

## SKATING PROGRAMS

### *Competitive Program for skaters in singles, dance and pairs:*

*This program is for skaters wishing to compete in qualifying events with Skate Canada. The competitive program helps to develop and train high level skaters. Single skaters may enter the competitive program upon passing the Junior Bronze Freeskate test, thus qualifying for the Pre-Juvenile competitive level.*

*Athletes who enjoy a competitive environment will excel in this program that incorporates a series of tests and other training opportunities to help competitors reach and surpass their goals. Provincial, national and international competitions are a part of this program, with elite athletes vying for spots on the Eastern Ontario Team, Canada's National, World and Olympic teams.*

### *StarSkate Program:*

*The StarSkate program offers opportunities for skaters to develop basic skating skills in four different areas: Free Skating, Dance, Skating Skills and Interpretive which are then grouped into the following levels:*

- *Primary*
- *Intermediate*
- *Senior*

*Skills introduced in the CanSkate stages are advanced and refined in the StarSkate Program. Advanced figure skating elements such as single and double jumps, spins, ice dance and skating skills, are taught in private and /or group lesson formats*

*StarSkate program participants love to compete! The StarSkate program offers several opportunities for these skaters who may not choose to participate in the competitive program, but they still want the opportunity to test their skills in a competition situation. They have many opportunities to do this: Club Competition, Interclub Competitions and Invitational Competitions.*