

## What is StarSkate Prep and Competitive Prep?

StarSkate Prep and Competitive Prep is a learn-to-figure skate program. In conjunction with Skate Canada's guidelines and the LTAD\* the curriculum of the Prep program has been developed by our ASC coaches for skaters who wish to pursue figure skating. This is a transitional program between the CanSkate and STAR/Competitive Skate programs, where skaters continue to work on their fundamentals while exploring basic figure skating moves and techniques. Skaters will be prepared for entrance into Skate Canada's StarSkate or Competitive Skate programs, building a solid foundation for long term success in the sport of figure skating.

StarSkate Prep and Competitive Prep groups are invitational programs and parents must contact the Director of Skating prior to registering to make sure this is the right program for them. The Prep program is suitable for any skater who has experience in skating basics, has completed Stage 3, and has an interest in figure skating.

Lessons are given in a group format and led by NCCP Certified Professional Coaches. Through a combination of group lessons and individual practice time the program teaches skaters to train effectively while beginning their transition from CanSkate to STAR/Competitive Skate. Our coaches introduce figure skating specific skills to include edges, turns, jumps, spins, field movements, performance, dryland training and much more! Class fees include both on-ice and dryland activities.

- **On-ice Sessions:** A typical on ice session starts with a coach lead warm-up, followed by lesson time. Skaters will break into groups for lesson time, where there will be a different focus every session. After lesson time, skaters will participate in a cool down activity such as: musical movement, independent practice, or a group activity.
- **Dryland Training:** A vital part of the StarSkate Prep and Competitive Prep group programs. In dryland training skaters will train flexibility, body awareness, coordination, jumping technique (positions later to be used on-ice), and continue to explore movement and other areas important to the figure skating lifestyle. This is mandatory and a fantastic addition to our program that improves an athletes overall development.
- **Clothing and Equipment:** Skaters should be dressed in tight fitting, athletic clothing or skating dresses. Layering is highly recommended. Jeans, hoodies, bulky, or loose clothing can be hazards and are discouraged.

- Helmets: Skaters must wear CSA Approved Hockey helmets until they have completed Stage 5. Hair must be tied back and off of the face. Helmets can be taken off after discussion between coaches and parent.
- Skates: Figure skates should have strong ankle support. Please do not tie laces around the ankle. Guards are recommended walking from the dressing room to ice surface. Skates should be sharpened regularly, and wiped down after each practice. Please do not store skates in hard, plastic guards as this causes rust.
- Viewing the session: We invite parents to view from the stands. Parents are not allowed to watch from the player's benches/box.

During a skaters stay in the Prep program they will continue working through the CanSkate 3-6 stages. Skaters progress at their own rate and will be instructed accordingly. If your skaters has been in our program before we continue assessing them where they left off last season. In December each skater will receive a Mid-Point Review out-lining their achievements with personalized comments. At the end of the 20-week program each skater will be able to view their Report Card indicating all their achievements through Uplifter (online). On the last day of skating, badges and ribbons will be handed out according to their completed levels. Ribbons are given out for partial levels (Agility, Balance, and/or Control) and badges are for full levels. More details will be available closer to the end of the program.

Throughout the skating season we have will occasionally have guest ASC skaters come out to skate and assist with the StarSkate Prep and Competitive Prep skaters. We have also planned for some fun skating "Theme Days," and a "Showcase Event" set for the end of the skating season. More info to come – check your emails for more details.

If you have any further questions regarding the program please contact:  
Kelly Kirby – Coordinator of the StarSkate Prep and Competitive Prep Programs.  
Lynnell Moss – Director of Skating / [directorofskating@airdrieskatingclub.com](mailto:directorofskating@airdrieskatingclub.com)

Thank you,

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\*LTAD – Long Term Athlete Development