



# STARSkate

*Skills, Tests, Achievement, Recognition - this is what STARSkate is all about!*

The Kamloops Skate Club (KSC), is a Skate Canada affiliated club and we are proud to offer their programs. Star Skate is designed to give skaters a chance to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. It is designed to fit with Sport Canada's Long Term Athlete Development (LTAD) characteristics. Our club offers group lessons at a scheduled time as part of Mon-Thurs StarSkate sessions and private/semi-private lessons as well. We offer dryland training. Skaters will have the opportunity to take Skate Canada tests and compete in Regional, Superseries and invitational competitions. We have Senior Starskate (Star 3+) and Intermediate (Star 1-3), please refer to the Regular Season Schedule for skating times. Senior Starskate is for Star 3+ skaters depending upon coaching decisions. Open Ice is for all StarSkate and Intermediate blocks are for the Intermediate StarSkaters. This is also the ice time a skater would skate on if they wished to compete in the competitive skate stream.

## STARSKATE EXPECTATIONS

**All skaters who need supervision off-ice should have a designated adult in attendance during skating.** We encourage parents to watch their child's progress, as it will help you understand some of the nuances of figure skating. We do not allow parents on the ice for insurance reasons; except for our Christmas and year end family skate nights. We are seeking former figure skaters and hockey players to volunteer as program assistants, if you are interested please email us. If there is a time when you feel you would like to speak with a coach, please choose an off-ice moment. No abusive language or behavior will be tolerated and absolutely no coaching from the stands or boards by parents.

## DRYLAND

Skaters are expected to participate in as many dryland classes that they are able to attend. Many skills are developed in dryland classes off ice.

## SKATES AND ATTIRE

Skaters are expected to wear somewhat form fitting clothing, so the coach is able to see the skater's posture/position during skating. Good Quality Figure Skates can be purchased at Blade Runner Skate Services in Vernon, Skater's Edge in Port Coquitlam and Cyclone Taylor in Vancouver all have a variety of figure skate options. You may be able to find suitable used skates through Consignor Sports, Blade Runner Skate Services and the Thompson Okanagan Buy and Sell group on Facebook. Our coaches, Blade Runner, Cyclone Taylor and Skater's Edge can help you choose the appropriate level of skate needed for your current and projected future level of skating, they are both quite knowledgeable. ***Look for our information about selecting proper skates and equipment information; choosing proper skates is essential.***

**Club Closet:** The club now has a club closet with quality figure rental skates, in a variety of sizes. The cost is \$25 to rent the skates, with a deposit of \$25. The deposit is returned upon return of the skates in good condition in the form of a club gift certificate. Donations of quality figure skates are accepted to the club closet.

## SKATE CARE

Skates should be sharpened, blades free of rust and nicks. To keep them this way we recommend keeping a towel or rag with the skates, drying them after every skate and sharpening when needed. Blade guards help to keep the integrity of the skate blades as pristine as possible and it helps teach children proper skate care early and prevent

accidents, like walking on concrete or similar damage. For more information about equipment please visit our equipment information page: <https://kamloopsskatingclub.com/register/equipment-information/>

### VOLUNTEER HOURS/FUNDRAISING

Our Club is a non-profit run by a volunteer board. We require our skaters and/or skater's parents to participate in fundraising and club events. This allows us to keep our prices down, as ice-time, coaches and other overhead are costly. We STRONGLY encourage our STARSkaters to be program assistants (PA). In most skating clubs if you skate competitively you must do a minimum number of PA's per session. We have a proud history of having enough program assistants to not need to go to a mandatory model; we are hoping to keep it this way. As your skater progresses within the club, there is an expectation of increasing volunteer/fundraising support.

### REGULAR SEASON ICE FEES 2024/25:

- On Ice Group Lessons Mon-Thurs & OpenStarskate Fridays and Sundays (no group lessons)
- Private and Semi-private lessons will be available, and **must** be pre-booked (*additional fee*)
- Dryland training days

Package	Annual Fee for Ice time Regular Season Ice Only
1 Day Per Week (Upon request, and may attend all dryland sessions)	\$350
Full Package (May skate during all available STARSkate ice).	\$700

**\*\*PreSeason and Regular Season Ice only, must book private lessons in advance.\*\***

### COMPETITION INFO:

Competitions afford skaters an opportunity to showcase their skills, be judged and rewarded for their efforts. There are costs associated with competitions. Coaches mileage, hotel and other costs will be split between all the skaters going to the events. A coaching fee will be charged per event the skater skates in; fees should be discussed in advance with your coach so expectations are clear. Competition registration costs and information for upcoming events can be found at <http://www.skatinginbc.com/>.

### SKATE CANADA FEES:

All Kamloops Skating Club members pay a \$58.65 per year Skate Canada Fee, as a part of our membership fee, the remaining charge of \$1.35 covers the processing charges. This fee allows Skate Canada to operate, and to continue to develop programming like CanSkate. Skate Canada provides an affordable coach training program and gives clubs direction on the best ways to teach skaters of all levels to be their best, with a national syllabus.



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