



TPFSC STARSkate Policy

The STARSkate Program offers coaching in the disciplines of Freeskate, Skills, Artistic, Dance and Synchro.

Purpose:

To describe programs, clarify STARSkate rules and expectations for programs.

General Rules for all Sessions:

1. Skaters should demonstrate good sportsmanship, respect for coaches, fellow skaters and club volunteers at all times.
2. Skaters should help foster a positive, safe and respectful space for everyone.
3. If a skater's music is being played, this skater has the right of way on the ice.
4. Skaters must wait until a coach is on the ice before getting on a session.
5. TPFSC maintains a substance-free environment. The possession, use, or consumption of alcohol, cannabis, illegal drugs, vaping products, tobacco products, or other prohibited substances is not permitted during any TPFSC program, practice, competition, event, activity, or club function.

This policy applies within the arena or facility and at any location where an individual is participating in or representing TPFSC. Violations may result in removal from the activity and/or disciplinary action in accordance with club and Skate Canada policies.

Financial Information

- Skating fees must be paid prior to the first skating session
- Skaters must have previous fees paid before registering for a new skating season
- Skaters who have not paid fees are not permitted on the ice.

Attendance

- Skaters are encouraged to attend all scheduled sessions
- Regular attendance is vital for personal development as well as obtaining consistent progress throughout the skating journey

Programs

STARSkate Sessions:

1. Starskate sessions will focus on the following disciplines: Freeskate (jumps/spins), skills (edges/turns) and dance (pushing technique/timing/patterns).
2. The STARSkate program will offer primarily group sessions/lessons with groupings varying from year to year depending on registration numbers and overall skill level of skaters.
3. STARSkate grouping requirements may change from season to season based on a number of factors. This will be determined each season by the Board of Directors.
4. With the exception of the Open session, all coaching costs for STARSkate are included in registration fees.
5. Coaches on each session will schedule group and/or individual lessons for skaters that are included in registration fees. Lessons may look different for each skater and will vary depending on the skater's level, season goals and competition plans.
6. All skaters on the session have equal opportunity to play their solo music during the session.
7. Skaters who have successfully completed all skills and dance assessments can continue to practice independently during skills and dance lesson time, being mindful of other skaters in lessons. Jumps are discouraged during this time.
8. Skaters guest skating on a club coached session will only be able to play music if the club coach/session skater is not playing music.
9. When possible, off ice sessions will be offered and may be an additional cost to skaters.

Open Session:

1. Skaters are expected to work independently.
2. There will be a 'skater' list and a 'coach' list for playing music. Coach list music is played ahead of skater list music.
3. The skater list will have 2 columns. Skaters with more than one program can put their first choice on skater list 1 and their second choice on skater list 2. When all music is played on skater list 1, skaters can play music on skater list 2.

4. Skaters can put their name on the music list themselves. This will be monitored for the first month of programming and will be re-evaluated at that time.
5. Any starskate coach is welcome to offer lessons on the open session. Coaches can add their skater's name to the coach list for music. Coaches should be mindful that everyone should have an opportunity to play their music at least once during the session.

Intro to Star:

- For Canskaters in Stage 5 and 6 and skaters in STAR 1 and 2
- Designed to assist Canskaters in Stage 5 & 6 advance through the Canskate program and introduce them to disciplines in the STARSkate program
- Designed to help further develop skills in the STARSkate program
- Used to improve basic skating and performance skills
- A Star 3 synchro team will be selected from any skater who has passed their Canskate Stage 6 badge and **any** Starskate Star 1 assessment at the time of competition.

Assessments:

- Assessments are completed when a skater is ready
- Notification of assessments will be communicated via the starskate email
- Each assessment will cost \$18 (Star 1-5 all disciplines, Star 6 & up skills and Star 7 & up artistic) and \$23 (Star 6 & up freeskate/dance)

Private Lessons:

- Private lessons are optional and are the responsibility of the parent to arrange. There is an additional cost. If you are interested in private lessons, please refer to "Club Information" then "our coaches" on our Uplifter site for a list of STARSkate coaches.

Solos:

- Skaters can have a freeskate programs/solos after they pass Star 1 freeskate
- Skaters can have an artistic program/solo after they pass star 4 skills
- Skaters can choose to have a group solo that is included in registration fees or an individual solo (*see next point*)
- If a skater wishes to have their own individual solo, it is the responsibility of the parent to arrange/make a contract with a private lesson coach. Additional fees

will apply and will be communicated to you by the coach prior to the beginning of the contract.

Helmets:

- Helmets are optional in Starskate
- Parents can use their own discretion when deciding if your skater wants to skate without their helmet
- Halos are also permitted

Dress/Hair:

- Skaters are expected to wear appropriate clothing on the ice. No jeans, loose clothing or hoodies.
- Please ensure that hair is tied back neatly.

Competition Information:

- Skaters may participate in club sponsored competitions. Competitions promote growth and skill development.
- Competitions are optional with the exception of synchro.
- A list of competitions can be found on the Skate NL website
- Competition announcements will be communicated via email and the Starskate Facebook group

Code of Ethics

All skaters and their families are expected to adhere to Skate Canada's code of ethics, promoting a positive and inclusive skating environment. Please visit the link below for more information:

<https://joomladev.skatecanada.ca/index.php/en-ca/policies/79-skate-canada-code-of-ethics.html>

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