

Welcome to STARSkate!

STARSkate-Figure Skating
Skate Canada National Testing System
Taught by National Certified Coaches

All skaters are training to test.

You can view the testing grid on the webpage, register.hhskatingclub.com, figure skating tab.

All skaters are training in four disciplines: **Skating Skills, Freeskate, Dance, and Artistic**

These disciplines are labelled as: **STAR 1 – 10, and Gold.**

We break our ice sessions according to the Star levels:

STAR 1-3 – JR (Junior)

STAR 4-6 – INT (Intermediate)

STAR 7-Gold – SR (Senior)

Juvenile-Senior (path to podium) - COMP (Competitive/Sectional level)

*skater's MUST have coaches permission to be on any STARSkate session.

STARSkate skater commitment for Fall/Winter season is September – April! Spring is May-June and Summer is July-August.

Figure skaters have more choices of days/sessions throughout the week and an invoice is created online, register.hhskatingclub.com, registration tab. They are also expected to do fundraising and volunteering (work it off or pay it out). This invoice will include the session(ice) fee (\$ depending on choice of days), Skate Canada reg/HHSC admin fee (\$85.00), fundraising fee (\$200.00), and volunteering fee (\$100.00). Reimbursements will be done at the end of the season (May). These payments can be paid in full or with installments.

Fundraising and volunteering (mandatory for all STARSkate skaters)

Both fundraising and volunteering is per skater up to two skaters (3rd skater is exempt)

Details are sent to all STARSkate skaters by mid September.

An email is sent from club (HHSC) via **“News, Upcoming programs, and Registration information”**.

Please be sure you have not “OPT OUT” of receiving these emails.

Items needed:

- **Figure Skates** (purchased from the **Skate Lab or Professional Skate Shop only**). They MUST be proper fit and strength for the skater. They are to be sharpened professionally about every 3 months, depending on skater.
- **Hard guards** for emergency and **soft covers** for storage
- **Water bottle** for by the ice and in dryland
- **Skating clothes (no Jeans, hoodies)** should be leggings, dresses, shorts, sweaters, mitts, gloves, etc. (stretchy)

Dryland is part of some sessions. Skaters train off ice to learn warm-up, cool-down, work on elements to strengthen ability on ice.

- **indoor runners** (no flip flops, slip-ons, boots, etc)
- **skipping rope**
- **yoga mat**

COACHING is separate for figure skaters from the program costs. All figure skaters take lessons by the coaching team (private, semi-private, group, etc.). Each coach on the coaching team will invoice the skater **monthly**, (hand hard copy to skater or by email) at the end. **Coaching fees are to be paid within two weeks** of receiving the invoices to remain in good standings, OR payment arrangements MUST be made.

Coaching team: Tammy Schmidt, Lesley Stewart, Donna Hallatt, JoAnne Douthwaite, Jayde Stewart, Dayton Stewart, William Oddson, etc. Other coaches are brought in to assist our coaching team.

An example of costs for coaching (approximate & varies per skater):

STAR 1-3 – \$100.00 - \$250.00/month

STAR 4-6 – \$200.00 - \$350.00/month

STAR 7-Gold – SR (Senior) - \$350.00+/month

Juvenile-Senior (path to podium) - COMP (Competitive/Sectionals) – cost vary depending on commitment & level.

*costs above do not include music, choreography, competition & coaching expenses, testing fees, equipment & clothing, etc.

Coaches break down their invoicing (approximate example):

Private lesson - \$7.50-\$17.00/15 minute

Private lesson - \$5.00-\$11.50/10 minute

Semi private lesson (2 skaters) - \$3.75-8.50/15 minute

Group lesson (3+ skaters) - \$1.00-\$6.00/15 minute

*costs above vary depending on the lesson given and by which coach.

Extra fees can include (approximate example):

Equipment costs - \$ (depends on level of skates, hard guards, soft guards, skate bags, etc.)

Skating clothing - \$ (depends on what you buy, dresses, leotards, leggings, club jackets, sweaters, etc)

Dryland items - \$ (depends on what you purchase, but they need skipping rope, yoga mats, and indoor runners)

Test fees - \$15.00-\$40.00/test (depending on level of tests)

Music fees - \$12.50 STAR 1, \$50.00-\$75.00 STAR 2+

Choreography fees - \$ (dependant on level of skater and time needed to create program)

Competition reg fees - \$40.00-\$175.00 (dependant on each competition)

Competition coaching fees - \$40.00-\$65.00 (level dependant)

Competition coach expenses – varies \$15.00-\$40.00+ (milage, food, travel, and hotel - dependant on each competition)

Clinics and Special Events - \$ (dependant on the event)

COMPETITIONS (optional):

***MUST have coach permission** to enter any event and coach will give the skating level for that event.

There are limited competitions and limited space for each competition, so register asap.

Coaches and club will tell the skaters and parents (via email) via “News, Upcoming programs, and Registration information”, when a skater is eligible and what level to register for. We will make sure you have the details needed to register.

Registrations are done online as per the links that will be sent, separate for each competition. Also available on the Skate Canada-Alberta/NWT/Nun webpage, [Skate Canada | Alberta Northwest Territories Nunavut \(skateabnwtun.ca\)](http://Skate Canada | Alberta Northwest Territories Nunavut (skateabnwtun.ca))

We strongly suggest for the STAR 1-3 skaters who are interested in competing, that they skate a minimum of 3 days per week. For STAR 4-Gold a minimum of 4 days per week. And for Path to Podium (Juv/PreNovice/Novice/Junior/Senior) a minimum of 5 days per week. All skaters wanting to compete should be in our dryland programs also.

Any questions or concerns email:

admin@hhsksatingclub.com and/or coach Tammy at skatingedge@shaw.ca