



# Figure Skating Information

## Equipment for STARSkate Programs

### Skates

The most important piece of skating equipment is your ice skates. The skates consist of a boot, which is usually leather, and a blade. Your boots must fit properly, which means that they should be snug yet relatively comfortable, and provide good support for your ankles. A good pair of used skates will always be better than a pair of poor quality new ones. Your coach is the best source of information on which skates are best for your child or a store that specializes in skates.

The blades are made of steel and must be kept dry and well protected or they will rust. You should wear skate guards at all times off the ice. After you finish skating thoroughly dry your blades and boots with an absorbent cloth, and store with blade covers. The skates should not be stored with the guards on. Skates should be sharpened after approximately 20-30 hours of skating.

### Clothing

Students are required to wear proper skating attire. This includes a skating dress, skirt or stretch pants. Wide legged Yoga pants are not encouraged, since the pants are not tight near the skates and may cause students to trip.

## STARSkate On-ice Etiquette

- The following order determines the **RIGHT OF WAY** during STARSkate sessions:
  - A skater whose music is being played-solo, interpretive or dance music
  - A skater who is receiving a lesson (private or group)
  - Skaters who are practicing
- Skate responsibly by watching out for others, keep heads up and watch out for other skaters.
- The use of profane language is unacceptable and will not be tolerated.
- Skaters are expected to be polite and courteous while on the ice and in the arena and must act with due regard and consideration for others both on and off the ice. Failure to do so will result in a warning or removal of the offending skater from the ice and/or the Arena.
- Be alert for other skaters at all times. If you fall, do not sit or lie on the ice (unless injured). **Get up quickly to avoid being hit by other skaters.**
- Kicking or Digging! Defacing the Ice with skate blade is prohibited.
- **Do not interrupt a Professional Coach who is giving a lesson to another skater.**
- Please do not stand and talk on the ice. However, if necessary, please speak by the boards and not in the middle of the rink or in the rink corners.

## General Skating Program Policies

- A parent or legal guardian is required to remain at the arena while their child is skating in case of injury or illness.
- All Parent & Tot, Pre-CanSkate, CanSkate and Adult CanSkate participants must wear a **CSA APPROVED HOCKEY HELMET** while on the ice. Bicycle/ski/snowboarding helmets are not permitted.

- The club has a policy of zero tolerance to bullying. A skater doing so will be cautioned once in the presence of their parent/ guardian. A second occurrence will constitute grounds for expulsion.
- Kicking, rough play and lying down unnecessarily are NOT allowed on the ice.
- There will be NO make-up days due to sickness, vacations, inclement weather or conflicting events i.e. club competition or test days. Notice will be posted in advance of these events.
- No food, drink or gum is permitted on the ice.
- Lessons will start on time. Please be prompt.
- Parent & Tot, Pre-CanSkate and Canskater skaters are NOT allowed to leave the ice without permission of the coach. The skater's parent/ guardian will come to the side door and take the skater from ice.
- Parents/ Guardians and spectators are requested to watch sessions from the stands, not the players bench or at the entry gates; so as not to interfere with lessons or block access to the ice.
- During lesson times parents/guardians are not allowed on the ice due to insurance regulations.
- Be alert for other skaters at all times. If you fall, do not sit or lie on the ice (unless injured). **Get up quickly to avoid being hit by other skaters.**
- Kicking or Digging! Defacing the Ice with skate blade is prohibited.

## Program Assistant (PA)

All STARSkate skaters are encouraged to become a PA for our Learn to Skate programs. Their duties include assisting the coaches during the sessions, lead activities in the warm up and cool down portion and helping our new skaters to get their balance on the ice. If you are interested in PA'ing this season please contact [headcoach@newteckskatingclub.com](mailto:headcoach@newteckskatingclub.com).

## Figure Skating Frequently Asked Questions

### **Do I need experience to register in the STARSkate program?**

Yes, skaters must have passed stage 6 of the CanSkate program to participate in the STARSkate program. Skaters who are interested in figure skating and working CanSkate stage 4, 5 and 6 are invited to join our transition program into STARSkate ~ Lil' Stars program.

### **How many times per week do I need to skate?**

Skaters in STARSkate are required to skate at least once per week. It is highly recommended to skate at least 2 sessions per week as the more you skate the faster you progress.

### **What does my skater do outside of their group or private lessons?**

Skaters are expected to work on their own, or in small groups with permission from the coaches, on the various skills taught in their lessons. Depending on their levels skaters will work on freeskate, skills and dance elements.

### **Do I have to hire a private coach?**

Private coaching is not mandatory at this stage, however, is beneficial for developing your skater. If you are considering private coaching, we would encourage you to speak with the coaches on your skater's session to assist you in assessing the individual needs of your skater.

### **How do we choose a coach?**

Choosing a coach is an important decision as you want to choose someone who will work well with your skater and you as a family, to ensure a successful skating lesson. Remember, in the STARSkate program you will be paying for your ice time plus your coaching time.