



STARSKATE

❧ **Test Program** ❧
❧ **Synchronized Skating** ❧

For more information:
Call the A.S.C. Hotline @ (905)648-9460
Or check the website: www.ancasterskatingclub.ca

Sanctioned member of:



Ancaster Skating Club Registration:

In-person registration dates for the StarSkate Test Program are as follows. All StarSkate skaters should be registered by **SEPTEMBER 12th**:

Thursday, September 1, 2011	6:00 – 8:00 p.m. @ Morgan Firestone
Saturday, September 3, 2011	9:00 a.m. – 12:00 p.m. @ Morgan Firestone
Thursday, September 8, 2011	6:00 – 8:00 p.m. @ Morgan Firestone
Saturday, September 10, 2011	9:00 a.m. – 12:00 p.m. @ Morgan Firestone
Tuesday, September 13, 2011	6:00 – 8:00 p.m. @ Morgan Firestone
Saturday, September 17, 2011	9:00 a.m. – 12:00 p.m. @ Morgan Firestone

StarSkate Program:

StarSkate is the name for the Skate Canada Test Program that has been the mainstay of figure skating in Canada for more than four decades. The Skate Canada StarSkate program is a high quality program that teaches the fundamentals of figure skating in a progressive & sequential manner, in four main areas:

- Freeskate (jumps, spins, stroking, field moves, etc.);
- Skills (skating movements in a prescribed pattern);
- Dance (ice dancing basics);
- Interpretive (interpretation of music).

At the A.S.C., StarSkate is offered within three skill levels: **Junior**, **Intermediate** and **Senior** (see qualifications below). Skaters in these programs have the option of taking Skate Canada Tests and participating in competitions. A Pre-StarSkate program is available, and provides a transition between CanSkate and the StarSkate program, in a group lesson format. More information on the PreStarSkate program can be found in the ASC CanSkate brochure.

Lessons in the StarSkate Junior, Intermediate and Senior sessions are taught in a private lesson format, with some group lessons being provided in stroking, spins, etc.; a schedule of group lessons will be provided at the beginning of the season. All skaters in StarSkate Junior, Intermediate and Senior **MUST** take private lessons from an A.S.C. Professional Coach of their choice. Parents are responsible for contacting their choice of coach from the list of A.S.C. Professional Staff. Lesson times are to be arranged directly with the Professional Coach.

Intermediate and Senior skaters are strongly encouraged to work on ALL areas of skating (ie., freeskate, dance, skills, interpretive and off-ice) to strengthen their skating skills, turns and edges, and to build a stronger foundation for freeskate and dance. **SKATERS ARE ENCOURAGED TO SKATE AT LEAST TWICE PER WEEK** to progress appropriately through the StarSkate program

To complement our on-ice StarSkate program, we are continuing to offer an OFF-ICE PROGRAM. Each off-ice session provides a particular focus (eg., cardio, flexibility, jumps/spins, etc.), and skaters are encouraged to participate in all sessions offered for their level. There are many benefits to participating – improved core strength, flexibility and balance, which will help with each skater’s on-ice achievements and performance.

Program Qualifications:

Level	Qualifications:
StarSkate Junior	Skaters who have passed CanSkate Stage 6, unless otherwise recommended by a coach. Skaters are to be working on Pre-Preliminary and Preliminary tests. A private coach is required; coach-led group warm-ups are provided
StarSkate Intermediate	Skaters working on Preliminary and Junior Bronze tests and above, AND have passed one full set of Preliminary tests (could be any one of dance, skills or freeskate). A private coach is required; coach-led group warm-ups are provided. Most Intermediate sessions include all Intermediate skaters. On the Tuesday StarSkate sessions, Intermediate skaters are split between two sessions beginning in October: Intermediate “A” from 7-8 pm and Intermediate “B” from 8-9 pm. Intermediate skaters are to check with their coach to determine which session they should sign up for.
StarSkate Senior	Skaters working on Junior Bronze tests and above, and have passed their Preliminary Freeskate test. A private coach is required; coach-led group warm-ups are provided

(NEW!) Intro to Synchro:

NEW this year! This is your skater's chance to try a fantastic team sport, Synchronized Skating! This introduction to the sport will be combined with a Saturday Pre-StarSkate session, and is aimed at skaters who have passed CanSkate Stage 3 and who are working on CanSkate Stages 4, 5, or 6, OR skaters who are recommended by an ASC coach for the program. Skaters **MUST** be enrolled in at least one additional regular Pre-StarSkate, Junior or Intermediate session. The full 60 minutes session will be led by a professional coach. The first half hour of the session will focus on skills that form the foundation for synchronized skating (forwards and backwards crosscuts, footwork, edges, and turns). During the last half hour, skaters will work on synchronized skating elements such as blocks, pinwheels, intersections, circles and lines, and will incorporate these elements into a number which will be performed at the year-end Carnival. **C.S.A. approved HOCKEY HELMETS are MANDATORY for all skaters who are working on CanSkate Stages 1-6 (new Skate Canada rule).** The Intro to Synchro session is scheduled on Saturdays from 11:00 to 12:00 pm, beginning October 1st.

StarSkate Fee Schedule:

NOTE: Cheques or cash only; no credit cards. In addition to ice registration fees, all skaters are required to pay \$34 for an annual Skate Canada membership. **Also for 2011-2012: All skaters in the StarSkate Program will be required to participate in the Skater's Lottery Fundraising Program at a cost of \$40. for one booklet; skaters can recoup the cost of this booklet by selling lottery tickets.**

SESSION:	2011/12 Fees (Coach fees for private lessons are separate)				
	Monday	Tuesday	Thursday	Saturday	Sunday
Intro to Synchro				\$360	
Junior		\$410	\$344		\$397
Junior Off-ice			\$48		\$70
Intermediate	\$366	\$412	\$412		\$397
Intermediate Off-ice	\$60	\$70 (Int. B only)	\$63		\$70
Senior	\$366	\$412	\$412		
Senior Off-Ice	\$60	\$70	\$63		
Additional MANDATORY Fees	<ul style="list-style-type: none">• \$34 (2011-2012 Skate Canada Fee)• \$40 (2011-2012 Fundraising Fee – mandatory for StarSkaters)				
Guest Fees**	Mon/Tue/Thu/Sun	\$20 (60 minute session)			

** Guest Skaters must have a current Skate Canada membership.

Scheduled STARSkate Test Dates:

- Thursday, October 27th: Mini test day 8-9 pm
- Thursday, December 22nd: Schedule to be determined
- Thursday March 1st Schedule to be determined

The above dates and times are SUBJECT TO CHANGE, depending on judge availability.

StarSkate Ice Schedule:

The following schedules run from the effective dates listed until the end of March 2010. **Refer to the ASC calendar for session cancellation dates.**

SEPTEMBER 2011 SCHEDULE

MONDAYS(Sept. 12, 19, 26)		
Mon	5:10 – 6:05 pm 6:05 – 7:00 pm	Interm. A&B Freeskate Senior Freeskate

TUES – Sept. “A” Schedule (Sept. 13, 20)		
Tues	5:10 – 6:00 pm 6:00 – 7:00 pm	Pre-StarSkate & Junior Int. & Sr Freeskate

TUES – Sept. “B” Schedule (Sept. 27, Dec. 20)		
Tues	5:10 – 6:00 pm 6:00 – 6:10 pm 6:10 – 7:05 pm 7:05 – 8:00 pm	Pre-StarSkate FLOOD Jr. & Int. A Freeskate Int. B & Sr Freeskate

THURSDAY (Sept. 15, 22, 29)		
Thu	5:10 – 6:00 pm 6:00 – 6:10 pm 6:10 – 7:05 pm 7:05 – 8:00 pm	Junior FLOOD Interm. A&B Freeskate Senior Freeskate

SUNDAYS (Sept. 18, 25)		
Sun	11:10 – 12:10 12:10 – 1:00	Jr & Interm A&B Free Pre-Star & TeenSkate

OCTOBER 1/2011 – MARCH 9/2012 SCHEDULE

MONDAYS (Effective Oct. 3)		
Mon	5:10 – 6:10 pm 6:15 – 7:00 pm	Intermediate & Senior Freeskate Intermediate & Senior Off-Ice* (Jumps/Spins)

TUESDAYS (Effective Oct. 4)		
Tue	5:10 – 6:00 pm 6:00 – 6:50 pm 6:50 – 7:00 pm 7:00 – 8:00 pm 7:05 – 7:50 pm 8:00 – 9:00 pm	PreStar/FastTrak CanSkate/PreCanSkate FLOOD Jr./Interm A Freeskate Interm B & Sr Off-Ice (Cardio/Fitness) Interm B & Sr Freeskate

THURSDAYS (Effective Oct. 6)		
Thu	4:30 – 5:00 pm 5:10 – 6:00 pm 6:50 – 7:00 pm 6:05 – 6:50 pm 6:50 – 7:00 pm 7:00 – 8:00 pm 8:00 – 9:00 pm	Junior Off-Ice Junior Freeskate CanSkate/PreCanSkate Intermediate & Senior Off-ice* (Flexibility) FLOOD Intermediate Freeskate Senior Freeskate

SUNDAYS (Effective October 2):		
Sun	11:10 – 12:10 pm 12:15 – 1:00 pm 11:30 – 12:00 pm 12:10 – 1:00 pm	Jr & Interm A&B Free Jr/Interm A&B Off-Ice* (Jumps/Spins) PreStar Off-Ice* PreStar/Teen Skate

* Off-ice starts October 1st and ends February 28th

MARCH 11 – 15/2012 SCHEDULE

MONDAY(March 12)		
Mon	5:10 – 6:05 pm 6:05 – 7:00 pm	Interm. A&B Freeskate Senior Freeskate

TUESDAY (March 13)		
Tues	6:10 – 7:05 pm 7:05 – 8:00 pm	Interm. A&B Freeskate Senior Freeskate

THURSDAY (March 15)		
Thu	5:10 – 6:00 pm 6:00 – 6:10 pm 6:10 – 7:05 pm 7:05 – 8:00 pm	Junior FLOOD Interm. A&B Freeskate Senior Freeskate

SUNDAY (March 11)		
Sun	11:10 – 12:00	Jr & Interm A&B Free

MARCH 16 – APRIL 1, 2012 SCHEDULE

Carnival practice schedule in effect, details to be issued in February 2012.

Adult Synchronized Skating Team:

The Ancaster Affinity Synchronized Skating Team represents the A.S.C. at the Skate Canada Adult Level 2 of synchronized skating competition. At this level, the team consists of 12 to 20 skaters; all skaters must be over the age of 19. Previous skating experience is required. If you are interested in finding out more information, contact the Club Hotline (905-648-9460) or the Club's e-mail at the Club website, www.ancasterskatingclub.ca.

The A.S.C. 2011 – 2012 Professional Coaching Staff:

Nicole Audette	905-575-5843	StarSkate Intermediate certified (Tues/Thur/Sat)
Beth Carruth	289-925-8642	StarSkate Intermediate trained (Mon/Tue/Thur/Sat/Sun)
Ashley Osika	905-512-8314	StarSkate Primary certified (Mon/Tue/Thur/Sat/Sun)
Kaylyn Pecaric	905-741-1899	StarSkate Intermediate trained (Mon/Tue/Thur/Sun)
Danielle Reilly	905-520-5527	StarSkate Primary trained (Mon/Tue/Thur/Sat/Sun)
Heather Rosdobutko	905-906-5069	StarSkate Primary trained (Thur/Sat/Sun)
Aaron Stewart	289-921-0878	StarSkate Intermediate trained (Tue/Thu/Sat/Sun)

StarSkate Terms & Conditions:

Terms & Conditions (Pre-StarSkate, StarSkate Junior/Intermediate/Senior Skaters):

1. All Programs are subject to change; ASC reserves the right to cancel programs due to insufficient registration.
2. All StarSkaters are required to pay a \$34.00 annual Skate Canada membership fee, and a mandatory \$40.00 fundraising fee.
3. Up to five equal installments may be made with cheques postdated: Sept. 12/11, Oct. 15/11, Nov. 15/11, Dec. 15/11 and Jan. 15/12.
4. Improper applications or cheques will be returned. There will be a \$20.00 service charge for N.S.F. cheques.
5. Days missed/ice time lost due to ice cancellations will not be refunded or rescheduled.
6. Days missed/ice time lost due to test days, holidays or missed lessons will not be refunded or rescheduled.
7. Days missed due to prolonged illness or injury may be rescheduled, upon receipt of a Medical Certificate and at the discretion of the A.S.C. Board of Directors.
8. **Professionals will charge for lessons the skater misses unless notice of cancellation is received at least 24 hours in advance.**
9. All A.S.C. registration and professional coaching fee payments must be up-to-date before a Skate Canada test can be taken.
10. All skaters must adhere to the requirements of the "Skater's Code of Conduct".
11. A.S.C. reserves the right to accept or reject any application.
12. The Ancaster Skating Club, Professional Coaches, volunteers and Board of Directors will not be held responsible for any injury or loss of property, however caused, while participating in Club programs. Parents / Guardians are responsible for providing appropriate and properly maintained equipment for participants.

StarSkate Code of Conduct:

Skater's Code of Conduct (Pre-StarSkate, StarSkate Jr/Intermediate/Senior Skaters):

1. Skaters may only skate on the sessions they are qualified for.
2. In some circumstances, coaches may request permission from the Board to give a lesson off-session (skaters will be charged for extra ice-time).
3. Proper skating etiquette is required at all times; coaches and other skaters are to be treated with respect.
4. The ice surface is to be shared by all skaters on the session.
5. Skaters who are having lessons have the right of way, and other skaters (INCLUDING THOSE PRACTICING THEIR SOLOS) must **keep clear**.
6. All skaters must participate in group lessons on a session, unless the skater is having a lesson from a Professional Coach.
7. **No freeskating is allowed during group lessons**, unless the skater is having a lesson from a Professional Coach.
8. Skaters who are taking a break must sit in the penalty boxes, or stand **out of the way** against the boards; socializing is to be done OFF THE ICE.
9. All doors to the ice surface are to be kept closed during the sessions.
10. All skaters are to leave the ice **immediately** when the Zamboni comes onto the ice, or if a power failure should occur (**MANDATORY Arena Requirement**).
11. Parents are not allowed on the ice surface, to "coach" from the boards or to disrupt a Session.
12. All skaters must notify their Professional Coach when leaving the ice during a session.
13. Skaters / parents are NOT to interrupt a Professional Coach while he/she is giving a lesson.
14. Solo music will not be played during group lessons on a session.
15. A rotational system is used for playing all skaters' music at least once per session.
16. A Professional Coach may have a skater's solo or other music played **once** during a 15-minute lesson.
17. All skaters and their Professional Coaches must sign a release waiver prior to using the skating harness.
18. The skating harness may **not** be used during any group lessons.
19. Foul language, disruptive or abusive behaviour on the part of skaters or parents is ground for suspension of skating privileges.
20. Proper skating attire must be worn during all StarSkate sessions (**no jeans, pj's or baggy clothing**). Hair must be tied back.
21. No cell phones on or near ice surface, or along the boards.
22. No food is allowed on the ice surface; a drink in an unbreakable container is allowed only if it is placed on the ledge of the boards.
23. Any A.S.C. Board Member OR Professional Coach may advise **any** skater or parent of non-compliance to the Skater's Code of Conduct.
24. A.S.C. has the right to deny skating privileges / or to reassign the skating level of any skater who has been advised in writing / or whose parent has been advised in writing of two instances of non-compliance to the Skater's Code of Conduct.
25. Concerns regarding the operation of the Club can only be dealt with effectively by the Board of Directors if the concern is brought to the attention of the Board, in writing.

Rev August 22, 2011

ASC STARSKATE CALENDAR: September 2011

Sunday	Monday	Tuesday	Thursday	Saturday
			1	3
4	5 Labour Day	6	8	10
11	12 Monday StarSkate begins 5-7 pm (Sept. Schedule)	13 Tuesday Pre-StarSkate & StarSkate begins 5-7 pm (Sept. A Schedule)	15 Thursday Pre-StarSkate & StarSkate begin 5-8 pm (Sept. Schedule)	17 NO SKATING
18 Sunday PreStarSkate, TeenSkate & StarSkate begins	19 StarSkate September Schedule	20 StarSkate September "A" Schedule 5-7 pm	22 StarSkate September Schedule	24 PA TRAINING 9 am-12 pm; Isabelle Henderson Competition (Paris)
25 Isabelle Henderson Competition (Paris)	26 StarSkate September Schedule	27 StarSkate September "B" Schedule, 5-8 pm	29 StarSkate September Schedule	

ASC STARSKATE CALENDAR: October 2011

Sunday	Monday	Tuesday	Thursday	Saturday
				1 CanSkate, Jr/PreStar/Intro to Synchro begin
2 Pre-StarSkate off-ice begins (11:30 am – 12:00 pm) Jr/Int off-ice begins (12:15-1:00 pm)	3 CanPower Skate begins; Oct-Mar StarSkate schedule begins; Int/Sr off-ice begins (6:15 – 7:00 pm)	4 Tuesday CanSkate begins; Oct-Mar StarSkate Schedule begins; Int. B/Sr. off-ice begins (7:00 – 7:45 pm)	6 Thursday CanSkate begins; Oct-Mar StarSkate Schedule begins; Junior off-ice begins (4:30 – 5:00 pm); Intermediate off-ice begins 6:00 – 6:45 pm)	8
9	10 Thanksgiving NO SKATING	11	13	15
16	17	18	20	22
23	24	25 Theme Day: Hallowe'en	27 Theme Day: Hallowe'en; Off-ice reg. times; StarSkate Mini Test Day 8-9 pm Combined Int/Sr 7-8 pm	29 Theme Day: Hallowe'en
30	31 Hallowe'en: NO SKATING			

ASC STARSKATE CALENDAR: November 2011

Sunday	Monday	Tuesday	Thursday	Saturday
		1	3	5
6	7	8	19	12
13	14	15	17	19 CanSkate Bring A Friend
20 StarSkate simulations 11:10-12:10 TeenSkate Bring A Friend	21	22 CanSkate Bring A Friend	24 CanSkate Bring A Friend	26
27	28	29		

ASC STARSKATE CALENDAR: December 2011

Sunday	Monday	Tuesday	Thursday	Saturday
			1	3
4	5	6	8	10 Last Saturday CanSkate for 2011
11	12	13 Last Tuesday CanSkate for 2011	15 Last Thursday CanSkate for 2011	17 Skate With Santa Family Skate 9-10 & 11-12 Exhibition Skate 10-11 All ASC skaters & families welcome
18 Last Sunday PreStarSkate & TeenSkate for 2011	19 Last day of Fall PowerSkate; last Monday StarSkate for 2011	20 Last Tuesday PreStarSkate & StarSkate for 2011 (follow Sept. "B" schedule, 5:00 – 8:00 pm; off-ice one hour earlier)	22 Last Thursday Junior session for 2011; OFF-ICE: Junior ON; Int. CANCELLED; StarSkate Test Day from 6:00 to 9:00; schedule to be determined	24 NO Skating
25 Christmas	26 Boxing Day NO Skating	27 NO Skating	29 NO Skating	31 New Year's Eve NO Skating

ASC STARSKATE CALENDAR: January 2012

Sunday	Monday	Tuesday	Thursday	Saturday
1 NO Skating	2 NO Skating	3 NO Skating	5 StarSkate Open Session 6-8 pm; 6:10-7:05 Jr/Int. A; 7:05-8:00 Int. B/Sr. (guest fees apply)	7 Saturday programs resume
8 Sunday programs resume	9 Monday StarSkate resumes; Winter PowerSkate begins	10 Tuesday programs resume	12 Thursday programs resume	14 CanSkate Theme Day: PAJAMA PARTY
15	16	17 CanSkate Theme Day: PAJAMA PARTY	19 CanSkate Theme Day: PAJAMA PARTY	21
22	23	24	26	28
29	30	31		

ASC STARSKATE CALENDAR: February 2012

Sunday	Monday	Tuesday	Thursday	Saturday
			2	4
5	6	7	9 CanSkate Theme Day: Red & White Day	11 CanSkate Theme Day: Red & White Day
12	13	14 CanSkate Theme Day: Red & White Day	16 StarSkate Simulation & Picture Day	18
19	20 Family Day NO SKATING	21	23 Last day for off-ice	25
26 Last day for off-ice	27 Last day for off-ice	28 Last day for off-ice		

ASC STARSKATE CALENDAR: March 2012

Sunday	Monday	Tuesday	Thursday	Saturday
			1 Junior – Regular Schedule; StarSkate Test Day	3 Saturday CanSkate: Last regular day; Futures Competition
4 Sunday PreStar & PreTeen: Last Regular Day; Futures Competition	5	6 Tuesday CanSkate: Last regular day	8 Thursday CanSkate & PreStar: Last regular day	10 NO Skating: March Break
11 Junior/Intermediate 11:10 – 12:00 pm	12 PowerSkate & StarSkate regular schedule	13 No PreStarSkate; Jr/Int/Sr StarSkate Sept. Schedule	15 No PreStarSkate; StarSkate 6-8 pm	17 CARNIVAL PRACTICES IN EFFECT: Schedule TBA
18 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	19 PowerSkate: Last Day StarSkate: CARNIVAL PRACTICES IN EFFECT; Schedule TBA	20 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	22 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	24 CARNIVAL PRACTICES IN EFFECT; Schedule TBA
25 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	26 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	27 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	29 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	31 CARNIVAL PRACTICES In EFFECT; Schedule TBA
APRIL 1 CARNIVAL? To Be Confirmed				

ASC STARSKATE CALENDAR: April 2012

We will be attempting to obtain ice again during April at the Chedoke Twin Pads; more information will be available in February.