



Ontario
Trillium Foundation



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The NEW STAR 1-5 Program

STAR 1-5 Program

- Why the change?
- What's new?
- How does it affect us and our program?
- When does it come into effect?



STAR 1-5 Program

Temperature Gauge:

- What do you know?
- What have you heard?

STAR 1-5 Program

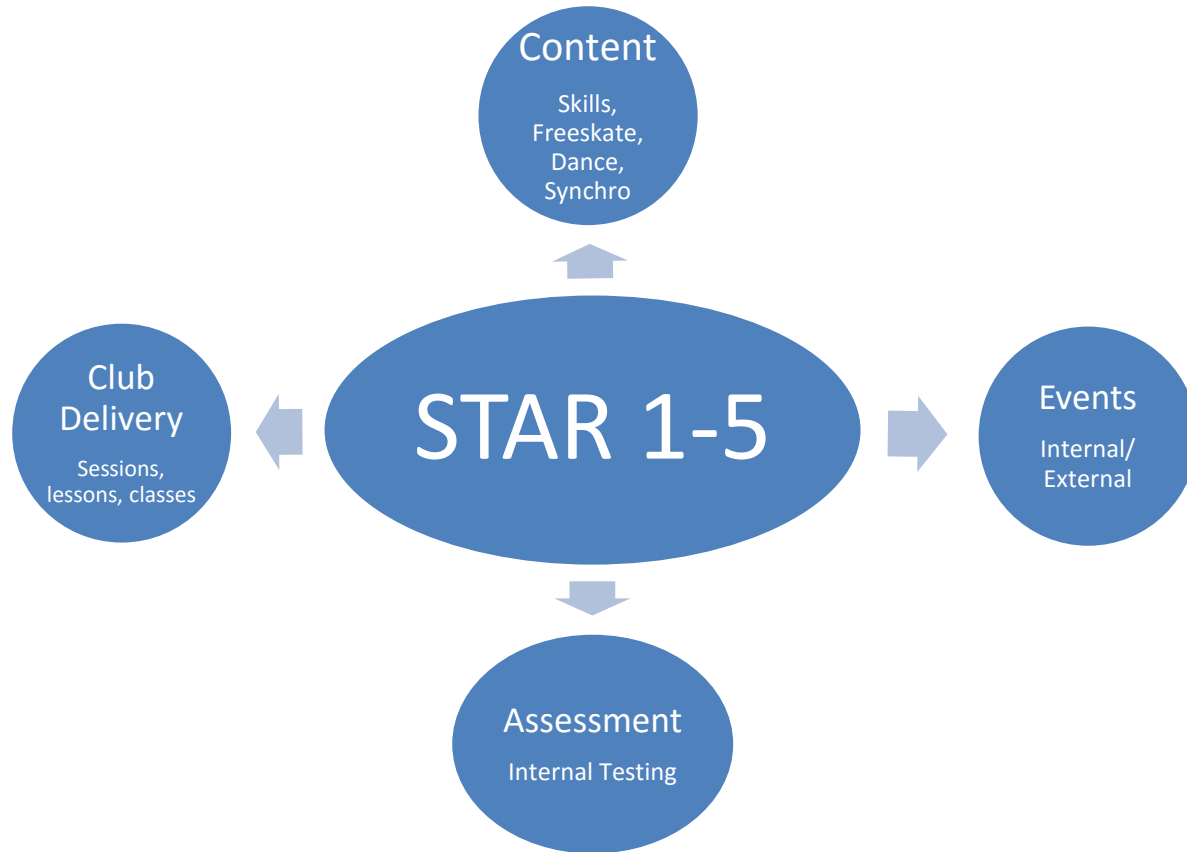
PHILOSOPHY:

- 'Golden Age of Learning'
- Remove barriers for progression
- Strong focus on quality basics
- Introduce more complex skills earlier to allow for a better foundation for development.
- Create a better bridge from CanSkate to Figure Skating



	Learn to Skate	Learn to Train	Learn to Compete	Train to Compete	Learn to Win / Live to Win	Active for Life
Skater Profile	Female: 8-9 yrs Male: 9-9 yrs	Female: 7-11 Male: 8-12	Female: 9-11 Male: 10-14	Female: 12-15 Male: 13-17	Female: 13-19 Male: 14-21 Living to Win: 21+	All ages
Current System	CanSkate	CCM Skating Program Elementary	SkatePro Pro-Nevo	Nevo Skater	International FIG C.C. Skated Pro Skaters/Champs	Adult Skate
Training Time	1-30-60 min session 1-4 days/week 12-16 weeks/course	1-2-45-60 min sessions 2-5 days/week 12-16 weeks/course	2-45-60 min sessions 4-5 days/week 16-18 weeks/course	2-2-30-60 min sessions 4-5 days/week 16-18 weeks/course	1-1-30-60 min sessions 4-5 days/week 12-16 weeks/course	1-1-45-60 min sessions 2-4 days/week 12-16 weeks/course
Windows of Trainability	Skills: MB 8-12 yrs Elements: MB 8-10 Strength, Sport Skills, Teamwork, Ice Sense	Skills: MB 8-12 yrs Elements: MB 8-10 Speed: M 7-9, F 8-8 Spirals: M 7-11, F 10-11	Skills: MB 8-12 yrs Elements: MB 8-10 Speed: M 7-9, F 8-8 Spirals: M 7-11, F 10-11	Skills: MB 8-12 yrs Elements: MB 8-10 Speed: M 7-9, F 8-8 Spirals: M 7-11, F 10-11	Skills: MB 8-12 yrs Elements: MB 8-10 Speed: M 7-9, F 8-8 Spirals: M 7-11, F 10-11	Skills: MB 8-12 yrs Elements: MB 8-10 Speed: M 7-9, F 8-8 Spirals: M 7-11, F 10-11
Element/Basic 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	Measuring points for each event	Measuring points for each event	As appropriate to level of athlete
Program Goals	No	Yes, but towards end of range	Yes (three entry)	No (short and long)	Yes (short and long)	Yes - according to level of ability
Evaluation	Coach	Coach Officials	Coach Officials	Officials	Officials	Coach Officials
Level of Competition	Club level learn events	Club, Interclub, Inter-national	Regional / Provincial	Regional / Provincial	Regional / Provincial	From club to national level
Competition Expenses	Unknown	2-4 (year at point of exit)	4 events (members/year)	3-5 (year at point of exit)	3-5 (year at point of exit)	As appropriate to level of athlete
Suggested Program Changes	Minor changes to skills to match program. Add 20 to program, change to club program delivery	New skills program to replace Skating Skills. Free Skate but changes for Dance - minor	Changes to entry to competition levels? (element and level of event defined by age/sex level)	No major changes Competition changes, defined to approach goal	Enhanced by 20 (element and program)	Changes to be adopted following CanSkate/USMSHA and compete with structure transition

STAR 1-5 Program



Why Coach Assessed Tests?

- Remove barriers in “**golden age of learning**”
 - Cost of tests, lack of accessibility to judges and test days
- External evaluation too soon (says sport science)
- **Coaches 100% responsible and accountable for skater development**

Existing STARSkate Tests

Skating Skills	Free Skate	Ice Dance
Preliminary	Preliminary Elements Preliminary Program	Dutch Waltz Canasta Baby Blues
Junior Bronze	Junior Bronze Elements Junior Bronze Program	Swing Fiesta Willow
2 tests	4 tests	6 tests
Total of 12 tests (spanning LEARN TO TRAIN: Stage 6 to double jumps)		

The NEW STAR 1-5 Tests

Bridge from Stage 6

Old Preliminary level

Old Jr. Bronze level

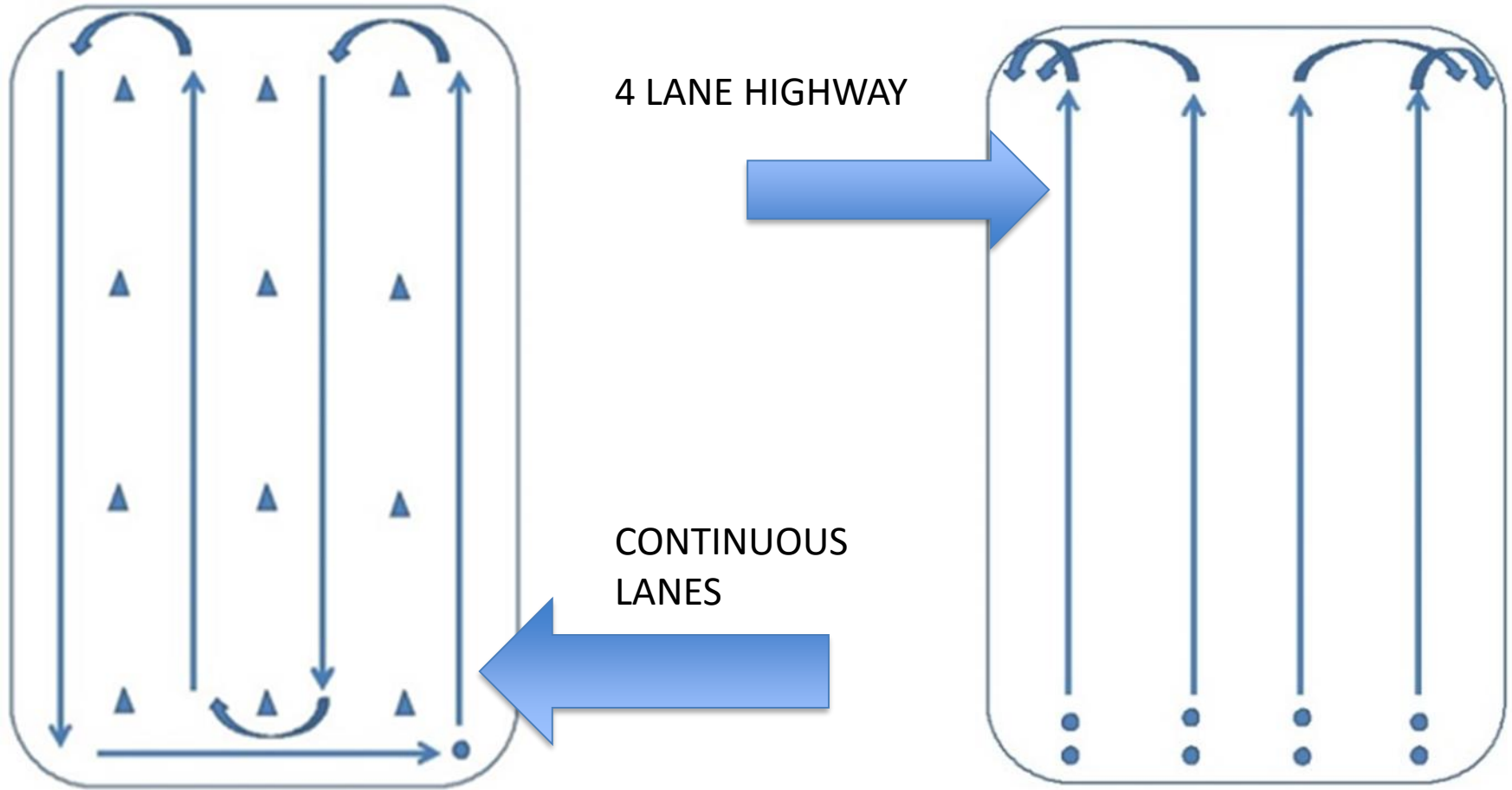
	SKILLS	FREESKATE		DANCE
STAR 1	Edges, Turns, Field Move, Stroking	Elements		STAR 1: Elements
STAR 2	Edges, Turns	Elements	Program: STAR 2 Event requirements	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
STAR 3	Field Move, Stroking	Elements	Program: STAR 3 Event requirements	STAR 3a: Baby Blues STAR 3b: Elements
STAR 4	Edges, Turns	Elements	Program: STAR 4 Event requirements	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
STAR 5	Field Move, Stroking	Elements	Program: STAR 5 event requirements	STAR 5a: Willow Waltz (M & F) STAR 5b: Elements
	5 tests	5 tests	4 tests	9 tests
Total of 23 tests (spanning LEARN TO TRAIN: Stage 6 to double jumps)				

What's new programming

LESSONS	CLASSES	OFF ICE	ASSESSMENTS
Group	Edge/Turn	Warm Up/Cool Down	During lesson time
Semi-Private	Power	Fitness	Designated ice
Private	Spin	Off ice jump	Clear ice
	Movement to Music	Stretch & Flex	STAR 5 only: Test Day
	Field Moves	Creative Movement	
	Dance steps	Mental Training	
	Etc, etc, etc	Etc, etc, etc	

Maximize time with coach in the most cost efficient way

Sample CLASS Formats



Kahoot – Quiz

Go to:

[Kahoot.it](https://kahoot.it)

SKILLS

CONTENT			
Edges	Turns	Field Moves	Stroking
FO, FI, BO, BI Change of edge Circle on circle	3-turns (FO, FI, BO, BI) Fwd Double Threes 2-1ft multi turns Brackets (FO, FI, BO, BI)	Forward Spirals Spread eagles Ina Bauers 1 ft sit glides (F & B) Y-Spiral	Basic – STAR 1 Power – STAR 3 Quick edges – STAR 5 Bwd slalom – STAR 5

MAIN FOCUS:

Figure Form

Power

Turn Technique

Balance

Push Technique

Complex concepts

Introduction to a wider variety of Field Moves

DANCE

CONTENT	PERFORMANCE OPTONS	MUSIC OPTIONS
Elements (Dance Steps	Solo	Skate Canada Series
Pattern Dances (male & female steps)	Shadow	Skate Canada Contemporary Music List
	Partner	
SOLO	SHADOW	PARTNER
<ul style="list-style-type: none"> - Self-powered - Shows true understanding of timing, pattern - Good for strong skaters - Encourages quality development - Benefits to be seen in all disciplines - No additional costs 	<ul style="list-style-type: none"> - Self-powered - Guided pattern and timing - Develops strong skills - Encourages quality development - Benefits to be seen in all disciplines - No additional costs 	<ul style="list-style-type: none"> - Partner directed - Directed pattern and timing - Additional costs may be necessary - Exposes skater to partnering technique

FREESKATE

CONTENT		MISSION
Jumps	Spins	Strong technique
Waltz to Axel	1 ft to Combo's	Repeated jumps
May do up to 2 doubles in STAR 5	Flying Sit or Camel	Many combos (loop & toe)
	Variation in STAR 5	More focus on spins
5 Element Tests		
4 Program Tests* *Must attempt axel – STAR 4 *Must land axel – STAR 5		All programs match EXACT STAR 2-5 event criteria.

Proposed STAR 6 - GOLD

Proposed-
DRAFT
only

STAR 1 - GOLD		
Level	Elements	Program
STAR 1	X	
STAR 2	X	X
STAR 3	X	X
STAR 4	X	X
STAR 5	X	X
STAR 6	X	X
STAR 7	X	X
STAR 8	X	X
STAR 9	X	X
STAR 10	X	X
GOLD	X	

ASSESSMENT – How?

Assessment should become more formal as the skaters progress through the STAR program.

LEVEL	Least Formal	More Formal	Most Formal
STAR 1	X		
STAR 2	X	X	
STAR 3	X	X	
STAR 4		X	X
STAR 5			X

ASSESSMENT – Test Sheets



Skate Canada Freeskate Assessment

SKATECANADA

STAR 2 - Elements

Date: / / Club: Candidate:

Evaluation Result: Pass Pass with Honours Retry

Date: / / Candidate: Coach Assessor:

STAR 2 Elements

In order to establish an element rating, skaters must acquire 2 or more checkmarks at a level or higher.

*Element assessment cannot exceed Criteria rating.

ELEMENTS	CRITERIA	GOLD	SILVER	BRONZE	RATING	COMMENTS
Single Salchow (1S)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Loop (1Lo)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Single Flip (1F)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Waltz + Single Toe Loop Combination (1W+1T+C)	Rotation*				G <input type="checkbox"/>	
	Execution				S <input type="checkbox"/>	
	Landing				B <input type="checkbox"/>	
Forward Sit Spin (SSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Forward Camel Spin (CSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Change Foot Upright Spin (CUSp)	Position*				G <input type="checkbox"/>	
	Edge Quality				S <input type="checkbox"/>	
	Execution				B <input type="checkbox"/>	
Overall Assessment	Total number:	<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>		Result: <input type="checkbox"/> Pass <input type="checkbox"/> Pass with Honours <input type="checkbox"/> Retry

Pass Requirement: 5/7 Elements rated SILVER or better

Pass with Honours: 5/7 Elements rated GOLD



Skate Canada Freeskate Assessment

STAR 2 – Elements

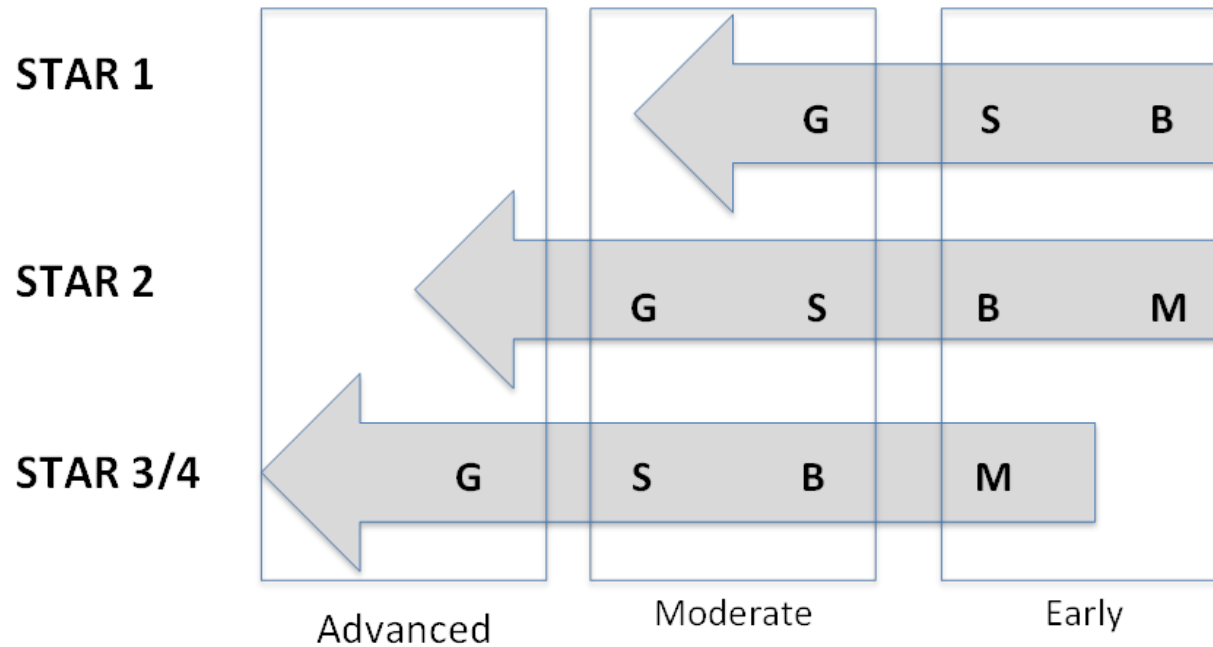
Standards of Assessment

ELEMENTS	ASSESSMENT POINTS	GOLD	SILVER	BRONZE
Single Salchow	(1) Rotation* : Rotation completed in the air	Revolutions completed in the air	Landing lacks up to ¼ rev	More than ¼ rev missing (< or <<)
Single Loop	(2) Execution : Jump flight qualities and take off edge	Good (for level): • Height • Speed • Distance • Air Position • Edge (correct)	Reasonable (for level): • Height • Speed • Distance • Air Position • Edge (correct or flat)	Poor (for level): • Height • Speed • Distance • Air Position • Edge (incorrect)
Single Flip				
Waltz+Toe Loop Combination	(3) Landing : Length of edge, form, flow	Form: Good (for level) & Length: 1 second or more	Form: Reasonable (for level) & Length: 1 second or more	Form: Poor (for level) & Length: Less than 1 second, 2 ft. step out or fall
Forward Sit Spin	(1) Position* : Quality of position	Good (for level): • Body line & Basic Position: Held for 2 revs or more	Reasonable (for level): • Body line & Basic Position: Held for 2 revs or more	Poor (for level): • Body line & Basic Position: Held less than 2 revs
Forward Camel Spin	(2) Edge Quality : Ability to spin on prescribed edge	2 rev or more performed on proper edge	1 rev or more performed on proper edge	< 1 rev performed on proper edge
Change Foot Upright Spin				
	(3) Execution : Established center, speed of revolutions, completion	75% or more of spin centered & Good (for level): • Speed • Exit	50% or more of spin centered & Reasonable (for level): • Speed • Exit	Less than 50% of spin centered or fall & Poor (for level): • Speed • Exit

Additional Comments:

ASSESSMENT

Continuum for Development: “For the level”



ASSESSMENT

Continuum for Development: “For the level”

Criteria	Advanced Stage of Development	Moderate Stage of Development	Earliest Stage of Development
Stroking Technique	<ul style="list-style-type: none">• Pushes from side of blade• Equal thrust on both feet in crosscuts• Correct knee action	<ul style="list-style-type: none">• Generally pushes from side of blade• One dominant thrust may be evident• Some knee bend evident	<ul style="list-style-type: none">• Thrust technique not properly executed• Little knee bend – stroking choppy• Some toe-pushing may be evident
Power	<ul style="list-style-type: none">• Demonstrates acceleration and ease of movement to maintain speed relative to body size	<ul style="list-style-type: none">• Demonstrates reasonable maintenance of speed relative to body size	<ul style="list-style-type: none">• Skater seems slow• Unable to generate and maintain speed• Movements may seem laboured
Execution	<ul style="list-style-type: none">• Skates on true edges• Strong body lean demonstrated• Skater has consistent balance	<ul style="list-style-type: none">• Edges of moderate quality• Some body lean demonstrated• Generally balanced	<ul style="list-style-type: none">• Weak edges and wobbles• Little to no body lean demonstrated• Balance inconsistent or weak

STAR 1 – 5 VIDEO

Training

How will coaches and clubs be trained?

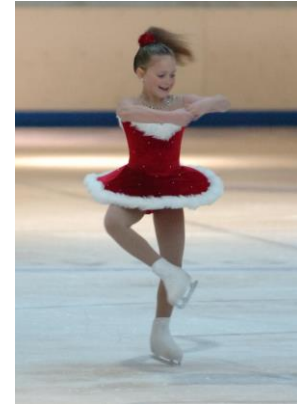


What should we do now?



Coming SOON:

- Training for all Coaches and Clubs for programming and assessment (online)
- **Resource Guide including:**
 - Skill Descriptions and Standards Chart
 - Lesson Plans and Circuits
 - Sample schedules and fee calculations
 - Sample class layouts
- **Assessment Sheets, Info Sheets**
- **Video Library of skills and teaching tips and practice assessment tests for coaches**



Timelines:

Soft Launch September 2016

- Training Summer 2016



Full Implementation September 2017

STAR 6 – Gold in the works now for EVENTS

Test STAR 6 – Gold: Draft done. In “community phase”

STAR 1 – 5 Program:



Thank you to all the individuals who shared
their expertise for this project

Carolyn Allwright

Denis Beaudoin

Brenda Bradica

Reaghan Fortin

Patricia Glenwright

Darlene Joseph

Joel Lenius

Monica Lockie

Sheilagh McCaskill

Paul MacIntosh

Barb O'Brien

Wendy Philion

Louis Stong

Ilan Yampolsky