

CAMPBELL RIVER SKATING CLUB PROGRAM GUIDE

STAR & PODIUM PATHWAY PROGRAMS

Junior STARSkate Program	Intermediate STAR Program & Podium Pathway Development Program	Senior STAR Program & Podium Pathway Program
<p>On and off-ice skills are taught in group and/or private lesson format in a progressive and sequential manner.</p> <p>Skaters of all ages develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Assessments in each discipline are offered through a nationally standardized testing system. Specifically designed awards and incentives are implemented.</p>	<p>While mastering foundational skills, athletes begin focusing on holistic development, including more intensive goal setting, team building, and the integration of healthy habits to foster an athletic lifestyle mindset. Athletes interested in Podium Pathway programs should start incorporating those components into their training.</p> <p>PODIUM PATHWAY DEVELOPMENT PROGRAM REQUIREMENTS</p> <ol style="list-style-type: none"> 1. Annual off-ice fitness assessment 2. Fall, Winter & Spring training commitment: minimum of 3 days per week 3. Summer training commitment: minimum of 3 days per week for 4 weeks 4. Exemplary behaviour 	<p>Senior-level athletes are well-rounded individuals with personalized goals, who demonstrate strong leadership qualities and a commitment to volunteerism.</p> <p>Regardless of whether a skater moves forward in the Podium Pathway Program or the STAR Program, Senior athletes have the opportunity to achieve their skating aspirations while developing valuable life skills.</p>
PREREQUISITES		
<p>Invitation only, subject to the recommendation of the Figure Skating Academy Program Co-Coordinator and approval of the Director of Programs.</p>	<p>Invitation only, subject to the recommendation of the athletes Primary Coach and approval of the Director of Programs.</p>	
TECHNICAL CRITERIA		
<ol style="list-style-type: none"> 1. Waltz jump & single salchow completion from backward entry, toe loop with straight strokes 2. Working on loop & flip jumps 3. 2+ revolutions executed on backward upright spin and sit spin 4. STAR 1 spiral sequence completion to Assessment "competition readiness" standard as determined by the DP 5. All 6 CanSkate badges must have been achieved 	<ol style="list-style-type: none"> 1. Demonstrated proficiency in at least two of the following jumps: single loop, flip, or lutz 2. Working on single axel and initial progressions for double jumps 3. Mastered backward upright spin, backward sit spin, combination spin, & STAR 3 spiral sequence 4. STAR 2 Freeskate Assessment must have been achieved 	<ol style="list-style-type: none"> 1. Demonstrated proficiency in one or more of the following jumps: single axel and/or double jump(s) with 1/4 or less rotation missing. 2. Actively training a minimum of 3 different double jumps 3. Developing change foot combination spin, one or more flying spins, layback spin, level based spin features and a variety of simple and complex transitions 4. STAR 3 (or higher) Freeskate Assessment must have been achieved
COMPETITION PARTICIPATION CRITERIA		
<p>Competition participation at Vancouver Island events is open to all, subject to recommendations made by skaters Primary Coach. For Off-Island competitions, skaters must meet individual requirements as established by their Primary Coach, including but not limited to full year training commitment.</p>		
PODIUM PATHWAY PROGRAM REQUIREMENTS		
<ol style="list-style-type: none"> 1. Semi-annual off-ice fitness assessment 2. Fall, Winter & Spring training commitment: as recommended by the Primary Coach 3. Summer training commitment: minimum of 3 days per week for 6 weeks 4. Exemplary behaviour 5. Enhanced off-ice: min 1x 10min private off-ice lesson weekly 6. Reduction of on-ice multi-discipline assessments as determined by the athlete's Primary Coach, based on individualized YTP and specific needs 		
LEARN MORE	PROGRAM QUESTIONS	REGISTRATION QUESTIONS
<p>skatecampbellriver.ca/figure-skating</p>	<p>Contact your Primary Coach</p>	<p>registrar@skatecampbellriver.ca</p>