

Skate Canada's STARSkate

STARSkate

Once a skater has completed the CanSkate program, they can advance to the STARSkate program which offers skaters an opportunity to develop their figure skating skills in four areas :

ICE DANCE

SKATING SKILLS

FREE SKATE

INTERPRETIVE

Within each category, skaters may be assessed through a Skate Canada sanctioned process called "Test Stream". Advancement within the STARSkate program requires the successful completion of levels within the four skating categories.

A brief overview of the categories, levels and the Tests follows in the next section. All of this information was obtained from Skate Canada's website, www.skatecanada.ca. For further information, we encourage you to visit the Skate Canada website and login to the "Members Only" section. To access this site, you will need your Skate Canada Membership Number. This is available at the USC Office.

Ice Dance

The Ice Dancing program teaches timing, rhythm, interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

Within the Test Stream, there are 29 compulsory dances. These include:

Preliminary Dance Tests

- Dutch Waltz
- Canasta Tango
- Baby Blues

Junior Bronze Dance Tests

- Swing Dance
- Fiesta Tango
- Willow Waltz

Senior Bronze Dance Tests

- Ten-Fox
- Fourteenstep
- European

Junior Silver Dance Tests

- Keats' Foxtrot
- Harris Tango
- American Waltz
- Rocker Foxtrot

Senior Silver Dance Tests

- Paso Doble
- Starlight Waltz
- Blues
- Kilian
- Cha-Cha Congelado

Gold Dance Tests

- Viennese Waltz
- Westminster Waltz
- Quickstep
- Argentine Tango
- Silver Samba

Diamond Dance Tests

- Ravensburger Waltz
- Austrian Waltz
- Tango Romantica
- Gold Waltz
- Yankee Polka
- Rhumba

Skating Skills

Skating Skills are a combination of fundamental skating movements, executed on a pattern and skated solo to prescribed music. The objective of the Skating Skills program is achievement of the basic fundamentals of skating - edge quality, control, power and speed.

At each level, skaters must successfully complete 3 exercises. These include:

Preliminary Skating Skills Tests

- Waltzing Threes
- Waltzing Mohawks
- Preliminary Circles

Junior Bronze Skating Skills Tests

- Threes & Power Mohawks
- Power Circles I
- Change 3's

Senior Bronze Skating Skills Tests

- Waltzing Threes
- Waltzing Mohawks
- Preliminary Circles

Junior Silver Skating Skills Tests

- Waltzing Threes
- Waltzing Mohawks
- Preliminary Circles

Senior Silver Skating Skills Tests

- Rockers & Choctaws
- Multi-Circle Threes & Brackets
- Expanding Exercise

Gold Skating Skills Tests

- Counters and Three Change Threes
- Multi-Circle Double Threes and Mohawks
- Expanding Exercise

Free Skate

Free Skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music. The skater is free to choose the number and the type of elements to be included, subject to the requirements outlined in Skate Canada's Rules for individual tests.

Free Skate Tests include:

- Preliminary Free Skate Test
- Junior Bronze Free Skate Test
- Senior Bronze Free Skate Test
- Junior Silver Free Skate Test
- Senior Silver Free Skate Test
- Gold Free Skate Test

Each test is divided into 2 parts which can be taken individually and/or in any order. These are: Elements and Program.

As the testing of each Free Skate level is very comprehensive, an example of one test, the Preliminary Free Skate Test, is provided below. As skaters progress through the levels, the degree of difficulty increases.

Preliminary Free Skate Test

Part I : Elements (14 compulsory elements in isolation)

- Stroking
 - a) forward perimeter stroking
 - b) backward perimeter stroking

- Jumps: 5 jumps consisting of:
 - a) bunny hop
 - b) waltz
 - c) salchow
 - d) flip
 - e) loop

- Jump Combination: one combination consisting of a toe loop / toe loop.

- Spins: 4 spins each with a minimum of 2 rotations consisting of:
 - a) forward one-foot upright (or corkscrew)
 - b) backward one-foot upright (or corkscrew)
 - c) sit spin
 - d) camel spin

- Field Movements: 2 field movements as follows:
 - b) right forward spiral
 - c) left forward spiral

Part 2: Program: A free skating program to music.

- Duration: 1.5-2.0 minutes (+-10 seconds)
- Elements: This program shall contain:
 - a) Jumps: a min of 3 different jumps of at least one rotation.
 - b) Spins: A min of 2 different spins.

Interpretive

The Interpretive program encourages and develops skaters’ creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style.

Interpretive Skating is a form of skating in which emphasis is placed on the skaters’ ability to use their skills to interpret music rather than on their technical prowess.

Interpretive Tests include:

- Introductory Interpretive Test
- Bronze Interpretive Test
- Silver Interpretive Test
- Gold Interpretive Test

Similar to the Free Skate Testing process, testing of each Interpretive level is very comprehensive. An example of the Introductory Interpretive Test follows.

Introductory Interpretive Test (Singles)

Program

- The program shall be a minimum of 2.0 minutes and a maximum of 3.0 minutes (+ or – 10 seconds).

Passing Requirement:

- Two out of four of the following must be satisfactory or better:
 - a) Edge and Turn Quality
 - b) Speed/Flow/Power,
 - c) Creative Movement with Sureness,
 - d) Carriage and Line

- Plus two out of five of the following must be satisfactory or better:
 - d) Interpretation of Music,
 - e) Communication of Theme,
 - f) Use of Whole Body,
 - g) Use of Levels and Space, and
 - h) Originality/Creativity.

Test Days

Advancement within the STARSkate program requires the successful completion of levels within the four skating categories. Skater assessments are performed on specified “Test Days” using Skate Canada qualified judges.

At USC, we have 5 “Low Tests” and 3 “High Tests” scheduled throughout the 2007/08 season. The dates for each of our Test Days are designated by the Skate Canada Central Ontario Section Judges Bureau and are included in the schedule contained in the registration package.

Low Tests, also called “Primary and Intermediate” Tests consist of:

- Preliminary Skills, Freestyle and Dances
- Junior Bronze Skills, Freestyle and Dances
- Senior Bronze Skills, Freestyle and Dances

High Tests consist of:

- Junior Silver Skills, Freestyle and Dances
- Senior Silver Skills, Freestyle and Dances
- Gold Skills, Freestyle and Dances
- All Competitive Tests, Interpretative Tests
- Diamond Dance Tests

