

STARSKATE HANDBOOK



a guide for new STARskate
parents & skaters

Welcome To The 2022-2023 Season

On behalf of our executive, welcome back for another memorable year of skating!
A special welcome back to our coaching team; Shauna Klettberg, Joline Bowditch, and Janine Boxall. Our coaches are highly trained and respected in the skating world, have a life-long love for the sport and are truly dedicated to the personal success of each skater.
Skate Tisdale strives to create an atmosphere full of growth and opportunity. We encourage our skaters to feel confident and excited, build new friendships and excel at the sport of skating. We invite all parents to get involved and help make this another wonderful season. This manual should answer some of the questions you have about our club and programs. It also contains important dates and information for the upcoming skating season. Please refer to it when needed. Of course, our executive and/or coaches are always available to answer any questions you may have.

We look forward to a fun, successful season, full of growth and progress for our skaters.

Skate Tisdale

SKATE TISDALE **2022-2023 EXECUTIVE & DIRECTORS**

Visit <https://www.skatetisdale.ca/> to create your unique Skate Tisdale account, so you can find additional information, registration links, payment instructions, and program-specific calendars.

Club email: info@skatetisdale.ca

President: Scott Janke 306-852-7768

Vice President/ Marlys Mooney 306-852-7973

Treasurer: Erin Janke 306-852-8115

Secretary: Rebecca Will 306-873-0006

Coach Director: Shauna Klettberg 306-323-2099

Fundraising Director: Amanada Russell 306-873-9007

Assessment Director: Amber Belchamber 306-865-9669

Membership/Grants Director: Kelly Andris 306-873-1996

Star Skate Director: Heather Turcotte 306-873-9111

CanSkate Director: Stacey Theissen

2022-2023 Coaching Staff

Shauna Klettberg shauna_klettberg@hotmail.com 306-323-2099

Joline Bowditch rj.bowditch@yourlink.ca 306-873-2258

Janine Boxall janine_2@hotmail.com 306-873-1473

CARNIVAL

Saturday March 18th, 2023 @7pm

Sunday March 19th, 2023 @ 2 PM

At the end of each season, Skate Tisdale puts on a two day Carnival. This is an excellent way to showcase the progress each of our skaters has made throughout the year and is a great finale to the season for both CanSkate and StarSkate. The coaches and program assistants` work together to create a fun and exciting show that every skater LOVES to perform much to the audience`s delight.

Costumes are required; however, they are kept fairly simple. Whether buying, sewing, or renting, all attempts are made to keep costume costs between \$20 - \$30. The carnival theme and groups will shared in January.

If your Child will not be participating in Carnival you must inform the Coach Director by January 15 as much planning goes into this fun-filled event .

Parent volunteers will be required to help as Group Parent, Parent Helper, Raffle Table, 50/50, set-up, take down, decorations etc. Many hands make light work!

FUNDRAISING 2022 - 2023

- Fundraising credits required to be earned = **20 units**
- Fundraising credits not earned through fundraising programs are to be paid out on a basis of **\$25 per credit**
 - Full buy-out option of **\$500** offered at time of registration
- Unearned credits will be invoiced March 1, 2023 and required to be paid by March 10, 2023. Non-payment of unearned credits will result in skaters not being able to participate in programming past this date.
- Fundraising options will be happening throughout the season. We plan to do
Skate Canada Raffle - Apple Sale - Co-op Card - Buy-Low Cards - Ice Melt and more as they arise.

**STAR PROGRAM
&
ASSESSMENT
STRUCTURE**



What is STARskate?

STAR 1-5 LEVEL

The STAR 1-5 program offers the best-in-class figure skating curriculum in Canada, targeting athletes looking for a future in the sport. Taught by Skate Canada NCCP coaches, the program introduces participants to the basic figure skating elements to create the foundation for singles, pairs, ice dance and synchronized skating.

All skaters in this program must have passed CanSkate Stage 6 or equivalent. Skaters may be any age. Adaptive skaters who have the required skating ability welcome.

STAR 6- GOLD LEVEL

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.

FIGURE SKATING DISCIPLINES

Figure skating has five disciplines that lead to a high performance pathway.

- **SKILLS**

Includes the development of turns in figure form, as well as skill exercises to develop power and control. Field moves are also included in this discipline.

- **FREESKATE**

Includes the development of jumps and spins in isolation and the development of freeskate solos/programs that encompass different program components and elements for success in a performance situation.

- **DANCE**

Includes the development of skating technique while promoting timing, accuracy, and musicality through pattern dances.

- **ARTISTIC**

Includes the development of movement, creativity, projection, and interpretation through programs

- SYNCHRO (STAR 2, 3 and 4)

Includes the development of synchronized skating elements through a variety of skating skills and teamwork.

Skills	Freeskate		Dance			Artistic	Synchro
	Elements	Program					
STAR 1	STAR 1	STAR 1	STAR 1				
STAR 2	STAR 2	STAR 2	STAR 2A	STAR 2B			STAR 2
STAR 3	STAR 3	STAR 3	STAR 3A	STAR 3B			STAR 3
STAR 4	STAR 4	STAR 4	STAR 4A	STAR 4B			STAR 4
STAR 5	STAR 5	STAR 5	STAR 5A	STAR 5B		STAR 5	
STAR 6	STAR 6	STAR 6	STAR 6A	STAR 6B	STAR 6C		
STAR 7	STAR 7	STAR 7	STAR 7A	STAR 7B	STAR 7C	STAR 7	
STAR 8	STAR 8	STAR 8	STAR 8A	STAR 8B	STAR 8C		
STAR 9	STAR 9	STAR 9	STAR 9A	STAR 9B	STAR 9C	STAR 9	
STAR 10	STAR 10	STAR 10	STAR 10A	STAR 10B	STAR 10C		
Gold		Gold	STAR Gold A	STAR Gold B	STAR Gold C	STAR Gold	
Diamond Dances	Diamond Dances (4 of 6) Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka						

COACHING & LESSONS



1. PICKING YOUR BASE COACH

What is a base coach?

Your “Base Coach” will act as your manager throughout your skating experience.

- They will provide your skater with majority of their lessons, prepare them for assessments and competitions, and provide them with opportunities to help them grow as a skater.
- They will look after your skater at competitions and test days.
- they will choreograph your skater’s programs or arrange for another coach to do so.
- assists skaters with finding music that is a good fit
- will arrange music editing services for your skater’s programs
- will also recommend extra lessons with guest coaches where they see beneficial

2. LESSONS – Club Lessons vs. Private Lessons

CLUB LESSONS; lessons that are included in your registration fee

- your skater will receive 3 club lessons per week during Monday & Thursday ice time
- the coach director will automatically schedule these lessons for you each week

PRIVATE LESSONS; - lessons that are NOT included in your registration fee

- private lessons for your skater are highly recommended
- these are to be arranged between you and your base coach
- private lessons are at an additional cost based on what your base coach charges
- majority of private lessons will be on Wednesday mornings
- invoices will be billed and sent directly from your base coach for any private lessons

3. SCHEDULE

Mondays and Thursdays 4:00 - 5:30pm

Wednesday Mornings 6:30-8:30 am

** mornings are optional for your skater although HIGHLY RECOMMENDED **as it is ice time provided by the club for your skater to utilize

- skaters can skate all or part of this session which can be arranged with your coach

4. EXTRA FEES TO EXPECT ABOVE REGISTRATION COST

ASSESSMENT FEES: \$12 per assessment (your coach will notify you when your skater is ready to be assessed and payment can be made at that time)

COACHING COMPETITION FEES: Discuss fees with your base coach

→ event cost

→ mileage

→ meals

→ accommodations

(mileage, meals, and accommodations are split with all skaters attending the event)

MUSIC EDITING FEES: Discuss fees with your base coach/music editor

SYNCHRO FEES: Discuss fees with Joline or your Synchro Rep

→ costume

→ travel

→ deposits

**SKATES
&
EQUIPMENT**



SKATES

Where to purchase quality figure skates?

Good quality figure skates can be new or used. A popular brand is "Jackson" and can be sourced locally from previous skating families, ordered online (provided you know the model of skate), or a local skate shop.

Our local skate shop in Saskatoon just recently closed, but they are working on finding someone to take over skate fitting in Saskatoon. The club can keep you posted.

Talk to a coach or a Skate Tisdale executive member to get advice on which model of skate to purchase.

Where to sharpen figure skates?

Good quality figure skates need good quality sharpening.

Russ Prosko – Saskatoon

306.384.0341

has extensive experience in molding and sharpening figure skates

John – Saskatoon

306.244.0200

How to take care of figure skates?

-Wipe blades after every use with microfiber cloth or leather shammy

- Use soft guards after wiping to store skates

- Use plastic guards to wear to and from the dressing room

(Do not store your plastic guards on your skates over night as your blades will rust)

-sharpen blades every 6-8 weeks

PRACTICE ATTIRE

Regular Practice Clothing

- leggings
- skating dress & tights
- skating socks (Brand "Thinees")
- tight fitting jacket
- vests for warmth
- (always good to dress in layers)
- helmets optional
- good mitts
- water bottle & kleenex

Coaches Rules: **no jeans - no hoodies - hair tied back**

COMPETITION ATTIRE

I am going to my first competition, what do I need??

- 1 or 2 skating dresses
- beige "Mondor" tights
- Hair pulled back into bun/pony/braid etc. & makeup done at your discretion
- Running Shoes for warm up
- Tight fitting warmup jacket
- 1 Copy of your Freeskate Solo that's on CD

WHERE TO BUY/FIND A DRESS?

Skate swaps from previous skaters are the best – there are always many dresses around for sale

Online Option:

<https://jerryskate.com/>
<https://www.sharenedesigns.com/>

2022-2023 CALENDAR



keep track of holiday ice times,
extra practice, event dates
and more!