

# ***What's Next After CanSkate?***

## ***The Junior Session***

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### ***How Long Does It Take To Complete CanSkate?***

Most skaters spend two or even three years in CanSkate before completing their Stage 5 badge. It depends on the age and ability of the skater, how much he skates, his attendance, equipment and whether he has the advantage of private lessons.

It is possible to pass Stage 5 in one season but these skaters are usually older and therefore stronger, skaters who skate a lot and have private lessons or skaters who have had skating experience elsewhere. Progress will be accelerated if your child skates two or more times a week and/or has private lessons.

Skaters who have passed Stage 5 are eligible to move up to the Junior session the next time they sign up for classes. The exception is skaters who have completed Stage 5 in December. These skaters will be fast tracked to Junior in January if they wish to move (it is not mandatory).

### ***The Junior Session***

The instruction provided on this session is strictly figure skating instruction. Skaters must wear proper figure skating equipment (no hockey or leisure skates). Club group lessons in Skills and Stroking are included with your Junior membership but no group classes in Free Skating are offered. Free Skating (jumping and spinning) is highly individual and therefore requires more specific instruction than a Club group class can offer. Since it will not be possible for skaters to advance in the Free Skating branch outside of a private lesson structure, having a private coach is *strongly recommended* at this level. Private lessons may take place at any time within the session and should be arranged directly with your private coach. If you don't yet have a private coach a list of fully qualified instructors appears on your brochure and photos are posted outside the lower Galaxy meeting room. Please contact any one of these coaches directly for more information.

Rapid, quality progress in figure skating requires private lessons, sufficient ice time and proper equipment in good working order. Skaters at the Junior level should consider skating a minimum of twice a week, regardless of age or competitive intention. Skaters with this schedule, who attend regularly and punctually, wear proper equipment and take private lessons can expect to pass the Free Skate 5 badge or Preliminary Skills or Preliminary Dances required to move on to the Intermediate session within one or two years.

### ***Becoming a Competitive Skater***

All competitive skating begins with strong basic skating technique. Junior skaters with a view to becoming Competitive Stream skaters should consider skating at least 3 times a week, must wear proper equipment and must receive private lessons.

*\*Sign up for any 3 Junior sessions a week and receive the 4th session FREE!!*

## Junior Badges



After skaters complete the CanSkate programme, the next set of tests are the Skate Canada tests that begin with the Preliminary Free Skate, Preliminary Dances and Preliminary Skills. However, it may be 2 to 3 years after completing CanSkate before a skater takes his Preliminary Free Skate test. To help bridge that gap our club has made available its own set of

badges to mark skaters' progress. These consist of 5 Free Skate, 5 Skills and 6 Dance badges. The Club specially designed and made these badges with the Club logo at some expense so it is necessary to charge a \$1.00 fee for each badge payable at the time the skater submits his badge slip.

Skaters who have passed their Free Skate 5 badge or Preliminary Skills Test or all of their Preliminary Dances are eligible to move up to the Intermediate session. At this stage, skaters are truly becoming figure skaters and will continue to try Skate Canada tests. Consult your private coach about the various branches of skating and the STARSkate and Competitive streams.

*It is a Club rule that parents MUST leave ice level when the session starts with the exception of shopping at the Boutique. Parents may watch their children from the Upstairs Viewing Lounge*

## Junior Session Activities

Skills lessons are presented in a Club group format and are included in your membership. During this time the ice is separated width-wise into strips- one for each group. Skaters work on edges, turning, twisting, stopping, gliding, balancing, leaning and pushing. Skaters may or may not be in a group with their own private coach.

The next 45 minutes is the time when most skaters receive their private, semi-private and/or private group lesson with their own private coach. Skaters not in a lesson are free to use the entire ice surface to practice.

Stroking sessions occur at the end of the session and are directed by one coach.

Dryland classes are off ice classes that stress conditioning, balance and coordination. One dryland class is included with every two Junior sessions.

### ***SFSC Winter On-Ice Sessions for Juniors***

#### **JUNIOR SESSIONS:**

Tuesday	5:30-6:45 PM
Thursday	5:30-6:45 PM
Saturday	12:00-1:15 PM

#### **OPEN SESSIONS:**

Wednesday	4:00- 5:15 PM
Friday	8:00-9:00 PM

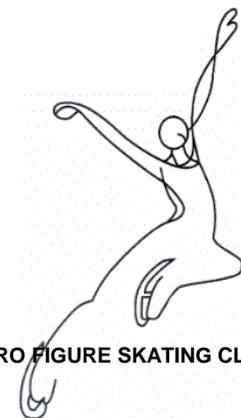
#### **COMBINED JR./INT. SESSION:**

Sunday	9:00-10:15 AM
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Skills groups are not offered on OPEN or COMBINED sessions.

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## ***The Junior Session Becoming A Competitive Skater Junior Badges Junior Session Activities SFSC Sessions for Juniors***



SCARBORO FIGURE SKATING CLUB