



**COCHRANE**

Figure Skating Club

**STAR SKATE  
PARENT MEETING**

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September 4, 2025

# Agenda

Welcome

Star Skate Team

Program Specifics

Skater Assessments & Progress

Safety Talk

Club Information



# Star Skate Team

- Coaching Staff
  - Head Coach - Isabelle Denault
- Program Assistants (PAs)
- Star Skate Liaison & Test Chair
  - Amber Grieve –  
StarSkate.CochraneFSC@gmail.com
- CFSC Board



# Star Skate Program

- Learn to Train Program
  - Provides greater opportunity for skaters to enter the figure skating discipline to Skate for Life or Train to Compete levels
- Five On-Ice Disciplines
  - Dance
    - Specific patterns of steps timed to music and danced solo or partnered
  - Skills
    - Technical skating steps and turns
  - Freeskate
    - Elements : spins, jumps, field movements executed to standard
    - Freeskate : Program (solo) that is timed to music with specified elements to be executed
  - Artistic
    - Program (solo) that is timed to music that promotes interpretation of the music with use of field movements and artistic components
  - Synchro



# Star Skate Program

- Star 1 – 9 and GOLD levels for each discipline
  - Some skaters may advance faster in particular disciplines
- Lessons & Rates (handout/slide 22)
- Competitions
  - Star 1-4 Events
  - Provincial Series Qualifying and Non-Qualifying
  - Levels to compete are determined by skating tests passed in each discipline
- Program Assistants and Junior Program Assistants for CanSkate
- Off Ice – Date/Time/Component TBD



# Format

- On Ice: Mondays & Fridays 5-7pm
- Session Format (typically)
  - Primarily focused on group lessons with some self-directed training
  - 15 mins power session/stroking
  - 20 mins blocks for each discipline (Dance, Spins, Skills, Jumps and Freeskate)
  - 10 mins cool down



# Additional Ice Times

- Fridays 7 - 8pm
  - Shared ice (adult, star and CS by invitation only)
    - On ice awareness must be demonstrated by skaters
    - Coach reserves the right to not allow individuals back on the ice if rules are not respected
    - Private lessons (programs) must be confirmed with the coach 1 week ahead of time and is pending availability
- If there is supplemental ice that becomes available, the Club will send out communications.



# Skater Assessment & Progress

- Star 1-5
  - Completed on an ongoing basis and on Assessment/Test Days
  - Parents will be notified via email ahead of time with the details (test being evaluated and test date)
  - Evaluations occur during regular ice time
  - Evaluator fee payable to the Coach
  - Skate Canada Fees payable to the Club via [Uplifter](#) prior to the evaluation taking place
- High Test Days (Star 6 - GOLD)
  - Held typically twice a year (Dec and March - TBC)
  - Skate Canada, Partner and Coaching fees apply





# Competition – Pre Registration

- [Skater Reg](#) Profile
- [Star 1-4 Assignment Process Survey](#) (Star 1-4 Events Only)
  - Open at 10:00 AM Monday, September 15, 2025 and will close at 11:59 PM Monday, October 20, 2025.
  - Final information about the number of assigned events each athlete will receive will not be released until after the closing and review of the 2025-2026 STAR 1-4 Assignment Process Survey.
  - The goal of this change is to ensure fairness for those who complete the survey, and to provide more accurate information about event assignments.
  - Athletes who successfully complete the STAR 1-4 Assignment Process Survey will be guaranteed a minimum of two (2) entries (i.e. free skate and solo dance) at one (1) STAR 1-4 event. **The survey doesn't include supplementary categories.**
  - Any additional event assignments will be determined based on the results of the 2025-2026 STAR 1-4 Assignment Process Survey and communicated shortly after the survey closing date.



# Competition

- Registration
  - Held 8-12 weeks prior to competition
  - Open for 1 week in Skater Reg
  - Schedule is posted 4 weeks prior to competition and is subject to change (typically Star 1-4 Freeskate and Elements events are held on Sundays for Provincial Series)
  - It is the parent's responsibility to register their child and review schedules/changes
- Fees
  - Skate Canada Fees per Event (Freeskate, Elements, Showcase, Team Events)
  - Coaching Fees (see rate sheet)



# Competition

- Competition Attire
  - Skating dress
  - Skating tights (separate to practice tights)
  - Skates (sharpening)
  - Hard skate guards
  - **Club warm up jacket** and gloves (warm up only)
  - Helmets or halo (optional)
  - Hair is tied up and secured (deductions can happen for wardrobe malfunction)
  - Team Events (TBC with Coach and Team)
- Preparation happens in the 1-3 month leading up to competition not the week of
  - Overtraining
  - Week leading up (Rest, Nutrition, Mindset)



# Important Dates

- Coach Skater/Parent 1:1
  - Mandatory
  - To be completed by September 12
- Competition (handout)
  - Competition dates TBC with the Coach  
September 26, 2025
  - Interest to be submitted to Survey October 20
  - Choreography of programs to be completed  
end September (no exceptions)



# Important Dates

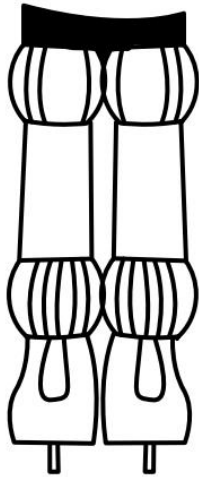
- Test Days/Assessment Days
  - October 31, November 12, February 13, April 8
- Holiday Showcase
  - None this year
- Showcase for competitive skaters mid-November
- Year End Carnival (mandatory Star Skate)
  - March 7, 2025 time TBC
  - Rehearsal March 6, 2025 5-8 pm
  - Costuming/Volunteers



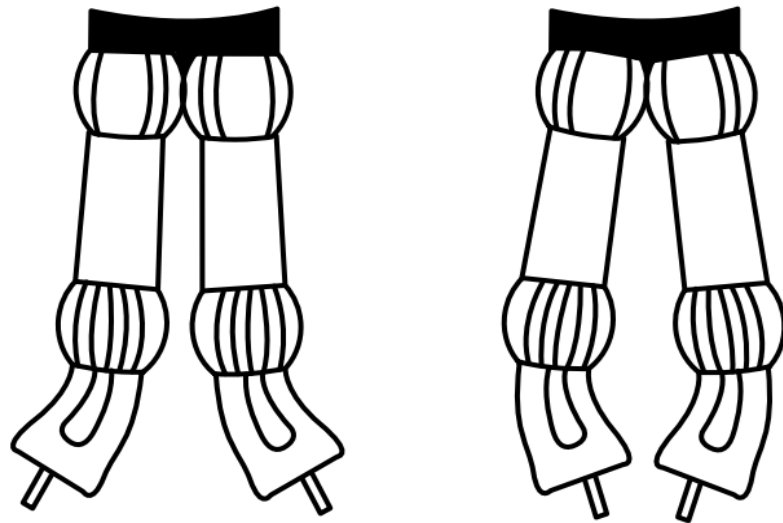
# Safety Talk

- Proper Equipment - Skates

- Skates have been fitted by a Figure Skating Shop for the level of skill of the skater
- Leather is not creased at ankles; sufficient ankle support
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice
- Blade protection (hard guards, soft guards, snow seal etc.)



Properly Equipped Skater



Poorly Equipped Skater

# Safety Talk

- Proper Equipment - Attire
  - Practice dress and tights
  - Practice skirts and tights
  - Skinny leg leggings
  - Vests, warm up jackets, sweatshirt
  - Layers are encouraged (longsleeve, tank)
  - Loose fitting clothes (bellbottom leggings, joggers, hoodies, winter coats) are not appropriate and tripping hazards
  - Hair must be tied back
  - No hats (headbands are appropriate)
  - Helmets, halos (optional, encouraged)



# Safety Talk

- Skate Sharpening
  - Frequent sharpening
  - Competitive Edge recommended at Star 3
  - Skaters are different some prefer sharper edges plan accordingly for competition
- Concussion Protocol
  - Helmets/halos are preventative but not absolute
  - Medical Clearance
  - Report filed to Skate Canada
  - Return to Sport Protocol (handout)
  - See additional resources Slide 21





# Safety Talk

- House Rules
  - Show Up on time / Notify Coach of an absence
  - No gum/food/snacks on the ice
  - Respectful & Positive Attitude
  - Focused / Attentive
  - Follows prescribed schedule
  - Spins in the middle
  - Jumps on the ends
  - Dance/Edges along the edges
  - Advise coach if leaving early, or getting off the ice
  - Skaters in a lesson have the right of way



# Facility Information

- Tim Horton Events Center
  - 705-272-5084
  - [www.cochraneontario.com](http://www.cochraneontario.com)
  - 7 Tim Horton Dr.
- Dressing Rooms
  - Assigned by the THEC
- Skaters get on/off the ice at lobby end
- Parents are asked to vacate the area and sit in stands or lobby
- Meeting Point for Fire Drill: Parking Lot



# Club Information

- Facebook Page:  
<https://www.facebook.com/CochraneFigureSkatingClub>
  - Important notices and reminders
- Website: [www.cochranefigureskatingclub.com](http://www.cochranefigureskatingclub.com)
- Contact Star Skate Liaison & Test Chair:
  - [starskate.cochranefsc@gmail.com](mailto:starskate.cochranefsc@gmail.com)
- Coach Contact:
  - 705-262-4378
  - [isabelle.denault@hotmail.com](mailto:isabelle.denault@hotmail.com)



# Questions?



# Additional Resources

- [Skate Canada Concussion Policy](#)
- [Concussion Resources](#)
- [Concussion Guide for Parents](#)
- [Concussion Guide for Athletes](#)
- [CFSC Concussion Policy](#)
- [General Competition Page](#)[Competition - Registration Dates](#)
- [Competition - Event Pages \(includes announcements for Athlete Registration\)](#)
- [Competition - Provincial Series](#) (with event categories)



# Coach Rate Sheet

**Base Rate: \$7.50 p/15min**

## **Private Lessons**

Base rate as listed by coach. Lessons are typically 15 minutes in duration.

## **Semi Private Lesson (2-3 skaters)**

Due to extra time spent planning, organizing and administering group and semi-private lessons skaters can expect a fee increase. Base fee as listed by coach plus \$2.00 per skater. One lesson is considered to be 15 minutes in duration.

## **Group Lesson (4-8 skaters)**

Base fee as listed by coach plus \$2.00 per skater. One lesson is considered to be 15 minutes in duration.

## **Coach Evaluated STAR 1-5 Test Fees**

Freestyle - Skate Canada Fee \$12 + 1 lesson fee for each part of test

Dance - Skate Canada Fee \$12 + 1 lesson fee for each dance

Skating Skills - Skate Canada Fee \$12 + coach lesson fee

Artistic Star 5 – Skate Canada Fee \$12 + coach lesson fee

Performance - Skate Canada Fee + coach lesson fee

Skate Canada fees are subject to change without notice.

Testing goals to be determined at Pre-Season meeting with Coach, Parent and Skater. Tests can occur at regular intervals during the season as skater progresses or during established club test days. Coach will advise Parents when a test may be warranted.



# Coach Rate Sheet

## Test Day Fees Star 7 and up

Coach Private Lesson fee per test, plus travel (km, meal, accommodation) to be divided by all skaters being tested.

Additional test fees as per the host club rates depending on test day location. Fees charged by the host club may include ice time, practice ice time, partner fees, judging fees, Skate Canada fee.

## Competition Fees

Skaters should expect to pay coaches expenses when attending competition in addition to base lesson fee for each skating event. Coaches expenses will be shared equally among all skaters attending the competition. Competitions quotes can be requested by skater/parent up to 1 week prior to competition.

Travel\*: \$0.72 per km

Accommodation: Nightly rate determined by hotel

Meals: Per diem 10\$ breakfast; 15\$ lunch; \$35 dinner \$65 p/ day

Competition Fee: \$30 p/ skater up to a maximum of \$120

\*mileage reimbursement in accordance with posted CRA rate

## Music Selection and Editing (MASTER COPY)

- Up to 2:10s - \$30.00
- Over 2:10s – \$40.00
- Duplicate copy (mandatory) – Base lesson rate

## Payment terms

Invoicing will be done monthly via email. Payment is due within 30 days and will be accepted in form of cash, cheque or e-transfer.

A payment will be considered overdue after 30 days of non payment or approximately 2 billing cycles.

