



March-Kanata Skating Club

What's Next - Pre-Junior & STARSkate 2023



Questions on Junior STARSkate
Questions on PreJunior

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Pre-Junior CanSkate Program

Our **Pre-Junior Program** at the March-Kanata Skating Club is specially designed for experienced CanSkaters. It is the stepping stone into the Skate Canada **STARSkate** figure skating program.

It utilizes half of the ice surface and is coached by 2 professional instructors of the March-Kanata Skating Club. Skaters are required to have figure skates and skaters must wear a CSA approved hockey helmet until completion of Badge 5.

Registration for the Pre-Junior program is done as a package, for example:

- ❖ On ice portion: twice per week (1 hr. each)
Off ice portion: once per week

CanSkaters looking to progress quickly are highly recommended to skate twice per week. If scheduling permits we will be offering once again an Off-Ice portion to the package. MKSC recommends all figure skaters participate in Off-Ice programming. It assists with body awareness, flexibility, conditioning and jumping.

Coaching is included in the price of the registration and comparable to regular CanSkate programming. **Refer Questions on PreJunior program to canskate.mksc@gmail.com**



STARSkate Program

Junior STARSkate at the March-Kanata Skating Club is specially designed for skaters ready to leave the CanSkate/Pre-Junior Program and have been recommended to move into STARSkate.

The **Junior STARSkate** program is the first level in figure skating. In the Junior program parents are required to hire a March-Kanata Skating Club Base Coach from our list of very highly qualified coaching staff. Skaters will also practice on their own for the first-time during lessons.

It is recommended in the Junior Program to skate 2-3 times per week. This gives the skater a chance to progress more easily. Off-Ice sessions are highly recommended at least once per week to complement the ice time. It helps the skater learn the importance of stretching and body awareness and reduce the possibility of injury.

Parents must stay at the rink during On-Ice sessions to supervise their skaters who are under 12 years old.



STARSkate

The **STARSkate** program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Artistic (introduced later).

Free Skate: consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

Skating Skills: edge quality, control, power and speed.

Ice Dance: teaches timing, musicality, rhythm interpretation, and basic skating skills

Example Junior 1 hour 20 min session.

SKILLS 15 minutes

FREESKATE 40 minutes

DANCE 15 minutes

STROKING 10 minutes (group session run by MKSC coaches, fee included in registration)



STARSkate Program - Junior

STAR 1 to STAR 5 testing: Once your coach feels the skater is ready, they will begin STAR testing in skills, freeskate and dance. At MKSC testing is an important way skaters move up to the Intermediate and Senior levels.

Competitions: Once ready, MKSC skaters typically attend a few local Competitions per year. They are fun and a great team building opportunity for the skaters within the Club. Competing is not mandatory, but some even join the Skate Canada Competitive Skate Program.

Volunteering: Parents are expected to be involved as our Club is run by volunteers. Important tasks include music playing, assisting with CanSkate, safety officer etc.

Spring and Summer Skating: New Juniors are invited to begin STARSkate at the end of our regular season in mid April after you confirm a Base Coach.

Goulbourn and March-Kanata will partner in May-August at Kanata Recreation Center this year.

Fall registration will open mid-late July for our return to the Mlacak Arena.



Finding a Base Coach

When you are looking for a coach for your skater try to find the best match. Each skater and each coach are unique. Here are some important points to take into consideration:

1. **Coaching Qualifications:** All Skate Canada coaches train as CanSkate Coaches and then with continued studies, testing, experience and success; a coach can move through the STARSkate levels from Regional (Level 1), Provincial, National, and finally High Performance (Level 4).
2. **Years of experience:** How long has the coach been coaching? What successes have his/her students enjoyed.
3. **Philosophy:** Do the coach and your skater share the same vision for skating and the method to achieve that vision.
4. **Availability:** Is the coach available for the day(s) and time(s) you would like to skate. How many students does the coach have on the session? Will your skater be able to have the private, semi-private or group lessons they want or need to progress?
5. **Rates:** Each coach establishes their own rate. The rate should be in correlation to the coach's qualifications and experience.



Coach and Skater Relationship

- Coaches are not allowed to solicit skaters by offering their services to you so if you are looking for a coach you need to reach out to them directly, email works great.
- Your coach will create an individualized plan for your skater, working with him/her in a private, semi-private or small group setting.
- Once you have arranged a base coach, always check their availability before registering for any skating sessions. We do not recommend new juniors skate on a session that their coach is unavailable. Your base coach may also arrange coaching for you by another coach when they are unavailable or busy, please let them organize this, or get their permission.
- This can be one of the most difficult and wonderful teams to build. A coach can be a teacher, confidante, cheerleader, taskmaster and friend.
- Sometimes no matter how carefully you try to make the right selection things may not be working out as you planned. Talk to your coach and try to realign your plans for success.
- Perhaps adding different types of lessons, private vs. group, might help. Perhaps adding sessions with another coach might help or moving to another day and time.



Changing Coaches

If you have followed all our suggestions and the coaching relationship is not improving, you have the right to select a new base coach for your skater. Please follow these steps:

- Inform your current coach that you will be changing coaches
- Contact and secure another base coach following the same criteria above
- Request and pay all your current coach's outstanding bills before the first lesson scheduled with a new base coach
- Inform the STARSkate Director of the change.

As skaters grow, they may need to move to a different coach who can offer the training they require. This is a normal occurrence and handled properly will be beneficial for the skater. Our coaches are professionals and they deserve to be treated with respect and honesty in all interactions.



March-Kanata Base Coaches

Currently Accepting New Skaters



**Kristina
Badour**



**Maureen
Mills-Sauve**



**Kelsy
Davis**

Please review all Base Coaches' Bios on our website. www.mkskate.ca/coaches

These base coaches have confirmed they are taking on new juniors for the 2023-2024 season.
Email addresses are provided online.

Starlight Synchronized Skating

Synchronized skating is a team discipline of figure skating where you perform circles, blocks, wheels, lines, intersections and more in a program. It is a great way for your skater to be part of a team in the sport they love. It is not meant to replace singles skating, but it enhances it by providing them with additional skating opportunities and friendships with other skaters in the region. There is nothing quite like it!

Skaters working on Badge 5 may try out for Starlight Synchronized Skating.

<http://www.starlightsynchro.com>

