



Hello STAR skaters and welcome to our 2026 season!

I am so excited to welcome you all back onto the ice.

This will be my fourth season coaching and I am certain we will have an amazing year together with many wonderful achievements! I am excited to add, we will have Coaches Brianna, Kyla and Jaylene on STAR ice with us.

Important Dates

Our first day of star skate will be on September 8th, after the long weekend. There will be **no skating September 10th and 11th** due to hockey camp. There will also be no dryland, privates or morning skate the week of September 7th-11th.

Our first full week of skating will start September 14th. This will be our regular schedule with morning skate, dryland and privates.

Star meeting will be in the VIC room on September 17th at 6:15. All star skaters must attend with a parent.

Picture day will be on October 16th & 17th. Creative pictures on the 16th, group photos and individual photos on the 17th.

Programs

- Freeskate, Artistic and Showcase 2 programs are \$65. This includes choreography, cut music and a USB stick of the music
- Showcase 1 programs are \$50
- Showcase 1. To have a showcase 1, the skater must pass a STAR 1 assessment of any discipline. These are not mandatory and they are one minute in length. This type of solo is made to entertain the audience, you want to tell a story or have a theme. Fun costumes and props are suggested!
- Showcase 2. To have a showcase 2 the skater must pass a STAR 4 assessment of any discipline. These are not mandatory and they are 1:30 in length. This type of solo is

made to entertain the audience, you want to tell a story or have a theme. Fun costumes and props are suggested!

- Freeskate 1. There is only an element portion of this level. No programs.
- Freeskate 2. Must pass a freeskate 1 assessment. A star 2 program is mandatory to be assessed to move into star 3.
- Freeskate 3. Must pass both parts of the freeskate 2 assessment. A star 3 program is mandatory to be assessed to move into star 4.
- Freeskate 4. Must pass both parts of the freeskate 3 assessment. A star 4 program is mandatory to be assessed to move into star 5.

*All freeskate programs are 2min in length

- Artistic 5. Must have passed a star 4 skills assessment. These are optional and are 2 minutes in length. The goal of an artistic is performance and be creative!

If you have received an email regarding your skater needing a new program, we will add you into our **program building schedule** Sept 15-27 or Oct 3-5 **as we receive emails back with song and date preferences.**

Skater Expectations

- Please wear workout/skating wear, no joggers, jeans or pajama pants
- No hoodies or baggy jackets
- The cold ice is very cold. Layer up and bring mitts and hats
- Hair ties! Keep a pack in your locker
- Bring water bottles on the ice - no snacks
- We only have 45 minutes together at a time, so please don't be late!
- Cell phones are to be left in lockers not on the boards
- Please remind your skaters to use the washroom before getting on the ice
- Reminder: Coach Jaylene's sessions are to be scent free.

Dryland Training

- Monday dryland - please bring water, hair elastic and runners
- Tuesday dryland - please bring a yoga mat, water, hair elastic and runners

STAR Open Ice/Private Lessons

- Open ice is a time for any STAR skater to step on the ice and work on what they feel is needed. All skater expectations still apply. There will be no directed lesson during this time but there will be coach supervision at all times.
- Private lessons will be 30 minutes during open ice time starting on September 14th.
- This season, all privates will be booked through uplifter but still paid directly to coach via ETransfer.

marcyattray@gmail.com or brianna.wells7@gmail.com or kylamayer07@gmail.com

- Privates are a time for skaters to have some one-on-one time to focus on areas that need extra help or build programs.
- Coaches are not to be disturbed during privates.

If you have any questions please email mile300starskate@gmail.com

Coach Marcy
Mile 300 FSC