



Junior STARSkate Information Package

The Junior STARSkate program is the bridge between the CanSkate and the STARSkate programs, where skaters learn figure skating skills coached in a small group setting. Throughout the Junior STARSkate program, skaters will progress from learning the basics of figure skating to more challenging elements. As skaters complete this program, they will be prepared for their Star 1 level, which may lead to opportunities to compete in regional competitions. Once skaters reach this goal, they will move to the Primary STARSkate level.

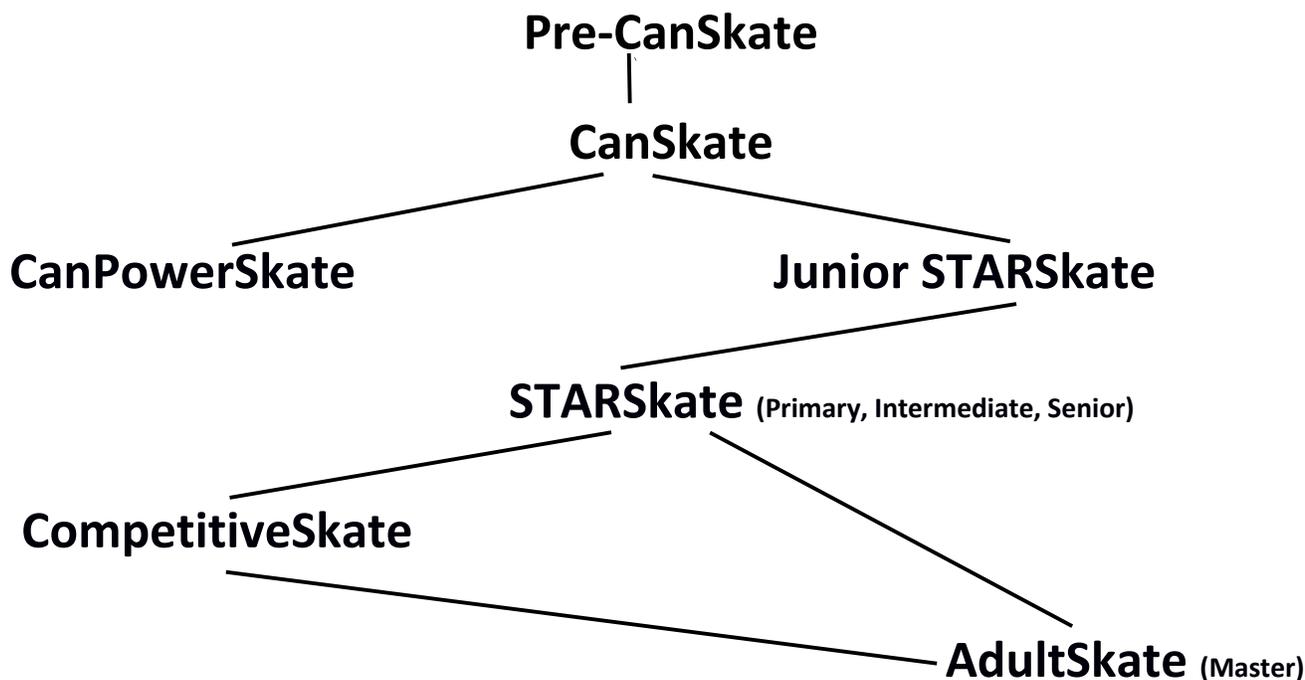
Valleyview Skating Club Mission:

To provide professional skating lessons to all ages in a fun and supportive environment.

Valleyview Skating Club Vision:

To build skills, instill confidence, and inspire a healthy lifestyle through a life-long passion for skating.

Skaters' Pathway to Performance



What Does the Junior STARSkate Program Look Like?

Skaters are encouraged to skate a minimum of twice per week to show continual growth and progress. Skaters have the option to skate up to 3 days per week. The registration costs for Junior STARSkate include the following:

On-Ice Sessions:

- an on-ice warm up
- a review of last session's skills
- learning and practicing of new skills through various activities or circuits
- creative skating – implement what skaters have learned in a fun way

Ice Fit:

Ice Fit sessions are offered multiple times per week either directly before or after the on-ice sessions (see schedule). Upstairs in the Mirror Room skaters will benefit from learning a variety of skating-related exercises, which will enhance their training and performance, such as:

- jump and spin positions
- agility
- strength
- flexibility
- endurance

Coming Prepared for Junior STARSkate Sessions:

Skaters should make an effort to be at their sessions on time ready to go. Skaters are encouraged to take a few minutes before putting on their skates to do an off-ice warm up. This warm-up can be done in the lobby of the arena. A good off-ice warm-up includes:

- jumping jacks
- jogging
- skipping
- light stretching, etc.

This is a good routine to get into as skaters begin figure skating. A general rule of thumb is to be at the arena at least 15 minutes prior to the start of the session.

Skater Attire:

Clothing:

Skaters should not wear baggy clothes, jeans, or hooded sweatshirts. Baggy clothes impede the skater's ability to perform elements and the coaches' ability to see proper body placement. Coaches recommend that skaters wear the following:

- Slim fitting tights or leggings, or skating dresses and skirts
- Warm, form fitting sweaters with a fitted lighter shirt underneath
- Layers that can be taken off if necessary are best
- Gloves as opposed to mittens so fingers are free for skating elements

Skates and Guards:

Proper supported figure skates are a must. The skate must have a sturdy ankle and a well-sharpened blade. Please don't tie skate laces around the ankle of the boot because it may slip up and cut into the ankle.

Skaters should wear their hard guards as they travel between the change rooms and ice, dry their blades as soon as they take their skates off, and use soft guards when their skates are stored in their bag.

Helmets:

Helmets are not mandatory for Junior STARSkate as they limit proper balance in element development. While beginning skaters may wish to wear a helmet in their first few lessons as a feeling of security, we encourage skaters to remove their helmets as soon as they feel comfortable.

Odds and Ends:

Please ensure hair is always tied back and all strands are held back off the face.

Skaters will need a binder to organize skating information given by coaches.

Bring Kleenex and water bottles out to the ice with you at the start of the session.

On-Ice Etiquette and Safety:

When skaters are on the ice, the coaching staff want to instill proper ice etiquette, both for skater safety and to begin developing skating discipline. Skaters must be able to sustain expected safety and etiquette expectations for the duration of each lesson. Skaters who are unable to follow the expectations and requests of their coaches may be asked to leave the ice. The ice is a busy place, and we want to ensure the best safety and skill development for all skaters.

Parent Etiquette and Information

We encourage parents to stay and watch their child skate. This allows you to become more involved in the process of Junior Star and knowledgeable about the sport of figure skating.

Please know that when you drop your child off at skating and they step foot on the ice, they are the coaches' responsibility. While we encourage parents to support their skaters from the stands and after the skating session is complete, we would ask that there be no 'coaching' from the stands, no coming on the ice to direct their child(ren), and trust that the coaches have the best interests of the skaters both on and off the ice.

If there are concerns or questions, the coaching staff would be more than happy to address anything that you may want to discuss. The best protocol is to speak directly to the coach involved with teaching your skater after the skating session is complete and at a time that is private. If you have any further concerns or unanswered questions, you may also contact our Director of Skating, Lisa Henson: vyvscadmin@telus.net.

Coaches will give updates throughout the season on your child's progression and will hand out report cards at the end of the fall, winter, and spring seasons. Coaches and the VVSC Board communicate often through emails, so please check for any updates you may get.

Ice Shows and Galas:

Ice Shows and Galas are a great opportunity for skaters to showcase their skills to family and friends. Performing and receiving recognition instills confidence, a sense of pride, and belonging.

All Junior STARskaters are invited to participate and perform in the Ice Shows and Galas.

Emails are used to communicate when ice shows are happening, how to register, rehearsal times, costumes etc. Please read carefully to avoid missing relevant information. When signing up for a show, please take attending rehearsals seriously and aim to be on time.

Please also bear in mind that despite being an amateur skating club, the coaches wish to put on a professional show and present the club to the community in the best way possible. Shows are an exciting experience for all levels of skaters and can create lasting memories.

Missed Ice Session Policy:

Skaters **must have prior approval from their coach** to come onto a session they are not scheduled for. This is to ensure there is adequate space and coaching time available on the proposed ice time. If coaches do not have time in their schedule, or if the ice is at capacity, a make-up session request may be denied for that day.

The following reasons for missed ice may be used to make up a skating session:

Statutory Holidays: Skaters who missed a regularly scheduled day of the week in their package because of a statutory holiday (Thanksgiving, Family Day, etc.) may make this up, with prior approval of their coach.

Ice Cancellations: Skaters who miss a regularly scheduled day of the week in their package because of ice cancellations by the City of Kamloops, may make this day up, with prior approval of their coach.

All other reasons for missing a scheduled session, including injury, sickness, personal or family schedule conflicts are **not** acceptable reasons for make-up sessions.

Fundraising and Volunteering:

The Valleyview Skating Club is a non-profit organization run by a board of volunteers. Skaters and/or their parents are encouraged to volunteer throughout the skating season to help the VVSC run smoothly. In addition, skaters and parents are asked to participate with fundraising efforts in order to make improvements to the club and keep skating fees at a minimum cost. **You will be asked to complete a family participation commitment form at the beginning of each season.** This form contains more detailed information.

Opportunities to Volunteer:

- **CanSkate Table:** CanSkate sessions run 4 days per week. volunteers provide information and guidance to CanSkate parents and promote/sell any current fundraising items
- **VVSC Skating Events:** special events, showcases, competitions (Autumn Leaves competition hosted in October of even years)
- **Board Member:** join the board to learn more about the world of figure skating and to get involved with the behind the scenes of the club.

Fundraising:

- selling fundraising items (ie: buckets of cookie dough, Booster Juice coupons)
- working at a station for the Hot Nite Poker Run event in the summer

Valleyview figure skaters are our pride and joy. We love to see them achieve their goals! It is our pleasure, as coaches, to see our skaters thrive and enjoy skating!