



STARSkate Handbook

2025 2026

Welcome To The 2025-2026 Season

On behalf of the Skate Melfort executive team, we are excited to welcome you back for another fantastic season of skating! A warm welcome also goes out to our coaching staff. Our coaches bring years of experience, a deep passion for skating, and a strong commitment to supporting the growth and success of every skater.

At Skate Melfort, we aim to foster an environment where skaters can build confidence, form lasting friendships, and continue to develop their skills on and off the ice. We encourage parents to take part and help make this season enjoyable and rewarding for everyone.

This handbook has been prepared to provide answers to common questions, outline important dates, and share key information about our programs. Please keep it handy as a resource throughout the year. And remember—our executive and coaches are always here to support you if additional questions come up.

We're looking forward to another season filled with progress, fun, and new achievements for all our skaters.

SKATE MELFORT 2025-2026 EXECUTIVE TEAM

President: Cheryl McLean	306-921-4340
Vice President: Regan Ferguson	306-921-4335
Treasurer: Cheryl McLean	306-921-4340
Secretary: Alison Michaliew	306-921-3751
Assessment and Events Director: Cara LeGatt	306-921-7845
Fundraising Director: Jennifer Fedorychka	306-921-4520
STARSkate Director: Justina Christopherson	306-887-4401
CanSkate Director: vacant - Regan Ferguson is filling in for now	
Member at Large (dryland training) : Tamara Leland	306-220-9375
Coach Director: Shauna Klettberg:	306-873-8513

Contact Information for Skate Melfort:

General email: skatemelfort@gmail.com

Fundraising email: skatemelfortfundraisers@gmail.com

Website: <https://skatemelfort.uplifterinc.com/>

Mailing address: Box 2753, Melfort, SK S0E 1A0

Facebook page: Skate Melfort

Instagram: skatemelfort

2025-2026 COACHING STAFF

Coach Director: Shauna Klettberg: shauna_klettberg@hotmail.com 306-873-8513
Becky Ell: beckyell@live.ca 306-231-8162
Jadie Porter: jadiefenning@icloud.com 306-480-7697
Tia Strukoff: tia.strukoff@icloud.com 306-921-6116
Lauren McLean: laurengmclean3@gmail.com 306-921-9002
Additional guest coaches as needed

WHAT IS STARskate?

STARSkate is Skate Canada's Figure Skating Program.

STAR stands for *Skills, Tests, Achievements, and Recognition*.

Skaters enter STARSkate after completing the CanSkate and PreSTAR programs. Within STARSkate, athletes develop figure skating-specific skills, participate in testing, and may choose to compete at competitions.

The program includes five disciplines organized into levels STAR 1–10, followed by Gold. Each level has set requirements to guide skaters' progress as described below. There are also summary charts included at the end of this document.

STARSkaters receive group instruction with other skaters who are working on similar skills, and may also have private lessons as time permits. Skaters are not in lessons for the full session; part of each practice is dedicated to working independently on skills.

For the 2025 2026 season, Skate Melfort has divided STARSkaters into 2 groups based on the skill level they are working on: STAR 1-3 or STAR 4-GOLD

FIGURE SKATING DISCIPLINES

Figure skating has five disciplines.

SKILLS

Includes the development of turns in figure form, as well as skill exercises to develop power and control. Field moves are also included in this discipline.

FREESKATE

Includes the development of jumps and spins in isolation and the development of freeskate solos/programs that encompass different program components and elements for success in a performance situation.

DANCE

Includes the development of skating technique while promoting timing, accuracy, and musicality through pattern dances.

ARTISTIC

Includes the development of movement, creativity, projection, and interpretation through programs

SYNCHRO

Includes the development of synchronized skating elements through a variety of skating skills and teamwork.

Skills	Freeskate		Dance			Artistic	Synchro
	Elements	Program					
STAR 1	STAR 1	STAR 1	STAR 1				
STAR 2	STAR 2	STAR 2	STAR 2A	STAR 2B			STAR 2
STAR 3	STAR 3	STAR 3	STAR 3A	STAR 3B			STAR 3
STAR 4	STAR 4	STAR 4	STAR 4A	STAR 4B			STAR 4
STAR 5	STAR 5	STAR 5	STAR 5A	STAR 5B		STAR 5	
STAR 6	STAR 6	STAR 6	STAR 6A	STAR 6B	STAR 6C		
STAR 7	STAR 7	STAR 7	STAR 7A	STAR 7B	STAR 7C	STAR 7	
STAR 8	STAR 8	STAR 8	STAR 8A	STAR 8B	STAR 8C		
STAR 9	STAR 9	STAR 9	STAR 9A	STAR 9B	STAR 9C	STAR 9	
STAR 10	STAR 10	STAR 10	STAR 10A	STAR 10B	STAR 10C		
Gold		Gold	STAR Gold A	STAR Gold B	STAR Gold C	STAR Gold	
Diamond Dances	Diamond Dances (4 of 6) Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka						

WHAT IS A FIGURE SKATING PROGRAM?

FreeSkate Program: Skaters in STAR 1-4 will learn a solo program called a Freeskate. This is a routine with specific required elements choreographed to music which includes jumps and spins. Skaters can choose their own music in coordination with the coach.

Artistic Program: STAR 5-gold skaters will also have an Artistic Program. These programs combine skating aspects such as turns, edges and field moves, with creative spins and the ability to project emotion and artistry. There are usually no jumps in an artistic program. Skaters also choose music in coordination with the coach.

Dance: Skaters will learn various dances which have pre-set steps done to specified music. Skaters will practice these dances in groups, but can perform them individually for testing and at competitions

Creative Improv: This option may be available for skaters to try at competitions. Skaters are given a specific piece of music immediately before the event, then skaters demonstrate their ability to interpret the music and create a spontaneous performance on the ice without any prior preparation or coaching.

WHAT EQUIPMENT IS NEEDED FOR STARSkate?

- Figure Skates - see below
- A towel to properly dry skate blades after each use
- Soft guards (skate soakers) to protect the blade during storage
- Hard skate guards to wear when walking around off ice (do not leave on skates as they will cause rust)
- Gloves
- Layers of clothing
- Competition wear
- Running shoes and yoga mat for dryland training

FIGURE SKATES

Figure skates must be suitable for entry level jumps for those just starting out. The more your child progresses, the higher quality skate they may need. The type of blade on the figure skate is also very important. Good quality figure skates can be new or used. A popular brand is “Jackson” and can be purchased from local skaters who have outgrown them, ordered online (provided you know the model of skate and size), or from a local skate shop with experience in figure skate fitting.

Talk to a coach to get advice on which model of skate to purchase for your child.

Some reputable figure skate retailers are:

- Al Anderson’s Source For sports in Saskatoon
- Ballet To Broadway in Moose Jaw
- Atlas Outdoors, Warman

WHERE TO SHARPEN FIGURE SKATES?

Good quality figure skates need good quality sharpening!

Russ Prosko – Saskatoon

Russ skarpens skates out of his home in Saskatoon.

Call for an appointment (no texts)

1405 Elevator Road, Saskatoon **306-384-0341**

Al Anderson’s Source for Sports - Saskatoon

306-652-9412 *Request Pat to sharpen*

Atlas Outdoors, Warman

HOW TO TAKE CARE OF FIGURE SKATES?

Wipe blades after every use with an absorbent cloth to remove moisture then put on soft guards (skate soakers) to store skates.

Sharpen blades at minimum after every 20 to 40 hours of skating

REGULAR PRACTICE CLOTHING

- pants with 4 way stretch such as leggings
- skating socks are recommended (brands such as Thinees, or Mondor)
- dress in layers, for example a t-shirt, a tight fitting warm up jacket, and a warmer jacket or vest
- good mitts or gloves
- water bottle & tissues
- Yoga matt and running shoes for dryland training

Coaches Rules: **no jeans - no hoodies - hair tied back**

COACHING

Skate Melfort uses a team coaching approach, so you will receive lessons from multiple different coaches. Shauna Klettberg is the coach director who prepares the schedule for lessons and choreography, ensures skaters are prepared for testing and competitions, and provides skaters with opportunities to help them grow as a skater. Coaches will also help skaters choose music for their solo programs, arrange for music editing, and choreograph solo programs.

ON ICE TRAINING – Club Lessons vs. Private Lessons

CLUB LESSONS

Club lessons are included in your registration fee

Skaters will receive 3 club lessons per week in a group format and 2 edge classes per week during their regular ice times on Fridays and Sundays.

The coach director will automatically schedule these lessons for you each week

PRIVATE LESSONS

Private lessons are NOT included in your registration fee and are scheduled by the coach if time allows in the schedule.

Sometimes the included club lesson will be a private lesson if there are no other skaters working on the same skill.

Private lessons include choreography sessions where the coach and skater develop a solo skating program for the skater.

Bills will be sent to you directly from each coach for any private lessons

Rates are different for each coach as they are based on coaching certification level and experience. Bill frequency will vary amongst coaches and may depend on the number of lessons. For example, if a coach only gave a few lessons to your child, you may only be billed once or twice during the season.

ICE TRAINING – Dryland Training

Dryland Training is included in your registration fee and consists of 30min of structured sessions prior to or after each on ice session. These sessions are taught by experienced professionals whenever possible.

The Essential Role of Off-Ice Training

Off-ice training is a critical part of becoming a stronger, more versatile figure skater. These sessions develop:

- **Strength and Core Stability** – helping you jump higher and land more securely.
- **Flexibility and Mobility** – improving your positions and preventing injuries.
- **Balance and Coordination** – translating directly into better edge control and flow.
- **Endurance and Conditioning** – allowing you to perform your full programs with energy and confidence.

The most successful skaters integrate consistent off-ice work into their weekly training. By incorporating this time into our regular schedule, everyone will benefit from a more complete and balanced approach.

2. Improved Use of Available Ice Time

Reducing ice time slightly and incorporating dryland sessions allows us to split skaters into two smaller groups based on skating ability. This means:

- **Less crowding on the ice for part of the session**
- **More individual attention from coaches**
- **A safer and more productive environment for everyone**

SCHEDULE

Please see Team Linkt for the most up to date schedule and mark your attendance for sessions whenever possible to facilitate scheduling.

FRIDAYS

STAR 1-3

3:45-5:15 On Ice

5:30-6:00 dryland

STAR 4-Gold

4:15-5:45 On Ice

6:00-6:00 dryland

SUNDAYS

STAR 1-3

6:00-6:30 dryland

6:45-8:15 On ice

STAR 5-Gold

6:50-7:20 dryland - this time is subject to change on CanSkate days

7:30-9:00 On ice

WEDNESDAYS

STAR 1-3 4:00-5:30

Sept 2-Oct 8

STAR 4-Gold 5:00-6:30

There will also be extra practice ice and choreography sessions throughout the year when we can obtain extra ice. Skaters who aren't scheduled for a private lesson may also attend to practice on their own. Extra choreography sessions are often on Sundays in September and October prior to CanSkate.

COMPETITIONS, SEMINARS, MONITORING, SHOWCASES

There are opportunities throughout the season for skaters to compete and practice their routines in front of an audience. The club will notify skaters of these opportunities as they arise. Some of these include:

- Rising STARS seminars. Several of these events are held throughout the province each year. They are designed as a fun learning event for CanSkate level 3-6 and STAR 1-3 skaters
- Regional competitions: Multiple competitions are held throughout the province. Skaters are encouraged to attend our Region 11& 12 competition if possible.
- Enid Davidson Region 11 Showcase: This event is held in Tisdale each January and is a great way to prepare for competitions. Skaters receive feedback from judges about their performances.
- Showcases: Each year in December, Skate Melfort provides an opportunity for skaters to participate in a showcase where they perform their programs in front of family and friends.
- Seminars with guest coaches organized by skating clubs in the region.
- Provincial competitions: These are usually held in December and March.
- Skate Canada Sask also offers other training events such as the Prospect Program which includes seminars, monitoring, and off ice sessions. These events are listed on the Skate Canada Saskatchewan website under events.
- Costs associated with these events are the responsibility of the parent.
- Costs vary and may include:
 - Registration fee
 - Coaching fees & expenses
 - Personal expenses such as travel, accommodation, and food

I am going to my first competition, what do I need??

- Competition outfit (1 or 2 skating dresses or pants/shirt)
- Beige skating tights if wearing a dress (a popular brand is "Mondor)
- Hair pulled back into a bun/pony/braid as appropriate
- Makeup done at your discretion
- Running Shoes for off ice warm up
- Tight fitting warmup jacket
- Music on a USB drive. One for each program, labeled as described by the competition announcement.
- Skates and a great attitude!

ASSESSMENTS / TESTS:

When skaters acquire the necessary skills in any of the 5 skating disciplines in a STAR level, they are ready to take an assessment to move to the next level. The assessments for STAR 1-5 as well as some higher level assessments are done by a coach during our regular practice ice. Skaters dress in competition wear for these assessments, but it is a low stress environment. Coaches will notify the skater/parent when the skater is ready to take an assessment. Many of these assessments are done at the end of the season after the ice show. Each assessment costs \$12 and is sent to Skate Canada to be recorded on the skater's skating achievement record online.

- The \$12 STAR assessment fee is covered by the Club if assessments are done by our coaches on regularly scheduled club ice.
- Some STAR 6-Gold assessments may have additional costs if they need to be done at a regional assessment day. These costs are to be paid by the Skater to the host club. Fees include:
 - Skate Canada assessment fee
 - Coach fee
 - Evaluator expenses and ice fees

What Is Included in Your Skate Melfort Fees?

The Club covers:

- 30 min group instruction per week (Edge Class)
- 3 group lessons per week. (Skaters may opt in for additional private lessons which would be payable directly to the Coach).
- 100% of coaching mileage
- all ice fees (3 hours of scheduled on ice sessions per week) plus choreography ice and extra practice ice.
- all off ice / dryland sessions
- Skate Canada membership – includes insurance and Safe Sport fees
- STAR assessments done by our coaches during regular ice time.
- all report cards and assessment certificates
- Ice show costumes for group performances

Additional lessons - If skaters wish to have additional group or private lessons as time permits, they are billed directly to the skater by the coach. The parent must agree and “opt in” for additional lessons on registration. Additional private lessons and music editing fees are required if the skater wishes to have FreeSkate and Artistic solo skating routines.

Solo Programs: STAR 1-Gold skaters are encouraged to have a Freeskate program, and STAR 5-Gold skaters are encouraged to have an Artistic program. These programs will also be used at Competitions.

Additional costs for choreography include creating the program and music editing and are billed directly to the skater by the coach.

At least 1 competition outfit (skating dress / pants and shirt) is required for program performance situations such as competitions, show cases, ice show, or assessment days.

To save on costs, skaters may keep their programs for more than one skating season.

YEAR END ICE SHOW (Carnival):

The highlight of our season is the year end Ice Show where skaters demonstrate the skills they have learned throughout the year for family and friends.

Each skater performs a group routine, an opening number with all the STAR and PreSTAR skaters, and usually performs one solo.

Choreography for the Ice show starts about 3 weeks before the performance weekend.

If you will not be participating in the Year End Ice Show, please notify Skate Melfort by email prior to January 15, 2026

DRESS REHEARSAL AND AWARDS BANQUET

A dress rehearsal is held the day prior to the ice show where skaters practice their routines in order of the show. Group and individual photos are also taken.

Following the dress rehearsal, is an award banquet where awards will be presented to skaters and program assistants will be recognized. The awards banquet is optional and attendees must purchase a ticket to cover the cost of the meal.

The ice show weekend expenses are not factored into registration fees, so the club relies on fundraising at the event to cover the cost of ice rental, coaching, mileage, photos, costumes, and the banquet venue. Volunteers are needed to work during the ice show, and families may donate items for the raffle table if they wish.

COSTUMES:

Registration fees include 1 or more costumes provided to skaters for the year end ice show.

The costumes are sometimes rented and all must be returned after the ice show. If costumes are damaged, the skater will be responsible for any additional charges.

Skaters may be required to supply additional items (pants, shirt) to go with the costume.

STARSkaters usually supply their own costumes for solo performances.

PHOTOS:

Group and individual photos are taken at the Ice Show Dress Rehearsal and are available to purchase from the photographer.

Live action shots taken during the ice show may be available at no charge to skaters.

OFF SEASON SKATING OPPORTUNITIES

Skate Melfort provides additional opportunities for skating at our Summer School in August as well as Spring Ice which is usually in April. Skate Melfort is very fortunate to be able to offer these additional skating opportunities and skaters are encouraged to participate. If attendance is poor, we may not be able to continue to offer these opportunities.

Costs associated with off season skating are the responsibility of the parent.

FUNDRAISING:

The Club encourages all members to participate in fundraising throughout the skating season to help keep registration fees affordable.

STARSkate families are expected to participate in a minimum of 2 fundraisers per season

Fundraisers may include:

- Old Dutch Chips
- Purdys chocolates
- M&M Meats
- Additional fundraising opportunities may be added throughout the season.

VOLUNTEERING:

It takes a lot of work to run a skating club and Skate Melfort relies on volunteers.

The Executive Board is always looking for help.

Members are asked to volunteer at various events throughout the year including the year end Ice Show, CanSkate FunFest, assessment days, and participate in fundraisers.

PROGRAM ASSISTANTS (PA's)

Program assistants are essential to provide a well run and effective Learn To Skate program.

STARSkaters are encouraged to volunteer as program assistants. Training is provided at the beginning of the year and younger skaters are often paired up with more experienced PA's for continued learning throughout the season.

SPONSORSHIP OPPORTUNITIES:

Skate Melfort relies on corporate sponsors to help keep registration fees as low as possible.

If you know of a business who would be interested in a sponsorship partnership please let us know. A sponsorship information package and application form is also available on our website. STARSlaters may be asked to distribute sponsorship packages

STAR ASSESSMENT CHARTS

The following charts summarize the skating components required for each STAR level.



Overview: STAR Assessment Content

	Skills	Freeskate		Dance	Artistic	Synchro
		Elements	Program	Elements/Pattern Dance		
STAR 1	Fwd Edges Fwd Three-Turns FI C Step Sequence Fwd Spiral Circles Choice of Field Move: Fwd 1ft Sit Glide; Inside Spread Eagle; Ina Bauer STAR 1 Skills Exercise – Basic	Waltz Jump Single Salchow Single Toe Loop Fwd Upright Spin Bwd Upright Spin		Fwd Progressives Fwd Chassés Fwd Slide Chassés Fwd Outside Swing Roll Sequence Fwd Outside Cross Rolls		
STAR 2	Bwd Edges Bwd Three-Turns Fwd Circle on Circle 2ft to 1ft Multi Turns Fwd Outside Turn Sequence	Single Salchow Single Loop Single Flip Waltz/Toe Loop Combination Fwd Sit Spin Change Foot Upright Spin Fwd Camel Spin	STAR 2 Program	2A: Dutch Waltz 2B: Canasta Tango		Linear Element (Block) Linear Element (Line) Intersection Rotating Element (Wheel or Circle)
STAR 3	Fwd Spiral Circles Choice of Field Move: Bwd 1ft Sit Glide, Spread Eagle, Y-Spiral, Ina Bauer STAR 3 Skills Exercise – Power	Single Flip Single Lutz Single Loop/Loop Combination Bwd Upright Spin Bwd Sit Spin Fwd Camel/Sit Spin	STAR 3 Program	3A: Baby Blues 3B: Bwd Progressives Bwd Chassés Bwd Swing Roll Sequence Fwd Inside Open C Step RFO Cross Roll, Cross Behind FO Three-Turn, BO Edge		Pivoting Element (Block) Linear Element (Line) Intersection Rotating Element (Wheel) Rotating Element (Circle)
STAR 4	Fwd Brackets Bwd Brackets Fwd Double 3s Bwd Circle on Circle Fwd Change of Edge	Single Lutz Single Axel Single Flip/Toe Loop Combination Single Loop/Loop Combination Bwd Camel Spin Change Foot Sit Spin Flying Camel or Sit Spin Fwd Combination Spin	STAR 4 Program (Must attempt axel)	4A Swing 4B: Fiesta Tango		Transition Exercise #1 Transition Exercise #2 Intersection Moves Element: Spiral



	Skills	Freeskate		Dance	Artistic	Synchro
		Elements	Program	Elements/Pattern Dance		
STAR 5	Spiral Sequence STAR 5 Skills Exercise: Quick Edges STAR 5 Skills Exercise – Bwd Slalom	Single Axel Double Jump (2S – 2Lz) Single Lutz/Toe Loop Combination Spin in 1 Position Sit or Camel Spin Combination Spin	STAR 5 Program (Must land clean Axel)	5A: Willow Waltz 5B: LFO Open C Step FO Double Knee Bend Fwd Progressive - Swing Roll Sequence Bwd Progressive - Swing Roll Sequence Ten-Fox Progressive LFO Cross Behind FO Cross Rolls FO Cross Roll, Three-Turn BO Rolls	Choreographic Step Sequence Field Move Sequence OR Spiral Sequence Artistic Spin	
STAR 6	Backward Double 3s Forward Rockers Backward Rockers Forward Counters Backward Counters STAR 6 Skills Exercise – Forward Change 3s	Single Axel Combination 2 Different Double Jumps Sit or Camel Spin - (may attempt 1 feature) Layback or Crossfoot Spin Change Combination Spin	STAR 6 Program (as per current Technical Program Requirements)	6A: Ten-Fox 6B: European Waltz 6C: Fourteentstep		
STAR 7	Forward Loops Backward Loops Forward Inside S Step Backward Outside S Step Twizzles STAR 7 Skills Exercise – Backward Change 3s	3 Different Double Jumps Jump in Combination (1+2, 2+1, 2+2) Flying Camel /Sit Spin Sit or Camel Spin (1 feature) Change Combination Spin	STAR 7 Program (as per current Technical Program Requirements)	7A: Foxtrot 7B: Tango 7C: American Waltz	Choreographic Step Sequence Field Move Sequence Artistic Spin	



	Skills	Freestyle		Dance	Artistic	Synchro
		Elements	Program	Elements/Pattern Dance		
STAR 8	Forward Rocker-Three Sequence Backward Rocker- Three Sequence Forward Counter-Bracket Sequence Backward Counter-Bracket Sequence 2 Field Moves (different) STAR 8 Skills Exercise – Rolling Edges	4 Different Double Jumps Jump Combination (1+2, 2+2) Sit or Camel Spin - (minimum 1 feature) Flying Change Combination Spin Spin in One Position (different from Camel or Sit – minimum 1 feature)	STAR 8 Program (as per current Technical Program Requirements)	8A: Kilian 8B: Rocker Foxtrot 8C: Starlight Waltz		
STAR 9	Forward Loop Change Loop Backward Loop Change Loop 360 Degree Spiral Challenge STAR 9 Skills Exercise 1 – Rockers STAR 9 Skills Exercise 2 – S Step	Single Axel Double Jump #1 Jump Combination (2+2, must be different, may not repeat solo jump) Change Combination Spin - (features permitted) 3 Different Spins of Any Nature (1 feature) (may not be USp, CUSp, FUSp or FCUSp)	STAR 9 Program (as per current Technical Program Requirements)	STAR 9 Dances (2 of 3) 9A: Paso Doble 9B: Blues 9C: Silver Samba	Choreographic Step Sequence Field Move Sequence Artistic Spin	
STAR 10	One-Foot Turn Sequence 360 Degree Field Move Challenge Step Sequence STAR 10 Skills Exercise – Counters	Single Axel 5 Different Double Jumps Jump Combination (2+2) Spin of Any Nature (minimum 1 feature) Change Combination Spin - (minimum 1 feature)	STAR 10 Program (as per current Technical Program Requirements)	STAR 10 Dances (2 of 3) 10A: Cha Cha Congelado 10B: Westminster Waltz 10C: Quickstep		
Gold	9 Turn Challenge Step Sequence Field Move Sequence Skills Exercise Challenge		Gold Program (as per current Technical Program Requirements)	Gold Dances (2 of 3) Gold A: Viennese Waltz Gold B: Argentine Tango Gold C: Rhythm Dance	Choreographic Step Sequence Field Move Sequence or 360 Degree Field Move Artistic Spin	
DIAMOND	Diamond Dances (4 of 6) Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka					