



National
Coaching
Certification
Program

Programme
national de
certification des
entraîneurs



Sport: Figure Skating

Discipline: Learn to figure skate – freeskate, dance, skating skills, interpretive skating

Context: Instruction – Intermediate Performers

STARSkaters (7-17 years): 30107

Adult STARSkaters: 1104

Estimated number of participants: 31211

Age range of coaches: 16-60 Estimated number of coaches: Total #: 4700 Total PS: ~3000

Date of conditional approval: May 2008

Official launch date (both official languages): Primary STARSkate Training (Spring 2009)
Primary STARSKate Evaluation (Spring 2009)

Outcome	Trained	Evaluated
Make Ethical Decisions	Yes	Yes
Plan a Practice	Yes	Yes
Provide Support to Athletes in Training	Yes	Yes
Analyze Performance	Yes	Yes
Design a Sport Program	N/A	N/A
Support the Competitive Experience	N/A	N/A
Manage a Program	Yes	No

TRAINING COMPONENT:

1. Primary STARSkate Coach home study:

Completion of a home study – research assignments, introduction to STARSkate, ethical coaching, mentor coach practical observation, evaluator/judge practical observation, emergency action plan.

2. STARSkate Training course – 3 days (on-ice and off-ice):

Course prerequisite: participant must have passed the preliminary free skate, dance and skating skills tests plus one complete Junior Bronze test in either dance, free skate or skating skills.

- understand the primary STARSkate test program and how to teach Group Lessons
- have expanded their knowledge on physical preparation
- be aware of skill analysis and 3 biomechanical principles
- have expanded their knowledge in Dance, Skating Skills and Free Skate
- have an understanding of the synchronized skating discipline at an introductory level
- have an understanding of the pair skating discipline at an introductory level
- be prepared to select music, edit and choreograph primary level programs
- plan a Primary STARSkate lesson
- have expanded their concept of performance analysis
- have expanded their ideas of what needs to be observed
- be familiar with the “Analyze Performance Referent Model” Framework
- have expanded their knowledge on how to detect errors
- have expanded their knowledge on how to correct errors
- have applied skill detection and correction
- have applied the Analyze Performance Model
- have been introduced to the specifics of the Figure Skating Referent Model
- understand the requirements of the practical component

3. **Obtain a valid first-aid certificate:** A registration requirement for all Skate Canada coaches.
 - The training must be a minimum of 7 hours in length; must have an expiry of 3 years or less; must include a written test; must incorporate a practical component (e.g. slings, splints, etc.) and must be emergency related.
4. **Teach one 15-min lesson in front of a mentor coach (done at the 3-day course)**
 - Each group will observe the mentor coach giving a lesson. The MC will teach the lesson providing the coaching candidates with additional information relating to why they are doing certain things.
 - Each candidate then teaches one 15-minute lesson based on one (1) of the lesson plans they prepared earlier in the course.

EVALUATION COMPONENT

Completion and submission of the Primary STARSkate Coach portfolio which includes:

1. Complete a minimum of 50 hours of practice coaching immediately following the completion of the 3-day Primary STARSkate technical course.
2. Submit **three different 15-minute** lessons at the primary STARSkate test level – i.e. preliminary or junior bronze. The video that is one standard size VHS tape or one standard size DVD only **must** include the following lessons: **One** 15-minute mandatory stroking or skating skills lesson and; **Two** additional 15-minute lessons each based on the following selection: Jump, Spin, Interpretive Skating, Dance, Synchronized Skating, Pairs.

The Evaluation Component provides coaches at this level with an opportunity to:

- Absorb and apply the knowledge acquired in the training component in a coaching environment, over a period of time.
- Receive feedback on their strengths and weaknesses in order to develop a plan for improvement.
- Compare his/her coaching abilities to an established national standard for coaches who have a similar amount of experience.
- Demonstrate his/her ability to: detect and correct primary or higher STARSkate skills, make ethical decisions, develop strategies to address and resolve conflicts in sport, and produce a safe and organized lesson plan that shows development of one or more sport skills and/or athletic abilities.

Learning Facilitator & Evaluator training:

National Training – Fall 2009:

1-2 Master Learning Facilitators trained per Section, i.e. 13-26 in total. Sections may wish to send more facilitators to be trained.

NSO Contact Information

Coaching Department
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Coaching Association
of Canada

Association
canadienne
des entraîneurs

Three most innovative features of the STARSkate program:

1. 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.
2. Opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills.
3. All coaches are members of Skate Canada and must comply with the Coaches' Code of Ethics and all Skate Canada rules and policies. All coaches are covered by insurance.