



# MPPSC FAQ

Everything you wanted to know about our programs

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# Skating Progression

What do I register for?





# What program do I register for?

**Pre-CanSkate** - Must be 3.5 years old by July 1. An adult must accompany the skater on the ice for the first 3 sessions, at least. (30 min session)

**CanSkate** - Beginners of all ages who do not need assistance to stand. (A faster paced program than Pre-CanSkate)

Click [here](#) to see a video for more detail (50 min session)





# What program do I register for?

**IntroStar** - Skaters who have completed CanSkate Stage 4. This program will cover CanSkate Stage 5 up to and including Star 1/2 assessments. You can register for both CanSkate and IntroStar or IntroStar and Junior sessions depending on your level. (1 hour session)

**Junior (StarSkate)** - Skaters who have completed the CanSkate program. You need to arrange for coaching to skate on a Junior Session. (click [here](#) to go to the slides on coaches) (65-70 min sessions)





# What program do I register for?

StarSkate Sessions (MPPSC Session Qualifications):

## **Junior:**

Skaters registering must have passed CanSkate Stage 6 and not passed the complete STAR 4 Freeskate assessment.

## **Intermediate:**

Skaters registering must have complete STAR 4 Freeskate assessment and no higher than complete STAR 8 assessment.

## **Senior:**

Skaters registering must have full STAR 8 Freeskate assessment or higher.

# Pre-CanSkate & CanSkate

What does my skater need to start skating?

- Skates (Hockey or Figure)
- A CSA approved Helmet
- Appropriate skating clothing (Warm mitts or gloves, warm pants and jacket or sweater)



# What's included in the price of the session?

## **Pre-CanSkate/CanSkate/IntroStar:**

- Included in the fee for these programs are the ice time and coaching fees.

## **Junior/Intermediate/Senior:**

- Included is ice time
- You pay your coach separately and directly to them. Go to [slide 12](#) for more information.



# Moving Through CanSkate

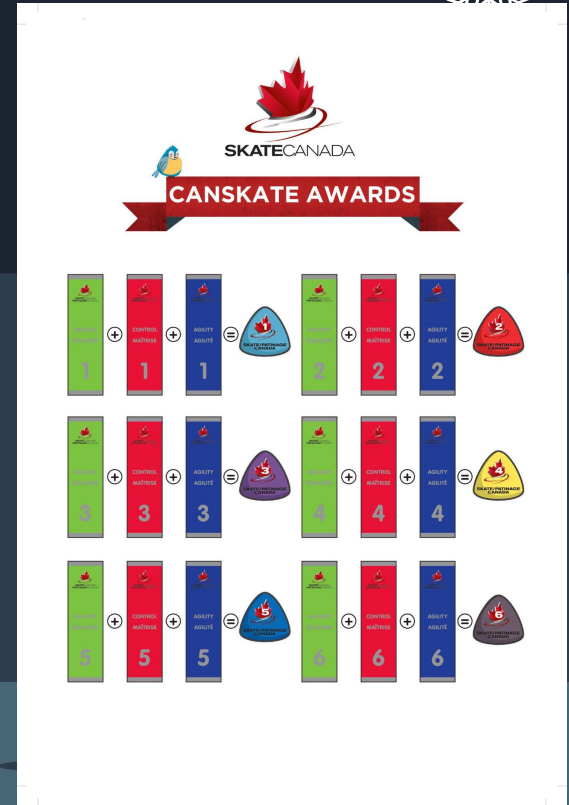
## What do the stages in CanSkate mean?

In CanSkate assessment happens constantly.

The ice is divided into 3 sections. Each section focuses on an area of skating skills - Balance, Control, and Agility.

As the coaches observe the skater's competency at a skill they mark it as complete. Once all skills at a level are completed the skater will receive their ribbon for that area.

There are 6 levels; stages 1-6. Once a skater completes all 3 ribbons at a level they will receive a badge and will have completed that "stage"  
Details can be found [here](#).



Congrats!  
You've Finished  
Can Skate and want to  
Figure Skate!  
What's Next?



\*Yes you can still skate recreationally!

# Recreational and Competitive Skating

Recreational skating doesn't have to end with CanSkate!



## Recreational

### STAR Stream

After completing CanSkate you can continue your recreational skating on the IntroStar and/or StarSkate Sessions.

You may compete in STAR events if you wish, or complete assessments.  
(Junior/Intermediate/Senior sessions).



## Competitive

### Podium Pathway

Once you have reached the appropriate level your coach and you can decide to enter competitions in the competitive stream.

(Juvenile, Pre-Novice, Novice, etc)



# Do I need a coach?

What are you registering for?

- You can register for IntroSTAR which includes coaching (IntroSTAR goes up to Star 2 and it is highly recommended to attend an IntroSTAR session until you have completed your STAR 1 assessments)
- If you register for Junior you need to secure your own coach

## Junior can be Recreational. How?

In our Junior/Intermediate/Senior Sessions we have a combination of competitive and recreational skaters. The choice is individual.

- There is no minimum number of sessions requirement
- There is no requirement to compete
- You participate at the level you wish

# How do I get a coach?

There are many things to consider when selecting a coach for your skater. Most importantly you want to pick a coach that will foster a love for skating in them and the appropriate Long Term Athlete Development mindset for the skater.

Sometimes, it can be as easy as observing who interacts with your skater best during a learn to skate program. Feel free to email our coaches to ask questions about their availability and hourly rates.

- Make sure you are upfront with your coach about your goals (competitive vs recreational)
- Please check out [our coaches page](#) on our website to help you select your coach.
- You can also visit these links to help guide your decision:
  - [Selecting a Coach by Markham Skating Club](#)
  - [Selecting your coach by Huntsville Skating club](#)
  - [Selecting a Coach by Skate Regina](#)

# How do coaching fees work?

So now I have to pay a coach separately? How does this work?

- Each coach has their set hourly rate, which is determined by their qualifications, seniority, and experiences.

So do I pay them their hourly rate every session?

Short answer: No.

Long Answer:

- Sessions consist of time working independently, in a group with the coach, and individually with the coach
- You will be billed at a period determined by your coach (ie: bi-weekly or monthly) for the time your skater spends with the coach. Usually by the minute. If a coach charges \$36 an hour you will be billed by the minute for the time they spend working together.
  - Individual time is billed at the full amount (in this example \$0.60 per min)
  - Group time the amount is split amongst the skaters (and coaches usually split their hourly group fee amongst the skaters in the group).

# I'm considering changing coaches. What do I do?

“It is not unusual for a skater to change coaches during his/her career. Skaters often seek specialized attention from different coaches at different times to help them meet their skating goals. When and if, the decision to change coaches has been made, certain common sense and ethical procedures should be followed:

- Notify your current coach of your decision privately
- Pay any outstanding account balances
- Seek a new coach, although informal and discreet inquiries in this area may start earlier
- Be discreet and courteous throughout.”

*(Huntsville Skating Club, 2023 adapted from Figure Skating: What Every Parent Needs To Know by Skate Canada)*

# Assessments

## What Happens in STARSkate?

In CanSkate assessment happened constantly. It is slightly different in STARSkate. Your coach will tell you when you are being assessed beforehand.

Just as there are stages in CanSkate there are STAR levels in STARSkate.

STARSkate goes from STAR 1 - 10 and Gold.

There are new areas of Assessment in STARSkate:

- Dance
- Skills
- Freeskate
- Artistic (Star 5, 7, 9, and Gold)
- Synchro (STAR 2, 3, and 4)





# Assessments

## My coach said I'm going to take an assessment. What does that mean?

For each of the areas in STARSkate there is at least 1 assessment ([click here to view the requirements for each level](#)). The assessment will confirm mastery of the skills required for that area in that level.

## Who does the Assessing?

For ALL star 1-5 assessments, a qualified coach will complete the test as part of your regular session on the ice.

For SKILL tests Star 6-Gold a qualified coach or external evaluator can complete the assessment.

For all other assessments, external evaluators complete the assessing either on your session or at a scheduled assessment day.



# Assessment Protocol



## What is the procedure to prepare for an assessment?

- Go to the [MPPSC website](#) and pay for the appropriate assessment. (The fee is paid through us to register your result with Skate Canada nationally)
  - There are 2 fees: 1 for coach completed assessments and 1 for assessments requiring an external evaluator. Be sure to pay the correct fee.
- On the day of your test wear appropriate clothing, as directed by your coach
- Results are usually entered into the Skate Canada database at the end of the month
- A month after your assessment you should check the Skate Canada database to ensure your result is uploaded and accurate (see next slide)



# Assessments



## How Do I Check My Assessment Record?

- Go to the [Skate Canada Members Website](#)
- Request an invitation code to create a username and password (if you have not done so previously)
- Skate Canada will provide you with a login so that you may check your records (and access other Skate Canada information) at any time
- Always check to make sure assessments are entered correctly
  - If there are any errors check with the assessment chairperson of the club/school the test was completed at
- The email for the MPPSC Assessment Director is : [mppsctest@gmail.com](mailto:mppsctest@gmail.com)



# Assessment List

## STAR 1 – Gold Assessment Structure

Skills	Freestyle		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						

### Notes:

- \*There is no STAR 1 Freestyle Program assessment
- \*There is no Gold Elements assessment
- \*For Star 9/10/Gold you only need to complete 2 of 3 listed Dances
- \*Artistic only has STAR 5, 7, 9 and Gold assessments
- \*Synchro only has STAR 2, 3 and 4 assessments



# Competitions

While competitions are not required you may find that you wish to participate in [competitions/events](#).

For most, the first event may be an Interclub competition (competition between the local clubs). Your coach will provide you with information regarding appropriate competitive opportunities.



# Competitions

What should I bring to competition?

Generally this is a good start:

- Competition attire, as agreed upon with your coach
- Skates and guards
- Sneakers (for warm-up)
- Water/water bottle
- Hairspray/make-up, personal items, etc. (for last minute touch ups)
- Music (depending on competition)
- Good luck charms
- Warm clothing/blankets



# Competitions

What costs are associated with competitions?

- Entry fee (changes by competition)
- Coaching fees
  - Coaching time spent with skater is invoiced
    - Please speak to your coach about specifics
  - Gas/accommodations for coach may be invoiced if competition involves travel
    - Please speak to your coach about specifics





Please note that this is a working document. If any member feels that information should be added or modified, we would love to hear from you! Please contact [mppscskate@gmail.com](mailto:mppscskate@gmail.com)



For information about Synchronized Skating: [mppscsynchro@gmail.com](mailto:mppscsynchro@gmail.com)  
All other Programming: [mppscskate@gmail.com](mailto:mppscskate@gmail.com)