

# Kentville Silver Gliders Parent Info Meeting

## Junior and StarSkate

Tuesday, September 22, 2026

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| 1. Our Club                         | <p><b><u>Club Executive</u></b></p> <ul style="list-style-type: none"><li>• President - Ainsley Bartram</li><li>• Vice President - Kirby Sanford</li><li>• Treasurer - David Ho</li><li>• Secretary - Lisa Hodges</li><li>• Assessment Chair - Catherine Ruta</li><li>• Coaches Representative - Fallis Southall</li><li>• Directors at Large - Megan Oxford, Jeff Voutier</li></ul> <p><b><u>Club Coaches</u></b></p> <ul style="list-style-type: none"><li>• Cheryle Gaston-McMullen - Head Coach</li><li>• Fallis Southall - Club Coach (all programs)</li><li>• Danielle Sparrow - Club Coach (all programs)</li><li>• Bella Titus - Club Coach (all programs)</li><li>• Brooke Johnson - fill-in</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 2. Payment and Billing Expectations | <p><b><u>Junior/Star 1/Star 2 Program</u></b></p> <ul style="list-style-type: none"><li>• All coaching fees are included in programming fees</li><li>• Skaters in Star 1 and Star 2 who attend events will need to cover coaching costs for those events</li></ul> <p><b><u>Star 2 Extended Program</u></b></p> <ul style="list-style-type: none"><li>• Star 2 skaters who purchase the extended program (additional 30 minutes of ice time to help transition to Star 3+ program) are expected to pay for any lesson time during the 30 minute extension</li></ul> <p><b><u>Star 3+ Program</u></b></p> <ul style="list-style-type: none"><li>• All coaching fees are paid for by the skater</li><li>• Competition fees at Star 4+ events will often also include travel, hotel, food, and other expenses</li></ul> <p>If families have a budget for their skaters, please communicate this with coaches. We do not want coaching fees to be a barrier for skaters.</p> <p>Please make sure coaches are paid in a timely manner (2 weeks). If you have issues with your bill, please speak to that coach directly.</p> <p>Please communicate with us if your skater is going to be absent for a session. It is best to include both Cheryle and Fallis on these emails as we both plan the lessons.</p> |

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| <p>3. Programming Guidelines</p> | <p><b><u>Junior/Star 1/Star 2</u></b></p> <ul style="list-style-type: none"> <li>• This program includes both CanSkate and Star 1-5 guidelines</li> <li>• Skaters who have not yet passed Stage 5 CanSkate MUST wear a CSA approved helmet at all times on the ice</li> <li>• Skaters who have not yet received their Stage 6 badge are still in CanSkate, even if they have their helmet off</li> <li>• Skaters in Star 1/Star 2 follow the Star 1-5 guidelines which means they go through their assessments (Dance, Skills, Free Skate, Synchro) at different paces</li> </ul> <p><b><u>Star 3+</u></b></p> <ul style="list-style-type: none"> <li>• Skaters who are in Star 3-5 follow the Star 1-5 guidelines</li> <li>• Stars Star 6+ follow the Star 6+ guidelines which gives the club more choice in how they run their programs</li> </ul> <p><b><u>Star 1-5 Guidelines</u></b></p> <ul style="list-style-type: none"> <li>• Skaters must receive instruction in all disciplines (Skills, Dance, Free Skate, and Synchro)</li> <li>• Skaters at this level will receive more coach-directed time (classes, group lessons, stations, specific session plans)</li> </ul> <p><b><u>Star 6+ Guidelines</u></b></p> <ul style="list-style-type: none"> <li>• We still expect skaters at this level to focus on Dance, Skills, and Free Skate (our coaching philosophy)</li> <li>• Skaters may also begin to focus on artistic assessments</li> <li>• Skaters will have more small group and private lessons at this level</li> <li>• Session plans will be less specific and they will be expected to work more independently</li> </ul> <p><b><u>Synchronized Skating</u></b></p> <ul style="list-style-type: none"> <li>• We are hoping to have a Star 4 synchro team compete this season</li> <li>• Any skaters working on Star 1 and above we welcome to join</li> <li>• Fee includes full cost of the program with the exception of competitions and competition attire</li> <li>• Goal to participate in 1-2 competitions this season</li> </ul> <p>All Skate Canada program expectations can be found <a href="#">here</a>.</p> <p>Skate Canada's Code of Ethics (coaches, board members, parents, and skaters) can be found <a href="#">here</a>.</p> |
| <p>4. Assessments</p>            | <p><b><u>Star 1-5 Assessments</u></b></p> <ul style="list-style-type: none"> <li>• Done on session</li> <li>• Coach will decide when the skater is ready to do the assessment</li> <li>• We want our skaters to strive to "Pass with Honours" so we may wait a little longer to ensure proper skill</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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|                      | <p>acquisition</p> <ul style="list-style-type: none"> <li>At the Star 2-5 level, we would want skaters to wear their program outfit when assessing a Free Skate program</li> </ul> <p><b><u>Star 6+ Assessments</u></b></p> <ul style="list-style-type: none"> <li>Most are done at an assessment day with an evaluator</li> <li>We try to have 2-3 assessment days per year</li> <li>Skaters can take multiple assessments at one assessment day</li> <li>Expect to pay coaching fees for assessment days</li> <li>Coach Fallis is a certified Skills and Artistic Assessment Coach Evaluator so these can be done on session</li> </ul> <p>All assessment fees are \$15. This fee can be paid for on the club's Uplifter site. These fees go directly to Skate Canada.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 5. Session Structure | <p>Click <a href="#">here</a> for a document that has all session information.</p> <p><b><u>Junior/Star 1/Star 2</u></b></p> <ul style="list-style-type: none"> <li>60 minutes of ice time</li> <li>Includes a warm-up and cool down done on the ice</li> <li>Lesson time includes relevant CanSkate stage 3-6 skills as well as Star 1 and Star 2 Dance, Skills, and Free Skate</li> <li>Synchro is incorporated as it is required for Star 1/Star 2 skaters</li> </ul> <p><b><u>Star 2 Extended</u></b></p> <ul style="list-style-type: none"> <li>Star 2 skaters who want to do events/have a solo are encouraged to do this session (time for choreography and solo practice)</li> </ul> <p><b><u>Star 3+</u></b></p> <ul style="list-style-type: none"> <li>90 minutes of ice time</li> <li>Includes group classes and small group/individual lesson time</li> <li>Structure may change based on needs of the season</li> </ul> <p><b><u>Synchronized Skating</u></b></p> <ul style="list-style-type: none"> <li>40 minutes of ice time</li> <li>10 minute overlap with Junior/Star 1/Star 2 session to work on basic skills</li> <li>30 minutes to work on program elements and choreography</li> </ul> |
| 6. Season Planning   | <p>Click <a href="#">here</a> for an event calendar (Star 1-3 Events and Star 4+ Competitions included).</p> <p>Click <a href="#">here</a> for the Skate NS Uplifter site.</p> <p>Click <a href="#">here</a> to fill out the form that lets us know which events your skater plans on doing this year.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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|                          | <p><b><u>Important Club Dates</u></b></p> <ul style="list-style-type: none"> <li>• Sunday, December 20 - Holiday Ice Show</li> <li>• Sunday, March 21 - Year End Ice Show</li> </ul> <p><b><u>Possible Assessment Days</u></b></p> <ul style="list-style-type: none"> <li>• Monday, December 7</li> <li>• Thursday, March 25</li> <li>• May 2026 (Spring Assessment Day)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 7. Long Term Development | <p>Skate Canada has done a lot of research to develop a Long Term Development Matrix. This matrix includes technical information for all programs as well as goal setting, mindset, off-ice training, and other areas to create well-rounded athletes. A link to the LTD can be found <a href="#">here</a> (need to log in to access some materials).</p> <p>As Skate Canada coaches and a Skate Canada club, we are required to follow these guidelines to ensure that our athletes are well-rounded. As coaches, these guidelines are also in line with our philosophies. What does this look like?</p> <ul style="list-style-type: none"> <li>• Skaters doing warmups and cool downs before and after sessions (on schedule)</li> <li>• Skaters completing their journal to set goals and reflect (Star 2/3 +)</li> <li>• Skaters having goal setting conversations and completing goal setting forms throughout the year (Star 2/3 +)</li> <li>• Skaters being kind to one another and treating all other athletes, coaches, and anyone who is a part of their skating journey with kindness and respect (on and off the ice)</li> </ul> |

Any questions?