



North Bay
Figure Skating Club



North Bay Figure Skating Club

Program Information

for Parents and Skaters

We're on the web:
www.nbfsc.on.ca



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CanSkate Program

CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. When you sign up for CanSkate you will be in a program that focuses on fun, participation and basic skill development. You will earn badges and other incentives as you learn fundamental skating skills. Lessons are given in a group format and led by an NCCP certified professional coach. Professional coaches are assisted by trained Program Assistants. The coach to student ratio is a maximum of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. CanSkate is the feeder program to all other Skate Canada Skating Programs, and is presented by BMO Financial Group, reflecting their commitment to grassroots development.

PRESCHOOL

The North Bay Figure Skating Club also offers a Pre-School Learn to Skate program for 2-4 year old children. This is a parent and tot program (the parents must also join Skate Canada); through games and activities the children learn to skate. The Pre-School program is also a CanSkate program that focuses on fun while learning some basic skating skills.

Why sign up for CanSkate?

CanSkate is Canada's only national learn-to-skate program. It was developed by experts to teach the fundamentals of skating in a progressive and sequential manner.

When you/your child registers for a CanSkate program at your local Skate Canada club, you also become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanSkate program can include:

- ❖ badges
- ❖ stickers
- ❖ colouring sheets
- ❖ parent information sheets
- ❖ progress updates and report cards
- ❖ special CanSkate events and club functions
- ❖ BMO CanSkater of the Year award program
- ❖ opportunity to participate in a positive healthy lifestyle activity

These are some of the awards and incentives that have been developed to encourage athletes in CanSkate:



CanSkate Badge - Stage 2



CanSkate Stickers



CanSkate Badge - Jump

Program Structure

The CanSkate program focuses on the development of six fundamental movements organized in six stages of learning, with an optional 7th level for skaters who want to move into figure skating. The skills are arranged in progressions, from very simple to the more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges. At the first skating session, skaters will be assessed and placed into a colour-coded group according to their ability and age. **Although skaters are divided into groups according to skating ability, each skater is tested regularly by a professional coach to ensure they progress independently.** The first 15 minutes of each session consists of a warm-up for all skaters lead by a Program Assistant. Skaters then break up into their groups for a series of 15-minute lessons, each with a professional coach, where the lead coach will teach skating skills as needed for their current badge level.

The STAGE badges are:

Stage 1 - Balance
Stage 2 - Glide Forward
Stage 3 - Glide Backward
Stage 4 - Edges
Stage 5 - Power
Stage 6 - Speed
Stage 7 (optional) - Pre-Preliminary

The FUNDAMENTAL MOVEMENT badges are:

Go Forward
Go Backward
Stop
Turn
Spin
Jump

The FITNESS badges are:

Fitness I
Fitness II

We have fun days at Christmas and Halloween and skaters have a chance to participate in our bi-annual Skating Show.

CSA approved helmets are a must for all skaters!

Ready to move on to the North Bay Figure Skating Junior program?

Once a skater has completed the STAGE 6 badge, a coach will recommend that the skater progress to the next level of skating – the Junior program.



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Junior Program

The NBFSC Junior program is the connecting link between CanSkate and Intermediate skating with private lessons with a club coach and it provides an introduction to the STARSkate and Competitive Skate Canada programs. Lessons are provided in a small group format by Skate Canada certified professional coaches assisted by trained Program Assistants (senior skaters). Skaters have the opportunity to skate twice a week for 1 hour 25 minutes each session and to work with a coach in small groups on a rotation basis. Working with the coaches also helps the skaters and parents eventually select a coach to work with once they are ready for private lessons in the Intermediate Program. Throughout the Junior Program, the NBFSC coaches help young skaters learn basic figure skating skills, jumps, spins and routines. This program is geared toward having fun and learning to figure skate at the same time.

The Junior program is designed for children (both boys and girls) who successfully complete the 6 levels of the CanSkate program (or on the recommendation of the CanSkate coordinator) and are ready to progress to figure skating. Most skaters will begin at what is called the "Pre-Introductory" level; this is the level at which they would skate if they choose to take part in a skating competition (see below). New skaters are also welcome based on minimum age requirements and some basic skating skills.

CLOTHING & EQUIPMENT REQUIRED

- ❖ Figure Skates (good ankle support is a must!) – ask the coaches for advice!
- ❖ Comfortable clothes that are not too loose-fitting. Most girls choose to wear figure skating dresses/skirts and tights.
- ❖ Gloves or mittens (no scarves).

Every year, the NBFSC hosts a Mini-Make it a Date to Skate Competition for its Junior Program skaters. Skaters begin working on a short individual routine several weeks before the competition (which is usually held in March) and then compete against fellow skaters who are at the same skill level on the day of the competition. This is an excellent way for skaters to become accustomed to the challenge of competitive skating which will become more commonplace in the Intermediate Program. Junior skaters are also given the opportunity to participate in a CanSkate competition – the Powassan Fun Skate - which takes place in the fall. Coaches provide additional details and applications closer to the date of the competition.

Ready to move on to the NBFSC Intermediate program?

There is no hard and fast rule to determine when a skater is ready to move up to the Intermediate program. We recommend open dialogue with coaches who have a skater's best interests at heart and who would know best when a skater might be ready to participate in the less structured Intermediate Program.

A good start to the Intermediate program is to skate in one Junior session and one Intermediate session per week. This gives the skater the opportunity to find out where she/he best fits and it also provides the skater with an opportunity to determine which coach to approach regarding the private lessons associated with Intermediate level skating.



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Intermediate Program

Once a skater has completed the first six CanSkate levels, [HOW DO SKATERS MOVE FROM PRE-INTRODUCTORY TO PRE-PRELIMINARY? SKILLS? COACH'S DECISION? he/she is usually considered to be Pre-Introductory many skaters that are starting in the Intermediate program begin to compete at this level. This term comes from one of two formal testing programs available to figure skaters – the Test Program and the Competitive Program. The Preliminary level is officially the first level of the Test Program so a Pre-Preliminary skater (which is commonly the level at which most Intermediate skaters start) is someone working on the Preliminary level. The NBFSC Intermediate Program consists primarily of private lessons mixed with independent skating so it's important that parents (and skaters) select a coach who matches well to the skater's learning style. Communication with the certified professional coach of your choice is essential at all stages of the skater's development. Often, a skater's coach will ask one of the other coaches to work with a skater on a particular skating element (like dance) but that will be arranged by the coaches. The programming during ice time is structured around a specific group of skills for each session and skaters are expected to be working on the required skill at the time designated during the session; information is provided to skaters to indicate this programming close to the start of each session. When skaters are just starting the Intermediate program, it is often helpful if they follow along after fellow skaters as they learn the new routines, gradually working toward more independent skating as they become more comfortable with the skating requirements.

Skating lessons are broken down into sessions lasting 4 to 20 weeks and skaters may participate in all or only some of these sessions:

★ 20 week winter session

★ 6 week spring session

★ 4 week summer session

Sessions tend to be offered three times per week, with specific skills taught during specific sessions:

[WHERE DOES MIMS COME IN? IT'S A PHRASE USED IN THE PROGRAMMING!]

Stroking (group format)

During this lesson, skaters are learning and practicing proper technique of basic skating and crossovers both forward and backward. As you will see, all of the skaters practice these techniques every time they come on the ice. These skills are the basis for all future elements the skater will learn.

Freestyle (private lessons)

During this time, the skaters will practice their jumps, spins and other freestyle elements. Eventually, the skater's coach will choreograph a freestyle solo to music and they may practice their solos during the freestyle time. The coach will allocate a certain amount of time during each practice to work on various skills and the solo routine.

Dance (private lessons)

Skaters will learn the components of the first compulsory dance: the roll, the progressive and the edge. They will then put these skills together to create the first compulsory dance of Skate Canada – the Dutch Waltz. See the chart in the Senior Section for information on all the levels and requirements of Dance. During the dance session (a time allocated during each practice), skaters are only permitted to practice freestyle if they are in private lessons with their coach; otherwise, they are expected to work on their dance. Skaters are tested (see below) after each progressive group of dances before being allowed to move on to the next level of dances.

TESTS

The Test program is the primary program for the development of figure skating in Canada. Many figure skaters begin competitive figure skating by taking the Preliminary and Junior Bronze levels of the Test Program (where they are tested on individual skating elements, dances and/or their program) and then transfer over to the Competitive Program. The Preliminary and Junior Bronze levels of the program teach all the major jumps and spins in figure skating. Many skaters who do not wish to enter the Competitive Program continue to take tests and advance in the Test Program for both the personal challenge and to qualify for various Invitational Competitions. Coaches will let a skater know when he/she is ready to try a test. Test registration envelopes outlining the fee requirements (generally around \$10 per element tested) are provided by the coaches prior to the test day and must be returned by the deadline indicated in order for a skater to be tested. On the day of the test,

skaters are expected to dress as they would for a competition (skating dress for females and slacks for males) and they should arrive early enough at the rink to take advantage of the very brief warm up period typically offered during a test session.

COMPETITIONS

There are many invitational competitions for which skaters can choose to register. The eligibility for the different levels of competition is usually based on test level and sometimes includes an age qualification. Coaches will let skaters know about upcoming competitions and provide them with application forms/costs; each competition is also announced on the Skate Canada Northern Section website: <http://www.scno.net/news.php>, which provides details on the level of the event and the qualifications. In general, NBFSC Intermediate skaters participate in the following competitions: Winter Fun Skate (Powassan), Near North Interclub (rotates to Near North Clubs), Make-it-a-Date-to-Skate (North Bay), Cranberry Capers (Bala), Santa Fun Skate (Port Carling) and Let's Skate (Sudbury).



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Senior Program

SENIOR

In general, skaters are ready to move up to the Senior level when they have passed all Junior Bronze Dances, Junior Bronze Freeskate and Junior Bronze skills but they may also move up at the discretion of their coach.

Once the Junior Bronze is complete, most skaters need to decide if they wish to enter competitive figure skating. If they do, they continue in private lessons, but switch to taking tests within the Competitive program. Once in the Competitive program students can follow a series of levels, tests and competitions leading all the way to the National, International and Olympic levels of competition.

For students who wish to pursue advanced figure skating but without the accelerated pressures of the Competitive program, the Test Program offers additional levels (Senior Bronze, Junior Silver, Senior Silver and Gold). These are also learned through private lessons. Students within the Test Program may also enter a variety of competitions referred to as 'Invitationals' (meaning the club hosting the competition invites all interested skaters to come register and compete). There is a growing number of Invitational events in Canada for students in the Test Program and Skate Canada is planning on introducing national level events for Test Program skaters.

FREE SKATE TESTS

There are six free skating tests in the Skate Canada Test Program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold (see chart below for details). Each test consists of Elements in Isolation and a Free Program.

ELEMENTS IN ISOLATION

The Elements in Isolation portion of the Free Skate tests consists of stroking exercises, jump and spin elements, field movements and step sequences. At each level there are 14 elements, of which 12 must receive Satisfactory or better evaluations in order to pass that portion of the test. At the request of the evaluator, a maximum of four elements in isolation in Free Skating tests may be re-skated once if necessary to pass. In all cases, the better attempt is counted. The candidate may elect to re-skate an unsuccessful element immediately or at the end of the portion of the test.

MANDATORY ELEMENTS

On each of the six free skate tests, all stroking exercises must be assessed as Satisfactory or better in order to pass that portion of the test (in addition to receiving 12 out of 14 Satisfactory or better ratings in total).

FREE PROGRAM

The Free Program portion of the test is a program of specified length (see table below), set to music of the candidate's choice. The program must contain certain elements (successfully completed) in order to pass the test. For a detailed listing of the requirements for each test level, please refer to the Skate Canada Rule book. Evaluators take the following criteria into consideration when assessing this portion of the Free Skate test:

- USE OF ICE – the ability to cover the ice surface using different shapes and patterns

- CARRIAGE/LINE/FORM – the skater's posture and body positions
- SPEED – how fast the skater travels over the ice surface and the ability to change speed as dictated by the music. Sureness of Skating Skills with speed refers to the ability to execute solid basic skating (edges, crosscuts, steps) with speed
- USE OF MUSIC – the ability to skate in time to the music, to express the character of the music and to interpret the music
- CONNECTING STEPS/FIELD MOVEMENTS – the steps and movements that join elements together in the program and the inclusion of moves such as spirals, spread eagles, Ina Bauers, pivots etc.
- PROGRAM COMPOSITION – the balance of elements in the program, the placement of highlights on the ice surface, the correct program length and the choreography of the program

Certain elements in the free skating programs must receive ratings of Satisfactory or better in order to pass the test. These are outlined in the table below.

TEST	LENGTH OF PROGRAM	REQUIREMENTS TO PASS
Preliminary	1.5 or 2.0 minutes (+/- 10 seconds)	<p>Satisfactory evaluation or better in 4/6 of the following criteria:</p> <ol style="list-style-type: none"> 1. Use of Ice 2. Carriage/Line/Form 3. Speed 4. Use of Music 5. Sureness of Skating Skills (must be Satisfactory or better) 6. Program Composition
Junior Bronze	2.0 or 2.5 minutes (+/- 10 seconds)	<p>Satisfactory evaluation or better in 4/6 of the following criteria:</p> <ol style="list-style-type: none"> 1. Use of Ice 2. Carriage/Line/Form 3. Speed 4. Use of Music 5. Sureness of Skating Skills (must be Satisfactory or better) 6. Program Composition
Senior Bronze	2.5 or 3.0 minutes (+/- 10 seconds)	<p>Satisfactory evaluation or better in 10/12 of the following criteria:</p> <p>The skater cannot have more than one needs improvement in the jump criteria or more than one needs improvement in the spin criteria.</p> <ol style="list-style-type: none"> 1. Jumps 2. Jump Sequence 3. Jump Combination 4. Spins 5. Spin Combination 6. Step Sequence 7. Use of Ice 8. Carriage/Line/Form (must be Satisfactory or better) 9. Sureness of Skating Skills with Speed (must be Satisfactory or better) 10. Use of Music 11. Connecting Steps/Field Movements 12. Program Composition

Junior Silver	3.0 or 3.5 minutes (+/- 10 seconds)	<p>Satisfactory evaluation or better in 10/12 of the following criteria:</p> <p>The skater cannot have more than one needs improvement in the jump criteria or more than one needs improvement in the spin criteria.</p> <ol style="list-style-type: none"> 1. Jumps 2. Jump Sequence 3. Jump Combination 4. Spins 5. Spin Combination 6. Step Sequence 7. Use of Ice 8. Carriage/Line/Form (must be Satisfactory or better) 9. Sureness of Skating Skills with Speed (must be Satisfactory or better) 10. Use of Music 11. Connecting Steps/Field Movements 12. Program Composition
Senior Silver	3.5 or 4.0 minutes (+/- 10 seconds)	<p>Satisfactory evaluation or better in 10/12 of the following criteria:</p> <p>The skater cannot have more than one needs improvement in the jump criteria or more than one needs improvement in the spin criteria.</p> <ol style="list-style-type: none"> 1. Jumps 2. Jump Sequence 3. Jump Combination 4. Spins 5. Spin Combination 6. Step Sequence 7. Use of Ice 8. Carriage/Line/Form (must be Satisfactory or better) 9. Sureness of Skating Skills with Speed (must be Satisfactory or better) 10. Use of Music 11. Connecting Steps/Field Movements 12. Program Composition (must be Satisfactory or better)
Gold	<p>Women 3.5 or 4.0 minutes (+/- 10 seconds)</p> <p>Men 4.0 or 4.5 minutes (+/- 10 seconds)</p>	<p>Satisfactory evaluation or better in 10/12 of the following criteria:</p> <p>The skater cannot have more than one needs improvement in the jump criteria or more than one needs improvement in the spin criteria.</p> <ol style="list-style-type: none"> 1. Jumps 2. Jump Sequence 3. Jump Combination 4. Spins 5. Spin Combination 6. Step Sequence 7. Use of Ice 8. Carriage/Line/Form (must be Satisfactory or better) 9. Sureness of Skating Skills with Speed (must be Satisfactory or better) 10. Use of Music 11. Connecting Steps/Field Movements

DANCE TESTS

The Dance Test Program consists of seven levels of tests that teach timing, musicality, rhythm interpretation and structure as well as basic skating skills such as edges, flow, control and unison.

The dances in the Test Program can be tried in any order but a candidate must pass all the dances in a dance test before proceeding to the next level. In addition to the compulsory dances, there are also Variation, Rhythm and Interpretive Dance tests, which can be taken once a skater has obtained a certain level.

For tests, a couple shall comprise a male and female, each skating his/her own steps. In the event that a female candidate is unable to secure a male partner, another female skating the male's steps may partner her. This is also allowed in the Variation, Rhythm and Interpretive Dance tests. If, however, both candidates for one of these tests (i.e. Variation, Rhythm or Interpretive Dance) are female and both are candidates, the applicable test needs to be skated twice, with each performing the female steps once.

At Senior Bronze, Junior Silver and Senior Silver Dance test levels one dance of the set has been designated as a mandatory solo dance. This means that the skater will skate the applicable dance both with a partner, and on her/his own. In addition, at these levels and the Junior Bronze and Gold levels an evaluator may request a skater to solo a dance. An evaluator may request a solo in order to determine if the candidate was assisted to too great an extent by the partner, to verify knowledge of steps, pattern or timing or to assess basic dance skills. When an evaluator requests a solo, it does not mean that a skater is automatically going to fail that particular test – it provides a second chance for the skater to prove his/her readiness for the next level.

When trying a Skate Canada Test Program dance, candidates are assessed by evaluators using the following criteria:

DANCE RHYTHM

- TIMING - the proper relationship of the strokes and other movements to the music.
- EXPRESSION - the quality of dancing that interprets the character of the music that designated the type of dance (waltz, tango, march etc.)
- UNISON - the mutual coordination of the movements and positions as a couple

EXECUTION

- ACCURACY/FLOW - the steps, timing and movement of the dances must be skated in accordance with the regulations
- STYLE/Form - in general, carriage should be upright but not stiff, with the head up
- PATTERN/PLACEMENT - the skating of the prescribed patterns and its intelligent location within the skating area

The following table outlines the dances that constitute each level, the required number of sequences for evaluated tests and the requirements to pass.

TEST	# OF PATTERNS (Minimum)	REQUIREMENTS TO PASS
Preliminary		3 of 3 dances
Dutch Waltz	2	"Satisfactory" evaluation or better in Timing and Accuracy/Flow on each dance in order to pass.
Canasta Tango	2	
Baby Blues	2	
Junior Bronze		3 of 3 dances
Swing Dance	1	"Satisfactory" evaluation or better in Timing and Accuracy/Flow, and one of Style/Form, Expression, Unison or Placement on each dance in order to pass.
Fiesta Tango	2	
Willow Waltz	2	
Senior Bronze		3 of 3 dances
Ten-Fox*	2	"Satisfactory" evaluation or better in Timing and Accuracy/Flow, and two of Style/Form, Expression, Unison or Placement on each dance in order to pass.
Fourteenstep	3	
European Waltz	3	
Junior Silver		4 of 4 dances
Foxtrot	2	"Satisfactory" evaluation or better in Timing and Accuracy/Flow, and three of Style/Form, Expression, Unison or Placement on each dance in order to pass.
Harris Tango	2	
American*	2	
Rocker Foxtrot	3	
Senior Silver		4 of 5 dances
Paso Doble	2	"Satisfactory" evaluation or better in all six criteria.
Starlight	2	
Blues*	2	
Kilian	4	
Cha Cha Congelando	2	
Gold		4 of 5 dances
Viennese Waltz	2	"Satisfactory" evaluation or better in all six criteria.
Westminster	2	
Quickstep	3	
Argentine	2	
Silver Samba	2	
Diamond		4 of 6 dances
Ravensburger	2	"Satisfactory" evaluation or better in all six criteria.
Tango Romanantica	2	
Yankee Polka	2	
Rhumba	3	
Austrian Waltz	2	
Golden Waltz	2	
* = mandatory solo in that particular set		

OTHER DANCE TESTS

Beyond the compulsory dances outlined above, skaters may also try additional dance tests as follows:

Dance Variation Dance Test – a dance variation based on the Ten-Fox. It shall consist of one sequence of the Ten-Fox followed by a half-circuit variation, then another sequence each of the Ten-Fox and its variation. To be eligible to try this test candidates will have completed the Junior Bronze Dance Test.

Bronze Rhythm Dance Test – a dance composed by the skaters and skated to one piece of Skate Canada or ISU music selected from the compulsory dance rhythms of the Junior Silver Dance test (Harris Tango, American Waltz, Rocker Foxtrot). To be eligible to try this test candidates will have completed the Senior Bronze Dance Test and the Dance Variation test.

Silver Interpretive Dance Test – A dance of 2.5 minutes (+/- 10 seconds) in length created to Skate Canada or ISU music from the compulsory dance rhythms of the Senior Silver Dance Test. To be eligible to try this test candidates will have completed the Junior Silver Dance Test and the Bronze Rhythm Dance Test.

Gold Interpretive Dance Test – A dance of 3.0 minutes (+/- 10 seconds) in length created to Skate Canada or ISU music from the compulsory dance rhythms of the Gold Dance Test. To be eligible to try this test candidates will have completed the Senior Silver Dance test and the Silver Interpretive Dance test.



Synchronized Skating



What is Synchronized Skating?

Synchronized skating involves a group of usually 12 or more skaters performing various group formations and maneuvers to music.

Synchronized skating is perfect for the average club member, offering a group activity, a chance to compete at various levels, opportunities for travel and the excitement of having fun with friends.

It is also a great opportunity for senior skaters wishing to move to Disney productions to gain experience being involved in group skating!

TEAM SPECIFICATIONS

PreJuvenile A

A team of 8 – 16 skaters

No upper age limit

PreJuvenile B

Team of 8 – 16 skaters

Skaters may NOT have reached the age of 11 as of July 1

Juvenile

Team of 8 – 16 skaters

75% of Skaters may NOT have reached the age of 12 and 25% may NOT have reached the age of 15 as of July 1

Novice

Team of 8 – 16 skaters

75% of Skaters may NOT have reached the age of 15 and 25% may NOT have reached the age of 19 as of July 1

Junior

Team of 12 – 16 skaters

No upper age limit

Adult

Team of 12 – 20 skaters

Skaters must be 19 years or older 75% of team must be 25 or older as of July 1

Masters

Team of 8 – 20 skaters

Skaters must be 25 years or older and 50% of team must be 35 years or older by July 1

FUNDING

A large portion of the funding comes from fundraising/bingo and members of all teams are expected to participate in fundraising activities through the year. These activities contribute to cover the costs associated with skating outfits, travel costs, accommodations and entry fees to competitions.