

2021-2022 Kimberley Skating Club STARSkate Parent Information:

STAR 1-5:

Level	Description
STAR 1	Introduces skaters to performing elements like jumps and spins in a fun group environment with their coaches. There are no solos at this level. When skaters compete, they receive an evaluation sheet and ribbon based on their performance. It is up to the discretion of the coaching team to decide when your skater is ready to move up.
STAR 2	Skaters now take many of the elements they learned in STAR 1 as well as new skills and perform them in a program in front of judges. Like STAR 1, skaters receive an evaluation sheet and ribbon when they compete.
STAR 2 and 3 may share programs and choreography as skaters are not competing against each other.	
STAR 3	STAR 3 continues to build on the skills learned in STAR 1 and 2. More difficult elements like an axel jump are added and judges evaluate the programs based on more challenging criteria. Skaters also receive an evaluation sheet and ribbon.
STAR 4	Axels are encouraged at this level and receive a bonus for successful completion. STAR 4 serves as a transition point between evaluated levels and competition incorporating a points system. Assessments are used to produce a ranking for each group of competitors. Each skater receives an evaluation sheet with top finishers in each group receiving either a ribbon or medal.
In STAR 1-4, skaters are evaluated against a national standard by a panel of certified judges. Each element they perform receives an assessment of Gold, Silver, Bronze or Merit. In STAR 4 they also receive an overall standing and are judged against other skaters in their group.	
STAR 5	Skaters may perform double jumps at this level. STAR 5 is the first-time skaters are rewarded points for elements and performance; it is the same scoring system used to judge top competitive figure skaters. Skaters are ranked based on total points and are provided a detailed evaluation sheet. Top finishers receive medals.

After STAR 1-5:

Skaters may choose to continue in higher levels of the StarSkate program (STAR 6- GOLD) or transition into in CompetitiveSkate (Pre-Juvenile, Juvenile, etc.). Skaters may also explore ice dancing, pair skating, artistic programs, or synchronized (team) skating. There are many

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opportunities for skaters and the best path for athletes to take should be a decision made collaboratively (child, parent and coach)

Competitive Skate:

This stream is geared towards skaters who intend to peruse figure skating as their main focus. Competitive Skaters are required to train many hours a week both on and off the Ice. Unlike StarSkate, Competitive skating has age limits to ensure that skaters are at the level they need to be by the corresponding age.

Competitive Skating Consists of 6 Levels:

- Pre- Juvenile – Under 13
- Juvenile- Under 14
- Pre-Novice- Under 16
- Novice- Under 17
- Junior- Under 18
- Senior- No Age Limit

Competitions:

The decision for a skater to take part in a competition is up to the skater's **coach**. If you are interested in having your child take part in a competition please consult with your coach first. Here is a list of some of the StarSkate competitions that are held in the Section this season:

- West Kootenay Invitational
- East Kootenay Invitational
- Kootenay Regionals
- Super Series STARSkate Final (Provincials)

Coaching:

Skaters that are on StarSkate sessions are required to have a coach that oversees their skating. The Kimberley Skating Club works in a team coaching atmosphere. Jessica Grajczyk is the head coach, so if you have any questions or concerns about your skater, please email her using the information at the bottom of this letter.

Here are a couple of common concerns with regards to coaching. These are just general answers, however, if you feel you need more explanation, please consult Jessica using the information at the bottom of this letter.

- **Invoicing:** Each coach is responsible for invoicing skaters for the lessons they receive, at which point you are then responsible for paying the coach directly. Payments are

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expected to me made to the coach within 30 days of receiving the invoice. Certain coaches may apply late fees should you not pay on time. If the invoice is not paid for 2 consecutive months, the skater will stop receiving lessons. If you are having troubles paying the bill, contact the coaches- They are extremely understanding and will make something work for you and your skater.

- **Lesson Time:** It is up to the coaching team on how the lessons are divided. Lesson time is not necessarily divided evenly amongst all skaters. The coaching team has the right to schedule lessons based on the level, needs and situation of a skater. For Example: On a StarSkate session, a Star 5 Skater preparing for the Super Series Final Competition (Provincials) may get more lesson as the competition approaches then another skater on their session. Parents and skaters must respect the coach's decisions when it comes to this.
- **Testing:** It is up to the coach to decide if a skater is ready to try a test or not. It is each coaches responsibly to look out for the best interest of their skaters. As professionals they know when a skater is or is not ready to try a test.
- **Levels:** The coaches reserve all rights to determine at which level a skater competes. The coaches are familiar with the requirements and standards for each session so they know where each skater belongs.
- **Receiving lessons from other coaches:** Skaters and parents are not permitted to ask coaches from other clubs for additional lessons. If a skater would like a lesson with a coach from another club, you must first ask the coaching team in Kimberley.
- **Talking to your coach:** We encourage you to communicate with your coach frequently to make sure that everyone is on the same page, however, these discussions are to take place during a designated times arranged between you and the coach. Stopping a coach during a session or as they are getting on the ice takes lesson time away from skaters.

We cannot emphasize enough how important it is for each skater and parent to have a good understanding with the coaching team. Please take the time to become familiar with your coaches and their expectations.

We know being a parent can be tough, and being a Skating Parent is even tougher, here are a few rules and expectations the club as well as the coaches have for you as parents:

- Treat all Skaters, Coaches and Volunteers with respect.
- Be sure all your information is coming from a reliable source. To avoid confusion if you hear of anything that you are uncertain about, please ask a board member or a coach for clarification.

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- **Let the coaches do their job. All of our coaches are trained professionals- allow them to oversee your child's skating and make any adjustments as they feel necessary. They have the best interest of each skater in mind. If a coach feels uncomfortable coaching a skater due to the parents, they have the right to resign from coaching that skater.**
- Often time's skaters feel pressure from parents. This can lead to a negative impact on their performance. If this case applies to your skater, the coaches have the right to request that you not attend as many practices to allow the skater to focus more on their skating.
- If you need your child during a session, discreetly pull them off the ice and address them. Standing in the gate or communicating from the stands can be very distracting to all.
- Be sure your child understands the rules and manners expected at the rink.
- Stay positive towards your child.
- Pay all coaching and club fees on time.
- Communicate regularly with the coaches in an appropriate manner ex: Email or arranged meeting.
- Be sure your skater is on time for all sessions.
- If you will be late or absent from a session, please let your coach know.
- Make sure your Skater is having fun!!

If you have any further questions or concerns, please do not hesitate to contact me.

Jessica Grajczyk, BKin, CSEP-CPT

SC Professional Coach

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