



**Skate
Canada**

HEPBURN
Skate
CLUB

**2025 - 2026
Club Handbook**

Box 284 Hepburn, SK S0K 1Z0

hepburnfigureskatingclub@gmail.com

Our Club

Hepburn Skate Club is registered with Skate Canada and is run by a volunteer board of directors. Our mission is to provide children and youth with a fun, supportive environment to learn and grow in the sport of skating. We offer Pre-CanSkate, CanSkate, Advanced CanSkate and STARSkate programs. All of our programs are delivered by Skate Canada and NCCP-certified coaches, ensuring a safe and encouraging atmosphere for skaters to develop their skills, build confidence, and enjoy the sport. The club operates from December to March out of the Hepburn Arena.

What is Skate Canada?

Skate Canada is the national governing body for figure skating in Canada, responsible for overseeing and promoting the sport at all levels. Skate Canada provides coaching certification through its National Coaching Certification Program (NCCP) and develops learn-to-skate programs like CanSkate to teach skills to people of all ages. As a member of the International Skating Union (ISU) and the Canadian Olympic Committee, Skate Canada sets standards for the sport in Canada and fosters its growth and development nationwide. As a Skate Canada registered club, Hepburn Skate Club can offer Skate Canada programs adhering to their standards and policies.

Fundraising

Fundraising is essential to the club's operation so participation in fundraising is required by all families. We rely heavily on fundraising to keep registration fees low. This year's fundraisers are still to be determined. \$100 worth of fundraising will be required by each family.

Refund Policy

If a skater decides to cancel by November 20th, they will be entitled to a full refund. If the cancellation happens after this date but on or before two full weeks of instruction, there is a non-refundable \$75 fee. After the two-week mark, refunds will only be given on a pro-rated basis due to injury or other extenuating circumstances at the board's discretion.

Communication

Email is the primary method of communication by the Hepburn Skate Club. Please ensure that you that check your email frequently so that you receive any additional information throughout the year. This includes skating cancellations.

If you have any questions or concerns that are not answered in this handbook, club emails, or other documents provided, please contact us through email.

Our Board

2025-26 Board:

President: Janine Fehr

Vice-President: Klaske Hoving

Treasurer: VACANT

Secretary: Celeste Lyon

Carnival Coordinator: VACANT

Fundraiser: Julie Unruh

Member-at-large: VACANT

Carnival Information

What is Carnival?

Carnival is our year end "Ice Show" where skaters in all levels showcase what they have learned over the year. Pre-CanSkate, CanSkate, Advanced CanSkate, and STARSkate skaters will perform a routine with their group at the carnival. STARSkaters may also perform solos or duets which is decided by the coach and club board. Family, friends, and the community are invited to come out and watch our skaters perform. Carnival is such a fun experience for all skaters to be part of and for all of us to watch!

*Note – Carnival participation is not mandatory but carnival practice will take place during regular session times and fees are not refunded or prorated if a skater chooses not to take part in the carnival.

Who plans the carnival?

Our carnival coordinator leads the planning. The coaches, carnival coordinator, and board work together to pick music and coordinate other details. The coaches and program assistants plan the on-ice routines. Additional help is always welcome in carnival planning. If you are interested in helping, please contact our carnival coordinator.

Participation in carnival set-up or take down is mandatory for all families whose skaters are participating in the carnival. We will send out a schedule prior to the date. Your involvement is greatly appreciated to help make the carnival a special and memorable event for our skaters!

The 25/26 carnival will be held on March 8, 2026 - time to be determined



CanSkate is a **learn-to-skate** program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity. The lessons are run by a Skate Canada accredited coach(es) with the help of Program Assistants and given in a group format with a coach/program assistant-to-student ratio of a maximum 1:10. Program Assistants are skaters from our STARSkate program who are 11+ and have received program assistant training conducted by the coach prior to the skating season.

Pre-CanSkate

30 minute session, 1 or 2 days a week

Mondays and/or Wednesdays 6:00 - 6:30 pm

Pre-CanSkate is an optional program for children aged 3+ with no skating experience. It is designed to introduce children to the ice and help them become comfortable. It teaches children the basics of how to get up when they fall and how to move forward among other skills appropriate to the skater's progress. Music, toys and games are used to help children feel ready to take the next step.

CanSkate (levels 1-3)

45 minute session, 1 or 2 days a week

Mondays and/or Wednesdays 6:00 - 6:45 pm

CanSkate is for all ages who can stand on their own in skates. In CanSkate, skaters progress at their own rate through the levels and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning.

Advanced CanSkate (levels 4-6)

45 minute session, 2 days a week

Mondays and Wednesdays 5:15 - 6:00 pm

Advanced CanSkate is for skaters who are working on CanSkate levels 4-6 and have received coach recommendation to join. Sessions may run during regular CanSkate times or during StarSkate depending on the season.

Upon completion of stage 6, skaters who wish to pursue figure skating can enroll in StarSkate!

CanSkate Curriculum and Awards

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

Balance: Concentrating on forward skills, pushing technique, and edges

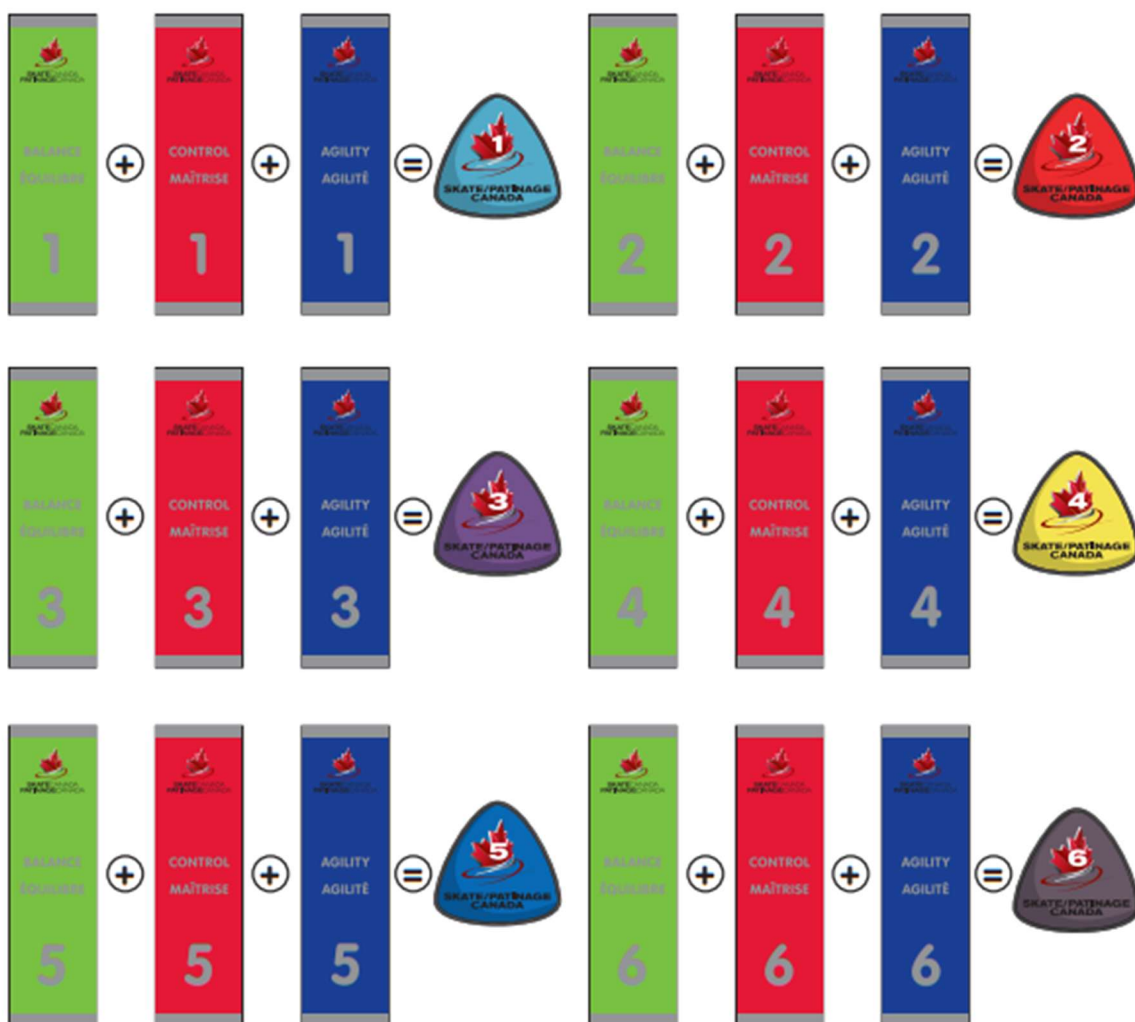
Control: Concentrating on backwards skills, stopping and speed elements

Agility: Concentrating on turning and jumping skills

CanSkate awards consist of:

- 3 fundamental area ribbons for each stage
- 6 stage badges

To pass a stage badge skaters must achieve all fundamental area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each fundamental area is indicated on the report card. Report cards and ribbons/badges are awarded to the skaters at our season wind-up and awards night.



	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
BALANCE	SKATE FORWARD ☐ Fall down & get up ☐ Fwd push/glide sequence ☐ Fwd 2-foot glide ☐ Fwd 2-foot at glide	SKATE FORWARD ☐ Fwd 2-foot skulling ☐ Fwd 2-foot to 1-foot glide ☐ R O L ☐ Fwd push/glide sequence EXTREME ☐ Fwd 1-foot glide with speed ☐ R O L	SKATE FORWARD ☐ Fwd stationary blade push (L, V or U) ☐ R O L ☐ Fwd 2-foot skull ☐ Fwd cross thrusts ☐ CW O CCW ☐ Waking crosscuts ☐ R O L EXTREME ☐ Fwd 2-foot to 1-foot curve glide ☐ R O L	SKATE FORWARD ☐ Fwd crosscuts ☐ CW O CCW ☐ Fwd inside skoll ☐ Fwd outside skoll EXTREME ☐ Fwd drag SPINS & SPIRALS ☐ Fwd spiral HOCKEY & RINGETTE ☐ Drop down drill ☐ Fwd "V" start	SKATE FORWARD ☐ Fwd crosscuts - figure 8 ☐ Fwd inside edges ☐ Fwd push/glide sequence EXTREME ☐ Fwd perimeter stroking with jumps ☐ Inside spiral edge ☐ Fwd 1-foot skoll HOCKEY & RINGETTE ☐ Running lateral crossovers	SKATE FORWARD ☐ Fwd power crosscuts ☐ CW O CCW ☐ Fwd perimeter skating with crosscuts ☐ CW O CCW ☐ Fwd outside edges ☐ Fwd 1-foot skoll EXTREME ☐ Fwd shoot the duck ☐ Fwd perimeter skating with skoll stops SPINS & SPIRALS ☐ Fwd spiral on a curve HOCKEY & RINGETTE ☐ Fwd "crossover" acceleration
	4/4 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/7 check marks required Date:	5/7 check marks required Date:	6/8 check marks required Date:
CONTROL	STOP ☐ Snow slide stops ☐ R O L SKATE BACKWARD ☐ Bwd 2-foot skating/walking ☐ Bwd 2-foot glide	STOP ☐ Fwd stop SKATE BACKWARD ☐ Bwd 2-foot skoll ☐ Bwd 2-foot to 1-foot glide ☐ R O L EXTREME ☐ Bwd push/glide sequence ☐ Bwd 1-foot glide	STOP ☐ Bwd stop SKATE BACKWARD ☐ Bwd skoll thrusts ☐ CW O CCW ☐ Bwd 2-foot skoll EXTREME ☐ Bwd 1-foot glide with speed ☐ Fwd 1-foot glide from blue line to blue line SPEED ☐ Skoll goal line to 1st blue line in 9 seconds or less	STOP ☐ Fwd 2-foot stop ☐ CW O CCW SKATE BACKWARD ☐ Bwd crosscuts ☐ Bwd crosscuts - figure 8 ☐ Bwd perimeter skating with crosscuts ☐ CW O CCW EXTREME ☐ Bwd 1-foot skoll SPINS & SPIRALS ☐ Bwd spiral SPEED ☐ Skoll goal line to 2nd blue line in 12 seconds or less	STOP ☐ Fwd 1-foot stop ☐ Fwd 2-foot stop with speed ☐ CW O CCW SKATE BACKWARD ☐ Bwd outside skoll ☐ Bwd crosscuts ☐ Bwd perimeter skating with crosscuts ☐ CW O CCW EXTREME ☐ Bwd 1-foot skoll SPINS & SPIRALS ☐ Bwd 1-foot spin SPEED ☐ Skoll perimeter of ice in 35 seconds or less	STOP ☐ Fwd 180° stop turn (prohawn) ☐ R O L ☐ Bwd 180° stop turn (prohawn) ☐ R O L ☐ 2-foot multi-turns JUMP ☐ Skating power jump ☐ Bwd toe assisted jump ☐ Bwd 360° 2-foot jump SPINS & SPIRALS ☐ Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE ☐ Fwd 2-foot reverse pivot turn ☐ CW O CCW
	3/3 check marks required Date:	3/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:
AGILITY	TURN ☐ 2-foot turn ☐ CW O CCW JUMP ☐ 2-foot jump EXTREME ☐ Fwd skating perimeter of ice	TURN ☐ Fwd 2-foot turn ☐ Bwd 2-foot turn ☐ Fwd 180° glide turn ☐ CW O CCW JUMP ☐ Fwd 2-foot jump EXTREME ☐ Fwd 2-foot perimeter skating ☐ CW O CCW	TURN ☐ Fwd 1-foot turn (small curve) ☐ R O L ☐ Bwd 360° stop turn JUMP ☐ Fwd to 2-foot jump ☐ Fwd to 2-foot jump SPINS & SPIRALS ☐ 2-foot spin ☐ 2-foot all spin	TURN ☐ Fwd 1-foot turn (large curve) ☐ L F O L F O R H O R F O ☐ Fwd 360° glide turn ☐ CW O CCW JUMP ☐ Fwd to 2-foot jump ☐ Fwd to 2-foot jump SPINS & SPIRALS ☐ Fwd power jump ☐ 1-foot spin ☐ Alternating foot spin HOCKEY & RINGETTE ☐ Fwd tight glide turns	TURN ☐ Fwd 1-foot turn (large curve) ☐ L F O L F O R H O R F O ☐ Fwd 360° glide turn ☐ CW O CCW JUMP ☐ Fwd to 2-foot jump ☐ Fwd to 2-foot jump SPINS & SPIRALS ☐ Fwd power jump ☐ 1-foot spin ☐ Alternating foot spin HOCKEY & RINGETTE ☐ Fwd tight glide turns	TURN ☐ Fwd 180° stop turn (prohawn) ☐ R O L ☐ Bwd 180° stop turn (prohawn) ☐ R O L ☐ 2-foot multi-turns JUMP ☐ Skating power jump ☐ Bwd toe assisted jump ☐ Bwd 360° 2-foot jump SPINS & SPIRALS ☐ Fwd 1-foot spin with spiraling edge HOCKEY & RINGETTE ☐ Fwd 2-foot reverse pivot turn ☐ CW O CCW
	3/3 check marks required Date:	4/4 check marks required Date:	5/5 check marks required Date:	5/6 check marks required Date:	6/7 check marks required Date:	6/8 check marks required Date:

CanSkate Safety and Equipment

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped.

Here is a great video that goes over proper equipment for CanSkate: [Proper Equipment for CanSkate - YouTube](#)

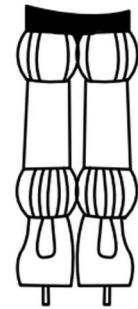
HELMETS

A CSA approved hockey helmet must be worn by ALL Pre-CanSkate, CanSkate, and Advanced CanSkate skaters who have not yet completed CanSkate stage 5.

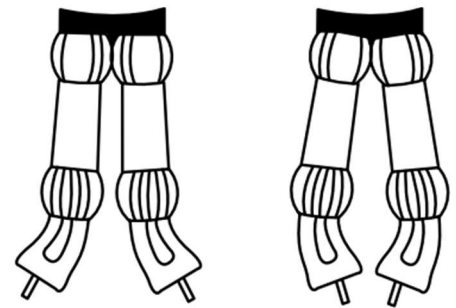


SKATES

- Lace-up skates such as hockey or figure skates are recommended as they provide the best support, allow proper movement, and accommodate an adjustable fit.
- Plastic/buckle skates are NOT recommended.
- If buying used skates, ensure that they are not too worn and provide proper support.
- Some tips for best results:
 - Skates fit comfortably.
 - There is room for toes to wiggle slightly.
 - Heels do not lift inside the skate more than $\frac{1}{4}$ inch.
 - Skates should not be too big that the kids have to wear extra socks
 - The skate's boot is firm and must provide good support to the foot and ankle
 - An adult finger can fit in the top of the boot when done up.
 - Excess laces are tucked or tied up so that they do not hang loose or drag on the ice
 - Ankles should not bend outward or inward when standing



Properly Equipped Skater



Poorly Equipped Skater

EQUIPMENT CARE

To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats (such as the lobby). At the end of every session the blades should be wiped with a dry cloth to prevent rusting. Skate sharpening should be done periodically.

CLOTHING

- Snow pants are recommended for Pre-CanSkate and beginner CanSkate participants because there is a lot of falling and we don't want skaters to get cold.
- Mitts/gloves are required to be worn at all times for both safety and warmth.
- Items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided.
- Hair should also be tied back during lessons
- Avoid thick toques under helmets. Ensure that anything worn under the helmet does not hinder the purpose of the helmet and will also not fall down and restrict skaters' visibility.

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate, artistic, and synchronized skating. At Hepburn Skate Club, lessons are taught in a variety of group, semi-private, and private lesson formats at the coach's discretion and skating skills, free skate, and dance will be primarily focused on. Synchronized skating is introduced through group carnival numbers. STARSkate is taught in a progressive and sequential manner. Skaters have the opportunity to take Skate Canada tests through a nationally standardized testing system. **Skaters may move through the STAR assessment structure at their own pace per discipline.** For example, a skater may be working on STAR 3 skills, STAR 1 dance, and STAR 2 free skate.

STAR 1 Mondays and Wednesdays 3:15 – 4:45 pm

- Registration fee includes:
 - o 1.25 hr session, 2 times per week
 - o SkateCanada and SkateSaskatchewan membership fees

STAR 2+ Mondays and Wednesdays 3:15 – 5:15 pm

- Registration fee includes:
 - o 1.75 hr session, 2 times per week
 - o SkateCanada and SkateSaskatchewan membership fees

*Testing fees, music editing and competition fees (if applicable) are not included in registration fees.

Discipline	Content
SKILLS	Includes the development of turns in figure form, as well as skill exercises to develop power and control. Field moves are also included in this discipline.
FREESKATE	ELEMENTS: includes the development of jumps and spins in isolation. PROGRAMS: includes the development of program components and element success in a performance situation.
DANCE	Includes the development of skating technique while promoting timing, accuracy, and musicality through pattern dances.
ARTISTIC	Includes the development of movement, creativity, projection, and interpretation through programs.
SYNCHRO (STAR 2, 3 and 4)	Includes the development of synchronized skating elements through a variety of skating skills and teamwork.

Overview: STAR Assessment Content

	Skills	Freestyle		Program	Dance	Artistic	Synchronicity
		Elements	Program				
STAR 1	Fwd Edges Fwd Three-Turns FI C Step Sequence Fwd Spiral Circles Choice of Field Move: Fwd 1ft Sit Glide; Inside Spread Eagle; Ina Bauer STAR 1 Skills Exercise – Basic	Waltz Jump Single Salchow Single Toe Loop Fwd Upright Spin Bwd Upright Spin			Fwd Progressives Fwd Chassés Fwd Slide Chassés Fwd Outside Swing Roll Sequence Fwd Outside Cross Rolls		
STAR 2	Bwd Edges Bwd Three-Turns Fwd Circle on Circle 2ft to 1ft Multi Turns Fwd Outside Turn Sequence	Single Salchow Single Loop Single Flip Waltz/Toe Loop Combination Fwd Sit Spin Change Foot Upright Spin Fwd Camel Spin	STAR 2 Program		2A: Dutch Waltz 2B: Canasta Tango		Linear Element (Block) Linear Element (Line) Intersection Rotating Element (Wheel or Circle)
STAR 3	Fwd Spiral Circles Choice of Field Move: Bwd 1ft Sit Glide, Spread Eagle, Y-Spiral, Ina Bauer STAR 3 Skills Exercise – Power	Single Flip Single Lutz Single Loop/Loop Combination Bwd Upright Spin Bwd Sit Spin Fwd Camel/Sit Spin	STAR 3 Program		3A: Baby Blues 3B: Bwd Progressives Bwd Chassés Bwd Swing Roll Sequence Fwd Inside Open C Step RFO Cross Roll, Cross Behind FO Three-Turn, BO Edge		Pivoting Element (Block) Linear Element (Line) Intersection Rotating Element (Wheel) Rotating Element (Circle)
STAR 4	Fwd Brackets Bwd Brackets Fwd Double 3s Bwd Circle on Circle Fwd Change of Edge	Single Lutz Single Axel Single Flip/Toe Loop Combination Single Loop/Loop Combination Bwd Camel Spin Change Foot Sit Spin Flying Camel or Sit Spin Fwd Combination Spin	STAR 4 Program (Must attempt axel)		4A Swing 4B: Fiesta Tango		Transition Exercise #1 Transition Exercise #2 Intersection Moves Element: Spiral

	Skills	Freeskate		Dance	Artistic	Synchro
		Elements	Program			
STAR 5	Spiral Sequence STAR 5 Skills Exercise: Quick Edges STAR 5 Skills Exercise – Bwd Slalom	Single Axel Double Jump (2S – 2Lz) Single Lutz/Toe Loop Combination Spin in 1 Position Sit or Camel Spin Combination Spin	STAR 5 Program (Must land clean Axel)	Elements/Pattern Dance SA: Willow Waltz SB: LFO Open C Step FO Double Knee Bend Fwd Progressive - Swing Roll Sequence Bwd Progressive - Swing Roll Sequence Ten-Fox Progressive LFO Cross Behind FO Cross Rolls FO Cross Roll, Three- Turn BO Rolls	Choreographic Step Sequence Field Move Sequence OR Spiral Sequence Artistic Spin	
STAR 6	Backward Double 3s Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change 3s	Single Axel Combination 2 Different Double Jumps Sit or Camel Spin - (may attempt 1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteenstep		
STAR 7	Forward Loops Backward Loops Forward Inside S Step Backward Outside S Step Twizzles STAR 7 Skills Exercise – Backward Change 3s	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)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Move Sequence Artistic Spin	

	Skills	Freeskate		Dance	Artistic	Synchro
		Elements	Program			
STAR 8	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	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin - (minimum 1 feature) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – minimum 1 feature)	STAR 8 Program (as per current Technical Program Requirements)	8A: Kilian 8B: Rocker Foxtrot 8C: Starlight Waltz		
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – S Step	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin - (features permitted) 3 Different Spins of Any Nature (1 feature) (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	STAR 9 Dances (2 of 3) 9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Move Sequence Artistic Spin	
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature (minimum 1 feature) Change Combination Spin - (minimum 1 feature)	STAR 10 Program (as per current Technical Program Requirements)	STAR 10 Dances (2 of 3) 10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep		
Gold	9 Turn Challenge Step Sequence Field Move Sequence Skills Exercise Challenge		Gold Program (as per current Technical Program Requirements)	Gold Dances (2 of 3) Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Move Sequence or 360 Degree Field Move Artistic Spin	
DIAMOND DANCES	Diamond Dances (4 of 6) Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka					

STARSkate Info

Preseason and additional skating opportunities

Because we operate on natural ice, our regular skating season is considerably shorter compared to other clubs that operate on artificial ice. Please keep this in mind when setting expectations and goals for the year. We want to see all skaters reach their personal skating goals but that may not be possible with our shorter skating season. Skaters who wish to pursue a higher level of skating beyond STAR 5 or want to progress quicker may want to seek out additional skating opportunities. This may include arranging private lessons with our club coach utilizing open ice sessions through Skate Saskatoon, joining other clubs in addition to our club, utilizing drop-in sessions with Hague or Waldheim clubs. There are also spring, summer and fall programming sessions available to out of town skaters through Skate Saskatoon.

For more information on seasonal offerings with Skate Saskatoon see here: [Skate Saskatoon :: Skate Saskatoon](#)

If you wish to book private lessons with Julie in Saskatoon, please contact her directly for availability and her rate structure.

There are also seminars (Rising Star) available through SkateSaskatchewan that are held throughout the province to promote athlete development. For more information, go to the SkateSaskatchewan website and look under events. Registration, fees, and transportation for these events are the parent/guardian's responsibility.

Program assisting

STARSkaters that are 11 years old and have passed Star 1 Freeskate are expected to program assist with Pre-CanSkate and CanSkate. An additional fee of \$120 will be charged to opt out of program assisting. The number of program assistants needed for each session is dependent on the number of CanSkaters. A schedule will be provided at the beginning of the year. If the program assistant is unable to assist on a scheduled day, please attempt to find a replacement or switch days with another program assistant. If you are unable to find a replacement, please let Celeste know (hepburnfigureskatingclub@gmail.com) know.

- Program assistant training (December 3rd - after school)

Music editing

When a skater is ready for a new program, they will be able to select a song to skate to. When the song is approved by the coach, she will edit or cut the music to meet the program length requirements. There is a \$25 fee for doing this and it will be billed with the testing at the end of the year.

Testing

This is how STARSkaters progress through the STARSkate program. Our coach will test skaters throughout the year in dance, skills, and freeskate disciplines. The coach will decide when they are ready to test. The tests will take place during regular skating times. Notice will be given when the coach will be testing your skater.

There is a fee of \$12 per test – paid to Skate Canada. This fee is NOT included in the registration fee. Costs for tests will be tallied and billed at the end of the year. Skaters will receive an assessment sheet following the test. Although our coach does her best to ensure the skater is ready for the test, **\$12 will still have to be paid if the skater receives a “Retry”.**

Competitions

- All STARSkaters are welcome to participate in competitions. This is an **extra cost** and is **optional**, but a great experience.
- **Competition fund** – the funds that we are using for this were raised through the boards' participation in past Region 11 & 12 competitions. Our goal is to encourage more skaters to participate in competitions without the burden of the extra expenses. The competition grant can only be used to cover registration fees and coaching expenses. The amount given out will vary from year to year, depending on the number of competitions and skaters.
- Registration fees range anywhere from \$30 to \$75/per event – depending on the competition and the event. The parent/guardian will be responsible for registering their skater (this is usually done online) and will need to pay the fees at the time of registration.
- Coach's expenses consist of mileage, hotel (if needed), meals and a fee for attending competition. These costs are split evenly between the skaters attending the competition.
- Skater's transportation, hotel and meals are the skater's responsibility.

2025-26 Competitions

Region 11&12 competition – Feb 14/15, 2026 in Nipawin

Winter Classic – Feb 27th- Mar 1st in Swift Current

Skates

- STARSkaters require properly fitted figure skates. If you have questions, have your skater bring their skates and our coach will look at them.
- New skates are available for purchase at the following locations:
 - Riedell figure skates are available at Atlas Outdoors in Warman
 - Jackson figure skates are available at Al Anderson's in Saskatoon or ProSkate in Edmonton
- If buying used skates please ensure skates aren't broken down (when trying the skates on, if there is a deep crease in the boot at the ankle when the skater bends their knee)
- Skates should also not be too stiff for the skaters' level. Ensure the skater can bend ankles in the skates. A skate that is too stiff or a skate that is designed for higher levels can hinder progression.
- Proper skate sharpening is important at the STARSkate level. STARSkate coaches can provide information on different kinds of sharpening for different levels of skating. Reputable and recommended skate sharpeners for figure skates include:
 - Atlas Outdoors in Warman (306) 500-0369
 - Russ Prosko at Precision Skate Service (306)384-0341

Attire

- Figure skating dresses/costumes can be worn on any skating day but are only required for competitions, carnival, and during testing (if required by coach)
- Leggings or other flexible pants and a jacket (without a hood) is appropriate attire for practice. Jeans should not be worn.
- Hair should be tied back.
- Snow pants should not be worn unless we hit very cold temperatures.

Skate Canada Website

Here you have access to your STARSkaters skating testing history as well as training videos, etc. You will need your skaters Skate Canada number which the board can provide you with.

First Time Access (after we have registered each of your skaters): <https://skatecanada.ca/>

- Click "Members" on the top right side of the page
- Then Click on the "Sign In" option in the top right corner
- Request an "Invitation Code". It will be sent to the email you provided our Club
- Once you have it sent to you click "redeem it here" and follow the instructions