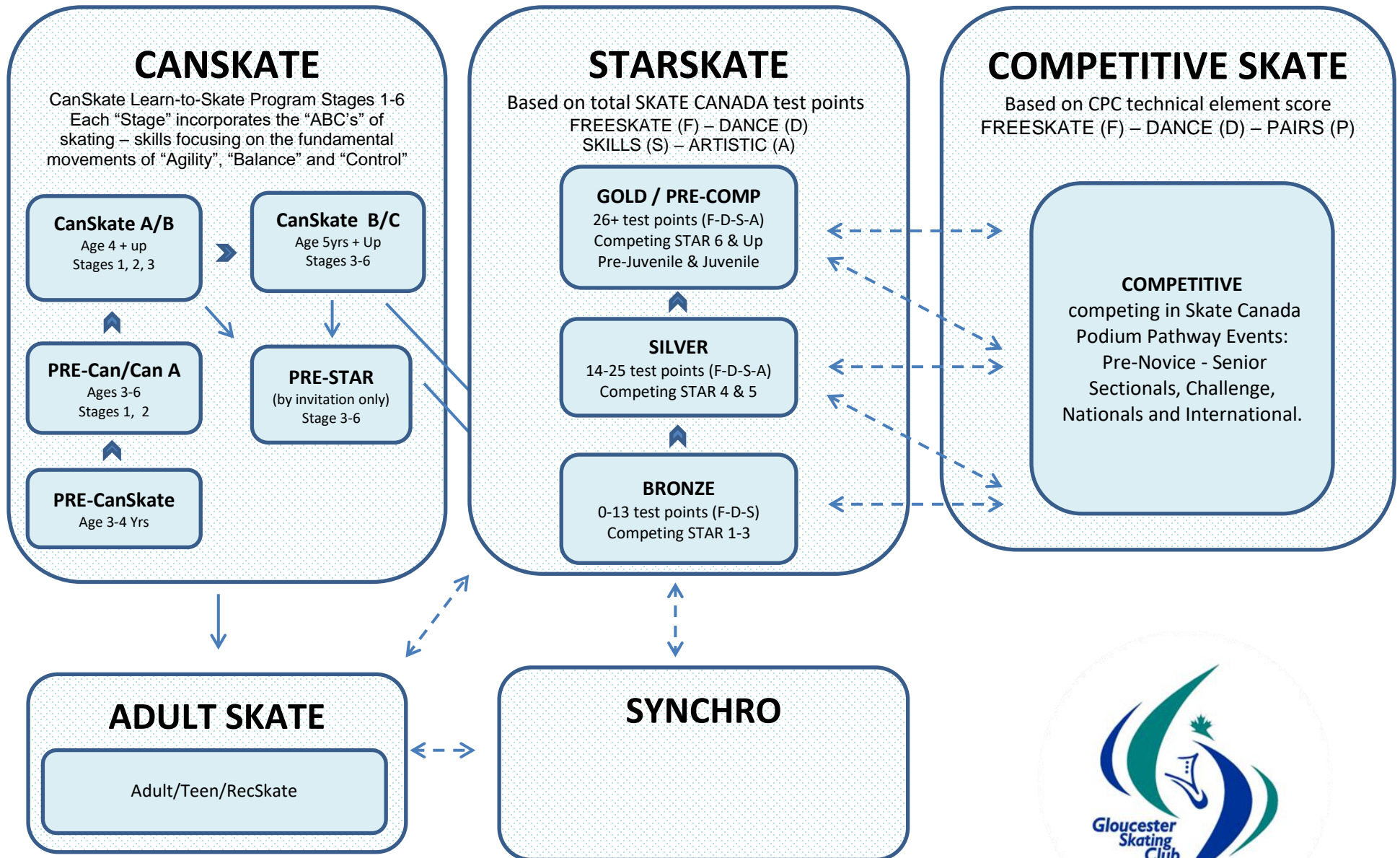


Gloucester Skating Club – *Effective September 1, 2023*

Programs & Progression Chart



GSC PROGRAM STAR & COMPETITIVE QUALIFICATION STRUCTURE

Effective September 1, 2023

Qualifying Level	Long Term Development (LTD) Ideal Training Load ¹	Comments
STARSKATE Program		
BRONZE 0-13 test points ²	Learn to Train ❖ 45-60 min sessions; 2-5 days/wk; 1-3 hrs/wk off-ice; 20-44 wks/yr; 2-3 competitions/yr	Entry – passed CanSkate Stage 6 or assessed for STAR 1 Exit – passed STAR 1, 2, 3 Skills (3 points) STAR 1, 2, 3 Free Skate Program & Elements (5 points) STAR 1, 2a, 2b, 3a, 3b Dance Elements and Dances (5 points) Competing in STAR 3 or higher
SILVER 14 – 25 test points ²	Learn to Train ❖ 45-60 min sessions; 1-2 sessions/day; 2-5 days/wk; 1-4 hrs/wk off-ice; 20-44 wks/yr; 2-4 competitions/yr;	Entry — passed STAR 3 Skills, STAR 3 Free Skate Program & Elements, STAR 3b Dance Elements and Dances Exit – passed STAR 4, 5, 6 Skills (3 points) STAR 4, 5, 6 Free Skate Program and Elements (6 points) STAR 4a, 4b, 5a, 5b, 6, 6A, 6B, 6C Dance Elements & Dances or higher (4 points) STAR 5 ARTISTIC (1points) Competing in STAR 5 or higher
GOLD/PRE-COMP 26 test points & UP ² Note: 11 points must be freeskate test points (Must have STAR 6 Elements & STAR 6 Program)	Learn to Train, Learn to Compete thru Active for Life ❖ 45-60 min sessions; 1-2 sessions/day; 2-6 days/wk; 3-5 hrs/wk off-ice; 25-46 wks/yr; 2-6 competitions/year	Entry – passed STAR 6 Free Skate & Elements, STAR 5 Dance & Dance Elements, STAR 6 Skills, Artistic (STAR 5 / STAR 7, or higher) Exit – passed STAR 10 elements, Gold Program, Gold Dance, Gold Skills, Gold Artistic thru Active for Life Participant defined – according to personal goals and objectives Competing in STAR 6- Gold / Pre-Juvenile or higher
COMPETITIVE SKATE Program		
COMPETITIVE competing in Skate Canada Podium Pathway Events: Pre-Novice - Senior Sectionals, Challenge, Nationals & International.	Learn to Compete / Train to Compete/ Learn to Win/Live to Win. ❖ MUST compete at Sectional Championships at Pre-Novice / Novice / Junior / Senior Level ❖ 45-60 min sessions; 2-4 sessions/day; 5 -6 days/wk; 10-14 hrs/wk off-ice; 44-48 wks/yr; 5-10 competitions/yr	❖ Minimum of 5-6 specific training days³ per week including on-ice and off-ice instruction. ❖ Off-ice consists of jumps, fitness, flexibility, ballet and other training methods. Skaters expected to participate in additional sessions to compliment the competitive training program.

¹ While training load may not always be achievable, athletes should be working towards these scheduling goals.

² Test points assigned for each passed test STAR 1-5 - 1 point for each Free Skate Element test, 1 point for each Free Skate Program test, 1 point for each Dance, 1 point each Dance Elements / 1 point for each Skills / 1 point for Artistic

³ Out of Club or Guest Skaters are not required to comply with the minimum specific training days at the PRE-COMP, COMP and Comp Dance levels.