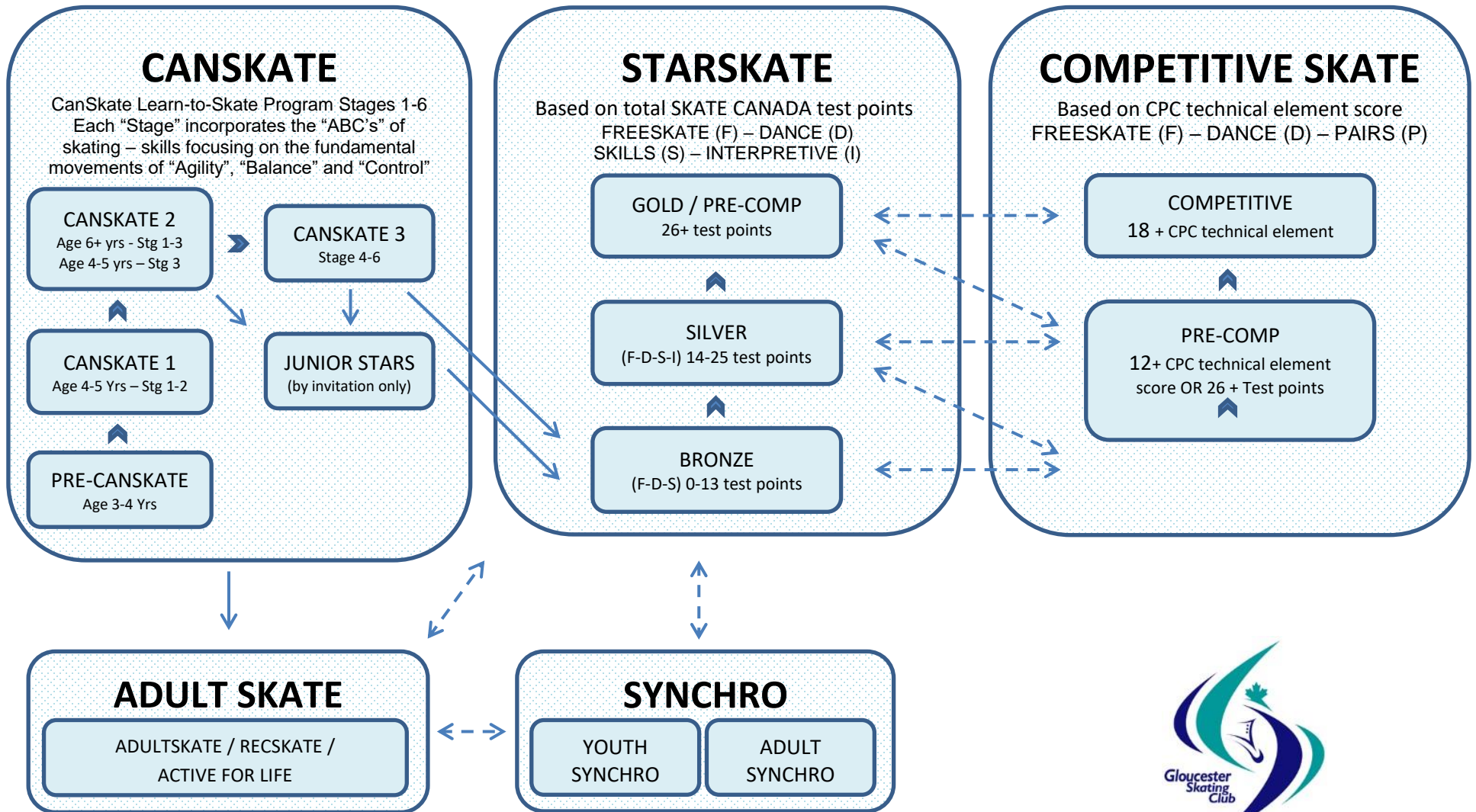


Gloucester Skating Club – Revised April 12, 2017

Programs & Progression Chart



GSC PROGRAM STAR & COMPETITIVE QUALIFICATION STRUCTURE

Qualifying Level	Long Term Athlete Development (LTAD) Ideal Training Load ¹	Comments
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 – finished LTAD - Learn to Skate; passed CanSkate Stage 6 or assessed for STAR 1 Exit – passed STAR 1, 2, 3 Skills, STAR 1, 2, 3 Free Skate Program & Elements, STAR 1, 2a, 2b, 3a, 3b Dance Elements and Dances 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 Senior Bronze Skills, Senior Bronze Free Skate Elements & Program, STAR 5 Dance or higher Competing in STAR 5 or higher
GOLD/ PRE-COMP 26 test points ² 11 points must be freeskate test points	Learn to Train 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 Senior Bronze Free Skate & Elements, STAR 5 Dance, Senior Bronze Skills, Interpretive or higher Exit – passed Gold Free Skate, Dance, Skills, Interpretive thru Active for Life Participant defined – according to personal goals and objectives Competing in STAR 6 or higher

COMPETITIVE SKATE Program

PRE-COMP 26 test point or 12+ CPC technical element score / or Pre-Juvenile / Juvenile entry level – passed Junior Bronze Free Skate	Learn to Compete / Train to Compete ❖ Junior Bronze Free Skate test and plan to compete at STARSkate Championships at Pre-Juvenile / Juvenile ❖ 45-60 min sessions; 1-2 sessions/day; 4-5 days/wk; 3-8 hrs/wk off-ice; 44-46 wks/yr; 5-7 competitions/yr	❖ Minimum of 4 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.
COMPETITIVE 18+ CPC technical element score; Pre-Novice entry level	Learn to Compete / Train to Compete/ Learn to Win/Live to Win. ❖ Aim to qualify and 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 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 Interpretive

³ Out of Club or Guest Skaters are not required to comply with the minimum specific training days at the Comp “B”, Comp “A”, Elite and Comp Dance levels.