



USC NEWSLETTER

Upcoming Events

USC Star Skate Simulation
November 13th

Time: 4:00 - 6:00 pm

USC Simulation

November 13th is our first USC simulation night.

All Star Skaters are welcome to participate and enjoy the opportunity to showcase their skating skills on clear ice.

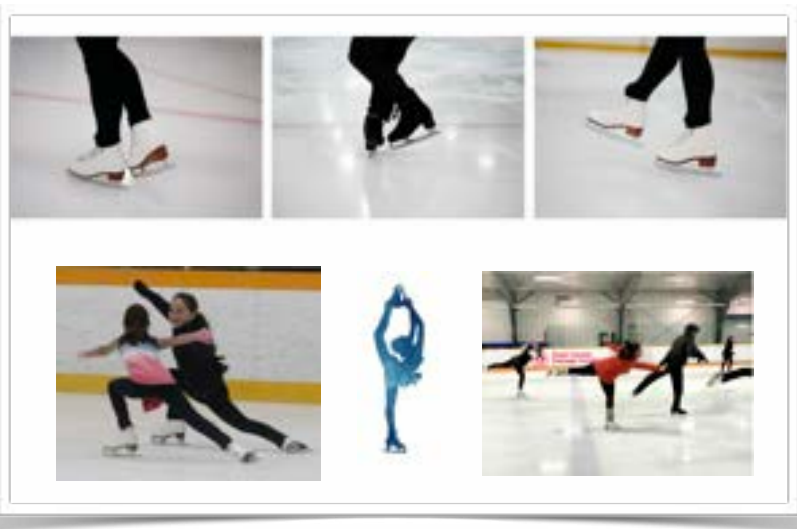
Skaters can perform alone or with a partner. All skating disciplines are welcome - solo, dance, skill set, or interpretive.

Missed a Session?

A make-up class may be available if space permits. Requests must be submitted by email to the club.

Club Store is Open!

Orders for USC club wear can be found [here](#) and on our USC website.



Star Skate Check-in

Welcome all star skaters! We are pleased to see you all back on the ice. Most of our skaters have been away from the rink over the summer and the fall is a great time to focus on back-to-basics; both off-ice and on the ice.

We have made a few changes to our schedule this year, adding off-ice before the skaters session, adding some fun on the ice with a creativity class and focusing on more team building with a collective cooldown. We hope all of our skaters feel that they are part of something special.

We appreciate hearing from our skaters and their supporters. You can reach us at info@uxbridgeskatingclub.com





Can Skate Hub



The USC aspires a lifelong love for skating. Our Skate Canada Can Skate program offers a tiered system using three key skill areas; **Balance**, **Agility** and **Control**. This safely allows skaters of all levels and abilities to learn and have fun.

Balance: Skaters develop strong forward skills and stability on the ice.

Agility: Skaters develop the ability to turn, jump in both directions, forwards and backwards; understanding body coordination in motion on the ice.

Control: Skaters work and build up the skating skills to move backwards; building up their power and quick stops in all directions.

We offer opportunities for skaters of all ages and stages to learn or improve their skating skills.

Adult and teen skating lessons are available on Sunday.

Figure Skating 101

Our Star Skate Program focuses on creating a balanced figure skater. We offer the opportunity for skaters to practice, test and compete in Star 1 to Gold levels in **Dance**, **Skills**, **Free Skate** and **Artistic**. In each newsletter, we will briefly explain one discipline at a time and provide video examples.

Dance

The Star Skate Dance program is split into progressive levels ranging from Star 1 up to the Gold level, (and Diamond dances).

Skaters will be tested on individual step elements, (Dance Elements) as well as pattern dances, (Dance).

Elements - Introduced to ensure skaters know how to perform dance-related skating skills in isolation in addition to on a dance pattern. As a skater progresses through the Star Skate Dance tests, elements are no longer required and skaters are tested just on dances.

[Star 1 - Dance Elements Video Example](#)

Dance - Designed to teach timing, musicality, rhythm interpretation and foundational edge control. Skaters follow a Star Skate dance pattern to specific music for at least one whole time around the rink. Similar to the Elements portion, the dances become more difficult as the skater progresses through the Star Dance levels.

[Star 2a - Dutch Waltz - Dance Video Example](#)

[Gold a - Viennese Waltz - Dance Video Example](#)

Understanding Dance Tests

Certified Coaches will evaluate the skaters during their regular skating session. They will be reviewing the skaters mastery of the required elements for the test using a standardized bronze, silver and gold evaluation scale.

Each Dance test will have three or more Focus Areas, (FA's). A dance test focus area ensures that the skater masterfully executes the foundational components of the skating skill, skates to the pattern on the beat, and displays edge control. As skaters progress through the dance star skate levels, the FA's expectation for precision, musicality, edge control and speed increases.

