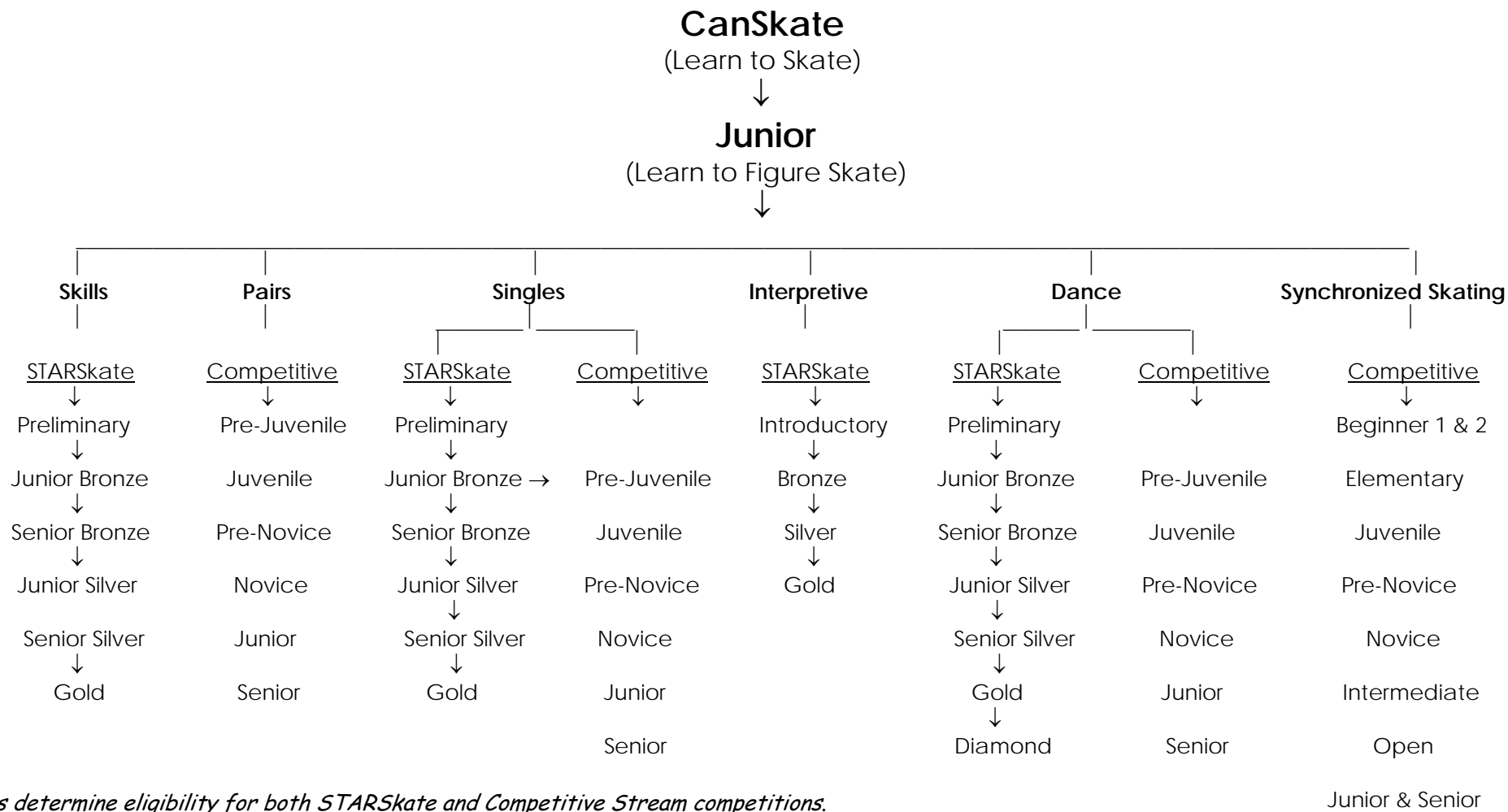


Branches of Skating

This chart shows the different branches of figure skating and the tests/levels available in each



Tests determine eligibility for both *STARSkate* and *Competitive Stream* competitions.

Skills. Skaters perform set exercises combining turns and steps to music.

Pairs. A man and a woman skate together with the focus on athletic overhead lifts, jumps and spins.

Singles. Divided into *Mens* and *Womens* events. Skaters perform jumps and spins in a solo to music. Also known as *Free Skating*.

Interpretive. Skaters perform 'theme' programmes with the emphasis on musicality and expression.

Ice Dancing. Couples focus on musical interpretation and excellence in executing steps.

Synchronized Skating. 12 or more skaters perform together with the emphasis on unison and group patterns.

STARSkate Events

November

Keswick Invitational Skate, Keswick

Test Day

December

SFSC Club Competition, Scarborough FSC

January

Winter Glitters (Metro Area East Event)

February

COS STARSkate Championships

Test Day

March

March Mania (COS Invitational)

Trillium STARSkate Championships (All Ontario)

April

Fun Competition, Thornhill

Scarboro Skate, Scarborough FSC

May

Test Day

SFSC Mini Olympics (even numbered years)

July:

Test Day

August:

Test Day

Competitive Events

October

Octoberfest, Barrie

Skate Canada International

November

COS Sectionals

December

Eastern Challenge

January

Canadian Championships

February/March

World Junior Championships

April

World Championships

July

Minto Summer Skate, Ottawa

August

Thornhill Summer Skate, Thornhill

Scarboro FSC Sessions & Qualifications

CanSkate: minimum 4 years of age as of
December 31

Junior: passed Stage 5

Intermediate:

Passed one of * Free Skate 5

* Preliminary Skills or

* All Preliminary Dances

Senior B: passed * Junior Bronze Free Skate
or * Senior Bronze Skills

Senior A/Competitive:

STARSkate: passed Senior Bronze Free or Jr
Silver Skills or Jr Silver Dances

Competitive: must be committed to
Sectionals in the current year

Open: Junior, Intermediate, Senior B and/or
Senior A skaters

Intermediate & Up: Intermediate, Senior B
and/or Senior A skaters

Competitive Dance: Competitive Dancers only

Dryland: an off ice conditioning programme
for Junior skaters and up

Stroking and Dryland are not branches of
skating, they are drills designed to improve
performance in all branches.

For more information on branches of
skating contact your coach.

BRANCHES OF SKATING

Singles

Skills

Dance

Interpretive

Synchro

Pairs

STARSkate Stream

Competitive Stream



SCARBORO FIGURE SKATING CLUB