIOR STARSKATE: This is an introduction to STARSkate (figure skating) but it still falls under the CanSkate program. Generally, skaters who have passed CanSkate Level 4 or are otherwise recommended by a coach may move up to Junior STARSkate. Lessons are held in a group format, with some independent skating required. The Club provides the coach for the group lesson portion which is part of two 50-minute group lessons per week.

INTERMEDIATE STARSKATE: Typically, includes skaters within levels STAR 1 – STAR 3. Junior STARSkaters who are ready to skate independently and who are recommended by a coach, skate at the Intermediate level. Usually, skaters are coached privately at this level (or when opportunity warrants semi-privately). Skaters hire their own coach for lessons.

SENIOR STARSKATE: STAR 4 and beyond skaters who are already skating in the STARSkate program and who have passed the complete set of STAR 3 assessments and/or who are recommended by a coach are eligible to skate at the Senior level. Generally, skaters are coached privately at this level.

WCSC STARSkate Coaches' Biographies

Laura Shwetz: *"With over 25 years of experience, I continue to enjoy the challenge working with athletes of all levels. "*

A certified NCCP coach, with level 3 technical @ theory completion (singles), Gold Free Skate, Gold Dances, Diamond Dance (partial), Gold Skills and mentored under the direction of Olympic Coach Peter Dunnfield. Complementary accreditations include a BA, Health Science and a Bachelor of Physical and Health Education.

Laura's coaching experience includes STARSkate and competitive athletes in the disciplines: Freeskate, Dance, Skills, Interpretive and Choreography CanSkate, PowerSkating and Adult Skating. Her students have passed preliminary to gold level status in Freeskate, Dance, Skating Skills and Interpretive. She has worked with skaters competing at STARSkate events, EOSIC, Sectionals through to Nationals.

Cristy Gravelle: Cristy has over 10 years coaching experience and started her skating career with WCSC when she was 4 years old. She is a fully certified Level 1 coach and working on completing her Level 2. Her skating achievements include Gold

level Skating Skills, Gold level Dance and a Senior Silver level Freeskate. Complimentary education; a college degree in Leisure Studies as well as a Bachelor of Social Science from the University of Ottawa. She specializes in STARskate, Freeskate, Skills, Dance, Choreography, Canskate, PreCanSkate and CanPower. She has coached skaters from STAR 1 to Gold level and is currently accepting students.

Margie Hill-Carty: Margie has over 35 years of coaching experience as a fully certified Level 3 Coach and some of the Level 4 tasks. She has achieved Gold Levels in Freeskate, Dance, Skills, and Figures. She has coached students from the Preliminary Level to the Gold Level in Freeskate, Dance, Skills and Interpretive. Margie has also coached competitive skaters at EOSIC, EOS, through to Nationals with medalists at EOS, EOSIC and the All Ontario Championships. Margie coaches CanSkate, CanPowerSkate, STARSkate, Competitive and Adults.

Janet Hill-Tobali: Janet has over 34 years of coaching experience and is a fully Certified Level 2, Level 3 Theory and Technical, Senior STARSkate Competition Stream: Provincial Coach. Her highest STARSkate test level achieved included Gold in Skills & Dance, Silver in Freeskate Competitive: Novice.

Janet's area of specialization are Freeskate, Dance, Skills, Choreography and CanSkate and she has coached test skaters up to Gold levels, as well as medalists at EOSIC and the Trillium STARSkate Championships. She has also coached competitive skaters who have medaled in the Pre-Novice, Novice, and Junior Singles categories at the Eastern Ontario Sectional Championships. In addition, Janet has coached skaters on the Eastern Ontario Section Competitive Team who have qualified for the Ontario Winter Games, Ontario Trials for the Canada Winter Games, and Eastern Canadian Championships.

VOLUNTEER OPPORTUNITIES

Our Club is a non-profit organization which is volunteer-based and requires assistance from parents to help keep it running. As part of your STARSkater's registration with the West Carleton Skating Club, a \$100.00 Volunteer Fee deposit is required. A minimum of 10 volunteer hours are required per skater's family and once these hours have been completed, your deposit will be returned. To help you achieve your volunteer hours, there are both executive positions and several non-executive positions involving a variety of tasks available. The volunteer tracking is completed through the registration system on WCSC's website.

Please take a moment to review the list below to determine where your skills would be best suited. As requirements vary for volunteer positions season to season, we will have additional volunteer positions posted with a description on Uplifter.

WCSC Executive Board Positions:

President - Chairperson for all meetings and works with the executive to help with the running of the club. Previous experience as part of the WCSC executive is an asset. As this position involves a variety of interactions (verbal and written) and meetings with others, including, coaches, parents/members, Skate Canada personnel and City of Ottawa staff both online and in person, great communication skills and teamwork, are required. Tasks may include managing coach contracts and ice allocation contracts.

Treasurer – Responsible for managing finances of the club, tracking all club expenses and income, prepare monthly financial reports and end of season financial statements, preparing and submitting to executive an annual budget. Previous bookkeeping experience is an asset.

Vice-President – Provides assistance to the executive and assist on other tasks working with WCSC President. Ensure all volunteers are aware of what functions need to be completed, assign volunteers, and track hours at year end. Coordinates fundraising efforts.

Secretary – Schedule and attend meetings to record and keep minutes of all executive, general and annual meetings. Arrange advertising for registration dates and times (i.e. Newspapers, signs, posters, etc.). Assists with communication to members as required by the President.

Coach Liaison - Representative for WCSC club coaches and keeps the WCSC President, or her/his designate up to date regarding any concerns of the WCSC coaches. Attends all WCSC executive board, AGM and special meetings. Presents coaching schedule for each season. Liaise with the appropriate volunteers (CanSkate Coordinator, STARSkate Coordinator, CanPower Coordinator, etc). This individual must be a certified professional skating coach or registered skating coach with Skate Canada.

Registrar (Member-at-large) - Manages the online registration through Uplifter for each season, program and special events. Responds to queries about registration, etc. from members. Responsible for ensuring or entering information into Skate Canada's online system for club registrations.

Assessment Coordinator (Member-at-large) - Works with the coaches, notifies parents of fees, organizes and completes all required forms and sends assessment results to Skate Canada. For STAR 6 - Gold plans High Assessment days, coordinates with the Skate Ontario appointed Judge and to provide a list of assessments, coordinates with Hospitality Coordinator for refreshments, the payment to Skate Canada, gift card for Judge, identify someone to play music, dance partners (if possible) and submits, on time, all forms required. Ensures other clubs know of High Assessment days and coordinates with them for assessments at our club or their club, if assessment slots are available.

STARSkate Coordinator (Member-at-large) - Co-ordinates with Assessment Coordinator to track STARSkate tests completed by skaters and organize badges for the year end banquet. Organizes a STARSkate information session per season and provides information regarding competitions to members. Works with Coach Liaison to help organize Performance Ice.

Past President (non-elected) – Once the President completes her/his term, she moves into this position to help with the transfer of knowledge of club matters and change in records, etc. She/he may help with a variety of tasks to assist the executive board.

Non-board positions essential to the running of WCSC club:

CanSkate Coordinator – Prepares the attendance lists and update them as needed, through Uplifter (online registration system), resource person for the families, greeting members and skaters, plan activities (ie: Halloween Skate, Santa Skate) or special tokens (i.e.: sheet to draw, candy cane) for the program as directed by the Coaches or club executives. Purchases items, as directed by the Coach Liaison and approved by the Executive board for the program (i.e.: markers for on-ice teaching, suction cups for the group identifications, etc.). Coordinates and works with Canskate Coordinator Assistants. Organizes, with coaches, the badges and report cards, as needed and orders any required badges/ribbons. Help with distributing any skating report cards that were not handed out or picked up.

CanSkate Coordinator Assistant – Assists with attendance lists and updates them as needed. Acts as a resource person for the families, greeting members and skaters. Helps during activities (ie: Halloween Skate, Santa Skate) or special events (i.e.: sheet to draw, candy cane) for the program as directed by the Coaches or club executives.

CanPower Coordinator – Prepares the attendance lists, through Uplifter (online registration system). Acts as a resource person for the families, greets members. Assist coaches with badges/ribbons, as needed. Assist with Parent Information Session annually.

Webmaster – Regularly update the Club's website. Ideally, this volunteer would be familiar with managing changes on websites as the site requires changes often.

STARSkate Assistants – Involves a variety of tasks such as helping with Halloween events, Christmas and Santa Skate or other events. Entering assessment results for all programs (STARSkate, CanSkate, CanPower).

Program Assistant Coordinator – Ensures sufficient PAs to support coaches at each PreCanSkate/CanSkate session. Prepares attendance sheets and keep track of PA hours in collaboration with coaches. Coordinates a training session for PAs prior to skating season. Coordinates date with coaches and puts handouts together. Assists banquet coordinator by purchasing PA gifts for year-end banquet.

Hospitality Coordinator – Organizes food for High Assessment days and other events, such as Welcome Brunch.

Music Players - Special events require music players, such as High Assessment days, ice shows, Performance/Mock Competition, showcase days, etc. There may also be STARSkate sessions in which parent volunteers will be required to play music throughout the season.

Ice Show Coordinator – Coordinate the various committees that will be established to put together the ice show. include Program (1 person), Decoration (2 people), Costumes (4 people), Advertising (2 people), Flower and Bake sale (2 people), Ice Captains (as many as needed – at least 6). Collaborate with the Coach Liaison regarding theme, costume ideas, décor, music and number of routines for the ice show and provide this information to the various committee leads. This position is very busy between mid-January to date of the ice show in late February or early March. This position requires many hours and ongoing communication with all committees, as well as with the Coach Liaison.

STARSkate Showcase Coordinator – Coordinate the various committees that will be established to put together the showcase. Committees include Program Design (1 person), Decoration (1-2 people), Flower and Bake sale (2 people), Ice Captain. This task begins mid-January to showcase date usually in late February or early March. Requires a few hours and ongoing communication with Committees and Coach Liaison.

Bulletin Board Contact - Coordinates with Assessment Coordinator, STARSkate Coordinator, CanSkate Coordinator and the Executive Board members about information to post and keeps the information current on both bulletin boards at the rink.

Parade Coordinator Coordinate the communication to members, as well as, the

registration with the Huntley Community Association (HCA). Organizes the float, decorations (large figure skate) and coordinates treats the skaters will hand out along the parade route for the Carp Santa Claus Parade in December.

STARSkate Awards and Banquet Coordinator/Helper(s) – Reserve the venue (West Carleton Amateur Sports Club. Checks all three trophies are in the display case. Works with coaches on names for engraving trophies. Organizes voting sheets for STARSkaters for Peer Recognition (hardest worker, best sportsmanship and most improved) and arranges medals for each level for each award, engraved with recipient's name. Orders trophies/medals from Mementos. Organizes potluck for all STARSkaters and parents. With the assistance of helpers, sets-up seating, décor, pot luck area at the venue for the banquet (trophies on one table, etc.). Coordinates with President on who will be responsible for picking up coaches' gifts.

Newsletter Writer/Editor - Creates a brief 1 – 2-page monthly newsletter for WCSC.

Program Assistants (PAs) (STARSkaters Only) - All Senior STARSkaters are required to volunteer their time as Program Assistants to one CanSkate program at least once per week. For additional details, refer to *Program Assistant* information on page 9 of this handbook.

Program Assistant (PA) Program at WCSC

Program Assistants (PAs) are important to the success of the CanSkate and CanPower programs at West Carleton Skating Club. PAs provide support to WCSC's professional coaches on and off the ice during CanSkate, PreCanSkate and CanPower sessions which they greatly appreciate.

All STARSkaters are invited to become a PA, at the age of 11 years old following Skate Canada's guidelines, although parents will help decide if this commitment is possible for their young skater.

All Senior STARSkaters are required to volunteer their time as a Program Assistant for one CanSkate program at least once a week.

Program Assistants may help WCSC Coaches with a variety of tasks, such as, bringing toys, smiley faces and/or attendance clipboards to the ice at the beginning of the CanSkate sessions and/or taking these items off the ice at the end of the session, helping skaters getting on and off the ice, setting up circuit, games or props to help the coaches, assist coaches to lead warm up, participate and lead skaters, assist skaters find their groups, take attendance of skaters, help keep the skaters moving, and/or lead games/cool down.

Helpful Reminders:

- ❖ Please be on the ice on time to help coaches and other PAs with set-up.
- ❖ Ask questions!! If you do not understand or are not sure what the coach is asking you to do, ask for more explanation.
- ❖ Try not to focus all your time on one skater (we know this can be challenging at times, especially with a crier!)
- ❖ If a parent approaches you with a comment or question, please ask them to speak with a coach, either before or after the session.
- ❖ Let a coach know immediately if a parent steps onto the ice, as parents are not allowed on the ice, and the coach will approach the parent to assist them off the ice.
- ❖ Please keep your focus on the skaters during the session and not chit chatting with friends.
- ❖ If you have questions about the PA program, please contact the Coach Liaison.

Remember, Program Assistants' help are valuable and much appreciated by WCSC Coaches to assist them with CanSkate, PreCanSkate and/or CanPower programs.

RULES AND REGULATIONS FOR ALL SKATERS

- 1)** All skaters are to demonstrate good sportsmanship, courtesy, and good manners at all times.
- 2)** Skaters using foul language, yelling, or mouthing off will be asked to leave the ice. Bullying and/or verbal abuse by any skater will not be tolerated and the skater will be asked to leave the ice. If this behavior persists, skating privileges may be lost.
- 3)** Appropriate skating attire must always be worn (No jeans, baggy or loose-fitting clothing. No dangly, hanging, or loose jewelry or scarves).
- 4)** Proper clothing to keep skaters warm and allow mobility for each group is suggested as follows: *fleece sweatshirt/ club jacket, skating dresses or skirts (with two pair of tights), leggings or yoga style pants.*
- 5)** Longer hair must be pinned back or in a ponytail.
- 6)** Warm up breaks are 10 minutes maximum.
- 7)** Skaters having music played have the right of way, followed by skaters in a lesson and then skaters moving backwards.
- 8)** Spins are to be done in the center of the ice.
- 9)** Warm up and stretching must be done off the ice before the session begins.
- 10)** Stroking is mandatory for all STARSkaters.
- 11)** Chasing games on ice are not allowed except for under the supervision of a coach.
- 12)** Food and gum are not permitted on the ice. Skaters are permitted to have a drink in a plastic water bottle on the boards.
- 13)** Any skater leaving the ice must ask for permission from a coach.
- 14)** Skate guards must always be worn in the lobby.
- 15)** Skaters must work on the appropriate skills during the appropriate sessions, unless under the supervision of a coach.
- 16)** When taking a break, use the player's benches.
- 17)** Coaches are not to be interrupted when giving a lesson whether it is group or private.
- 18)** Skaters must leave the ice when the Zamboni is ready to flood and may not enter

until it has left.

- 19)** All senior skaters are required to be a Program Assistant for at least one CanSkate session a week.
- 20)** Skaters must leave the ice promptly at the end of each session.
- 21)** Skaters practicing routines must learn to manoeuvre around other skaters and still do jumps, spins, and footwork successfully.

HELPFUL INFORMATION ABOUT SKATES AND SKATING ATTIRE

Proper Care of Skate Boots

After skating, wipe and dry your boots and blades with a soft cloth.

Undo laces, open boots wide and air dry your boots after use. Damp leather can rot and mildew.

Do not dry your figure skates near a heat source; the leather will dry out.

Keep your boots polished to prevent leather from drying out.

Discuss how to protect and care for skating boots and blades when you purchase. For used skates, you can talk to skate professionals when you have them sharpened.

Check that bottom blade screws are tight - occasionally they will loosen allowing moisture to contact the sole.

Proper Care of Blades

Skates should be sharpened after about 30 to 40 hours of skating, or sooner depending on unexpected circumstances (nicks in the blade, etc). Remember not to take off the lower pick, as this is particularly important for figure skating.

A few suggested places for skate sharpening:

- Mr. Jack Mackie @ 613 839-4300 10 Maley Street (off Second Line)
- Figure 8 @ 380 Industrial Avenue, Ottawa Ontario

B-Sharp Ottawa @ 4235 Strandherd Dr. Unit 2, Barrhaven, ON,
info@bsharpottawa.com, 613 825-9110 or book online through their website at
www.bsharpottawa.com

Where to Buy Skates

Skates can be purchased from a few locations around Ottawa, such as Figure 8 and B-Sharp Ottawa. It is important that skates be fitted properly for the proper formation and growth of young feet.

Both Figure 8 and B-Sharp Ottawa will custom order boots and may charge a fitting fee. As your child progresses through STARSkate, boots and the various types of blades will be purchased separately, and you should discuss with your child's coach types of blades and boots.

Skating Outfits

We suggest trying on skating dresses before purchasing for proper fit and comfort.

Figure 8: 380 Industrial Ave, Ottawa, Ont, K1G 7Y9, Canada. They have a large range of skating dresses for competition, and practice wear, prices are varied

Used dresses may also be purchased from other skaters within the Club; see ads on the WCSC website as well.

Often, dresses are sold at skating competitions for a discounted price.

Note: The above is suggested for your information only. The West Carleton Skating Club does not endorse nor advertise these businesses. We are only providing you some options.

STARSkate COMPETITIONS

When your child reaches a certain level in skating, your coach may suggest he/she enter a competition. For more information or if you have questions, please speak with your skater's coach or email the STARskate Coordinator.

Skate Ontario has moved registration on-line for all competitions. You can find the full list of competitions (places, dates) to be offered within Ontario on the Skate Ontario web-site: <https://skateontario.org/competitions/>

Typically, skaters within the Club will compete in the **STAR 1 - 4 Series** or **Super Series** competitions.

Competition Day Reminders:

Bring your skater's music to each competition and ensure that you have a backup copy.

Skating Dress and tights (one or two pairs) or Skating pants/top (boys), beige gloves (optional) and club jacket or sweater with a zipper.

Make sure to bring extra tights, sweater, extra laces, gloves. Sometimes there are wait times between flights.

Arrive at least 1 hour before your skater's flight times, as required for registration. During the registration period you will hand in your skater's music. You will be directed to the proper skating dressing rooms allotted for our Club.

Make sure that the skater's competition attire fits properly and comfortably. Ensure that undergarments are not visible.

Your skater's hair, if long enough should be neatly tied back and away from the face. Within the competition, there will be many skaters with various levels of skating that will be entering into different categories. Each category that your child enters will have several skaters competing. If there are too many skaters in a category, it will be divided into flights. Each flight will have between 6 – 8 skaters. There will be a draw as to the order the skaters will compete.

Each flight of skaters will be called onto the ice 5 minutes before their allotted competition time to warm up. After the warmup, each skater will be called in the order of the draw to perform their competition number. They will perform before a panel of judges who will assess skating elements and performance.

For STAR 1 - 3, individual elements and skating skills will be assessed against a standard and scored a rating from Merit to Gold. The skater will receive a report card after all skaters have completed the event. For STAR 4, skaters are also ranked within their group.

For STAR 5 and up, programs are scored using the Cumulative Points Calculation (CPC); scores are typically announced after each skater.

Report cards and ribbons or medals will be handed out after the event. There is usually a ceremony every hour depending on the competition. Please make sure you know the location at the rink where the ceremony is taking place. Ceremony times will be posted at the competition. All medal recipients are expected to remain dressed in their skating attire.

Please confirm with your coach, your skater's interest in a competition and which event(s) to enter to ensure the coach creates a skating routine (if required) and allows sufficient practice for an upcoming competition. Also note that coaches will invoice you for their time during practices for a competition which will include the coaches' attendance on Competition day. If another coach attends and represents the Club at a competition instead of your skater's coach, you will receive a separate invoice from that coach for their time at the competition as well.

(Note: Coaches will include their mileage, meals, hotel charges, if any, in these invoices which will be split among other participants for the same competition from our Club)

STARSKATE ASSESSMENT DAYS

What to Expect

Your skater's coach will discuss with you when they believe your child is ready to begin working towards assessments. Assessments for STAR 1 – 5 are held during regular ice time and the skaters are assessed by their coaches. There is a fee associated with each assessment, which must be paid in advance through the online registration system.

Skate Canada has recently replaced the Senior Bronze to Gold test levels with STAR 6 to Gold. This now aligns the Skating Assessments for Freeskate with the STARSkate competition pathway. High Assessments begin at STAR 6. Our club will apply for one High Assessment day a year. Our skaters may test at any other club that is holding a High Assessment day, please arrange testing with your coach.

STAR 1 - 5 Assessments:

Held during regular ice time and the skaters are assessed by their coach. This may cause disruption to regular skating sessions as determined by the coaches. Your support for the coaches and those skaters who will be assessed is appreciated.

STAR 6 - Gold High Assessment Day

Skaters should arrive at the rink at least 45 minutes prior to their allotted test time. After arrival, sign in with the Assessment Coordinator. All skaters are to be dressed appropriately in skating wear (skating dress and tights for the girls, and pants and top/shirt for the boys). Times may vary from the original posted time on High Assessment Day.

Skaters will be given 5-10 minutes before warmup to practice their dances, routines or elements.

Skaters will be performing in front of an assessor who will evaluate the level and skill of the skater. Please remind your skater that as a courtesy, after skating, to please bow to the assessor.

The assessor will then mark the skater and provide these results to the Assessment Coordinator for recording. The Assessment Coordinator will pass the results on to the skater.

Remember to thank your dance partner. Be gracious and demonstrate good sportsmanship as there will be skaters that may not pass their assessment.

There are Skate Canada fees associated with both STAR 1 - 5 assessments and STAR 6 – Gold. Please note that these fees are subject to change. The fees for skaters who are not members of WCSC differ than the fees for WCSC members.

Skaters may attend High Assessment Days at another club, upon payment of another club's fees (must be arranged with skater's coach). Please note these fees vary between skating clubs.

Your coach and/or dance partner will charge an Assessment Day fee which covers preparing a skater for an assessment on High Assessment Day and reviewing judge's marks/scores with a skater.

Note: Payment is required prior to the skaters being assessed, whether coach assessed or at a High Assessment Day.

SKATE CANADA CODE OF CONDUCT

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this Code "parents" shall refer to "parents and guardians". This Code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this Code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.

- Parents shall always model positive responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.
- Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the Club, skating school, Section or Skate Canada.
- Parents shall refrain from any behaviour or comments which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (e.g., school, other activities, social life, etc.).
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.
- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.

- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.
- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.
- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this Code of Conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.