

STARSKATE HANDBOOK

A QUICK GUIDE TO HELP YOU SUPPORT YOUR SKATER
THROUGHOUT THE STARSKATE SEASON

Strathroy
Skating Club





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We are excited to have your family join our skating community. The STARSkate program is Skate Canada's nationally recognized figure skating program, designed to develop skaters of all ages in a positive, supportive, and structured environment.

Whether your skater is just beginning their figure skating journey or working toward advanced competitive goals, STARSkate provides a clear pathway for growth, skills development and personal achievement.

Your child will be coached by NCCP-certified coaches who follow Skate Canada standards and long-term athlete development principles. Our coaches work to ensure consistent instruction, skill progression and a welcoming atmosphere for all skaters.

This handbook is designed to help parents understand how the STARSkate program works, what is expected of skaters and families, and how you can best support your child's success. Please take the time to review it carefully and don't hesitate to reach out to our coaches or club board if you have any questions.

We look forward to a fun, rewarding and successful season together. Thank you for choosing the Strathroy Skating Club and being a part of our skating family!

Board of Directors

President	Kelly Freeland
Vice President	vacant
Treasurer	Celia Fraser
Secretary	Abby Bilinski/ Celia Fraser
Program Directory	Kelly Giffen
Test Chair	Abby Bilinski
Directors at Large	Jaymie Starling Nik Patel

President:
- Leads board meetings
- Provides leadership and direction
- Acts as the primary representative of the club
- Ensures policies are followed

Vice President:
- Supports the President
- Assumes responsibilities when the President is unavailable
- Assists with operational planning

Treasurer:
- Manages financial records
- Provides financial reports at meetings
- Oversees budgeting
- Ensures appropriate financial controls

Secretary:
- Records meeting minutes
- Maintains club records
- Distributes meeting agendas and documents

Program Director:
- Oversee programs, their operations, develop skating programs
- Assist with coach management and skater development/achievements
- Communicate with parents, skaters, coaches
- Organize events and share updates/schedules

Directors at Large:
- Participate in board decisions
- Assist with programs, events and club operations

STARSkate Program Overview

The STARSkate Program offers skaters the opportunity to further develop their figure skating skills in areas of Freeskate, Artistic, Dance and Skills. Once skaters move into STARSkate skaters must be able to work independently between lessons, stay focused on the ice, and be committed to regular practice. Lessons will be a mix of group and private lessons based on skill level.

Expectations and Etiquette:

- When skaters are not in a lesson, they are expected to use this time for independent practice
- Skaters may not leave the ice without their coaches permission
- Bathroom breaks should be taken before the session starts
- Respectful communication with coaches is expected at all times
- Skaters are expected to follow coaching instructions and be aware of skating traffic flow during sessions

The STAR 1 - 5 program offers the best in class figure skating curriculum in Canada, targeting athletes looking for a further in the sport. Taught by Skate Canada NCCP coaches, the program introduces participants to the basic figure skating elements. All skaters in this level must have passed CanSkate Stage 6.

STAR 6 - Gold is an assessment and event structure for skaters who completed the STAR 1 - 5 program. This structure builds on the skills acquired in STAR 1 - 5 and introduces skaters to more advanced figure skating elements.



STARSkate Assessments

	Skills	Freeskate		Dance
		Elements	Program	Elements/Pattern Dance
STAR 1	Fwd Edges Fwd Three-Turns FI C Step Sequence Fwd Spiral Circles Choice of Field Move: Fwd 1ft Sit Glide; Inside Spread Eagle; Ina Bauer STAR 1 Skills Exercise – Basic	Waltz Jump Single Salchow Single Toe Loop Fwd Upright Spin Bwd Upright Spin		Fwd Progressives Fwd Chassés Fwd Slide Chassés Fwd Outside Swing Roll Sequence Fwd Outside Cross Rolls
STAR 2	Bwd Edges Bwd Three-Turns Fwd Circle on Circle 2ft to 1ft Multi Turns Fwd Outside Turn Sequence	Single Salchow Single Loop Single Flip Waltz/Toe Loop Combination Fwd Sit Spin Change Foot Upright Spin Fwd Camel Spin	STAR 2 Program	2A: Dutch Waltz 2B: Canasta Tango
STAR 3	Fwd Spiral Circles Choice of Field Move: Bwd 1ft Sit Glide, Spread Eagle, Y-Spiral, Ina Bauer STAR 3 Skills Exercise – Power	Single Flip Single Lutz Single Loop/Loop Combination Bwd Upright Spin Bwd Sit Spin Fwd Camel/Sit Spin	STAR 3 Program	3A: Baby Blues 3B: Bwd Progressives Bwd Chassés Bwd Swing Roll Sequence Fwd Inside Open C Step RFO Cross Roll, Cross Behind FO Three-Turn, BO Edge
STAR 4	Fwd Brackets Bwd Brackets Fwd Double 3s Bwd Circle on Circle Fwd Change of Edge	Single Lutz Single Axel Single Flip/Toe Loop Combination Singel Loop/Loop Combination Bwd Camel Spin Change Foot Sit Spin Flying Camel or Sit Spin Fwd Combination Spin	STAR 4 Program (Must attempt axel)	4A Swing 4B: Fiesta Tango

KATE	Skills	Freeskate		Dance	Artistic
		Elements	Program	Elements/Pattern Dance	
STAR 5	Spiral Sequence STAR 5 Skills Exercise: Quick Edges STAR 5 Skills Exercise – Bwd Slalom	Single Axel Double Jump (2S – 2Lz) Single Lutz/Toe Loop Combination Spin in 1 Position Sit or Camel Spin Combination Spin	STAR 5 Program (Must land clean Axel)	5A: Willow Waltz 5B: LFO Open C Step FO Double Knee Bend Fwd Progressive - Swing Roll Sequence Bwd Progressive - Swing Roll Sequence Ten-Fox Progressive LFO Cross Behind FO Cross Rolls FO Cross Roll, Three-Turn BO Rolls	Choreographic Step Sequence Field Move Sequence OR Spiral Sequence Artistic Spin
STAR 6	Backward Double 3s Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change 3s	Single Axel Combination 2 Different Double Jumps Sit or Camel Spin - (may attempt 1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteenstep	
STAR 7	Forward Loops Backward Loops Forward Inside S Step Backward Outside S Step Twizzles STAR 7 Skills Exercise – Backward Change 3s	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Move Sequence Artistic Spin

SKATE	Skills	Freeskate		Dance	Artistic
		Elements	Program	Elements/Pattern Dance	
STAR 8	Forward Rocker-Three Sequence Backward Rocker-Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin - (minimum 1 feature) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – minimum 1 feature)	STAR 8 Program (as per current Technical Program Requirements)	8A: Kilian 8B: Rocker Foxtrot 8C: Starlight Waltz	
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – S Step	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin - (features permitted) 3 Different Spins of Any Nature (1 feature) (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	**STAR 9 Dances (2 of 3)** 9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Move Sequence Artistic Spin
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature (minimum 1 feature) Change Combination Spin - (minimum 1 feature)	STAR 10 Program (as per current Technical Program Requirements)	**STAR 10 Dances (2 of 3)** 10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep	
Gold	9 Turn Challenge Step Sequence Field Move Sequence Skills Exercise Challenge		Gold Program (as per current Technical Program Requirements)	**Gold Dances (2 of 3)** Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Move Sequence or 360 Degree Field Move Artistic Spin
DIAMOND DANCES	**Diamond Dances (4 of 6)** Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka				

Test Days

Test days are an exciting part of your skater's development, the STAR testing program consists of three disciplines: Freeskate, Skills and Dance. Each Star Level will have at least one test in each discipline before the skater can move onto the next STAR Level. Testing begins in STAR 1.

An invoice will be sent to you upon the completion of an assessment that has been submitted to our test chair. Each STAR 1 - 5 Assessment is $15. Each STAR 6 - GOLD Skill Assessment is $45. The fees are determined by Skate Canada and are subject to change.

What to Expect:

- STAR 1 - 5 are held during regular ice sessions and skaters are assessed by their own coach
- Skaters in STAR 6 - GOLD are assessed in front of an external assessor
- Coaches may charge a separate fee for preparation and attendance on testing days
- Feedback will be given after the assessment

Track your skaters progress with our convenient tracker. This spreadsheet lets you easily record all completed tests in one place. To get started, click the link and create your own copy:

STARSkate Assessment Tracker



Coaches

Coach Abby

With a passion for skating that began at just three years old, Coach Abby has developed a lifelong connection to the sport both on and off the ice. A dedicated member of the Strathroy Skating Club since the age of 10, she grew up training within the club and was mentored by longtime SSC coach Kelly, helping shape the foundation of her coaching philosophy today.

Since beginning her coaching career in 2015 with the Strathroy Skating Club, Abby has worked with skaters of all ages and abilities, from young children as early as two years old to adult learners. She is known for an involved, creative, and positive coaching style that encourages skaters to actively participate in their own development, building both confidence and a strong understanding of skills.

In addition to coaching, Abby works in the field of addictions and mental health. She brings this knowledge and experience into her coaching approach, emphasizing emotional well-being, resilience, and creating a supportive and inclusive environment where skaters feel safe, motivated, and empowered to succeed.

As a competitive skater, Abby achieved numerous milestones, including the completion of Gold tests, earning multiple provincial medals, and representing her training on the international stage with podium finishes.

Outside of the arena, Abby enjoys spending time with family and friends, especially with her dog Tilly. She also loves staying active through workouts and yoga, getting creative with crafting, and exploring new places whenever possible.

Coach Kelly

Kelly Giffen's connection to the Strathroy Skating Club began at a very young age, and her love for the sport has continued throughout her life. From being a young skater herself to becoming one of the club's most dedicated and influential coaches, Kelly has played an important role in shaping the skating community we know today.

Throughout her coaching career, Kelly has had the privilege of coaching numerous skaters who have gone on to achieve incredible success, competing at the provincial, national, and international levels. Her passion for the sport extends well beyond competitive skating, as she continues to support and encourage skaters of all ages and abilities. From our youngest CanSkaters taking their first steps on the ice to those with aspirations of competing, Kelly is committed to helping every skater develop and reach their potential.

Kelly's dedication to the Strathroy Skating Club doesn't stop when she steps off the ice. She remains actively involved in supporting the club's volunteers, programs, and day-to-day operations, playing an important part in the continued success and growth of the organization.

Today, Kelly has taken on another special role in the skating world – that of "Gamma"! She is now sharing her love of skating with her granddaughters, teaching them to enjoy the sport that has been such a meaningful part of her own life.

Kelly's lifelong dedication, passion, and commitment to skating and the Strathroy Skating Club have left a lasting impact on generations of skaters, and her love for the sport continues to inspire the next generation.

Private Lessons & Expectations Policy

At the Junior level, it is strongly recommended that skaters hire a private coach to support individual progress, especially if the skater wishes to pursue testing and/or competitive opportunites.

Establishing a Private Coaching Arrangement
When hiring a private coach, you are entering an independent professional agreement with that coach. Strathroy Skating Club contracts coaches for group instruction for some programs; private lessons are a separate business relationship managed by the coach and family. Communication about private lessons should be between the parent/guardian and the private coach directly.

Topics to Discuss with your Coach
Before starting lessons, families and coaches should clearly discuss:

- Lessons structure (length, frequency, purpose)
- Hourly rate of pay
- Extra fees (testing days, competitions, choreography, music editing, off-ice coaching)
- Billing (how and when you'll receive invoices)
- Preferred communication method (email, phone, text)
- Process to add or remove a coach from the skater's coaching team

Open Communication
Families and coaches must keep honest, professional and respectful communications. If concerns arise, parents/guardians should speak first to the coach. Likewise, coaches should communicate directly with parents/guardians if concerns arise.

Changing or Ending Private Coaching
If you decide to end lessons with you coach:

- First discuss with you coach
- Request a final invoice and ensure payment in full
- After closing the coaching agreement you may begin looking for a new coach





Wanting to Compete?

There are two competitive pathways - the Podium Pathway (qualifying stream for national and international events) and the STAR/ Community Pathway. The Podium Pathway is the elite qualifying route to national and international championships where the primary goal is developing high-performance athletes for Team Canada. The STAR Pathways is a developmental route focused on a lifelong love of skating and personal growth with competitive opportunities. The Strathroy Skating Club focuses on the STAR Pathway.

2026 - 2027 Competitive Season

The Provincial Series Assignment Process offers athletes a guaranteed opportunity to register for a select number of events during an advanced registration period. This helps athletes, coaches and parents/guardians better plan and prepare for the upcoming competition season.

The 2026-2027 Provincial Series Assignment Process Survey will **open on Tuesday August 18 2026 at 10:00 am and will close Tuesday September 8th at 11:59 pm**. This is completed through SkateReg. Athletes will select and rank in order of preference their top 4 Provincial Series Events. The 2026-2027 Star 1-4 Assignment Process Survey will **open on Tuesday September 22, 2026 at 10:00am and will close Tuesday October 20, 2026 at 11:59PM/**

Athletes will be identified by their Skate Canada number and home club only. It is the responsibility of each user to ensure that the Skate Canada number listed on the athlete's SkateReg profile is accurate. The link to view event assignments will be emailed directly to the user who completed the survey.

How to Create Skate Reg Account
How to Register for An Event
How to Upload Music
2026-2027 Event Registration Dates

The Star 1-4 Assignment we are asking you rank competitions as the following:

1. Kitchener
2. Norwich
3. Brant

BRING ON THE FUN

This year we are hosting our own Bring On the Fun Competition on April 24th, 2027! BOTF is a fun and development focused event series designed to build skater confidence, team spirit and a love for the sport in a supportive low-pressure environment. There are opportunities to compete individually or as a team along with fun contest events like the longest competitions.

Competition What to Bring

- ☐ Clean laces and skates
- ☐ Warm-up jacket and gloves
- ☐ Competition dresses and tights
- ☐ Skate guards, soakers and towel
- ☐ Running shows for off ice warm up
- ☐ Any off ice equipment (skipping rope, spinner, yoga mat, resistance bands)
- ☐ Hairspray, bobby pins, makeup
- ☐ Bandaids, kleenex, any medications (inhalers, etc)
- ☐ Water and non messy snacks

Before Competition

- ☐ Check schedule and event start times
- ☐ You should arrive at least 1 hour before your ice time. This will allow you plenty of time to register, find your dressing room and warm up. Parents are not allowed in the dressing rooms
- ☐ Decide what dresses you will wear, test any new outfits at practice prior to competition
- ☐ Know what hairstyle you will do and practice it at home, hair should be pulled up away from the face and bobby pins are secure
- ☐ Talk with your coach about your expectations, where to meet, fears and jitters
- ☐ Allow yourself plenty of time to arrive
- ☐ Don’t forget to bring a copy of your music on a USB

What to Expect

- ☐ When you arrive, register your skater and find out what dressing room
- ☐ Enquire about where medals will be presented
- ☐ Find your coach and see if competition is running ahead/behind schedule
- ☐ Whenever possible try to watch your fellow skaters and cheer them on
- ☐ Realize that your coach may have a tight schedule, they may have multiple skaters and your coach may need to be in two places at one time
- ☐ If this is your first competition you may want a little help, don’t be afraid to ask!

Fundraising and Volunteering

Just like most other non-profit organizations, fundraising and volunteering helps keep the club costs down, which in turn keep our registration fees down. Registration fees alone do not cover the costs of operation.

Each STARSkate family is asked to fundraise $150, and volunteer for 5 credits worth $150. Throughout the year we offer many opportunities to fundraise. Please keep an eye on emails, the office, the skating club website and our Social Media pages for current and upcoming fundraising opportunities. If you have any suggestions for a fundraiser or require a letter for sponsorship please reach out to the club.

The fee is paid at the time of registration and is given back as a credit to your account and the end of the year in April. The amount credited is determined by how much sponsorship/fundraising or volunteering completed. You will only get back the maximum bond you paid.

The Strathroy Skating Club offers many opportunities for families to get volunteer credits. Some volunteer opportunities currently available are helping with office duties for CanSkate, you could also join the Board of Directors, help with fundraising distributions. Volunteers will be needed to build props, set up backdrops, lights and board cover up, assist with admission and raffle sales, security, announcing, music etc during our year end show and competition. This year's ice show will be held on **March 31 2027** and our **Bring On the Fun** competition will be held **April 24, 2027.**

Do you have any experience with photography, dance or fitness instructions? We are always looking for volunteers to help with our off-ice sessions.



Strathroy Skating Club

Helpful Links

Strathroy Skating Club: https://strathroysc.uplifterinc.com/

Skate Ontario: https://skateontario.org/

Skater Reg: https://skatereg.ca/#!/

STARSkate Program Information: https://skatecanada.ca/learn-to-skate/star-skate/

Rowan's Law - Concussion Safety: https://skateontario.org/rowans-law-concussion-information/

Contact Information

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