



Sunset Skating Club Winter 2020 Season Program Requirements (Confidential)

Jennifer Yibing Jiang – Skating Director

Peter Lee – JD/JD Talent/JS Coordinator



STARSkate

Skills, Tests, Achievement, Recognition –
this is what STARSkate is all about!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

COMPETITIVE in STARSkate: Star 1 to Gold

**Skate Canada
Competitive Program**

Qualifying Competitions & Championships

Sectionals

Juvenile (optional)
Pre-Novice,
Novice, Junior, Senior

Skate Canada Challenge
Competitions

Pre-Novice*,
Novice, Junior, Senior

Canadian Championships

Novice*, Junior*, Senior*

* Champion awarded



Requirements for Sunset Figure Skating Programs

Minimum requirements

Requirement to maintain in JD Talent Program

Requirements to maintain in JD Talent Program

- ▶ **Minimum 2 Days JD On-Ice and Off-Ice Program**
- ▶ **Minimum 3 Days On-Ice and Off-Ice to Maintain in JD Talent Program**
- ▶ **Minimum 1 Day at Studio for Dance/Stretch**
- ▶ **Recommended 4 Days of Skating and 2 Days of Stretch/Dance for faster improvements**
- ▶ **JD Talent On-Ice Sessions:**

Monday, Wednesday, Friday, Saturday

Criteria: Must be selected to be on the JD Talent

Requirement to for STARSkate (Test & Recreational)

Requirements to maintain in STARSkate

- ▶ **Minimum 1 Day On-Ice Program**
- ▶ **Allow to register additional STARSkate session and off-ice programs**
- ▶ **Studio Dance not offered to Test & Recreational Skaters.**
 - Exceptions: Skaters may request and unless approved by Jennifer and Peter**
- ▶ **No recommended days of skating**
- ▶ **STARSkate On-Ice Sessions:**
Monday, Wednesday, Saturday

Criteria: Must graduate from JD. However, need approval from Skating Director

Requirement to for STARSkate Competitive

Requirements to maintain in STARSkate Competitive

- ▶ **Minimum 3 Days On-Ice and 2 Days Off-Ice Program**
- ▶ **Minimum 1 Day at Studio for Dance & Stretch**
- ▶ **Recommended 4 Days of Skating**
- ▶ **STARSkate On-Ice Sessions:**

Monday, Wednesday, Saturday (allow to add Friday for 4 days of skating)

Criteria: Must graduate from Junior Development and approval from Skating Director

Requirement to for Intermediate Competitive

Requirements to maintain in Intermediate Competitive

- ▶ **Minimum 4 Days On-Ice Program and 3 Days Off-Ice Program**
- ▶ **Minimum 1 Day Studio Dance & Stretch**
- ▶ **Recommended 5 Days of On-Ice and 3 Days Off-Ice Program**
- ▶ **Intermediate On-Ice Sessions:**

Monday, Tuesday, Wednesday, Friday, Saturday

Criteria to be in Intermediate: 1 Axel & 1 Double and approval from Skating Director

Requirement to for Senior Competitive

Requirements to maintain in Senior Competitive

- ▶ **Minimum 5 Days On-Ice Program and 3 Days Off-Ice Program**
- ▶ **Minimum 1 Day Studio Dance & Stretch**
- ▶ **Recommended 6 Days of On-Ice and 4 Days Off-Ice Program**
- ▶ **Senior On-Ice Sessions:**

Monday, Tuesday, Wednesday, Friday, Saturday

Criteria to be in Senior: 5 Doubles and approval from Skating Director