

# HUNTSVILLE SKATING CLUB



## HANDBOOK FOR STARSKATERS

2018-2019

STARSKATE: **S**KILLS, **T**ESTS, **A**CHIEVEMENT, **R**ECOGNITION

HUNTSVILLE SKATING CLUB

P.O Box 5285

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Find us on



**Huntsville Skating Club  
Board of Directors  
2018-2019**

President: Kerri Vallentin  
Vice President: Michelle Breakenridge  
Secretary: Muriel Blaker  
Treasurer: Kellie Heap

Registrar: Ryan Vallentin  
Publicity: Michelle Breakenridge  
Fundraising: Juliah Kelsey & Sunju Park  
Carnival Chair: Muriel Blaker  
CanSkate Liaison: Muriel Blaker  
Coaches Liaison: Louise Azzara  
Test Chair: David Brushey & Louise Azzara  
Volunteer Liaison: VACANT  
Ice Scheduler: Kerri Vallentin  
Coaches Rep: Chrissy Mantle-Marnoch

**Huntsville Skating Club Coaches**

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# Huntsville Skating Club

## Fall & Winter Ice Schedule 2018-2019

### Monday-Don Lough Arena

- 3:30 pm - Senior - Edges & Turns
- 3:45 pm - Senior - FreeSkate
- 4:30 pm - Senior- Dance and Dance Elements
- 4:50-5:05 pm - Junior - Off Ice Training (Oct.-Mar.)
- 5:00 pm - FLOOD
- 5:15 pm - PreCanSkate and CanSkate (Start date October 15)
  - Youth PowerSkating (13 & under) Sept 6-27
  - STARSkate Off Ice Training (Sept. 10,17,24) (30 min)
- 5:50 pm - 6:05 pm- Pre-Junior Off Ice Training (Oct.-Mar.)
- 6:00 pm - Senior & Junior - STARPower
- 6:15 pm - Junior - Dance
  - Pre-Junior & Pre-Season CANSkate 4,5,6 (Sept.6-27) -Steps&Rhythm
- 6:30 pm - Junior - Steps&Rhythm
  - Pre-Junior & Pre-Season CANSkate 4,5,6 (Sept.6-27) -Dance
- 6:45 pm - Junior, Pre-Junior & Pre-Season CANSkate 4,5,6 (Sept.6-27) - Edges & Turns
- 7:00 pm - FLOOD
- 7:15 pm - Pre-Junior & Junior FREESkate
- 8:15 pm - Teen/Adult PowerSkating (Sept.&Oct.)
  - Teen/Adult Learn to Skate & Beyond (Nov.-Apr.)

### Wednesday-Jack Bionda Arena

- 7:00 am to 8:00 am - Junior & Senior - Freeskate

### Thursday-Don Lough Arena

- 4:00 pm -Junior - Freeskate
- 4:30 pm - Junior & Pre-Junior - FREESkate
- 4:45 pm - Junior, Pre-Junior & Pre-Season CANSkate 4,5,6 (Sept. 6-27) - Dance to Rhythm
- 5:00 pm - FLOOD
- 5:15 pm - Junior, Pre-Junior & Pre-Season CANSkate 4,5,6 (Sept.6-27) - Edges & Turns
- 5:30 pm - Junior, Pre-Junior & Pre-Season CANSkate 4,5,6 (Sept.6-27) - Power
- 
- 5:45 pm - PreCanSkate and CanSkate (Start date Oct 11)
  - Youth PowerSkating (13 & under) (Sept 6-27)
- 6:30 pm - Senior - Power
- 6:45 pm - Senior - Spins & Spirals
- 7:00 pm - Senior - FREESkate
- 7:45 pm - Senior - Dance Elements, Steps Sequence & Rhythm
- 8:05 pm - 8:20 pm - Senior - Off Ice Training (Oct.- Apr.)

### Sunday-Jack Bionda Arena

- 8:00 am to 9:30 am - Junior & Senior - FREESkate

# STARSKATE PROGRAM OBJECTIVES

Our STARSkate program objectives for this season are based on Skate Canada's Long Term Development model. Classes are a great way to direct skaters' work and effort in a very cost effective, work productive manner. All skaters should begin each skating session with a *General Warmup*. In an effort to provide specific and focused instruction, we have introduced these classes during each skating session.

## General Warmup

- To warm up the body (increase blood flow and body temperature)
- To re-establish skating balance on blades and reinforce connection with the ice
- To warm up rotational exercises to prepare skaters for the session

## STAR Power Class

- To develop more power on pushing and acceleration
- To increase the comfort level of the skater at higher speeds

## Edges/Turns Class

- To teach, develop and reinforce proper technique for all edges and pushes
- To teach, develop and reinforce proper technique for all turns

## Dance Steps Class

- To teach, review and develop power in dance steps

## Steps & Rhythm Class

- To teach, review and develop basic dance steps using music
- To master timing and dance pattern execution

## FreeSkate Class

- To teach, develop and master jumps and spins
- To develop skating programs and program components

## Spins & Spirals Class

- To teach, develop and master a variety of spins and spirals

## Why Have We Made This Booklet?

We have made this booklet as a guide specifically for Parents of new and returning StarSkaters. Moving from CanSkate to StarSkate can be unfamiliar territory, so we hope you find the information in this booklet helpful with the transition. We value any feedback or questions you might have as we continue to update this resource. We also encourage you to ask any board member or coach any questions you may have.

We rely heavily on our volunteers to run the club. The HSC is run by a dedicated group of volunteer Board of Directors, Professional Coaches and Parent Volunteers. If you are interested in volunteering, please contact any board member.

As a skater at HSC, your daughter/son has paid the Skate Canada membership fee which entitles them to be registered with Skate Canada yearly from September 1 to August 31. A skater's Skate Canada number remains with them during their skating years. Registration provides important liability insurance while on the ice and access to the Skate Canada membership site.



# StarSkate Program

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 ice dance, skating skills, free skate and interpretive skating. 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 awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system.

## How StarSkate Works

The STARSkate program consists of figure skating skills in four areas - Skating Skills, Ice Dance, Free Skate and Interpretive.

**Skating Skills** are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the fundamentals of skating - edge quality, control, power and speed.

### **Ice Dance**

The Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

The dances in the STARSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level.

### **Free Skate**

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

Each test consists of 2 parts - Elements in Isolation and a Free Program.

### **Interpretive**

The objective of the Interpretive program is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements.

**Each of these areas has 11 testing levels from Star 1-Gold except Interpretive which has categories Intro to Gold.**

**Star 1 & 2** - Tests are completed in the skaters' natural environment, during their regular lesson time. This may be in a group, semi or private lessons. Practice attire is acceptable for this type of assessment.

**Star 2,3,4 & 5** - Tests are completed in the skaters' natural environment, during their regular lesson time. To increase the formality, only the skater being assessed will participate in the assessment. Proper skating attire is required for this type of assessment.

**Star 4 & 5** - Tests are completed on a specified test day with an external evaluator. Coaches & skaters stand off the ice and the skater performs their assessment on clear ice.

## Private Coaching

Having a Private Coach is not mandatory however if your skater would like to test or compete they will need to have a Private Coach. You will want to choose an HSC coach that is the best fit for you and your skater. Private coaching lessons can be given on an individual basis, semi private or in a group. Talk to your coach to decide what will work best for your skater. Having a Private Coach is an additional fee above and beyond the registration fee. These fees are set by the coaches and are payable to that coach. Please feel free to talk to our coaches about your child's goals and progress.

Our Coaches Private Coaching fees are as follows:

Chrissy Mantle-Marnoch	<a href="mailto:cmskate5000@gmail.com">cmskate5000@gmail.com</a>	coach set fee
Linda Vandertas	<a href="mailto:lindavandertas@live.ca">lindavandertas@live.ca</a>	coach set fee
Tim White (Mondays only)	<a href="mailto:soulim2009@hotmail.com">soulim2009@hotmail.com</a>	coach set fee
Jeff Trott	<a href="mailto:j_trott1978@yahoo.ca">j_trott1978@yahoo.ca</a>	coach set fee

# StarSkate Tests and Competition Opportunities

Once a skater is in the Skate Canada StarSkate program, there are several options for testing and competing.

## **SKATE CANADA TESTS**

Tests (which are optional, not mandatory) are organized by your coaches, the HSC Board or by other skating clubs. Your Private Coach will decide with you and your skater, when a skater is ready to be tested. Fees are \$12.00 per dance, skills tests, interpretative program and per part of a freeskate. Star 1-5 Tests are coach assessed and can be done during regular skating sessions by your private coach. Where Star 6-Gold tests are considered HIGH TESTS and are tested by an external assessor. You may see other costs such as a partnering fee for a dance and the case of a High-Test Day, an administration fee may be charged (that will assist paying for the Judge's gas, a gift and/or meals). Judges are not paid but are also volunteers. They often have to take time off work and time away from their families to participate in a test day. Test Days will be announced and held as needed by our Section.

## **SKATE ONTARIO COMPETITIONS**

Your skater may choose to enter competitions (which are optional, not mandatory). Skate Ontario, our provincial governing body, has organized a series of competitions throughout the province for skaters of all levels to participate in. There are 3 levels of competition, open to skaters based on their skating levels.

### **Sectional Series (Pre-Novice to Senior)**

The Sectional Series will consist of four events between July 26 to October 14, 2018 and culminate with Sectionals on November 1-4, 2018. The events included in the Sectional Series will be used as qualifying events for the Sectionals in Pre-Novice, Novice, Junior and Senior, in men, women, pair and ice dance disciplines. The athlete priority for each of these events will be the Pre-Novice- Senior events in all disciplines. Pre-Juvenile and Juvenile categories will be offered at all four events, and STAR 5-Gold categories will be offered in the first 3 events in the Series.

### **Super Series (STAR 5-Gold, Pre-Juvenile, Juvenile, Pre-Novice-Senior, Triathlon)**

The Super Series will consist of seventeen events in the province of Ontario between October 19, 2018 to March 3, 2019. This series will determine the participants in the Provincial Championships taking place in March, 2019. Athletes in all STAR events between STAR 5-Gold, Triathlon, Pre-Juvenile, Juvenile, Pre Novice, Novice, Junior and Senior in men, women, pair and



dance will be participating in this qualifying series. A qualifying structure will be implemented to determine the final ranking of the athletes and the total number of participants advancing to the Provincial Championships.

### **STAR 1-4 Events**

This group of events is designed as an introductory experience for athletes at the STAR 1-4 level in the Learn to Train stage of LTAD. This group of events will offer STAR 1-4 categories plus supplementary categories chosen by the host club from a list provided by Skate Ontario. These events will be scheduled through January-February 2019. STAR 1-4 categories will also be offered in some of the Super Series events in January and February 2019. Review the Super Series dates to see the event locations which will contain these categories.

Skaters can register for all competitions on the Skate Ontario website ([www.skateontario.org](http://www.skateontario.org)), under Compete. It is important to check this website regularly to find out when specific competitions will open for registration and when registrations will close. Certain categories of a competition may fill up quickly, so to avoid being placed on a waiting list plan ahead and register as soon as the start date for registrations opens.

### **SKATE ONTARIO COMPETITIONS (Close to our region)**

#### Super Series

Skokie Skate Oct. 19-21

Keswick Nov. 23-25

Thunder Bay Nov. 24-25

Brampton Feb. 15-17

Thunder Bay Mar. 1-3

Skate Ontario Provincial Championships Mar. 7-10  
(Mississauga)

#### STAR 1-4

Orono Jan. 11-13

Innisfil Jan. 19-20

Barry's Bay Feb. 1-3

Oshawa Feb. 2-3

Bracebridge Feb. 8-10

## Program Assistants

Becoming or continuing as a Program Assistant with the Huntsville Skating Club is a very rewarding experience and a great way to give back to the club/community. The CanSkate program depends on Program Assistants to ensure the program runs smoothly and most skaters receive needed attention. Program Assistants are a major part of the programs success.

In September, StarSkaters are contacted by a coach and invited to become a Program Assistant. This is such a great way for a skater to build leadership skills, collect volunteer hours and to become a great role model.

Training session dates (TBA) will take place on and off the ice. During these sessions, the Trainees will learn Warm Up and Cool Down exercises, how the session and groups run and rotate through the circuits, learn how to set up and take down the sessions and other aspects such as ice safety and etiquette with not only the skaters but the parents as well. This is not only a fun team to join but it can be a great team building experience. The coaches and board of directors would like to see all of our StarSkaters become a part of this team.

**IMPORTANT INFO:** If a PA is unable to help with a session, please inform one of the coaches at least 24 hours in advance.

## Volunteering & Fundraising

As mentioned at the beginning of the manual, HSC relies heavily on volunteers to help the day to day operation of the club. We have a very hard working Board of Directors who spend many hours working on making sure all HSC skaters have a successful season. They meet every third Thursday of the month at the Summit Centre and welcome all who would like to attend.

Included in your registration is a \$50.00 refundable volunteer fee. With the completion of 2 volunteer commitments/skater, the \$50.00 will be refunded. Here are **a few volunteer opportunities:**

- **Independent Grocery BBQ (in the summer)**
- **Skokie Skate - an HSC hosted competition (October)**
- **Test Days (December & March)**
- **Ice Show/Carnival (April)**

Your skating costs DO NOT cover all Huntsville Skating Club Costs. Fundraising is necessary to cover the cost of our programs. Below are a few of our ongoing Fundraising. Please visit the website and the skating table for more Fundraising opportunities throughout the year.

- **Skokie Skate** - We have been fortunate to be granted the opportunity to host a Skate Ontario Super Series event this season on October 19,20 and 21st. Skaters from across Ontario will attend this 3 day event to compete in categories from STAR 5 to Gold, Pre-Juvenile, Juvenile and the always popular Triathlon. To host an event of this size, many volunteers are needed. No skating experience is necessary. Jobs include admissions/program sales, setup and cleanup, skater and music registration, dressing room attendants, to name a few. Sign up charts will be posted in early October near the club table. It is expected that STARSkate families will plan to volunteer over the course of the weekend. For more information contact Volunteer Coordinator, Muriel Blaker (murielb.skatingfan@gmail.com).
- **Buy & Sell** - bring in your used skates and skating clothing and we will sell for you. You set the price and the club keeps 20% of the sale price. This is out on display several times throughout the season for skaters and families to purchase items - CASH ONLY SALES)
- **Mabels Labels** - <http://mabelslabels.com/> click on support a fundraiser before placing your order and select HUNTSVILLE SKATING CLUB - place you order like you regularly do and the club gets 20% of all sales.



## Skate Care: Questions and Answers

### **How do I care for my skate blades when wearing my skates?**

To protect your blades from nicks and gouges, always wear hard rubber/plastic skate guards when off the ice. Even the rubber mats that lead from the dressing room to the ice surface accumulate dirt and grit from the shoes of pedestrians and this dirt will nick blades.

### **How do I care for my blades when off the ice?**

To prevent your blades from rusting, always dry off your blades when you get off the ice. Slide your fingers along both sides to remove snow as soon as you get off and then put on your hard rubber/plastic skate guards. After taking off your skates, remove the hard guards and wipe the blades down with a towel or chamois. Wipe both the blade areas and the mounting surfaces as the screws can rust too. Before you put them in your bag, put them in soft covers or soakers to help absorb further moisture and to stop them from banging against each other inside your bag. NEVER store your skates in the hard guards as there is still moisture inside and this will cause your blades to rust and ruin the sharpening. Clean out the hard guards periodically in case dirt or grit accumulated inside them.

### **Who should I get to sharpen my blades?**

Be careful who you trust with your blades. Make sure they are sharpened in a place that uses an automated machine and that they understand how to sharpen figure skates. Those who sharpen hockey skates do not necessarily know how to sharpen figure skates. The bottom pick should not be removed. A couple of locations that HSC skaters currently use is Figure Skating Boutique in Markham, Spirals in Barrie or asking Coach Tim to do them. There are other options as well so use whomever works for you. Your coach may also be able to make recommendations.

### **How do I know if my blades need sharpening?**

You can generally tell if your skates need sharpening by how they perform on the ice. If you feel that you are not gripping the ice or are sliding too much sideways when you skate, then you probably need to sharpen them. An easy test for sharpness is to run the back of your fingernail lightly across the edge of the blade. If some shavings peel off your nail, then they are still sharp. If you are not sure if your skates need to be sharpened ask your coach.

### **How do I know if my skates fit properly?**

Correctly fitted boot should feel snug in the heel. There should be little or no movement when you try to lift your heel. Your toes should be able to wiggle freely but not slide from side to side. In young children, whose feet experience frequent growth spurts, it is suggested that when fitting skates that the child first inserts the foot snugly into the heel "cup", then stands and bends the knee so that the foot slides forward. No more than 5mm minimum to 10mm maximum width is recommended which allows for growth up to one year. In children and adults whose feet have stopped growing, no more than half a finger width is recommended or else the boot is too long.



## HUNTSVILLE SKATING CLUB

### Skaters' Code of Ethics - 2018/2019

Skating is a competitive sport requiring safe and courteous behaviour from all participants, both on and off the ice. Skaters need to be aware of one another to ensure the safety of everyone. Although skating is primarily an "individual" sport, all skaters must act as a team and exhibit team mentality while sharing the ice.

Each skater at the Huntsville Skating Club (HSC) is responsible for being aware of and practicing the rules of etiquette and safety as noted in this document. This Code of Ethics, based upon HSC Policies, must be followed during all training sessions. All HSC skaters are expected to act in accordance with these rules while representing our Club at exhibitions, competitions and other events. All skaters and parents are expected to make themselves familiar with the Code of Ethics and HSC Policies (posted on our website).

#### GENERAL CONDUCT:

1. Skaters and parents must be courteous at all times to everyone, including their fellow skaters and parents both on and off the ice in accordance with the Town of Huntsville's True Sport Principles and Skate Canada Rules.
2. A Board Member or Coach has the authority to remove any skater from the ice for inappropriate conduct or non-payment of fees as per the HSC Policies.
3. For insurance reasons, only SkateCanada members are permitted on the ice surface. Those on the ice need to wear skates or be wearing a CSA approved helmet. Parents/Guardians are not allowed in the players boxes during skating lessons.
4. **Parents, Guardians or designate should remain in the arena for the entire session.** For CanSkate, this is especially important, as HSC does not provide for any off ice supervision.
5. **Be on time** for all your sessions. Please let your coach know if you are going to be late or absent.
6. Coaches are not to be disturbed during lessons or when in their change room.
7. All HSC Skaters must have a head coach if they are taking private lessons, from the Junior Level upwards. The head coach must be a Huntsville Skating Club Coach. Out of club coaches are not permitted to coach on HSC ice time. The head coach needs to approve any other coaches giving lessons to HSC Skaters for on ice sessions on HSC ice and skaters should get their permission for other skating associated lessons. All coaches (club and associate coaches) need to be sanctioned by Skate Canada.
8. Skaters may go to another session for a private lesson with a coach as per HSC Policies
9. Hopping or guest fees must be **paid before skating**. Hopping fees are payable to a Board Member or your coach. Please notify your coach of your intention to hop guest skate. Skaters must adhere to all HSC Hopping & Guest Skater Policies.
10. Money and valuables should not be left unattended. HSC bears no responsibility for lost or stolen items.
11. Skaters asked to be respectful to the Canada Summit Centre, Club, and fellow skaters' property and this includes the change rooms. Use of the change room is a privilege, which can be revoked.
12. Skaters and Parents are encouraged to make an effort to support their fellow skaters during regular sessions and competitions/events.
13. **Concerns/Complaints will be reviewed only if submitted in writing to the Board and will be reviewed by the HSC Board in "Committee of the Whole" (closed session).** Skaters, Parents and Guardians are expected to attempt to resolve any issues with a coach or other skater prior to requesting any action from the HSC Board. If these attempts do not result in satisfactory resolution to the issue, the issue should be brought to the HSC Board in writing.

## **ICE RULES:**

### **Right of Way Rules**

1. **Priority is given to clubtime lessons followed by...**
2. **Skaters in a lesson or during their solo to their music have the right of way.** Regardless of priority - safety must come first. Use common sense and regardless of who has the right of way, both skaters must stop before a collision.
3. When a dance is played, the skater with the coach who requested the dance music will skate first.
4. Solo or dance music will be played in the order of coach request.
5. Spin in the center. Jump at the corners. Do not linger in these areas.
6. It is important to always be aware, cautious and considerate of everyone on the ice. Within each session, there are a variety of skating levels sharing the same ice.

### **Conduct**

1. **All Skaters who have not passed CanSkate Stage 6 must wear a CSA approved hockey helmet on the ice.**
2. Proper skating attire must be worn on all sessions (such as Girls: tights, dressed, skirt or leggings. Boys: athletic non-baggy pants). Long hair should be tied back.
3. Skaters may not enter the ice surface until the Zamboni doors have closed.
4. Food, drink and gum are not permitted on the ice. Water bottles must be left at the boards. No glassware is permitted.
5. Skaters are expected to be skating at all times when on the ice. Skaters must get up promptly after a fall in order to keep pathways clear for other skaters.
6. **Skaters must follow the session schedule**, otherwise they may be asked to vacate the ice, i.e. free skate only during free skate time, dance only during dance time, skills only during skill time, etc. unless in a lesson with their coach.
7. **Skaters are expected to participate in all group lessons.** The only exception is those in a private lesson at the same time as the group lesson. A skater choosing not to participate in the group lesson need to exit the ice until the group session is over.
8. Skaters should not leave the ice surface during a session unless absolutely necessary. It is good practice to obtain a coach's permission before leaving the ice.
9. Skaters must clear the ice promptly at the end of the session.
10. All skaters, including guest skaters, must skate on the session for which they are qualified.
11. Attention must be paid to the position of other skaters and coaches while skating to ensure the safety of all.
12. Foul language, yelling, abusive or aggressive behaviour, including kicking or picking holes and the intentional making of "snow" is prohibited.
13. Pushing, tripping, horseplay, tag, racing or intentional interference with other skaters is not permitted on the ice.

### **DISCIPLINARY ACTION:**

The HSC Board will only commence Disciplinary Action when a written letter of complaint is forwarded to the Board. This letter will be reviewed by the board in "Committee of the Whole" in accordance with HSC Policies.

With the cooperation of skaters and coaches, everyone will have a safe, productive and FUN skating season!

Thank you,  
HSC Board of Directors