

# LEARN TO TRAIN

## SKATE CANADA STAR 1-5 PROGRAM

Figure Skating in Canada follows a Long Term Athlete Development (LTAD) model to help guide and shape programming in clubs and schools to direct the growth of all athletes through any age and stage of the development pathway. Programs designed and delivered by Skate Ontario clubs and schools follow modern principles of athlete development outlined in the LTAD. By providing step-by-step technical support and a customized performance and competition calendar, Skate Ontario ensures an optimal development pathway for athletes.

The **Learn to Train** stage of the LTAD introduces figure skating specific skills and has a wide variety of on and off ice programming based on an athlete's desired pathway and commitment to figure skating. The Skate Canada STAR 1-5 program is the basis for technical skill building at this early stage of development and focuses on consistent training on and off the ice. The following chart outlines the recommended commitment levels at the entry and exit point of the **Learn to Train** stage:

Development Stage	Minutes/Ice session	Days/Week	Session/Day	Weeks/Year
Entry	45-60 minutes	2-4 days	1 session	20-40 weeks
Exit	45-60 minutes	4-5 days	1-2 sessions	40-44 weeks

(Skate Canada's Guide to Long-Term Athlete Development, 2010)



During the **Learn to Train** stage, off ice programming is introduced to athletes as part of their technical and physical literacy development. During this stage, athletes are encouraged to participate in a variety of sports and activities in order to continue developing athletic and physical literacy skills to become well rounded athletes. And although the introduction to competition also begins at the **Learn to Train** stage of development, the continued focus for athletes remains centred on developing sport specific skills and building an athletic foundation. The following chart outlines the recommended competition participation for this stage:

Development Stage	Recommended Events	Maximum Events	Recommended Time of Year
Entry-STAR 1-2	1	1	January-February
Middle-STAR 3-4	2	4	January-February
Exit-STAR 5	4	6	October-February

Events at the club level, including performance days, continue to be the priority for this stage of development, with a focus on fun, enjoyment, camaraderie and personal accomplishment. Evaluation for this group of athletes is primarily the responsibility of the coach. Evaluators, judges and technical specialists can play a role in assessments towards the exit point of this stage.

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