



SKATECanada
Shallow Lake Skating Club

SHALLOW LAKE SKATING CLUB
PARENT HANDBOOK
STARSKATE
2024 - 2025



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INTRODUCTION

Welcome to STARSkate! We are so happy that you are continuing on the figure skating path. Now that you are here, let's learn a little bit more about what comes next.

STARSkate

STARSkate is Skate Canada's figure skating program. It stands for Skills, Tests, Achievements, Recognition. STARSkate is where skaters learn figure skating specific skills, take figure skating tests, and compete at regional competitions (once Covid protocols allow). From STARSkate, skaters can choose to move into the Competitive stream where they will focus on competing at a national level.

STARSkate is divided into disciplines – Freeskate, Skills, Dance, and Artistic which are then divided into levels labelled STAR 1 – 10/Gold with set requirements for each level. Levels STAR 1 – 5 are assessed by your coach with STAR levels 6 – 10/Gold being assessed by a Skate Canada trained evaluator



StarSkate

[STARSkate Levels & Overview](#)

RISINGStars

In Shallow Lake we have a bridging program between CANSkate and STARSkate called RISINGStars. Skaters enter this program around Stage 5 of CANSkate and it helps skaters start to get the feel of the figure skating program. Here we continue to work on the skills required to complete CANSkate but we begin to incorporate some of the skills that the "big kids" do. Each skating night skaters will work in groups similar to CANSkate and have 2 lessons in these groups. Skaters will then have 2 open skating times to work on the skills that they have learned and have some fun. While there is actually no set level for skaters leave this program, most begin to phase out around STAR 2 into the STARSkate program.

WHAT COMES AFTER RISINGSTARS

As mentioned in the previous section there is no real distinction between RISINGStars and our Intermediate/Senior STARSkate; it just happens. RISINGStars and Intermediate STARSkate both have 2 group lessons each night; however, Intermediate skaters have the opportunity to hire one of our coaches to receive private/semi-private lessons to expand their skill set. Generally, once a skater is STAR4 they then make the transition to Senior STARSkate where there are no group lessons and a private coach is hired to provide the skater lessons in each of the 3 disciplines (minimum of 3 lessons per week is recommended but it is based on your budget.) While there really is not a need for private lessons while in the RISINGStars program they can be an option should you choose.

TESTING

As the skater learns new skills testing opportunities are offered so as to advance to a new level. These tests are completed during the session by the coach of the skater for those in levels STAR 1 – 5 and there is a fee charged to the skater to take these tests. Once a skater is above STAR 5, tests are assessed by a Skate Canada Evaluator and have a testing fee as well.

COMPETITIONS

Competitions are a fun yet stressful component of our sport however, they are completely optional. Skaters in STAR 1 – 4 follow the protocols of Long Term Athlete Development (LTAD) established by various sports. What this means is that skaters “compete” against themselves, doing their skills, programs, dances etc in front of a panel of judges and then are awarded levels Merit, Bronze, Silver or Gold for each element. These “scores” are presented to the skater by way of a report card where the skater can see their progress by comparing the level achieved at each competition. Once skaters are above STAR 4, they then have all of the basic skills of figure skating and now compete for placement (medals).



[LONG TERM ATHLETE DEVELOPMENT GUIDE FOR PARENTS](#)

WHAT TO EXPECT IN YOUR FIRST RISINGSTAR SESSION

1. It may look a little chaotic (just like CANSkate did), but don't worry, it is our own kind of chaos and everything will be running smoothly after the first couple of weeks (just like CANSkate).
2. Prior to attending all sessions, please be mindful of how you and your skater are feeling. If either of you is feeling unwell, please stay home. We will miss you, but let's keep everyone as healthy as we can.
3. On Tuesdays, once CANSkaters have left the ice you may come on. On Wednesdays there is no CANSkate so come on the ice at 5:30.
4. Skate around – it's been a while! We will do introductions and get to know each other once the session gets going.
5. Have fun. You will be tired!

THINGS TO REMEMBER

- NO JEANS – they are cold, and hard to move in
- Long hair should be tied back
- Have back-up mittens and bring a sweater!
- CSA approved hockey helmets must be worn until Stage 5 CANSkate is complete. Speak with Coach Kris to see if your skater still has this requirement.
- The session is busy with a lot of moving parts. If you fall down, get up immediately unless hurt.
- Skaters with a coach have the right of way. Your eyes always have to be looking around and paying attention
- Time for social is in the dressing room. If you must get caught up, do so at the boards (or better yet, in the dressing room following your session!!!)
- Good sportsmanship and skater support and encouragement are a must. We do not tolerate disrespect or poor sportsmanship
- HAVE FUN!



ALL THINGS SKATES

It is important that skates worn by the skaters fit and are tied up properly to avoid injury or discomfort. Some skaters like to wear a gel tube over their tights to help with rubbing and for comfort.

1. Loosen the skates – foot should slide in easily
2. Once foot is inside boot, make sure socks are straightened to avoid discomfort and the foot is all the way in the boot (make sure the heel is all the way back). Straighten the tongue of the skate.
3. Tighten the laces in the first half of the boot. Pull the laces tight enough to keep the foot secure but not too tight.
4. Tighten the laces where the foot and ankle bend. This should be the tightest area for the laces
5. When lacing the hooks leave a little bit of room so the ankle can bend. Sometimes with tying skates, tough love works best – get the sore ankles and “bruised” feeling done and over with.
6. Finish with a secure bow at the top of the boot. Do not wrap the lace around or under the boot. If lace is too long, you can do a second round of the hooks.

TAKING CARE OF YOUR SKATES (Figure or Hockey)

Step by Step Care for your skates courtesy of Jackson Ultima:

1. Wipe away ice and water after each skating session
2. Put on skate guards, plastic protector, going to and from ice.
3. Store between sessions without skate guards, preferably with soft cloth “soakers” to prevent rust and absorb condensation
4. Let skates dry out overnight removed from the bag
5. Sharpen regularly
 - Beginners – every 25 – 30 hours on ice
 - Novice’s – at least every two months
 - Elite – varies, from weeks to months

Where To Go

Gord's Pro Shop – Port Elgin for Skate Sharpening
The Figure Skating Boutique – Markham for purchasing skates
Edee's – Listowel for purchasing skates

WHO IS ON THE ICE

In Shallow Lake we have all of our STARSkaters on the ice at the same time. Sometimes this makes for a crazy busy session but skaters learn how the flow works and how to get in and get to work. We also work on all disciplines at the same time so you may see some skaters working on jumps and spins while others are doing a program or a dance, again, skaters will learn the flow.

COACHES

Kris Dawson – Our Head Coach since 2002
Skate Canada Coach since 1991
NCCP Level 2 Provincial Certified



Emily Rowcliffe – Coach Assistant



Cindy McMann – Private Lesson Coach

Carrie Greig – Private Lesson Coach



ROWAN'S LAW

Established in 2016, Rowan's Law brings concussion awareness to parents and athletes alike. As mandated by Skate Canada, all skaters and parents in STARSkate must read the Concussion Awareness Resources and those in STAR 5 and above are required to sign and submit the acknowledgment form indicating that they understand and will follow the concussion protocols.

[CONCUSSION AWARENESS RESOURCES AGES 10 AND UNDER](#)

[CONCUSSION AWARENESS RESOURCE AGES 11 - 14](#)

[CONCUSSION AWARENESS RESOURCE AGES 15+](#)

[ATHLETE AND PARENT/GUARDIAN ACKNOWLEDGEMENT FORM](#)

We take concussions very seriously. To view our full Concussion Policy, along with Removal and Return to Sport Protocols please see our website.

Volunteer Commitment

Our Club hosts a fun performance day competition on Sunday December 15th. All RISINGStar and STARSkate families are required to completing a minimum 2 hour volunteer time slot that day.

Need More Information?

Should you have any other questions, never hesitate in reaching out. We've been doing this for a long time.

Shallow Lake Skating Club email – shallowlakeskating@gmail.com

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