



**SKATE ONTARIO**  
SKATECANADA

# 2019 Club/School Enhancement Webinar



# AGENDA



1. 2019/20 SO Programs
2. STAR 6-Gold Update
3. Assessment Coordinator Update
4. Coach Pre-Registration Update
5. Safe Sport Overview
6. *NEW* Members Portal
7. Club Checklist
8. ONCA

# 2019/20 Skate Ontario Programs



## Performance and Development Opportunities



### PERFORMANCE & DEVELOPMENT OPPORTUNITIES INFORMATION



YEARLY PLANNING VIEW											
	September	October	November	December	January	February	March	April	May	June	July
IN CLUB	• Prep/information Sessions • Skills development Sessions • Motivational Sessions			• Simulations • Feedback sessions • Challenge days • Motivational Sessions • Performance Opportunities • In Club Events			• Skills development Sessions • Challenge days • Motivational Sessions • Performance Opportunities • Fun Events • In Club events			• Challenge days • Fun Events • Prep/information Sessions • Skills development Sessions • Motivational Sessions • Performance Opportunities • In Club Events	
MULTI-CLUB	• Prep/information Sessions • Skills development Sessions • Motivational Sessions			• Simulations • Feedback sessions • Challenge days • Motivational Sessions • Performance Opportunities			• Skills development Sessions • Challenge days • Motivational Sessions • Performance Opportunities • Fun Events			• Challenge days • Fun Events • Prep/information Sessions • Skills development Sessions • Motivational Sessions • Performance Opportunities	



**Prep/Information Sessions**  
**Focus:** To start purposeful practice of skills during training and healthy off-ice habits  
**Time of year:** Typically done during the summer or fall, prior to the start of the yearly skating season  
**Examples:** Off-ice: Learning off-ice warm-up, hydration, snacks for fuel, benefits of a healthy sleep pattern, general fitness, off-ice jumping, mental training, yearly planning, goals, technical knowledge, learning CPC, planning daily practice sessions, safety during a busy session  
On-ice: Learning on-ice warm-up, breaking down the basics, edges/turns



**Skills Development Sessions**  
**Focus:** Develop and focus on technical fundamentals and quality skill development  
**Time of year:** Skill development is an on-going theme through the skating season; however, development opportunities geared around new skills will tend to appear after the competition season is over (in summer and fall)  
**Examples:** Off-ice: Jump technique, spin positions, landing positions, trampoline class, off-ice harness, flexibility training  
On-ice: Jump technique, spin technique, edge work, landings, dance, power/speed, on-ice harness, pole harness



**Motivational Sessions**  
**Focus:** Skater, team, club motivation - bringing in a role model or expert from outside the club can help motivate skaters to the next level  
**Time of year:** Choose the time of year that is best for your skaters - try booking during less frequent/busy times of the year.  
**Examples:** Off-ice: Skaters, athletes (including other sports), coaches (including other sports), community members  
On-ice: Skaters, athletes, coaches, choreographers



### PERFORMANCE & DEVELOPMENT OPPORTUNITIES INFORMATION



**Simulations**  
**Focus:** Emulate the competition experience from arriving at the rink to the end of their performance - acclimatize skaters to skating under the pressure of a competition  
**Time of year:** Prior to and including the beginning of competition season  
**Examples:** Off-ice: Simulating a competition environment (arriving at the rink ahead of event, sample registration, dressing rooms, warm-up, competition attire, hair, make-up)  
On-ice: Simulating competition (warm-up in flights, names called, assessment from the stands)



**Feedback Sessions**  
**Focus:** Working with officials and/or coaches from surrounding clubs to provide expertise and valuable feedback for skaters  
**Time of year:** Leading up to competition season  
**Examples:** Off-ice: Fitness evaluations, video playback and analysis  
On-ice: Reviews on - programs, elements, transitions and performance



**Challenge Days**  
**Focus:** Provide exciting and engaging ways for skaters to push their limits, pursue goals, explore different forms of training and venture out of their comfort zone  
**Time of year:** Fitting in challenge days throughout can spark interest and ensure a higher level of engagement from skaters  
**Examples:** Off-ice: Fitness, flexibility, nutrition, team building activities  
On-ice: Jumps, spins, field moves, teamwork



**Performance Opportunities**  
**Focus:** Offering multiple venues for skaters to perform in front of an audience  
**Time of year:** Typically offered during the second half of the skating season and through the off-season  
**Examples:** Off-ice: Dance numbers, talent show  
On-ice: Showcase nights, Ice Show, 'Feature Fridays', galas, CanSkate element event



**Fun Events**  
**Focus:** Provide an opportunity for skaters to work together, perform, and have fun doing it!  
**Time of year:** At the end of the skating season  
**Examples:** Off-ice: Club cheers, best decorated team, holding a spiral/one-foot sit glide position, skating trivia, scavenger hunt, team building activities  
On-ice: Longest spiral, most loop jumps in a row, most rotations in a spin, group creative activity, team field move, obstacle course



**In-Club Events**  
**Focus:** Low pressure, competition style opportunity amongst club members  
**Time of year:** During the second half of the skating season, once programs are ready to perform  
**Examples:** On-ice: Club competition, CanSkate element event

# 2019/20 Skate Ontario Programs



## *CanSkate Excellence*

- Recognizing quality CanSkate programs across the province
- Club initiated [application process](#)
- Includes a video submission or a CanSkate Specialist site visit





# 2019/20 Skate Ontario Programs



## *Club Consultations*

- Club initiated [application process](#)
- Dedicated to quality programming and best practices within clubs/schools
- Consultations available to any club/school in the province
- On-Ice and Off-Ice options available
  - Individually catered to club/school's needs
  - Package options available



# 2019/20 Skate Ontario Programs



## *Webinars*

### January/February

- Volunteer Recruitment
- STAR 6-Gold Check-in

### March/April:

- AGM Education
- Club Finance

### June

- Club/Coach Relationship
  - We will be running a session at the 2020 Strength in Unity conference as well





# 2019/20 Skate Ontario Programs



## *2020 Strength in Unity Conference*

Date: June 13-14, 2020  
Location: Delta Conference Centre  
(655 Dixon Rd, Etobicoke, ON)





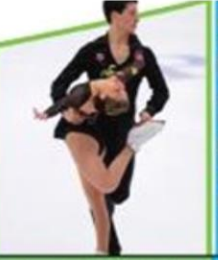



Information for the event and registration dates will be released in February/March of 2020!





# STAR 6-Gold Update

## Overview – Philosophies & Rationale

						
	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: 15+	All ages
Current System	CanSkate	STARskate Beginner-Elementary	Juvenile-Pre-Novice	Novice-Senior	International ISU Jr./Sr. Grand Prix	Adult Skate

- Align assessments with Event structure
- Connect STAR 1-5 to STAR 6-Gold
- Expand on philosophies of STAR 1-5
- Align with Learn to Compete & Active for Life pathways





# STAR 6-Gold Update

## Freeskate



<b>STAR 6</b>	Axel + C 2 Different Double Jumps Sit or Camel Spin (1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)
<b>STAR 7</b>	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)
<b>STAR 8</b>	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin (2 features) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – 2 features)	STAR 8 Program (as per current Technical Program Requirements)

<b>STAR 9</b>	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin 3 Different Spins of Any Nature (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)
<b>STAR 10</b>	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature Change Combination Spin	STAR 10 Program (as per current Technical Program Requirements)
<b>GOLD</b>		GOLD Program (as per current Technical Program Requirements)





# *STAR 6-Gold Update*



## *Dance*

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





# *STAR 6-Gold Update*



## Skills

<b>STAR 6</b>	Backward Double Threes Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change Threes
<b>STAR 7</b>	Forward Loops Backward Loops Forward Inside Choctaws Backward Outside Choctaws Twizzles STAR 7 Skills Exercise – Backward Change Threes
<b>STAR 8</b>	Forward Rocker-Three Sequence Backward Rocker- Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges

<b>STAR 9</b>	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – Choctaws
<b>STAR 10</b>	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters
<b>GOLD</b>	9 Turn Challenge Step Sequence Field Move Sequence



# STAR 6-Gold Update



## Artistic

- Focus on components & creativity
- Aligned to match skill development
- All Black attire
- No title

ARTISTIC			
	Criteria	Early Stage of Development	Moderate Stage of Development
Skating Skills	<b>Edge Quality:</b> balance, control and edge quality use of one-foot skating, use of multi directional skating	Edges correct but may be shallow. Skater demonstrates some examples of control, balance and body lean but may be limited.	Skates on true edges, with some depth and body lean demonstrated. Moderate balance and control demonstrated.
	<b>Power:</b> Varied use of power, speed, acceleration, flow and glide	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.	Skater generates speed using blade pushes. Sometimes able to maintain speed and demonstrate acceleration /deceleration using varied tempo of stride. Some evidence of flow and glide.
Transitions	<b>Quality / Variety / Difficulty:</b> Continuity of movements from one element to the next	The ability to link elements is developing. Few elements are linked with connecting steps/movements. Transitions mainly include simple arm movements while skater is performing cross-cuts.	Some elements are linked with connecting steps/movements varying in nature and include a variety of simple turns, steps and arm movements.
Performance	<b>Carriage / Clarity:</b> Posture, body line and clarity of movements	The skater has comfortable upright carriage and generally good form. Skater demonstrates reasonably strong core. Body positions are generally pleasing but movements may lack precision and clarity and appear rushed or incomplete.	Skater can demonstrate good posture with ease. Core balance is generally strong and body lines are mostly pleasing. Movements are generally precise and clear.
	<b>Projection:</b> Projection, physical, emotional involvement	Skater may appear to lack full confidence in their movements. The skater generally does not project to the audience during their performance and may lack full commitment to the performance.	Skater's movements are mostly clear and strong. The skater can project to audience at specific moments during program. The skater's commitment to the performance may appear inconsistent.
Composition	<b>Structure / Purpose:</b> Pattern/ice coverage, purpose and design of movements	Ice coverage patterns are simple and generally follow a similar direction. The purpose of the program may be somewhat unclear. Elements may be placed in a similar place on ice or close to the boards.	Ice coverage patterns are generally simple with a small degree of variety. The design and purpose of movements is somewhat clear. Elements placement on ice may reflect skater preference versus even placement.
Interpretation	<b>Character / Rhythm:</b> Expression of music's character/feeling and rhythm	Skater's emotional connection to the music is developing with one or two moments of emotional connection evident in the program. Skater may not yet be able to use their body movements, facial expressions and skating technique to reflect the feeling or mood of the music.	Skater demonstrates some connection to the character/rhythm/feeling of music. The skater may briefly use their body, facial expressions or skating technique to reflect mood or feeling of music.

ARTISTIC PROGRAM: STAR 7	
<b>Length of Program</b>	Maximum of 2:10 (2 minutes and 10 seconds)
<b>Content Requirements</b>	<ul style="list-style-type: none"> <li>- Choreographic Step Sequence</li> <li>- Field Movement Sequence</li> <li>- Choreographic Spin</li> </ul>
Total of 2 of 3 elements at Silver or better	
<b>Program Components Requirement</b>	The following criteria must be assessed at Silver or better
Total of 5 of 7 components at Silver or better	<ul style="list-style-type: none"> <li>- Edge Quality</li> <li>- Power</li> <li>- Carriage/Clarity</li> <li>- Projection</li> <li>- One additional component</li> </ul>
ARTISTIC PROGRAM: STAR 9	
<b>Length of Program</b>	Maximum of 2:10 (2 minutes and 10 seconds)
<b>Content Requirements</b>	<ul style="list-style-type: none"> <li>- Choreographic Step Sequence</li> <li>- Field Movement Sequence</li> <li>- Choreographic Spin</li> </ul>
Total of 2 of 3 elements at Silver or better	
<b>Program Components Requirement</b>	The following criteria must be assessed at Silver or better
Total of 6 of 7 components at Silver or better	<ul style="list-style-type: none"> <li>- Edge Quality</li> <li>- Power</li> <li>- Carriage/Clarity</li> <li>- Projection</li> <li>- Character/Rhythm</li> <li>- One additional component</li> </ul>
ARTISTIC PROGRAM: GOLD	
<b>Length of Program</b>	Maximum of 2:40 (2 minutes and 40 seconds)
<b>Content Requirements</b>	<ul style="list-style-type: none"> <li>- Choreographic Step Sequence</li> <li>- Field Movement Sequence or 360 Degree Field Movement</li> <li>- Choreographic Spin</li> </ul>
Total of 2 of 3 elements at Silver or better	
<b>Program Components Requirement</b>	The following criteria must be assessed at Silver or better
Total of 7 of 7 components at Silver or better	<ul style="list-style-type: none"> <li>- Edge Quality</li> <li>- Power</li> <li>- Quality/Variety/Difficulty</li> <li>- Carriage/Clarity</li> <li>- Projection</li> <li>- Structure/Purpose</li> <li>- Character/Rhythm</li> </ul>
Content Requirements and Program Components Requirement must be met to be successful.	



# *Assessment Coordinator*



- Requesting an Assessment Day – [online form](#)
- STAR 6-Gold Evaluator update
- Coach Assessor pathway coming soon
- [assessmentdays@skateontario.org](mailto:assessmentdays@skateontario.org) new email!





# *Pre-Registration “Top 10 did you know”*



1. The Pre-Registration process was coach driven
2. Skate Ontario increased capacity in competitions for the 2019-20 season (capacity = spots)
3. Skate Ontario added more competitions to the 2019-20 competition calendar in both the Super Series and STAR 1-4 Series
4. Early results of Coach Pre-Registration
5. Final numbers of how many events coaches got for STAR 1-4 Series





# *Pre-Registration “Top 10 did you know”*



6. Final numbers of how many events coaches got for the Super Series
7. Synchro Series – all 200+ teams will get into every competition they requested!
8. Common myths about pre-registration
9. Concerns about Final Registration and getting into events
10. Trust the system!





# *Safe Sport – Incident Reporting*



- When should you report?
  - All injuries must be reported
  - Any form of head injury (bumps, hits, cuts), reporting is critical
  - Over reporting is better than leaving yourself and club vulnerable
  - Within 30 days of the incident – immediately is always better
- What to do?
  - Fill out the [online form](#) and submit through members portal – under the Safe Sport tab

We recommend that your club/school have physical copies of the incident report rink side to ensure accurate reporting at the time of an incident!



# *Safe Sport – Rowan's Law*



- Concussion safety protocol legislation
- E-modules through member site at Skate Canada
  - Club/School Administrators
  - Coaches and Officials
- Club to collect and hold waivers from skaters/parents
- Skate Ontario and/or the Ontario Government can ask to see all forms and compare them with registered skaters at the club
  - This is provincial legislation not just Skate Ontario policy





# NEW *Members Portal*



- January 2020 launch
- Clubs will be able to manage their profile
  - Contact information (email, phone #, social media, etc.)
  - Board of Directors
  - Coaching staff
  - Programs
  - Documents – By-laws, Policies, etc.



# Club Checklist





# *Post-Season – Reflect & Update*



1. Implement/distribute member survey
2. Plan/host Annual General Meeting (AGM)
3. Update Board of Directors on Skate Canada Membership site
4. Update Board of Directors or Address Change with the Ontario Government (*\*for incorporated clubs\**)
5. Schedule yearly planning meeting

**Post-Season**  
*Reflect & Update*





# *Off-Season – Planning*



Hold yearly planning meeting(s)

- a) Board Orientation
- b) Review customer survey
- c) Review membership numbers and community demographics
- d) Set goals and priorities
- e) Set budget
- f) Set Program schedule
- g) Determine any staffing needs for next season
- h) Plan registration
- i) Plan and execute marketing strategy

**Off-Season  
*Planning***



# *Off-Season – Planning*



Hold yearly planning meeting(s) con't

- j) Plan fundraising opportunities
- k) Plan assessment days, events and special days throughout the season
- l) Plan program assistant training
- m) Plan volunteer recruitment strategy
- n) Set up a communications plan
- o) Update Skate Ontario club page and mailing list information
- p) Coach contracts
- q) Order Supplies





# *Pre-Season - Preparation*



- 1) Host registration for programs
- 2) Register Club with Skate Canada
- 3) Register members with Skate Canada
- 4) Check coaching staff's status with Skate Canada
- 5) Plan first week(s) of skating
- 6) Run program assistant (PA) training
- 7) Request assessment days

**Pre-Season  
*Preparation***



# *In-Season/Monthly – Execution & Maintenance*



- 1) Hold Board meeting(s)
- 2) Member communication
- 3) Input Assessment Summary sheets
- 4) Execute volunteer recruitment plan
- 5) Execute fundraising/sponsorship plan
- 6) Check supplies

**In-Season/Monthly**  
***Execution & Maintenance***



# END OF CHECKLIST

QUESTIONS?  
ANY SUGGESTIONS FOR  
ADDITIONS?



# *Ontario Not-for-profit Corporations Act (ONCA)*



- What is ONCA?
- We anticipate it will take effect early 2020
- 3 year transition period
- Main areas that will affect the club:
  - Membership structures
  - Responsibilities of Directors
  - Conduct of meetings
  - Financial reporting
- Providing clarity on Club governance





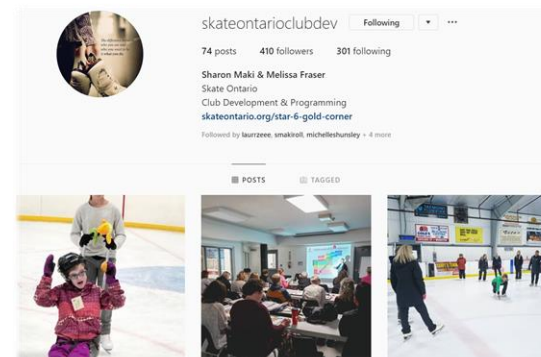
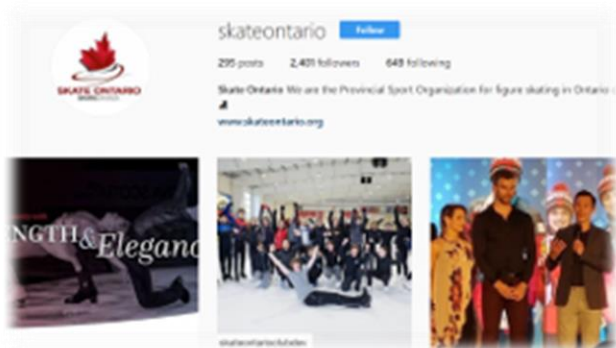
# Keeping “in the loop”



Instagram - @skateontario Facebook - @SkateOntario

Twitter - @skateontario

Club Dev Instagram -  
@skateontarioclubdev



- E-blasts
- News feed on website
- Social media – Facebook, Instagram, Twitter



# *Skate Ontario Contacts*



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*Thank  
you!*