



Rising Stars
(Learn to Figure Skate)
Parent Information Manual



Skate Canada
Patinage Canada

Objectives of the Rising Stars Program:

1. To continue to offer basic skating instruction in an accelerated group lesson format to complete the skills from the Canskate (Learn to Skate) Program while also starting to introduce figure skating skills from the STARskate (Learn to Train for Figure Skating: Star 1-5) Program all while in a safe, welcoming and inclusive environment. Skaters entering the Rising Stars Program will have completed a minimum Stage 2 Badge from the Canskate program OR be identified by one of our NCCP Professional Coaches to move into the program.
2. To continue to follow Skate Canada's LTAD (long-term athlete development) model for this stage of the skater's development. Focus will remain on developing skating and motor skills through the natural learning phases of introduction, acquisition, retention/mastery.
3. To continue to use skill progression and repetition throughout the remaining stages of the Canskate badges to keep focusing on physical literacy and to establish quality basic skating skills.
4. To capitalize on key windows of trainability (sensitive periods in development when the body is more responsive to specific training) through various program components and curricula including focus on speed, flexibility and solid basic skating skills.
5. To continue to provide an environment to accomplish this through continuous movement on the ice, proper warm-up and cool-down segments, and using skill progressions to develop the skills to a high level of proficiency at each level.
6. To foster personal achievements and satisfaction through skill acquisition, rewards and recognition.
7. To evoke an interest in life-long participation in skating.

Rising Stars Team:

The Rising Stars Team consists of NCCP Professional Coaches trained at the Regional Level specializing in STARskate as well as the Director of Skating.

The Rising Stars coaches are individuals whose status in the National Coach Certification Program (NCCP) is Regional Coach Trained or higher and who have completed the most recent updates as required by Skate Canada.

The role of the Rising Stars coaches are to:

- Teach the remaining CanSkate skills (Stage 3-6) using progressions and assess skills via the CanSkate program delivery methods
- Introduce new “figure skating” skills from the STAR 1-5 program
- Provide skaters with a fun and encouraging learning environment

The role of the Director of Skating is to:

- Organize registration for the program
- Collect data from registration and place skaters into groups according to their badge level
- Create lesson plans/schedule to ensure proper progressions & development are met
- Work with the Rising Stars coaches to ensure proper delivery of the program and delivery standards are met
- Schedule & then present Parent Information Sessions
- Be available to answer any questions during the season either in person, via email or via phone/text
- Prepare end of season report cards & meet with parents (as necessary) to discuss next steps

Rising Stars Program:

The Rising Stars program consists of both on-ice and off-ice portions (participation in both aspects of the program are mandatory and will ensure proper development).

1. **Off-ice:** The Off-ice portion is a 30 minute session consisting of a warm-up (focusing on dynamic range of motion); followed by a strength & core component; and then finishing with a stretch segment focusing on flexibility.

2. **On-ice:** The On-ice portion is a 50 minute session broken down into the following sections:
- a. **10 minute on ice warm-up** whose objective is:
 - i. to warm up the body (increase blood flow and body temperature)
 - ii. to re-establish skating balance on blades and reinforce connection with the ice
 1. *Warm-up to be completed using the full ice surface in a variety of formats including perimeter, highway lanes or continuous lanes in both directions.
 - b. **30 minute Lesson/teaching** section: *this segment is essential for learning and practicing skills
 - i. Lesson/Teaching segment will be 20 minutes in length with designated rotation times
 - ii. Skaters will be divided into their groups to receive a 10 minute lesson in one of the fundamental areas (e.g Balance)
 - iii. After 10 minutes skaters will switch to a different section on the ice to receive a second 10 minute lesson in a different fundamental area (e.g Control)
 - iv. Every inch of ice possible should be used to maximize skating development. Circuits can be used and should cover the full designated station area.
 - v. The Fast Track (perimeter of the ice) may be used at any time during the lessons to allow coaches to work perimeter skills.
 - vi. Music must be played at all times (soft background music during lesson time)
 - c. **5 minute “Challenge” or “Creative”** segment where skaters will try to perform challenging skills or perform creative expression under the coaches’ direction
OR
5 minute “Independent Time” whose objective is for skaters to work independently to practice skills they learnt that day
 - d. **5 minute Cool-down** whose objective is to lower the heart rate, decrease the energy level and give skaters’ bodies the opportunity to begin the recovery process before leaving the ice. The cool-down will consist of choreographed movements to music that include long, slow glides, static stretches to promote flexibility such as gliding toe touches and drags.

2. Achievements

The Rising Stars program curriculum is organized into the three Fundamental Areas, divided into six stages of learning (same as Canskate).

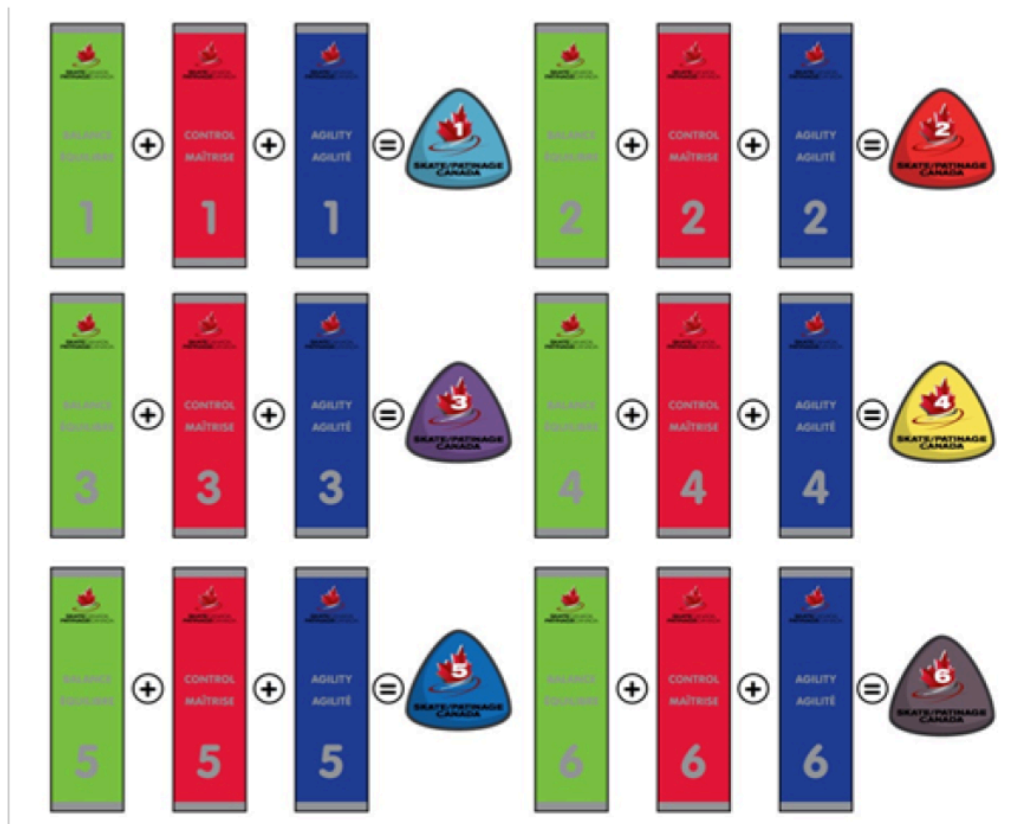
The Fundamental Areas are:

- Balance: Concentrating on most forward skills, pushing technique and edges.
- Control: Concentrating on most backwards skills, stopping and speed elements.
- Agility: Concentrating on most turning and jumping skills.

The awards consist of:

- Three Fundamental Area ribbons for each stage (Balance, Control and Agility)
- The remaining Stage Badges (Stages 3-6) - To receive a stage badge, skaters must achieve all Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.

ACHIEVEMENTS



Rising Stars Program Additions:

In addition to the above aspects of the Rising Stars program, skaters will have the opportunities to register to participate in the following:

1. **TBSA Club Competition (Winter season)** - Rising Star skaters will individually participate in an element event based on their badge level. They will earn their own Certificate which will be earned based on the evaluation of their elements to a set standard of either Gold, Silver or Bronze. They will also be placed on a "Team" including skaters from other levels/programs in the club. Each team will earn points from the individual participants' events plus have a chance to earn team points through team events. This competition is an opportunity for skaters of all levels to come together and support each other in a fun, engaging and challenging **TEAM** atmosphere.
2. **TBSA Ice Show** - Rising Star skaters will have the opportunity to participate in our year end showcase "Ice Show" where they will be placed into groups based on their badge level and perform a group line number as part of the show. They will learn a routine to music based on that year's "theme" of the show and will receive a costume to wear to perform during the show. They will also participate in the finale portion of the show and take part in the end of the show group picture. The Ice Show is a great opportunity for skaters to showcase all of the skills they have learned over the season and perform them for their family & friends.

Rising Stars must haves:

1. All Rising Star skaters must be wearing "figure skates" in order to participate in the program. We recommend the following:
 - a. Petrie's - they have knowledgeable staff to help with proper fitting of skates & blades
 - b. Play it again sports - sometimes have either new or used decent brands
 - c. Canadian Tire - carry the Jackson brand

*Speak directly with the Director of Skating for more details/help with skate purchases

****Please ONLY get skates sharpened at Petrie's as they are the only place in town that knows how to properly sharpen figure skates!!**

2. All Rising Star skaters must be wearing a CSA approved helmet until they have achieved the complete Stage 5 Badge.
3. We recommend skaters dress in layers and wear attire that allows for active movement (e.g leggings, stretchy joggers, sweaters, club or light jackets, figure skating dresses & tights, etc..). Please **NO** jeans, ski pants or heavy winter jackets as this will restrict the skaters' movements and they will be unable to perform the skills they are being asked to do.
4. For off-ice sessions, all Rising Star skaters will need to bring the following:
 - a. Runners
 - b. Yoga Mat
 - c. Skipping Rope
 - d. Water Bottle
 - e. Stretchy band (club has some if skater doesn't)
 - f. Spinner (available to purchase from the club)

TBSA Club Policies:

1. **TBSA Refund Policy** - PreCanSkate, Parent and Tot, CanSkate, Hockey Fundamentals, Rising Stars and our STARSkate programs are 10 week sessions, offered Oct-Dec and Jan-Mar. Registration fees will be refunded upon request prior to the end of the 3rd week of each session. After the 3rd week of each session, refunds will only be issued with a medical certificate. An administrative fee, the Skate Canada fee, plus sessions skated will be deducted from all refunds.
Lead Coaches shall direct any requests for refunds to:
thunderbayskatingacademy@gmail.com
2. **SKATE CANADA CODE OF ETHICS** - All skaters, officials, coaches, employees, board members, volunteers, alumni, parents and guardians who participate in

and observe related Skate Canada activities must adhere to the Skate Canada Code of Ethics. The Skate Canada Code of Ethics can be found at:
<https://info.skatecanada.ca/index.php/en-ca/policies/79-skate-canada-code-of-et-hics.html>

3. SOCIAL MEDIA POLICY - The Club has a Facebook and Instagram account. All members of the Board of Directors will have administrator privileges to both accounts, as well as any member who has been Board approved. These accounts will be used as a general platform of communication to our members and the public. Members and Parents are to refrain from using social media to disrespect or exploit others and the Club.

4. ZERO TOLERANCE ON BULLYING AND HARASSMENT

- Bullying can be defined, but is not limited to, the activity of unwanted repeated, aggressive behaviour intended to hurt another person, physically or mentally whether it be in person or cyber-bullying.
- Cyber-bullying is the use of cell phones, instant messaging, email, chat rooms, or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone.
- Any club member who intimidates or bullies another member of the Club will be dealt with in the following sequential steps:
 - i. A verbal warning from the Lead Coach or any member of the Board of Directors. The President will be notified of this verbal warning for the Club's records
 - ii. The President will create a conflict resolution committee to discuss the situation. They will bring their findings to the Board of Directors, and based on the evidence, a written warning will be issued.
 - iii. A declaration stating the skater is "a member not in good standing" and the skater is NOT permitted on any ice sanctioned by Skate Canada until permission has been granted by the Board of Directors to return. The skater and parent/guardian (if applicable) must request to meet with the Board of Directors to present their case for reinstatement to the Club