



HANDBOOK FOR STARSKATERS

2025-2026

STARSKATE: SKILLS, TESTS, ACHIEVEMENTS, RECOGNITION

Skate Muskoka

56 Salmon Avenue

Bracebridge, Ontario

P1L 0M9

Board of Directors 2025-2026

President: Tiffany Marshall-Muto

pres@skatemuskoka.ca

Past President: Teal Shirk-Luckett

Vice President: Jeffrey Hall

vp@skatemuskoka.ca

Treasurer: Currently Vacant

Secretary: Stephanie DeCaire

Communications: Cassandra Fortin and Stefanie Nadler

communications@skatemuskoka.ca

Coaches Rep: Cassandra Fortin

Registrar:

Test Chair: Sherri Goltz

Volunteer Rep: Sherri Goltz and Cassandra Fortin

Fundraising:

Carnival Chair:

Parent Representatives for

Canskate:

Junior:

Intermediate: Jeffrey Hall

Senior:

Adult: Cassandra Fortin

Coaches

Head Coach and Canskate Coordinator: Christine Whyte

info@skatemuskoka.ca

Lead Freeskate and Off-ice Instructor: Kristy Bell

Canskate, Rising Star and Starskate Instructor: Lark Shirk-Luckett & Stefanie Nadler

Canskate Instructor: Dexter Lee

Skate Muskoka Fall & Winter 2025/26 Schedule

Monday- Gravenhurst	Tuesday- Bracebridge	Wednesday- Bracebridge	Thursday-Baysville	Friday- Bracebridge
	4:00-5:20 pm Intermediate A & B (45 min group) <small>*overlap time is for spins and skills practice</small>	4:00-4:50 pm SR (15 min group)		7:00-7:50 am *Open Ice (Inter & SR only)
	4:50-5:35 pm Rising Stars/ JR (45 min group)	5:00-5:45 pm PreCan/Canskate Flood 5:45		3:30- 4:30 pm *Open Ice (Inter & SR only)
5:00-5:45 pm Rising Stars/JR/ Inter B (45 min group)	5:45-6:30 pm PreCan/Canskate Flood 6:30	5:55-6:40 pm Rising Stars/ Adult & Teen Learn to skate (45 min group) JR, INTER, SR Off-ice 6:00-6:30	5:00-5:50 pm Intermediate A & B (30 min group) Flood 5:50	4:30-6:20 pm Inter & SR Theatre on Ice
5:50-6:35 pm Parent & Tot/ Canskate Flood 6:35	6:40-7:50 pm SR (15 min group)	6:40-7:50 pm JR/Intermediate A & B (Jr 60 min group/ Inter 30 min group)	6:00-6:50 pm Inter A & B/ SR <small>*Skills/ Timing & Rhythm Class (50 min group)</small> Flood 6:50	
6:45-7:50 pm Inter A/ SR (15 min group)			7:00-7:50 pm SR (No group lesson)	

Off-Ice training for JR, Inter & SR: Wednesdays 6:00-6:30

*No club coaching on Open sessions. INTER and SR skaters only. There must be a coach on the ice at all times

Sessions are based on Test Levels:

- Rising Stars- passed Canskate Stage 3 and wanting to figure skate (100% coached)
- JR sessions- passed Canskate stage 6, working on Star 1 tests (100% coached)
- Inter B sessions- passed ALL Star 1 tests (up to 75% coached)
- Inter A sessions- passed complete Star 2 Freeskate test, passed complete Star 3 Dance, passed Star 3 skills
- SR sessions- passed complete Star 3 Freeskate test, passed complete Star 5 Dance, passed Star 5 skills

**Adults with prior skating experience can join SR sessions upon proof of test records*

STARskate Program

Skills, Tests, Achievement, Recognition- That is what STARskate is all about!

STARskate offers opportunities for skaters of all ages to develop fundamental figure skating skills. There are 4 main disciplines that are tested in the STARskate program: Freeskate, Dance, Skills and Artistic. Skaters have the opportunity to take tests in these four disciplines to progress through a nationally standardized testing system. Skate Muskoka also offers opportunities for skaters to develop their theatrical skills with our Theatre on Ice program that is available for Intermediate and Senior level skaters.

How STARskate works

Skating Skills: are a combination of fundamental skating movements, executed both on a set pattern or as a turn in isolation. The objective of Skills tests is to develop a mastery of basic skating fundamentals- edge quality, control, balance and power.

Ice Dance: skaters will learn set patterns to music to develop quality edges, control, character, rhythm and expression. Once a dance pattern is mastered it will be tested either by a qualified coach or a professional judge. Skate Muskoka also offers a competitive dance program for both solo dance and couples' dance.

Freeskate: consists of the execution of jumps, spins, footwork and field moves. Each test consists of 2 parts: Elements & Program. Elements tests consist of a variety of jumps and spins done in isolation. A Program is a unique solo choreographed for a skater that consists of the required elements for that level. Programs can then be taken to competitions.

Artistic: there are four artistic tests that begin once a skater has completed their Star 5 skills test. The objective of an artistic is to develop character, musicality, use of body and space, rhythm and expression. An artistic program consists of 3 elements: a field move sequence, a footwork sequence and an artistic spin.

Choose the Right Path for you!
Badges, Rewards, and Fun Achievements Every Step of the Way



I would like to learn how to Skate!



Coaching

Skate Muskoka offers a Team Coaching environment. We follow a “skater first” philosophy for decision-making to ensure that the needs of our skaters are the primary consideration. Our coaches each have different areas of expertise to ensure that we can meet the needs of all our skaters at every level. If at anytime you would like to discuss your skater’s goals or have any questions in regard to lessons, testing or competitions please contact our Head Coach, Christine Whyte, at coach@skatemuskoka.ca

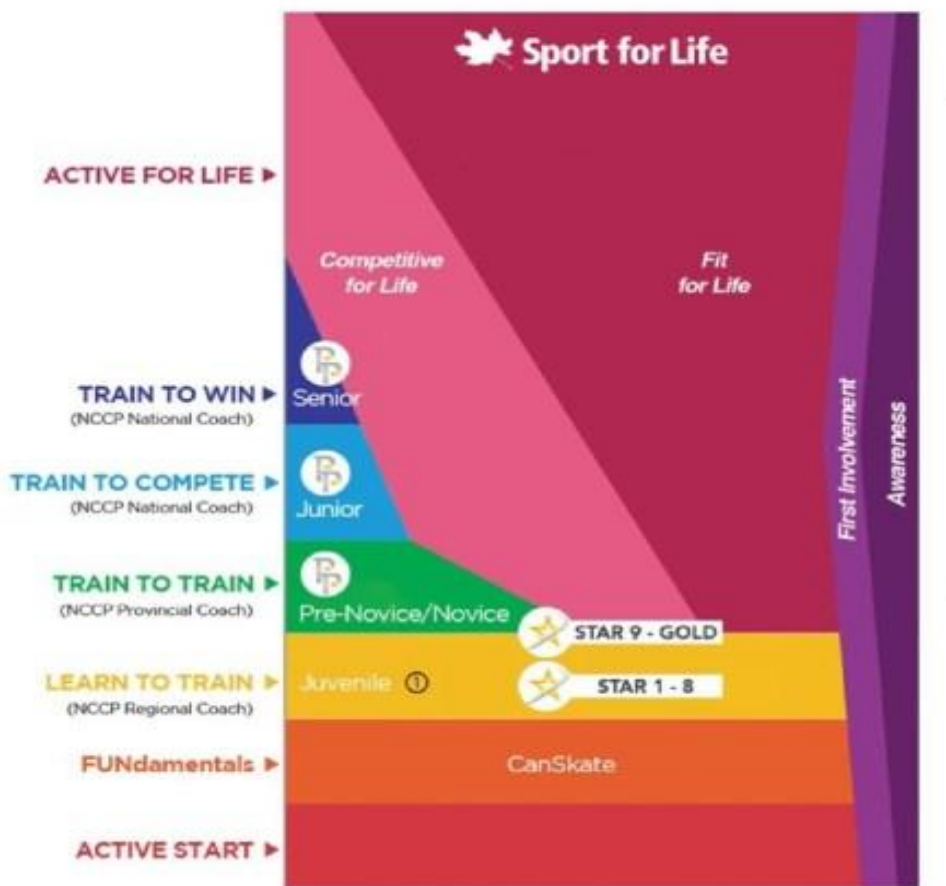
LONG-TERM DEVELOPMENT



PODIUM PATHWAY



STAR



STARskate Tests and Competition Opportunities

Once a skater is in the Skate Canada STARskate program, there are several options for testing and competing. Tests, which are optional, are organized by your coaches. Your coaches will decide when you are ready to test. All Star 1-5 tests can be done by a qualified coach assessor during regular session times. All Star 6-Gold tests will be done in front of a Skate Canada judge on a sanctioned test day. Please note that while testing is not mandatory certain tests are required for moving up sessions within our club as well as for competing at Skate Ontario sanctioned events.

Testing fees

Skate Canada has set the test fee for \$12 per test. On a scheduled test day, fees may be higher to accommodate ice rental and judge's gifts. Judges are all volunteers and are not paid for their time at events. Clubs are therefore responsible for reimbursing their travel and food expenses.

Competition fees

All competition entry fees are set by Skate Ontario. Your coaches will let you know when you are ready to compete and which competitions we will be attending in each season. Skaters will be invoiced separately by the attending coach after each competition. All our coaches will be charging the same fees for competitions. Star 1-4 competitions will be \$40/event. Provincial Series competitions will be \$50/event. Sectional Series competitions will be \$100/event. Coaches' hotel fees will be split evenly amongst all the attending skaters.

2025/26 Competition Schedule

Dates	Level	Location	Events Available	Attending Coach	Notes
Aug 15-17	Juv-SR	KWSC	Juvenile & Novice Dance	Christine	Sectional Series event
Oct 17-19	Juv-SR	Barrie	Juvenile & Novice Dance	Christine	Sectional Series event
Nov 14-16	Adults	Erin	Freestyle, Artistic, Dance	Christine	
Nov 21-23	Star 5-Gold	Keswick	Freestyle & Artistic		
Nov 28-30	Star 5-Gold	Sudbury	Freestyle & Artistic		
Dec 4-7	Juv-SR	Wasaga	Juvenile & Novice Dance	Christine	Sectional Series Championships
Dec 12-14	Star 1-4	Orono	Freestyle		Intermediates only
Dec 18-21	Star 5-Gold & Adults	Stratford	Freestyle, Artistic, dance, Adults	Christine & Kristy	Dance Qualifier
Jan 9-11	Star 1-4	Muskoka	Freestyle	Christine, Kristy, Lark	All intermediate skaters JR star 1 elements
Jan 16-18	Star 5-Gold	Milton	Dance, Artistic, Freestyle	Christine	Dance Qualifier
Jan 30-Feb 1	Star 1-4	Mississauga	Freestyle		Intermediates only
Feb 6-8	Star 5-Gold	Brampton	Dance, Artistic, Freestyle	Christine	Dance Qualifier
Feb 13-15	Star 5-Gold & Adults	Ottawa	Freestyle, Artistic, Dance, Adults	Christine	Dance Qualifier
Mar 6-8	Star 1-4	Copper Cliff	Freestyle	Kristy	Intermediates only
Mar 10-15	Theatre on Ice	Michigan	Showcases: Individual & Groups	Christine	<i>March Break</i>
Mar 13-15	Adult Championships	Kanata	Freestyle, Artistic, Dance	Christine	
Mar 20-22	Provincial Championships	Hamilton	Couples Dance, Artistic, Freestyle	Christine & Kristy	

Program Assistants

Program Assistants (PAs) are very important to the success of our PreCan and Canskate programs. PAs work alongside certified coaches to help deliver quality programs as mandated by Skate Canada and Skate Ontario.

Program Assistant Requirements:

- Must be at least 11 years old (coaches may train a younger skater at their discretion)
- Must have completed all Star 2 tests
- Must have completed PA training

Qualities of a PA

- Helping nature
- Reliable
- Hardworking
- Enthusiastic
- Positive Attitude

Duties of a PA

- Arrive on time
- Set up Fast Track and station props
- Assist with warmups and cool downs
- Demonstrate skills and progressions
- Reinforce learned skills (follow up on coaches' instructions)
- Take attendance
- Be a role model for younger skaters

Benefits of being a PA

- Gives you the opportunity to share your passion for skating and help beginners learn
- Great opportunity to earn high school volunteer credits
- Learn useful skills to put on your resume
- Develop leadership skills

Program Assistant Code of Conduct

- Be a positive role model
- Always be on time and ready to assist
- Stay with your assigned group and encourage continuous movement of skaters
- Put the needs of the PreCans and Canskaters first and follow the directions of the professional coaches
- PAs should never be working on their own skating skills during a Canskate session. Doing so will result in a warning. If a second warning is issued, you will be asked to leave the ice.
- Inform Christine if you are unable to attend a session as soon as possible so a substitute PA can be found. **coach@skatemuskoka.ca**

How Can You Assist in Making Our Club A Success!

As in any small-town club, Skate Muskoka relies on volunteers to help the day to day operation of the club. We have a very hardworking Board of Directors who spend many hours working on making sure all Skate Muskoka skaters have a successful season. They meet once a month at the Arena and welcome all who would like to attend. Inquire to find out the date and time of the next upcoming meeting.

Your Skating fees DO NOT cover all Skate Muskoka Club Costs. Fundraising is necessary to cover the cost of our programs.

Bala Cranberry Festival- Every Year Skate Muskoka Volunteers to most of their festival weekend to help support that event and the community. They in turn help our club with a fundraising pledge as well as allow any volunteer free access to the festival. It's a win-win event that needs your support.

Northern Escapades Mini Golf Night- This is our second year running an event with Northern Escapades where all money raised in the time of the event goes to Skate Muskoka. It's a great time to come play a round of mini golf and show your appreciation to the club. We will need volunteers to help in the booth during the event. Preferably skaters to help show the golfers whom they are supporting.

Little Caesar's Pizza Kit- This September-October we are rolling out a Little Caesars Pizza kit fundraiser. Every kit sold with the club earns the club \$6 and makes you an easy to put together dinner.

Fundscrip- Using invitation code 3R2SUW you can purchase gift cards that earn the club money on purchases you will make anyways. Fundscrip is an established Canada wide fundraising program in which you pay for your shopping (groceries, gas, home and garden, entertainment, restaurants, and much more) with gift cards. You receive gift cards equal to the money you place onto them. The business are the ones that take a percentage of money on the cards and those are the donations towards the club. It's a great way to help the club with purchases you make already. We run a special event before Christmas as an incentive for you to purchase those gift cards that you might give them as Christmas presents. Please visit www.fundscrip.com and enter invitation code 3R2SUW

Other - Aside from the above, from time to time, the Club may request additional fundraising from parents and skaters. This may include but is not limited to: Tag days, holding charity auctions, car washes, and the sale of such items as chocolate bars or other edible gifts.

Every year it gets harder for groups like ours to raise money for our important goals. Finding an easy and effective way to fund-raise is often the difference between success and failure. That's why we're inviting you to help. Remember, the more money we can raise, the lower we can keep program fees.

There are many other ways to help our club with your time. There are many positions available both on our board and as representatives for groups like the Santa Claus Parade, our Winter Carnival and year end show. Also, this coming January 9-11th, our club is hosting a Star 1-4 skating competition that will require a large number of volunteers to help it run smoothly. Each of these groups will need to meet beforehand to help plan each event accordingly.

Skate Care: Questions and Answers

How do I care for my skate blades when wearing my skates?

To protect your blades from nicks and gouges, always wear hard rubber/plastic skate guards when off the ice. Even the rubber mats that lead from the dressing room to the ice surface accumulate dirt and grit from the shoes of pedestrians and this dirt will nick your blades.

How do I care for my blades when off the ice?

To prevent your blades from rusting, always dry off your blades when you get off the ice. Carefully slide your fingers along both sides to remove snow as soon as you get off and then put on your hard rubber/plastic skate guards. After taking off your skates, remove the hard guards and wipe the blades down with a towel or chamois. Wipe both blades and mounting surfaces as the screws can rust too. Before you put them in your bag, put them in soft covers or soakers to help absorb further moisture and to stop them from banging against each other inside your bag. NEVER store your skates in the hard guards as there is still moisture inside and this will cause your blades to rust and ruin the sharpening. Clean out the hard guards periodically in case dirt or grit has accumulated inside them.

Who should I get to sharpen my blades?

Be careful who you trust with your blades. Make sure they are sharpened by a figure skating specialist. Never have your skates sharpened in a place that uses an automated machine. Figure Skates should be sharpened from front of the rocker to the rear which is not the full length of the blade. Figure skates must also be sharpened to create a hollow. The hollow creates two edges, inside and outside. A good skate sharpener will check the levelness of these edges using a square after sharpening. The bottom pick should not be removed. It is part of the design and is essential to balance.

How do I know if my blades need sharpening?

You can generally tell if your skates need sharpening by how they perform on the ice. If you feel that you are not gripping the ice or are sliding too much sideways when you skate, then you probably need to sharpen them. An easy test for sharpness is to run the back of your fingernail lightly across the edge of the blade. If some shavings peel off your nail then they are still sharp.

Skaters' Code of Ethics 2025-2026

Skating is a competitive sport requiring safe and courteous behaviour from all participants, both on and off the ice. Skaters need to be aware of one another to ensure the safety of everyone. Although skating is primarily an “individual” sport, all skaters must act as a team and exhibit team mentality while sharing the ice.

Each skater and parent and Skate Muskoka is responsible for being aware of and practicing the rules of etiquette and safety as noted in this document. This Code of Ethics, based upon Skate Muskoka policies, must be followed during all training sessions. All Skate Muskoka members are expected to act in accordance with these rules while representing our Club at competitions and other events. All skaters and parents are expected to make themselves familiar with the Code of Ethics and Skate Muskoka policies.

General Conduct

1. Skaters and parents must always be courteous to everyone, including their fellow skaters and parents both on and off the ice in accordance with Skate Canada Rules.
2. A Board Member or Coach has the authority to remove any skater from the ice for inappropriate conduct or nonpayment of fees as per Skate Muskoka policies.
3. For insurance reasons, only Skate Canada members are permitted on the ice surface. Those on the ice need to wear skates.
4. Parents, Guardians or designate should remain in the arena for the entire session. For CanSkate, this is mandatory, as Skate Muskoka does not provide any off-ice supervision.
5. Be on time for your sessions. Please let your coach know if you are going to be late or absent.
6. Coaches are not to be disturbed during lessons.
7. Out of club coaches are not eligible to coach on Skate Muskoka ice time without permission from the Skate Muskoka Board. The Head coach needs to approve any other coaches giving lessons to their Skate Muskoka Skaters. All Coaches (club and associate coaches) must be in good standing with Skate Canada.
8. Skaters may go to another Skate Muskoka session for a private lesson with a Skate Muskoka coach.
9. Hopping or guest fees must be paid before skating. Hopping fees are paid by e-transfer and an invoice will be created through Uplifter. Please notify your coach of your intention to guest skate. Skaters must adhere to all Skate Muskoka hopping and guest skating policies.
10. Money and valuables should not be left unattended. Skate Muskoka bears no responsibility for lost or stolen items.
11. Skaters are asked to be respectful of all of Skate Muskoka arenas that are utilized, the Bracebridge Arena, the Gravenhurst Arena, the Baysville arena, arena staff, club and fellow skaters and their property and this includes the change rooms. Use of the change room is a privilege, which can be revoked.
12. Skaters and Parents are encouraged to make an effort to support their fellow skaters during regular sessions and competitions/events.
13. Concerns/Complaints will be reviewed when submitted by writing to the Board and will be reviewed by the Skate Muskoka board in “Committee of the Whole” (closed session). Parents and Guardians are expected to attempt to resolve any issues with a coach or other skater prior to requesting any action from the Skate Muskoka board. If these attempts do not result in satisfactory resolution to the issue, the issue should be brought to the Skate Muskoka board in writing.

Ice Rules Right of Way Rules

1. Skaters in a lesson or during a solo to their music have the right of way. Regardless of priority – safety must come first. Use common sense and regardless of who has the right of way, both skaters must stop before a collision.
2. When a dance is played, the skater with the coach who requested the dance music will skate first.
3. Solo or dance music will be played in the order of Coach request.
4. Spin in the center, jump at the corners. Do not linger in these areas.
5. It is important to always be aware, cautious and considerate of everyone on the ice. Within each session, there are a variety of skating levels sharing the ice.
6. “Excuse me” is the proper phrase to use when needing to move by another skater.

Conduct

1. All skaters who have not passed CanSkate Stage 6 badge must wear a CSA approved hockey helmet on the ice.
2. Proper skating attire must be worn on all sessions (such as Girls: tights dress or leggings, hair neatly tied back. Boys: athletic non-baggy pants)
3. Skaters may not enter the ice surface until the Zamboni doors have closed.
4. Food, drink and gum are not permitted on the ice. Water bottles must be left at the boards.
5. Skaters are expected to be skating at all times when on the ice. Skaters must get up promptly after a fall in order to keep the pathways clear for other skaters.
6. Skaters must follow the session schedule, otherwise they may be asked to leave the ice unless they are in a lesson with their coach.
7. Skaters are expected to participate in all group lessons. The only exception is those in a private lesson at the same time as the group lesson. A skater choosing not to participate in the group lesson needs to exit the ice until the group session is over.
8. Skaters should not leave the ice surface during a session unless absolutely necessary. It is good practice to obtain a coach’s permission before leaving the ice.
9. Skates must clear the ice promptly at the end of the session.
10. All skaters, including guest skaters, must skate on the session for which they are qualified.
11. Attention must be paid to the position of other skaters and coaches while skating to ensure the safety of all.
12. Foul “language”, yelling, abusive or aggressive behaviour, including kicking the boards or picking holes is prohibited.
13. Pushing, tripping, horseplay, tag, racing or intentional interference with other skaters is not permitted on the ice.

Disciplinary Action

If there is need for disciplinary action due to an incident(s) caused by a skater(s) of Skate Muskoka, the Skate Muskoka board has put the following policies in place to deal with such actions.

1. The board will first ask for support from the Coach(es) of student(s) to assist in addressing the situation and creating a solution.
2. If action one is not successful the board will write a letter to the skater(s) and parent(s) of such incident and remind them of the Code of ethics, rules, policies and safety measures that have been created and are to be followed by each of the skaters of Skate Muskoka.
3. If action two is also not successful and the behavior or incident is repeated the Skate Muskoka board will hold a "Committee of the Whole" (a closed session) about the continued behavior or repeated incident of the skater(s) which could result in the skater receiving a suspension from the ice for up to 1 week.
4. If all three of the above actions are unsuccessful in resolving the behavior or incident, the Skate Muskoka board reserves the right to revoke the membership(s) of the skater(s) involved in the behavior or incident.

This is an overview of our code of conduct. Please see our website for all policies and codes of conduct. With the cooperation of skaters and coaches, everyone will have a safe, productive and FUN skating season!

Thank you,
Skate Muskoka Board of Directors

I have read the Skate Muskoka Skaters' Code of Ethics' requirements for being a skater with Skate Muskoka and agree to uphold its principles. I understand that I may be asked to leave the ice (or the club), or that I may be suspended from participating in the program if I do not follow the code of conduct expected of me as a skater with the club.

Skater's name (please print)

Signatures

Skater's: _____

Date_____

Parent/Guardian: _____

Date_____

Please return the signed bottom portion as soon as possible to a Coach or Skate Muskoka Board member.