



## 2023 SUMMER PROGRAMS PROGRAM DESCRIPTIONS

### **COMP - 1**

Skaters in this program will participate in 5 specific training days per week, which include on-ice and off-ice instruction. On-ice classes include on-ice individual training sessions as well as group lesson time. Off-ice classes will include strength and conditioning, flexibility, essentrics and other activities that will enhance the skater's training. Skaters are expected to arrive prior to on-ice sessions for scheduled warm-up times. Skaters will be evaluated and assessed for placement based on: Competitive level, Technical ability (jumps), speed, program commitment (minimum 5 weeks), 2022-2023 Competitive results

#### **Suggested minimum requirements:**

Skaters landing double axel and higher  
Skaters must be competing at 2023 Summer Competitions - Pre Novice or higher  
Skaters who are competing Internationally  
Skaters must participate in the off-ice program  
Skaters must train minimum 7 weeks in the summer program  
Skater may be invited by the Competitive Director

### **COMP - 2**

Skaters in this program will participate in 5 specific training days per week, which include on-ice and off-ice instruction. On-ice classes include on-ice individual training sessions as well as group lesson time. Off-ice classes will include strength and conditioning, flexibility, essentrics and other activities that will enhance the skater's training. Skaters are expected to arrive prior to on-ice sessions for scheduled warm-up times. Skaters will be evaluated and assessed for placement based on: Competitive level, Technical ability (jumps), speed, program commitment (minimum 3 weeks), 2022-2023 Competitive results

#### **Suggested minimum requirements:**

Skaters landing a minimum 4 double jumps  
Skaters must be competing at 2023 Summer Competitions and the 2023-24 at the Pre Juvenile or Juvenile level  
Skaters must participate in the off-ice program  
Skaters must train minimum 6 weeks in the summer program  
Skater may be invited by the Competitive Director

### **HIGH OPEN**

This is an open session for skaters that meet the following criteria:

#### **Requirements**

Skaters who qualify for the Comp 1 program  
Skaters competing Pre novice or higher in the summer of 2023  
skaters who have competed at the novice level or higher  
Skater may be approved by the Competitive Director

### **STAR A - Passed CanSkate STAGE 5**

The STAR A program is for skaters that have completed the CanSkate stage 5 badge or have progressed from the Intro to Figure Skating Program. Skaters will work on all disciplines of figure skating including singles, pairs/dance and synchronized skating. Skaters in the STAR program are encouraged to start with a private coach to progress through the Skate Canada test system or continue development in other disciplines.   
Skaters interested in private coaching should contact the Skate Oakville office

### **STAR B - 3 - 7 points (must include STAR 2 Skills)**

The STAR B program is for skaters that have completed the STAR 2 Skills evaluation as well as 3 - 7 points in the Skate Oakville test system. STAR B sessions are :50 minutes of freeskating. Skaters in the STAR B program must have a private coach to progress through the Skate Canada test system or continue development in other disciplines.   
private lessons to be arranged with Private coach

### **STAR C - 8 - 21 points (must include STAR 3 Skills)**

The STAR C program is for skaters that have completed the STAR 3 Skills evaluation as well as 8 - 21 points in the Skate Oakville test system. STAR C sessions are :50 minutes of freeskating. Skaters in the STAR C program must have a private coach to progress through the Skate Canada test system or continue development in other disciplines.   
private lessons to be arranged with Private coach

### **STAR D - 22+**

The STAR D program is for skaters that have completed 22+ points in the Skate Oakville test system. STAR D sessions are :50 minutes of freeskating. Skaters in the STAR D program must have a private coach to progress through the Skate Canada test system or continue development in other disciplines.   
Private lessons to be arranged with Private coach

### **OPEN**

Open sessions are for all skaters registered in STAR A or above.  
:50 minute freeskating session  
Private lessons to be arranged with private coach.