

STAR QUEST EVENT

A skater development opportunity to prepare for the next level of performance.

STAR QUEST is a pilot event to create a development pathway for skaters who are competing at the STAR 5 - Gold level of competition, or moving into the competitive stream of competition. This event will be used as an enhancement tool to help push the level of performance, as well as skill acquisition. All skaters will receive constructive feedback to help prepare for their future goals.

The **STAR QUEST** event will consist of 2 parts:

- PART 1: Freeskate Program
- PART 2: Element performance

Date: December 20, 2016

Location: National Performance Center – Toronto
989 Murray Ross Parkways, North York, ON, M3J 3M4

Fee: \$100.00 per skater or \$150.00 per team

Registration opens November 15th and closes December 1st.

Visit npc.skatecanada.ca to register.

Open to all skaters from all sections. Sections may send a team of skaters.

Coordinators:

Monica Lockie: mlockie@skatecanada.ca 416-407-6790

Scott Rachuk: technicaldirector@skateontario.org 647-822-4048

Skaters will be provided with lunch on site. Sample schedule and designated elements per level provided below.



PART 1: Freeskate Program

This component will include the following:

- 20 min on ice warm up session
- Freeskate program performance
- Assessment by technical specialist and judge
- Feedback session with technical specialist and judge for skater, coach and parents

PART 2: Element Performance

This component will include the following:

- Performance of skills that have been identified at the top level of each category
- Education/information session for coaches, parents and skaters

Please note, there are no negative consequences to this event. It is an opportunity to perform and practice elements for performance, experience and current completion percentage only. **If a skater is not ready to perform a listed skill, they may choose to perform an easier version of that skill.**

Singles	STAR 5	STAR 6	STAR 8
Jumps Each jump will be performed 5 times	-Single axel -2 different doubles	-Single axel -Jump combination (must include at least one double jump) -Any other double jump	-Single or double axel -Jump combination (must include at least one double jump) -Double loop
Spins* Each spin will be performed 3 times	Females Backward upright Combination spin (no change of foot) Flying camel or flying sit spin	Females Backward upright spin Change combination spin Flying camel or flying sit spin	Females Change combination spin Layback, camel or sit spin Any flying spin
	Males Backward upright Combination spin Flying camel or sit spin	Males Backward upright spin Change combination Spin Flying camel or sit spin	Males Change combination spin Crossfoot, camel or sit spin Any flying spin
Edge Power Each exercise performed once, using the length of the rink from goal line to opposite end faceoff circle. This is a timed event.	One-foot slalom (Forward and backward, left and right foot) Skaters to start on the goal line, on one foot. With no push, they must initiate a one-foot slalom to the other end of the ice. Timing will be stopped once the skater reaches the face off circles at the opposite end of the ice.		



Singles	STAR 10	Gold
<p>Jumps Each jump will be performed 5 times</p>	<p>-Single or double axel -1 double/double combination -Double flip or double lutz</p>	<p>-Single or double axel -1 double/double combination - Double flip, double lutz or triple jump</p>
<p>Spins* Each spin will be performed 3 times</p>	<p>Females Change combination spin Layback, camel or sit spin Any flying spin</p>	<p>Females Change combination spin Layback, camel or sit spin Any flying spin</p>
	<p>Males Change combination spin Crossfoot, camel or sit spin Any flying spin</p>	<p>Males Change combination spin Crossfoot, camel or sit spin Any flying spin</p>
<p>Edge Power Each exercise performed once, using the length of the rink from goal line to opposite end faceoff circle. This is a timed event.</p>	<p>One-foot slalom (Forward and backward, left and right foot) Skaters to start on the goal line, on one foot. With no push, they must initiate a one-foot slalom to the other end of the ice. Timing will be stopped once the skater reaches the face off circles at the opposite end of the ice.</p>	
<p>*Spins to be performed executing the highest level of difficulty achievable by the skater where applicable.</p>		