



INTERMEDIATE STARSKATE / PROVINCIAL COACH PROGRAM

Philosophy: To provide global training to competent coaches in all skating disciplines of figure skating including sport science and stroking & skating skills. Once trained, certified coaches will have gained base knowledge in singles, ice dancing, pair skating, synchronized skating, sport science, and stroking & skating skills to train, manage and produce well-rounded athletes and create opportunities for Skate Canada clubs to expand its business by offering multiple skating programs and better service the need of athletes and their parents.

New Identity: Along with the CBET transition, the training we will offer coaches at this level fits perfectly within the Instruction Coaching Stream (Intermediate Context) and the Competitive Coaching Stream (Introduction context) whereas coaches will now choose the career path they want to pursue either at the test level or competitive level or both!

A coach may certify as:

a) **“Intermediate STARSSkate Coach”** within the CBET Instruction Coaching Stream – Intermediate Context

and/or

b) **“Provincial Coach”** within the CBET Competition Coaching Stream – Introduction context.

New Format: The training and assessments of coaches within the new program will consist of the following three components:

ISPC Home Study:

This guide will include exercises that will focus on STARSSkate, planning, physical preparation, practical evaluator/judge observation, ice shows, business management, music & choreography, and much more.

Content presented will cover information that is relevant to all four skating disciplines. All coaches will be required to complete this home study prior to proceeding to the technical training component.

ISPC Technical Training:

Using the ISU “How to Series...” training tool, this component includes a total of 5 days of technical training in the following areas:

- Sport Science (1 day): will cover topics such as physical preparation, mental preparation, nutrition, and planning all in which are crucial areas to produced well-rounded athletes.
- Stroking & Skating Skills course (1 day): will cover the “basics” of stroking and much more including the senior bronze and junior silver skating skills tests.
- Singles (1 day): will cover effective techniques to teach all six double jumps and spins needed to train athletes at the senior bronze / junior silver STARSkate and juvenile / pre-novice competitive levels.
- Pair Skating & Synchronized Skating (1 day): will cover key elements to develop and train juvenile / pre-novice pair skating teams and also learn about the factors of difficulty, various technical elements, and choreography transitions involved in synchronized skating.
- Ice Dancing (1 day): will cover various elements of ice dancing, senior bronze and junior silver compulsory dances, costuming and total athlete packaging and much more.

To receive credit, coaches at this level must complete all five technical courses including associated workbooks (5) successfully. To begin the Evaluation component, coaches must first complete the sport science, stroking & skating skills courses and at least one discipline specific course – so either ice dancing, pairs & synchronized skating, or singles.

ISPC Evaluations:

Coaches in this component can choose the discipline they wish to certify. Certifying in more than one discipline will be highly recommended; however not mandatory.

Requirements to fulfill are as follows:

Path #1 - To be certified and recognized as an **Intermediate STARSkate Coach** in the intermediate context of the CBET instruction stream, coaches need to complete all of the following:

1. 75 hours of coaching free skating in a Skate Canada club
2. Video Lessons:
 - submit one (1) technical video lesson with a lesson plan at the senior bronze or junior silver STARSkate level and;
 - submit one (1) stroking or skating skills video lesson with a lesson plan at the senior bronze or junior silver STARSkate level.

3. Video Analysis and Music CD/Cassette: submit a video analysis and music CD or cassette tape of a skater whose program the coach has designed or choreographed at the Intermediate STARSkate level.
4. Have skaters pass intermediate STARSkate tests or higher **OR** complete the apprenticeship program. A copy of the test summary sheet for each test passed must be submitted with the Practical Coaching Record Form.

Path 2 – To be certified and recognized as a **Provincial Coach** in the introduction context of the CBET Competition Coaching Stream, coaches need to complete all of the following:

1. 75 hours of coaching singles in a Skate Canada club
2. Video Lessons:
 - Must submit one (1) technical video lesson with a lesson plan at the juvenile or pre-novice competitive level and;
 - Must submit one (1) stroking lesson with a lesson plan at the juvenile or pre-novice competitive level.
3. Video Analysis and Music CD/Cassette: Must submit a video analysis and music CD or cassette tape of a juvenile or pre-novice skater whose program you have designed or choreographed.
4. Have skaters pass juvenile or pre-novice competitive singles tests. A copy of the test summary sheet for each test passed must be submitted with your Practical Coaching Record Form.
5. Have a singles skater qualify and compete at a Sectional Championship level or higher caliber competition (i.e. Junior Nationals, Nationals, etc.) and provide a protocol of the event as proof with your Practical Coaching Record Form.
 - Must be the primary coach of the skater for the past three consecutive months prior to the event.

Additional Requirement – Introduction to Competition Part B (multi-sport modules)

At any time during components 1, 2, and 3 coaches involved in this program will need to complete the “Introduction to Competition - Part B” multi-sport modules. For further information, please visit CAC Website at www.coach.ca