

HALIFAX SKATING CLUB

Star Skate Coaching –What You Need to Know

Like most other Canadian figure skating clubs, Halifax Skating Club Club offers group lessons at the Pre-CanSkate, CanSkate and Jr Academy levels.

Once a skater moves beyond the CanSkate level they will need to select a private coach to oversee their continued development.

Private coaching will help speed progress by increasing focus on each skater's individual goals and challenges; these may include the exciting experience of going to competitions or working through Skate Canada test levels. If your skater wants to try competing or testing, Skate Canada dictates that you must have a coach. Many times a private coach will group their skaters of equal levels for group lessons. This helps in keeping the cost for lessons lower to the parent.

If you choose, the skater can remain on the Jr Academy session until the skater has passed all Star 1 tests. They will continue to be in group lesson format with the same coaches that teach the Jr Academy Program. After the skater has passed all their Star 1 tests, they will need to move to a private coach and fully into the Bronze Academy session.

Can the office staff or board members recommend a coach for me?

No. Anyone involved with the day-to-day operation or governance of a Skate Canada Club must remain impartial. Recommendations of one coach over another are considered unethical. Besides, nobody knows your skater's personality and communication style better than you. Private coaches must be hired directly by you, and lesson fees, scheduling and so on are to be arranged directly with your coach. Private coaching fees are not included in skating session fees, and cannot be paid through the club

So how do I choose a coach? Your private coach should be someone the skater is comfortable with. Ask your skater for an opinion—if they have been with HSC throughout their skating development, they will have some familiarity with the teaching style of several coaches through group lessons, warm-ups and so on. But be careful that they are not just asking for a certain coach because their friends are with that coach! Personal fit is important. You might want to observe the coaches on sessions other than your usual sessions. While you will not be able listen in to lessons directly, watching the coaches from the stands might help to give you a feel for how each coach works.



How many lessons a week do we need? The number of private lessons per week will depend on the skater's goals. Naturally, the more lessons a skater has the faster they will progress. However, remember that skaters also need to learn to work independently –do not schedule so many lessons on each session that they do not have a chance to develop this skill. Semi-private lessons (lessons where skaters of similar ability share a private lesson) are a good option if they are supplemented by private lessons, so each skater gets a chance to work on his/her individual needs with the coach.



Which HSC coaches teach private lessons? See Coach Bio sheet for further information

Please understand that availability might be a challenge, as many of our coaches' schedules are full. Be prepared with a 2nd or 3rd choice but know that all our coaches are highly qualified. All are trained NCCP certified Skate Canada Coaches with years of training and experience.

on each coach. All our professional coaches teach both male and female skaters of all levels of ability and experience. Simply let us know which coach you are interested in selecting, we will then notify all the coaches of your interest. Once a coach is ready to commit, we will connect the parent and coach via an email. All further

communication regarding the skater and their progress will go through the selected coach.

Now That You Have a Coach **Communication is key**. If you have any questions about your skater's progress or your lessons, speak with your coach. After all, you are paying them to work with your child. This is a business arrangement and must be treated as such. Discuss your thoughts, ask questions, and raise any concerns openly. Our coaches pride themselves on friendly, supportive and positive skater/coach relationship



Your contact for all things StarSkate Academy related can now be sent to LeeAnne at halifaxskatingclub@gmail.com

(IE skating sessions, online registration, fees, cancellations etc.) Please continue to communicate with your skater's coach for anything directly related to their development on the ice – (coaching, tests, competitions, missed days, picking sessions etc)