



STAR 6 - GOLD



AGENDA

- 🍁 Quick snap shot of current status
- 🍁 **Philosophies & Rationale**
- 🍁 Overview of content per discipline
- 🍁 **Training strategies for coaches**
- 🍁 Assessment overview & examples
- 🍁 **Timelines of roll out & training**





Getting started Kahoot

Let's go to
Kahoot.it





WHAT HAVE WE HEARD?

Rumors

Concerns

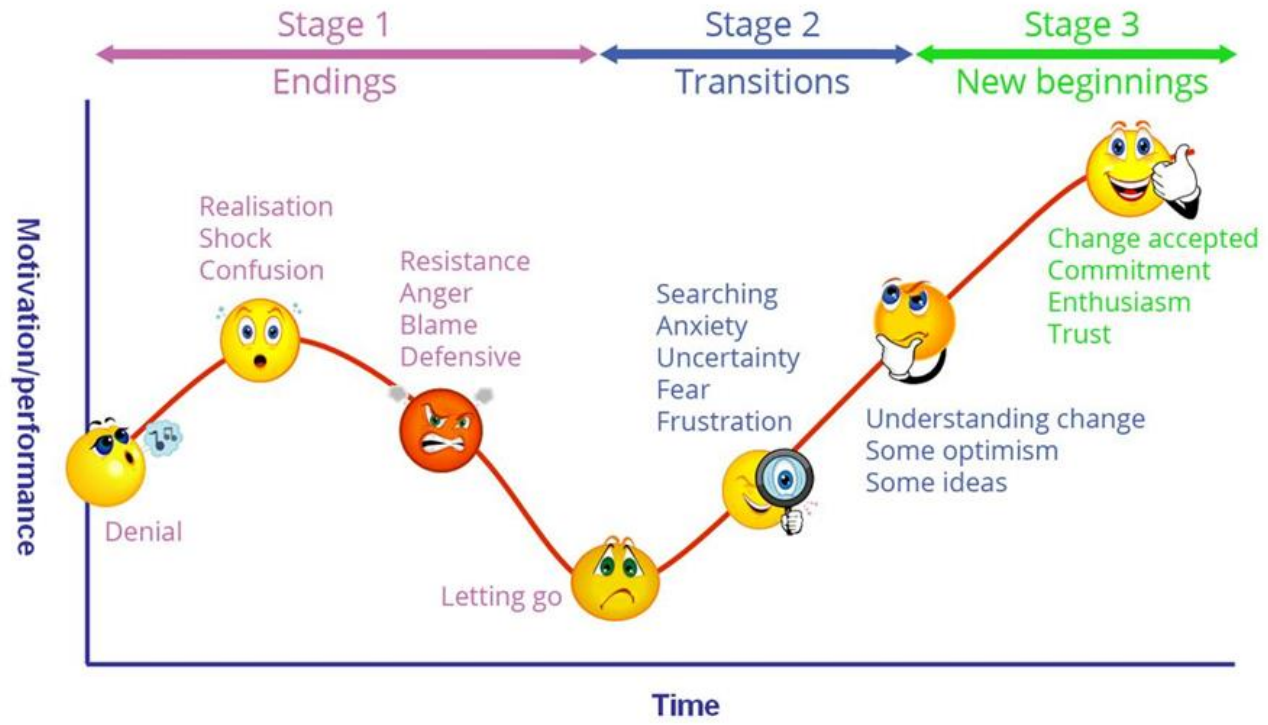
Positive Aspects

Each group to write down their thoughts on each flip chart



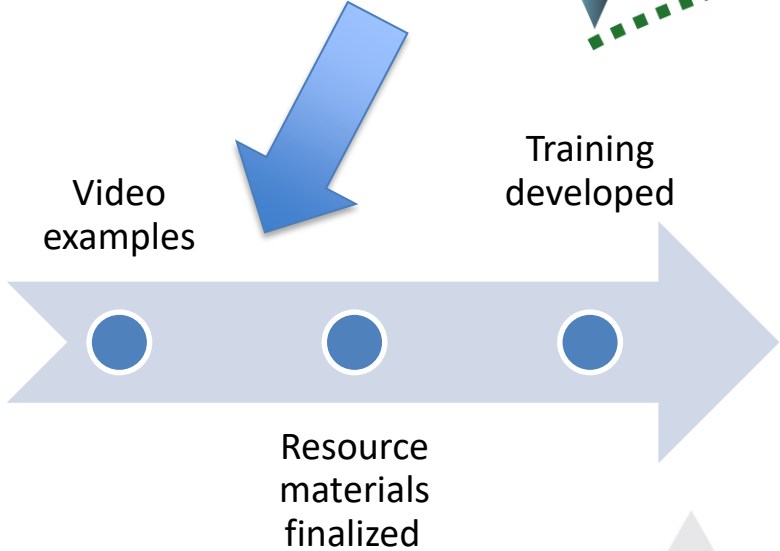
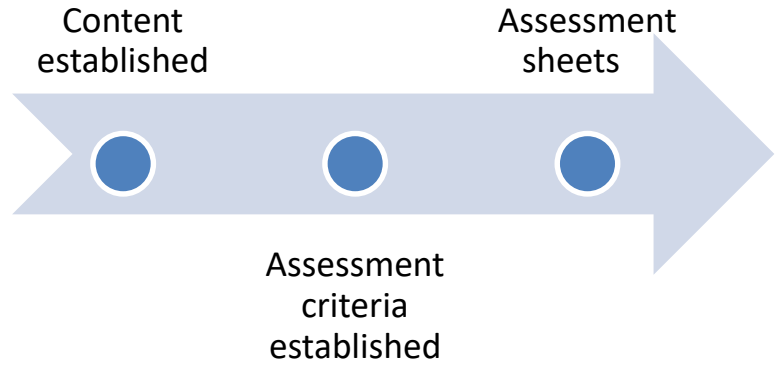


MODEL OF CHANGE





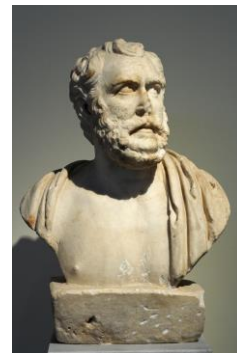
WHERE ARE WE NOW?





PHILOSOPHY & RATIONALE

- 🍁 Align assessments with Event structure
- 🍁 Connect STAR 1-5 to Gold
- 🍁 Expand on philosophies of STAR 1-5
- 🍁 Align with L2C & A4L pathways





STAR 6-Gold & LTAD



- **Learn to Train**

- STAR 1-5
- Pre-Juv / Juvenile
- Elementary / Beginner

- **Learn to Compete**

- STAR 6-Gold
- Pre-Novice

- **Active for Life**

- STAR 1 – Gold
- Adult skating/synchro
- Para / Special O

	Learn to Skate	Learn to Train	Learn to Compete	Train to Compete	Learn to Win / Live to Win	Active for Life
Skater Profile	Females: 3-8 yrs Males: 3-9 yrs	Females: 7-11 Males: 8-12	Females: 9-13 Males: 10-14	Females: 10-16 Males: 11-17	Females: 13-19 Males: 14-21 Living to Win: 25+	All ages
Current System	CanSkate	STARSkate Beginner-Elementary	Juvenile-Pre-Novice	Novice-Senior	International ISU Jr./Sr. Grand Prix World/Olympic	Adult Skate
Training Time (all sessions include min. 15 min off-ice)	1: 30-60 min sessions 1-4 days/week 10-40 weeks/year	1-2: 45-60 min sessions 2-5 days/week 20-44 weeks/year	2: 45-60 min sessions 4-5 days/week 44-48 weeks/year	2-3: 45-60 min sessions 5 days/week 44-48 weeks/year	3-4: 45-60 min sessions 5 days/week 44-48 weeks/year	1-3: 45-60 min sessions 1-6 days/week 25-40 weeks/year
Windows of Trainability (SS's = Speed, Stamina, Strength, Sport Skills, Suppleness) See below.	Skills: M&F: 8-12 yrs Flexibility: M&F: 6-10 Speed: M: 7-9, F: 6-8	Skills: M&F: 8-12 yrs Flexibility: M&F: 6-10 Speed: M: 7-9, F: 6-8 Stamina: M12-13, F10-11	Skills: M&F: 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16, F11-13 Stamina: M12-13, F10-11	Skills: M&F: 8-12 yrs Flexibility: M&F: 6-10 Speed: M13-16, F11-13 Stamina: M12-13, F10-11	Speed: M: 13-16, F: 11-13	SS's are always trainable
Element/Skills Competitions	No competitions but skill presentation in isolation to standard	No competitions but skill presentation in isolation to standard	Technical Skills & Program Component competitions	Technical Skills & Program Component competitions	Yes	Technical Skills & Program Component competitions
Performance Targets	Personal achievement standards: Bronze, Silver, Gold	Personal achievement standards: Bronze, Silver, Gold	Personal and established achievement standards	Maximizing points for rank order	Maximizing points for rank order	As appropriate to level of athlete
Program (Solo)	No	Yes, but towards exit of stage	Yes (free only)	Yes (short and/or free)	Yes (short and free)	Yes – according to level/ability
Evaluation	Coach	Coach Officials	Coach Officials	Officials	Officials	Coach Officials
Level of Competition	Club-level team events	Club, Interclub, Invitational	Regional / Provincial	Regional / Provincial	Regional / Provincial National, International	From club to international
Competition Exposure	1/session	2-3/year at point of exit	6 events maximum/year	3-5 skills comps 2-3 PC comps 3-7 solos comps	3-5 skills comps 5-7 comps (Lev+2W) 5-10 comps (Lev+2W)	As appropriate to level of athlete
Suggested Program Changes	Minor changes to skills in each stage. Add SS's to program. Changes to club program delivery	New skills program to replace Skating Skills. Free Skate test changes Ice Dance - minor	Changes to entry to competition (tests/ standard) and level of event defined by age/skill level	No major changes. Competitive categories defined by age/skill level	Determined by ISU calendar and criteria	Changes to be adapted following CanSkate/STARSkate and competition structure revisions



STAR 1-5 CONCEPTS Continued

🍁 **SKILLS:** Turns, stroking, field moves

🍁 **FREESKATE:**

- 🍁 Elements – jumps, spins
- 🍁 Program – WBP and PC's

🍁 **DANCE:**

- 🍁 FA's, solo, shadow, partnered

🍁 **ARTISTIC: (Skills + Interpretive)**

- 🍁 Required content + PC's
- 🍁 Only black attire (simple in nature)





SKILLS

LEVEL	STROKING	EDGE/TURN	FIELD MOVES
STAR 6	STAR 6 Stroking (fwd change 3's)	Bwd Double 3's Fwd Rockers Bwd Rockers Fwd Counters Bwd Counters	
STAR 7	STAR 7 Stroking (bwd change 3's)	Fwd Loops Bwd Loops FI Choctaw BO Choctaw Twizzles	
STAR 8	STAR 8 Stroking (rolling edges)	Fwd Rocker-3 Seq. Bwd Rocker-3 Seq. Forward Counter-Bracket Seq. Backward Counter-Bracket Seq.	Two Field Moves (Skaters choice, must be different)



SKILLS

LEVEL	STROKING	EDGE/TURN	FIELD MOVES
STAR 9	STAR 9 Stroking (Rockers) STAR 9 Stroking (Choctaws)	Fwd Loop change Loop Bwd Loop change Loop	360 Degree challenge (Spiral full circle)
STAR 10	STAR 10 Stroking (Counters)	1-Foot Turn Seq. Step Sequence	360 Degree Field Move Challenge
GOLD		9 Turn challenge (draw for turn group) Step Seq (min 6 different turns)	Field Move Challenge (3 different field moves)



SKILLS

- 🍁 To be assessed ON SESSION when possible
- 🍁 Coach OR Evaluator assessed

🍁 Training Strategies

- 🍁 Edge-turn, FM classes
- 🍁 Continuation of 1-5 content
- 🍁 (X & O pattern or practice pattern)





FREESKATE

LEVEL	ELEMENTS	PROGRAM
STAR 6	<p>Axel +C</p> <p>2 double jumps of any nature</p> <p>SSp or CSp (1 feature)</p> <p>Layback or Crossfoot</p> <p>CCoSp 2 pos per foot</p>	STAR 6 Event Program
STAR 7	<p>3 double jumps of any nature</p> <p>Jump Combination - at least 1 double jump (1+2, 2+1, 2+2)</p> <p>FCoSP (0 features)</p> <p>SSp or CSp (1 feature)</p> <p>CCoSp (1 feature per foot)</p>	STAR 7 Event Program
STAR 8	<p>4 double jumps of any nature</p> <p>Double as second jump in combo (1+2, 2+2)</p> <p>SSp or CSp (2 features)</p> <p>FCCoSP</p> <p>Spin in 1 pos with 2 features change of foot optional, fly entry optional (may not repeat Sit or Camel)</p>	STAR 8 Event Program



FREESKATE

LEVEL	ELEMENTS	PROGRAM
STAR 9	1 Axel 1 double jump Double/double + C (may not repeat solo jump) 3 Spins of any nature (must be different) CCoSp – 2 positions per foot, 2 features per foot permitted	STAR 9 Event Program
STAR 10	1A Double/double + C 5 Different double jumps Spin of any nature CCoSp	STAR 10 Event Program
GOLD	(no elements)	GOLD Event Program



FREESKATE

- ❁ Can move through elements or program independently
(must complete both for complete level)
- ❁ Evaluator assessed

❁ Training Strategies

- ❁ STAR 6 program revised to meet requirements of STAR 7 &/or
STAR 9 program
- ❁ Use an Artistic program for a STAR 7 or STAR 9 Freeskate program



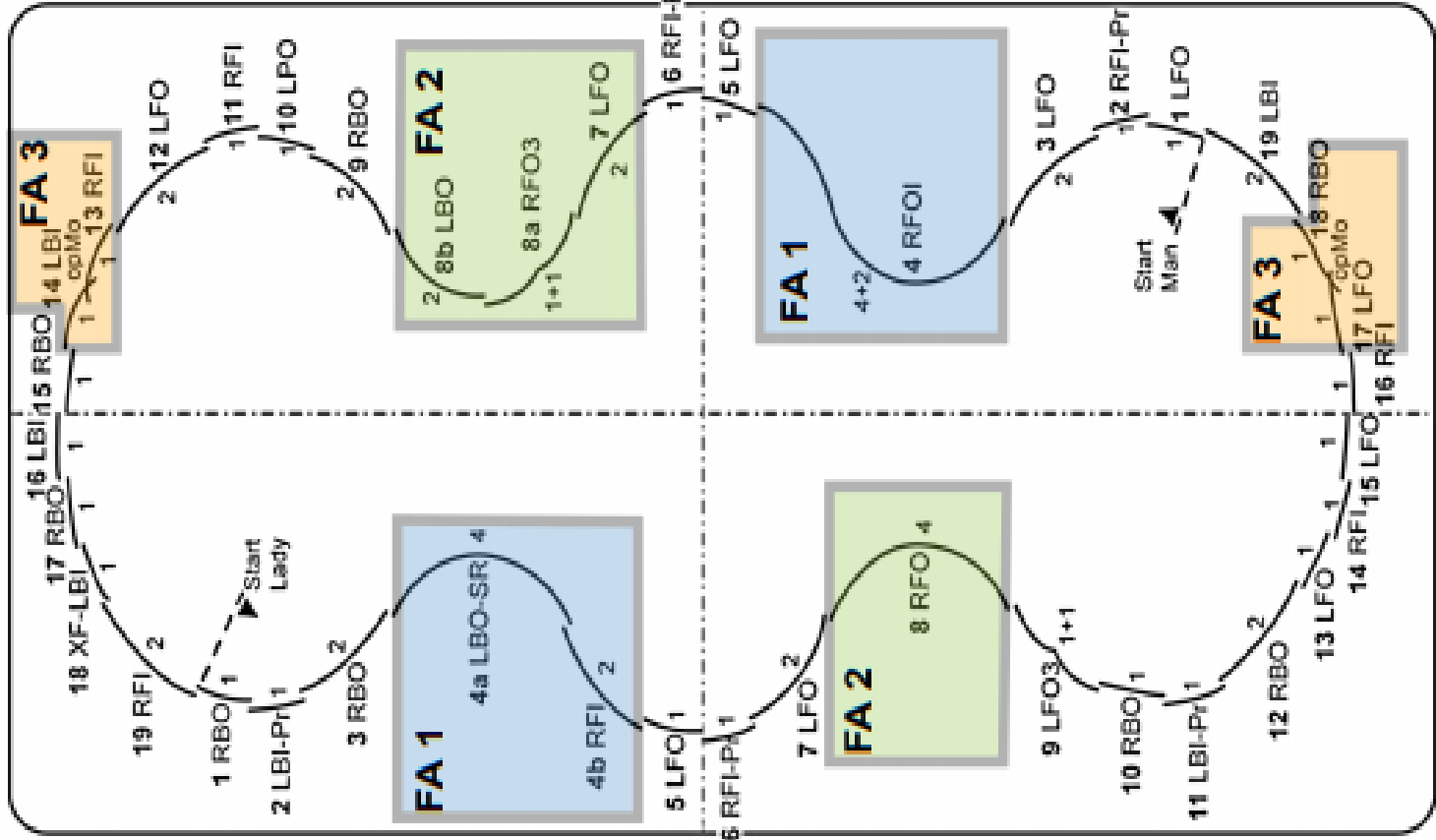


DANCE

Level	Dance A	Dance B	Dance C
STAR 6	Ten Fox	European Waltz	Fourteen Step
STAR 7	Foxtrot	Tango	American Waltz
STAR 8	Kilian	Rocker	Starlight Waltz
STAR 9	Paso Doble	Blues	Silver Samba
STAR 10	Cha Cha	Westminster Waltz	Quickstep
GOLD	Viennese Waltz	Argentine Tango	Open Rhythm Dance



FA's (Focus Areas)





DANCE

- ❁ A, B, or C in any order, full level before next
- ❁ Solo, shadow or partner
- ❁ Male or female steps available for all
- ❁ FA's mandatory
- ❁ TIMING mandatory

❁ Training Strategies

- ❁ Use team coaching to teach dances you may not be comfortable with i.e. Cha Cha, Samba, Gold Rhythm
- ❁ Let skaters explore their own musicality and creativity with Artistic and Rhythm Dance ideas





ARTISTIC

LEVEL	STEP/Field Move	CHOREO	SPIN
<p>Program Length STAR 5, 7,&9: 2:00 (max.) Program Length GOLD: 2:30 (max.) NOTE: Attire for Artistic category must be ALL BLACK and simple in nature (i.e. black pants/leggings and black top)</p>			
STAR 5 **Pre-Requisite: STAR 4 Skills	Field Move or Spiral Sequence	Choreo Step Sequence	Choreographic Spin
STAR 7	Field Move Sequence	Choreo Step Sequence	Choreographic Spin
STAR 9	Field Move Sequence	Choreo Step Sequence	Choreographic Spin
GOLD	360° field move OR Field Move Sequence	Choreo Step Sequence	Choreographic Spin



ARTISTIC

- ❁ Required elements to match skill development
- ❁ Focus on PC's & creativity/musicality
- ❁ All black attire (simple)
- ❁ No title required



❁ Training Strategies

- ❁ Let skaters explore their own musicality and creativity with Artistic and Rhythm Dance ideas
- ❁ Use a Freeskate program to convert to an Artistic program



Continuum of Development 1 - GOLD

		LEARN TO TRAIN STAR 1-5							
Stage of Development			ADVANCED		MODERATE		EARLY		
	EXIT	ENTRY	EXIT	ENTRY	EXIT	ENTRY	EXIT	ENTRY	
		LEARN TO COMPETE STAR 6 - Gold							
Stage of Development	ADVANCED		MODERATE		EARLY				
	EXIT	ENTRY	EXIT	ENTRY	EXIT	ENTRY			
STAR 1						Gold	Silver	Bronze	
STAR 2					Gold	Silver	Bronze		
STAR 3					Gold	Silver	Bronze		
STAR 4					Gold	Silver	Bronze		
STAR 5					Gold	Silver	Bronze		
STAR 6				Gold	Silver	Bronze			
STAR 7			Gold	Silver	Bronze				
STAR 8		Gold	Silver	Bronze					
STAR 9		Gold	Silver	Bronze					
STAR 10	Gold	Silver	Bronze						
GOLD	Gold	Silver	Bronze						



Continuum of Development 6 - GOLD

LEARN TO COMPETE – CONTINUUM OF DEVELOPMENT						
	ADVANCED Stage of Development GOLD & STAR 10		MODERATE Stage of Development STAR 7, 8, 9		EARLY Stage of Development STAR 5, 6	
	EXIT	ENTRY	EXIT	ENTRY	EXIT	ENTRY
STAR 6				Gold	Silver	Bronze
STAR 7			Gold	Silver	Bronze	
STAR 8		Gold	Silver	Bronze		
STAR 9		Gold	Silver	Bronze		
STAR 10	Gold	Silver	Bronze			
GOLD	Gold	Silver	Bronze			



Standards of Assessment

Mandatory Requirements			
<p>Turns: Meets definition of turn, minimum 2 second entry and exit edge Field Moves: Meets definition of field move(s) Stroking: Meets definition of step & turn sequence and stable throughout (no fall)</p>			
Assessment Criteria (GOE)			
	GOLD (+)	SILVER (0)	BRONZE (-)
<p>Position Quality of position</p>	Good positions with good extension and body lines.	Position is solid with moderate extension. Body lines are adequate.	Poor position with extension that is partial. Break in body lines apparent.
Continuum of Development Criteria (for the level)			
Stage of Development (Learn to Compete)	Moderate (entry phase)	Early (exit phase)	Early (entry phase)
CRITERIA	GOLD (Above level)	SILVER (At level)	BRONZE (Below level)
<p>Accuracy Correct stroking technique, symmetry and shape of edges</p>		<p>Basic turns: Edge entering and exiting the turn is solid and strong, with good flow and symmetry. Advanced turns: Edge comprehension developing. Edge entering and exiting the turn may contain wobbles or a flat for 50 % of the edge, with limited flow and symmetry. Skater uses mostly correct stroking technique pushes from the side of the blade. Equal thrusts on both feet in crosscuts. Correct knee action</p>	
<p>Carriage/Clarity Carriage and clarity of movement</p>		The skater has reasonable upright carriage. Body positions are generally pleasing but movements may appear rushed or incomplete.	
<p>Edge Quality Balance, control, body lean and edge depth</p>		<p>Advanced skills may contain correct edges but may be shallow in nature. Skater demonstrates some examples of control, balance and body lean but may be limited or inconsistent. All basic turns should present strong lean, depth, control and balance.</p>	
<p>Power Varied use of power, speed, acceleration, flow and glide</p>		Power is developing. Skater generally uses blade pushes to generate and maintain a reasonable amount of speed. Limited evidence of acceleration, changes in speed, flow and glide.	



Video examples

 Two Video Examples





Next Steps



- ✦ Additional video shoot to capture any remaining gaps
- ✦ Finalize video and written resources
- ✦ Film tutorials for each discipline
- ✦ Build training for coaches and officials (same training)



TIMELINES

🍁 Early Winter - Spring 2019

🍁 Coach and Official training begins

🍁 Spring/Summer 2019

🍁 Earliest “soft” launch

🍁 September 2019

🍁 **LAUNCH**





Wrap-up Kahoot

Let's go to back to
Kahoot.it





QUESTIONS???



