

Discovering Skating Pathways After CanSkate



To find out more about Sport Canada's Long Term Development Model – [CLICK HERE](#)

CanSkate is the flagship Skate Canada learn-to-skate program offered in Skate Ontario clubs and skating schools. This program welcomes skaters of all ages, skill levels and abilities while providing an adaptive skill set for skaters in sleds. CanSkate develops the basic fundamental skating skills needed to participate in all ice sports, or the skills to join in and stay active through the love of skating.

This resource includes more information on the programs available in Skate Canada clubs/skating schools after completion of CanSkate; Figure Skating Pathway and the Hockey and Ringette skills pathway.

Hockey/Ringette Skills Pathway (page 2)

- Hockey/Ringette Skills are aligned with Sport Canada's Long Term Development model (LTD model).
- All hockey/ringette skills are taught by Skate Canada NCCP trained and/or certified coaches.
- Adaptive and sledge skaters are welcome in skills programs.

Figure Skating Pathway (page 3-6)

- Figure Skating programs are aligned with Sport Canada's Long Term Development model (LTD model). This model provides many different possible pathways for participants within the sport of figure skating.
- All figure skating programs are taught by a Skate Canada NCCP trained and/or certified coaches.
- Adaptive, Special Olympics and Adult skaters of all ages and abilities are welcome in all Skate Canada programs with the opportunity for assessments and/or opportunity to compete.

Hockey and Ringette Skills Pathway



CanPowerSkate (Pre-requisite: Achieve the skills equivalent to the CanSkate Stage 4 badge)

CanPowerSkate is a Skate Canada program offered in clubs/skating schools specifically geared to hockey and ringette players. It targets skaters/players with a base level of skating skills to enhance their skating ability by teaching technique and efficiency, for faster, stronger skaters.

The CanPowerSkate program is situated in the Learn-to-Train stage of the LTD Model where key skill development and training strategies are introduced. Teaching and development of proper skating technique is the focus of the program.

You can expect a coach directed, full ice session with a variety of high energy skill-based stations. Skaters are required to wear hockey skates, gloves, CSA approved hockey helmet and to bring their hockey stick; full gear is optional.

Once skaters have completed the CanPowerSkate program, the Advanced Technical and Elite Technical Power Skating sessions are available to develop more advanced skating skills.



Advanced Technical Power Skating

Advanced Technical Power Skating builds upon the skills acquired in CanPowerSkate and provides training through repetition to:

- Develop skills.
- Improve and refine hockey specific skating skills, individual skating mechanics, and game-situation skating skills.

This training is geared to hockey players in U-15, U-18, & U-20 and ringette players in U-14 (Tween), U-16 (Junior), 18+(Belle/Open), and U-19 (Belle).

Advanced Technical Power Skating is a customizable program and can appear on a club/skating school schedule as a stand-alone program, individual/small group training on practice sessions or open ice.



Elite Technical Power Skating

Elite Technical Power Skating provides training to refine skills including:

- Individual Skating Mechanics
- Game-situation Skating
- Enhancement and Repetition

This training targets U-20, University, and Professional hockey players as well as U-20 (CWG) and 18+ (Team Canada & NRL) ringette players.

Elite Technical Power Skating is a customized program and can appear on a club/skating school schedule as a stand-alone program, individual/small group training on practice sessions or open ice.

Figure Skating – STAR Pathway



STAR 1-5 Program (Pre-requisite: Achieve the skills equivalent to the CanSkate Stage 6 badge)

The STAR 1-5 program introduces the sport of figure skating. This program provides the building blocks of our sport to support a skater's development in any area of figure skating they choose to explore.

The STAR 1-5 program is situated at the entry of the 'Learn to Train' stage in the LTD model, where key skill development and training strategies are introduced. To support this, STAR 1-5 has been designed to provide direction from a coach as much as possible to support correct technique and offer a well-balanced skill set in their development. Coaches will guide the skater's practice time to initiate good training habits. You can expect a variety of coach-directed sessions:

- Classes (including lanes up and down the ice)
- Group work
- Stations
- Training books (guided training)
- private or semi-private lesson time (if desired).

You can also expect off ice training sessions for your skater. Off ice training builds general physical literacy skills and supports figure skating skills being developed on the ice. Sessions can include:

- Off ice jump/spin
- Musicality/Expression
- Agility/Coordination
- Strength
- Mental Training
- Goal Setting
- Technical training
- Flexibility



The STAR 1-5 program includes a full complement of progressive assessment opportunities. These assessments enable skaters to set and achieve goals and measure progression through the STAR 1-5 program. These assessments are completed in-club with coaches during their regular training sessions. Skaters also have the option to begin attending local events/competitions to perform their elements and programs as they progress through the STAR 1-5 program.

There is increased opportunity to participate in community functions and **Performance & Development Opportunities (PDOs)**. These opportunities may include events to support skill development, challenge days, fun events, and performance opportunities like Ice shows.

The STAR 1-5 program is composed of 5 main disciplines:

Begins at STAR 1:



Free Skate

The Free Skate discipline introduces basic spins, jumps, step sequences and aspects of program development and performance. Free Skate includes Singles and Pairs categories in events.

Singles

Skaters begin by learning basic stand-alone elements (i.e. jumps, spins, etc.). As they progress, they will be given the opportunity to perform a program to music with these elements incorporated. Free Skate includes Singles and Pairs categories in events.



Pairs (Begins at STAR 3)

Pairs consists of two skaters skating together and performing free skate elements such as jumps, lifts and throw elements.

At the STAR level, skaters will learn to:

- skate in unison with a partner,
- perform jumps side by side,
- and begin to learn the mechanics of throws and lifts at beginner level.



Begins at STAR 1:



Ice Dance

Ice dance is inspired by ballroom dance and provides the opportunity to explore different musical styles, dance specific elements and introduces full Ice Dance sequences.

The discipline of Ice dance includes the development of skating technique while promoting:

- Timing
- Accuracy
- Musicality and rhythm through pattern dances

Skaters begin by learning a variety of basic dance elements. This progresses to the execution of elements in sequence and then to the performance of those elements in set dance patterns to music. At the STAR 2/3 level, skaters can form a partnership with another skater to perform dance patterns together at events.

The skills learned through this discipline also support development in the Free Skate, Synchro and Artistic disciplines.



The STAR 1-5 program is composed of 5 main disciplines:

Begins at STAR 1:



Skills

The discipline of Skills creates the foundation of all other disciplines. Development in this area is essential for quality acquisition of the basic skating skills needed to be successful in any figure skating discipline.

Within the skills discipline your skater will learn:

- To use different edges on their blades,
- To efficiently generate power with the blade,
- The development of turns with control,
- Introduction to variety of field moves.

Coaches will also introduce skaters to 'figure form' which encourages strong posture with controlled movement, good balance and lean.



Begins at STAR 2:



Synchronized Skating

Synchronized Skating (Synchro for short) is a team discipline, that has groups of skaters performing a variety of elements in unison.

Synchro provides skaters the opportunity to develop synchronized skating elements while promoting:

- Musicality and expression
- Strengthening skating skills
- Teamwork

Skaters can expect to be introduced to basic formations such as circles, lines, blocks, intersections, and performing field moves in unison.

Opportunities to join a Synchro team may be available in your club (or surrounding area). Being a member of a Synchro team brings a unique camaraderie with peers and opens the opportunity to compete as part of a team. Synchro events are known for their high energy, team spirit and community feel.

Begins at STAR 5:



Artistic

Artistic skating allows skaters to explore emotions through movement to music. Programs to music are created using a combination of edges, steps & turns, creative spins and different field movements.

The discipline of Artistic includes:

- The development of movement
- Creativity
- Projection
- Interpretation of music through programs

The Artistic discipline provides skaters the opportunity to learn the basics of creative movement and expression to a range of musical styles both on and off the ice.



STARSkate (Includes STAR 6-Gold levels)



As skaters progress through the STAR 1-5 program, they will begin to expand their skills past the STAR 5 level. STARSkate levels progress from STAR 6 to Gold assessment levels and align with the 'Learn to Train' and 'Train to Train' stages of the Long Term Development (LTD) model. STARSkate is a customized program at clubs/skating schools. It includes all the disciplines that were introduced to skaters in the STAR 1-5 program. Skaters will explore new skills as they build on the solid basics of figure skating that they achieved in STAR 1-5.



The STARSkate stream includes opportunities for:

Assessments:

- Free Skate
- Skills
- Dance
- Artistic

Competitions:

Skaters can choose to compete in the Free Skate, Ice Dance, Artistic, Synchro, and Pairs disciplines. Ontario offers a dedicated Provincial competition series that leads to a Provincial Championship.

Performance & Development Opportunities (PDOs):

Skaters can take part a variety of PDOs within their skating community.

Figure Skating - High-Performance – Podium Pathway



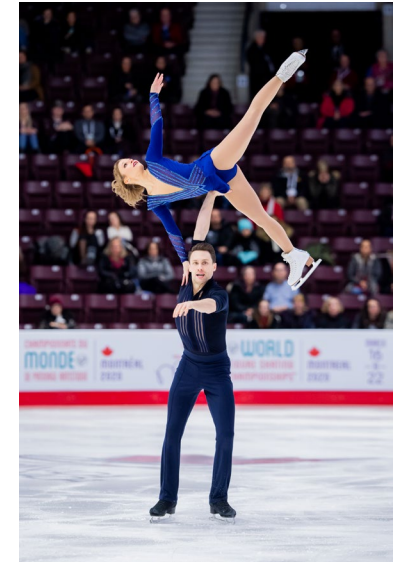
Athletes who want to pursue higher levels of figure skating have the option to enter the Podium Pathway. This pathway aligns with the 'Train to Train', 'Train to Compete' and 'Train to Win' stages of the LTD model and is also called the High-Performance Pathway.

Podium Pathway competitions are available in four disciplines.

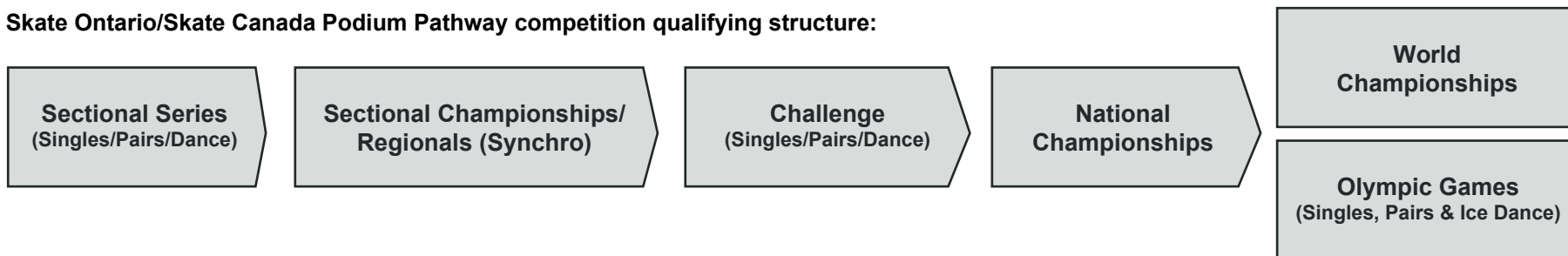
- Singles
- Pairs
- Ice Dance
- Synchro

Athletes may choose to participate in multiple disciplines. For example, an athlete may compete in both Singles and Pairs, Singles and Ice Dance or Pairs and Synchro.

High Performance skaters are involved in a consistent and intense on and off ice training schedule. You can expect skaters at this level of commitment to skate year-round, multiple sessions per day. As skaters progress, more opportunities to compete out of province become available. In Ontario, Podium Pathway skaters take part in the Sectional Series/or Synchro Series to earn their chance to qualify to National and International levels. As figure skating is an Olympic sport, Podium Pathway skaters may ultimately strive to compete at the World and Olympics Championships.



Skate Ontario/Skate Canada Podium Pathway competition qualifying structure:



Fit for Life / Competitive for Life



Participating in sport opens doors and provides a multitude of opportunities to be involved with and connected to sport for life. Opportunities include continuing to skate at the Adult level, volunteering or working in sport related careers. Here are some of the many options.



Adult

Adults are a huge part of the sport figure skating.

In-club adult opportunities include:

- CanSkate
- STAR 1-5
- STARSkate (STAR 6-Gold)
- Synchronized Skating
- Community Events (including PDOs)
- Assessments & Competitions

Adult skating is great way to keep your skaters on the ice, learn some potentially new figure skating skills, and make more friends within the skating community.

Assessments:

- Free Skate
- Skills
- Ice Dance
- Artistic
- Synchro

Competitions:

- Singles & Pairs Free Skate
- Partnered & Solo Dance Patterns
- Free Dance
- Synchro



Other Fit for Life Opportunities

- Becoming an official: Evaluator, Judge, or Technical Official.
- Becoming a coach.
- Volunteering at the club level, at events, or as a Program Assistant on CanSkate sessions.
- Ontario University Athletics (OUA) competitions for skaters on their university team.
- Working with Community, Provincial, or National Sport Organizations.