

LEARN ABOUT
OUR PROGRAMS



StarSkate

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

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of **Skills, Freeskate, Dance, Artistic** and **Synchro**.

Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed assessments, awards and incentives.

Skaters have the opportunity to take Skate Canada Assessments through a nationally standardized system. Skaters who have mastered figure skating skills in **STARSkate** may also choose to pursue synchronized skating or pairs skating or ice dancing.



**Skate
Canada**





COMPETITIVESKATE

WHAT IS COMPETITIVESKATE?

CompetitiveSkate is a program for skaters in **singles, pairs** and **ice dance** wishing to compete in qualifying events within the Skate Canada Competition Structure.

Skaters who wish to challenge their figure skating skills and who show potential and qualify as competitive skaters can train in the **CompetitiveSkate** program.

CAN I PARTICIPATE IN MORE THAN JUST THE COMPETITIVE PROGRAM AND EVENTS?

Many skaters who compete in the qualifying event structure also take assessments in Skate Canada's STARSkate Program or participate on synchronized skating teams. The only events that you **may not** be able to compete in are **club**, and **STARSkate** events, some which restrict entry of skaters who have competed in the qualifying event system.



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COMPETITIVESKATE

IT'S MORE THAN JUST SKATING!

Skaters enrolled in **CompetitiveSkate** learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship. In addition to the life skill benefits, skaters in this program may receive:

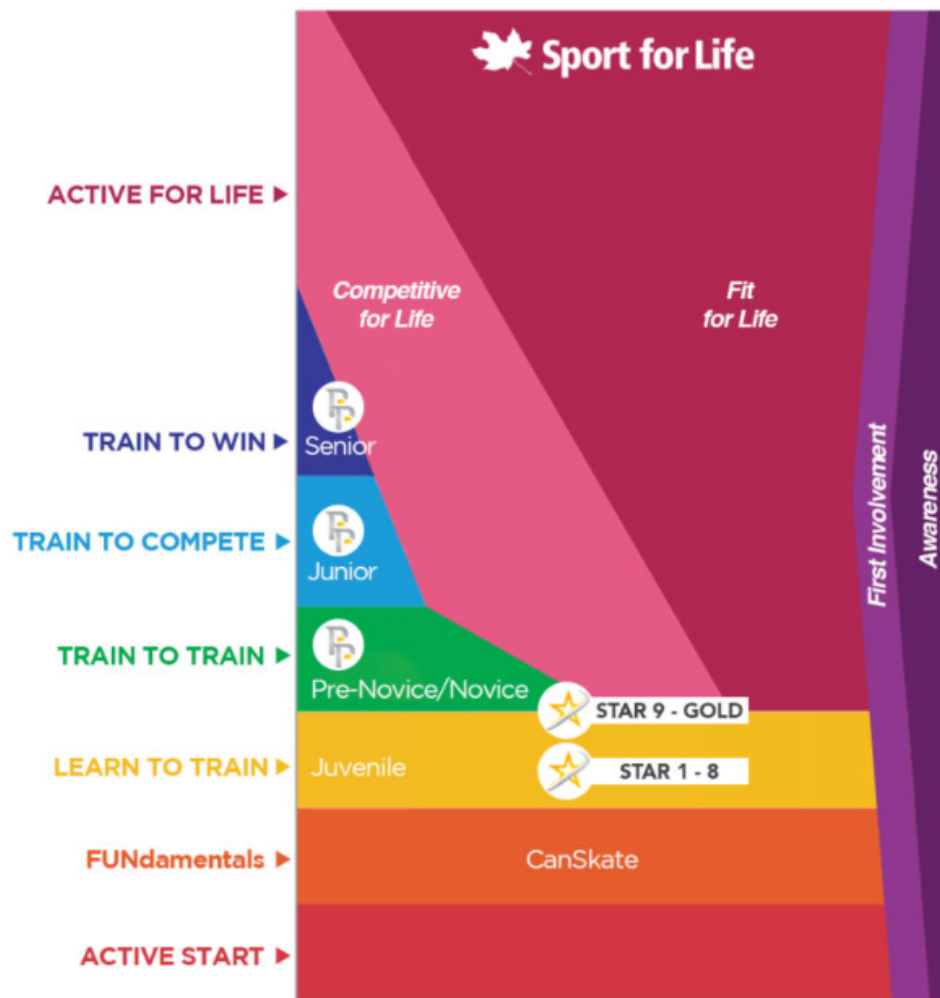
- ◆ access to provincial and national funding programs (as applicable)
- ◆ the opportunity to be selected to **Skate Canada's National Team**
- ◆ the opportunity to compete at **Skate Canada Sectionals, Skate Canada Challenge, and/or the Canadian Figure Skating Championships**
- ◆ opportunity and potential to be selected to represent Canada internationally
- ◆ access to sport science services



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Sport for Life's Long-Term Development in Sport and Physical Activity 3.0



Adapted from Sport for Life,
Long-Term Development in Sport and Physical Activity, version 3.0

▶ ACTIVE START

▶ FUNdamentals - CanSkate

▶ LEARN TO TRAIN - STAR 1-5

▶ LEARN TO TRAIN - STAR 6-8

▶ TRAIN TO TRAIN - STAR 9-GOLD

▶ ACTIVE FOR LIFE