

TERMS & DEFINITIONS

Throughout this resource different terminology will be used to describe the various strategies and techniques coaches and clubs may use to deliver this program. Below is a list of terms or definitions that may appear throughout the STAR 1-5 program.

STAR 1-5 Terms or Short Forms			
General			
Definition	Short Form	Definition	Short Form
Right Foot	R	Outside Edge	O
Left Foot	L	Inside Edge	I
Forward direction	F	Backward direction	B
Examples: RFO = Right forward outside edge, LBI = Left backward inside edge			
Clockwise	CW	Counter-clockwise	CCW
DANSE			
Progressive	Pr	Chassé	Ch
Slide Chasse	SlCh	Swing roll	SwR
Open Mohawk	OpMo	Closed Mohawk	ClMo
Cross	X		
FREESKATE			
Jumps		Spins	
Waltz Jump	W	Forward Upright Spin	USp

Toe Loop	T	Backward Upright Spin	BUSp
Salchow	S	Sit Spin	SSp
Loop	Lo	Camel Spin	CSp
Flip	F	Combination Spin (no change of foot)	CoSp
Lutz	Lz	Change foot	C
Axel	A	Flying entry	F
Single	1	Spiral Sequence	SpSq
Double	2	Turn sequence	TrSq
Jump Combination	+C		
Under-rotated (a jump lacking 1/2 to 1/4 rotation)	<	<p>Examples:</p> <p>CSSp = Change sit spin</p> <p>FSSp = Flying sit spin</p> <p>CCop = Change combo spin</p>	
Downgrade (a jump lacking more than 1/2 rotation)	<<		
<p>Examples:</p> <p>1T = Single toe loop</p> <p>2Lo = Double loop</p> <p>1F + 1Lo + C = Single Flip - Single loop combination</p> <p>1A< = single axel, under rotated</p> <p>1A<< = single axel, downgraded</p>			

Term	Definition
Pathway of development	Every skater will go through early, moderate and advance stages of development for each skill and area of technique.

Continuum of development	Term used to describe the various stages of development skaters will move through in the STAR 1-5 program
For the level	Term used to identify where the skater is performing based on the continuum of development
Clear Ice	Clear ice is a term used to describe a time period of ice time that does not have any skaters actively skating. This can be a session where the skaters have been asked to go to the boards for a short period of time, or a dedicated session that enables skaters to use the ice for assessments only.
Re-skate	<p>The opportunity for the skater to perform an element a second time if the first attempt was unsuccessful. The number of re-skates is dependent on the type and level of assessment.</p> <p>STAR 1-5 Freeskate Elements = 2 re-skates</p> <p>STAR 1, 2 and 4 Skills = 2 re-skates</p> <p>STAR 3 and STAR 5 Skills = 1 re-skate</p> <p>Re-skates can be taken directly after the unsuccessful attempt or at the end of the assessment.</p>
Figure form	<p>Figure form refers to a body alignment and posture carriage trained when skaters used to perform compulsory figures. This body alignment consists of a tall posture and narrow stance while standing on one foot. Arms are carried close to the body, at waist level. The free foot is carried in a quiet manner and will be held in the line of direction either in front or behind the skating foot (heel to toe or toe to heel). All movements are performed in a calm and controlled manner. Stability through the core of the body is essential.</p> <p>The is no “one way” to perform skills in figure form. Coaches are able to use the technique that works for each skater while keeping within the principles above.</p>
Skating side	<p>The term “skating side” refers to the side of the body that is doing the skating. If the skater is gliding on their right foot, the right side of the body then becomes the “skating side”.</p> <p>Skating foot refers to the foot that is doing the skating.</p> <p>Skating leg refers to the leg that is doing the skating.</p> <p>Skating arm refers to the arm of the side that is doing the skating.</p>
Free side	<p>The term “free side” refers to the side of the body that is NOT doing the skating. If the skater is gliding on their right foot, the left side of the body then becomes the “free side”.</p> <p>Free foot refers to the foot that is not on the ice.</p> <p>Free leg refers to the leg that is not on the ice.</p> <p>Free arm refers to the arm of the side that is not doing the skating.</p>

<p>Axes on the ice surface</p>	<p>When referring to different axes on the ice surface, use the definitions below:</p> <p>LONG AXIS: A straight line that divides the ice surface into two halves lengthwise (midline). On an ice surface that is 100' x 85', the long axis runs the length of the 100' side through the middle of the ice.</p> <p>SHORT AXIS: A straight line that divides the ice surface into two halves crosswise (midline). On an ice surface that is 100' x 85', the short axis runs the width of the 85' side through the middle of the ice.</p> <p>CONTINUOUS AXIS: An imaginary line running around the ice surface that serves as a basis for a dance pattern. Usually the continuous axis consists of two lines running parallel to the long axis of the ice surface, approximately halfway between the long axis and the perimeter of the rink. These lines are joined at each end of the ice surface by a semi-circle. These semi-circles are flattened in some dances so that they run parallel to the ends of the ice surface. In circular dances, such as the Kilian, the continuous axis approximates a circle. The continuous axis of the Paso Doble is an oval.</p> <p>TRANSVERSE AXIS: An imaginary line intersecting the continuous axis of a dance at the right angles.</p>
<p>Rotating axis</p>	<p>This term refers to the axis the skater is rotating around either in the air or on the ice, drawing a line through the landing or spinning side of the skater. Most commonly, this term is used when describing the proper body position required for rotating efficiently in the air.</p>
<p>Forward arrest motion</p>	<p>This term refers to the beginning of a spin from the spiraling entrance. The free side starts from behind the skating side and rotates forward as the skating side seems to stop thus creating an arrest motion to allow the free side to initiate the spin.</p>
<p>¼ mark (quarter mark)</p>	<p>This term refers to the ¼ mark on a circle.</p>
<p>Lobe</p>	<p>A lobe refers to a curve that is representative of a part of a circle. For example, edges and dance steps are done on lobes.</p>
<p>Class</p>	<p>A class is a group lesson environment that allows the coach to take direction of all or a large majority of the skaters using the entire ice or a designated area of ice. The class can be very structured or more open depending on the nature of the class.</p>

	<p>A structured class is where the coach sets the direction and the exercises to be performed during the class duration. The coach will also provide the format in which the skaters are to practice the skills (ie: lanes, circuits, stations, etc)</p> <p>An open class allows the coach to set the direction of the session and then allow the skaters to work on their own during that portion of the session, while the coach supervises and works with skaters individually for short periods of time (ensuring that everyone gets some attention). This is a good strategy to use when introducing the concept of individual practice, as it helps guide the skaters on the “how to practice” component of their training.</p>
Group lesson	<p>Group lessons describe a lesson format that allows a coach to teach 3 or more skaters at the same time. It is recommended to keep the number of skaters in a group lesson below 6 as the STAR program skills are technical in nature, therefore requiring more attention from the coach. Larger group lessons are permissible and may be optimal for different areas of focus that do not require as much technical focus.</p> <p>Group lessons can be arranged by the private coach or by the club.</p>
Individual practice	<p>Individual practice is a term used to describe the ice time that the skater uses to develop their skills on their own.</p>
Private or semi-private lesson	<p>Private lessons are lessons arranged one on one between the coach and a skater. Semi-Private lessons are lessons arranged between the skater and the coach that includes 2 skaters in the same lesson.</p>
Engaged supervised practice	<p>This term describes practice ice that is being actively supervised, monitored and motivated by a coach. During engaged supervised practice, coaches can give feedback, corrections, ideas and motivation to the group of skaters on the ice. This strategy is an excellent tool to develop individual practice habits in the club.</p>
Stations	<p>Stations can be used to help guide the skater’s practice content on sessions. A station on the ice would contain a list of skills or areas that the coach would like the skater to practice during their session. Coaches can then determine how long the skaters have to work at each station. Skaters are encouraged to use the full ice when practicing and use the stations for guidance and skill identification.</p> <p>Stations may be used on a regular basis or on a special day.</p> <p>Coaches can take advantage of stations in both a group lesson and private lesson formats to maximize the practice time for the skaters.</p>
Circuit	<p>A circuit is a pattern on the ice that includes progression, skills and other exercises for skill development. Circuits can cover any amount of ice, including</p>

	<p>the full ice. Circuits are a great way to increase the skater's productivity, increase repetition and provide them with exercises to use when practicing on their own.</p>
<p>Lanes</p> <p>Continuous Lanes</p> <p>Highway Lanes</p> <p>4 Lane Highway</p> <p>3 Lane Highway</p> <p>2 Lane Highway (Volcano)</p> <p>Perimeter Lanes</p>	<p>Lanes is a term used to describe a path for the skater to follow across the ice. Ex: "Skate in this lane". The use of lanes allows many skaters to skate safely on the ice and be able to maintain their own space.</p> <p>Continuous Lanes is a term used to describe a format that allows continuous movement of skaters while working on very specific skills. This pattern will start in one corner of the ice. The skaters will then be instructed to perform a skill or set of skills the length of the ice in the lane closest to the boards. Upon reaching the other end, skaters will then move over to the next lane and perform the next skill indicated in the lane immediately beside the original lane. This lane will be between the original land and the mid line of the ice surface. The last two lanes will then repeat this pattern on the other side of the ice, ending at the same end of the ice where the skaters started this exercise. Skaters then skate back to the start and either repeat or start a new set of skills.</p> <p>The use of pylons to indicate the lanes on the ice is a good strategy for visual awareness.</p> <p>Continuous lanes are a full ice circuit and as such, allow the coach to spend quality individual time with skaters while keeping the rest of the session moving. This is a great strategy to use when the coach would like to focus on technique or more complex skills.</p> <p>Highway Lanes is a term used to describe a format that allows skaters to skate up the ice in one direction and return to the start of their line in a safe and controlled manner.</p> <p>A 4 Lane Highway is a term used to describe a format that allows 4 lines of skaters to perform a variety of skills in unison (if possible) and push their development. This pattern starts with 4 lines of skaters starting at one end of the ice. The 1st skater from each line will proceed at the same time, performing the skill indicated by the coach to the other end of the ice surface. Once at the other end, the 2 lanes on the left skate to the perimeter on the left side, and the 2 lanes of the right skate to the perimeter on the right side and continuing skating along the boards until they reach their line again.</p> <p>To create an environment to challenge skaters and bring unity to the class, encourage the skaters to stay with their group as they continue down the ice. This promotes timing, awareness and can challenge speed and edge quality.</p> <p>If facilitating a class of different levels, each lane could have its own focus to accommodate the specific goal of each developmental group.</p>

	<p>Sometimes pylons are appropriate for this session; however the majority of the uses tend to see pylons as a safety hazard.</p> <p>The highway format is a good opportunity to develop power, speed and depth of curve. Coaches may also use this format to highlight presentation. Some arenas that are not very wide may find it more beneficial to use a 3 Lane Highway.</p> <p>2 Lane Highway or Volcano allows two lines of skaters start at one end of the ice, travel down the length doing the prescribed exercise and then splitting apart at the opposite end to skate back to their lines along the boards. This is a great format for practicing skills that require more speed or depth of curve.</p> <p>This format offers more space for power, speed and depth of curve than the 4 Lane Highway format. A great option to push the skater's limits and challenge development.</p> <p>Perimeter Lanes use the ice around the perimeter of the rink, keeping the middle ice open for other uses (private lessons, freeskating, etc). Coaches may use one or two lanes along the side of the boards depending on the number of skaters in the class This is an excellent way to incorporate a class into a regular session.</p>
<p>Dance Holds</p>	<p>The below is a list of dance holds used in the compulsory dances.</p> <p>Hand in Hand: (same direction) The partners face in the same direction and are skating side by side or one behind the other with their arms extended and their hands clasped.</p> <p>Killian: The partners face in the same direction with the lady to the right of the man and his right shoulder behind her left. The left arm of the lady is extended across the front of the man's body to hold his left hand. His right arm crosses behind the lady's back to clasp her right hand. Both right hands rest over her hip bone.</p> <p>Reverse Killian: This position is similar to the Kilian position but with the lady at the man's left side.</p> <p>Waltz (Closed): The partners are directly opposite each other. One partner faces forward while the other partner faces backward. The man's right hand is placed firmly on his partner's back at the shoulder blade with the elbow raised and the arm bent sufficiently to hold the lady close to him. The left hand of the lady is placed on the shoulder of the man so that her arm rests comfortably, elbow to elbow, on his upper arm. The left arm of the man and the right arm of the lady are extended comfortably at shoulder height. Their shoulders remain parallel.</p>

	<p>Foxtrot (Open): The hand and arm positions are similar to those of the closed or waltz position. The partners simply turn slightly away from each other so that they both skate in the same direction.</p>
<p>Pattern Dance</p>	<p>The term “pattern dance” is used to describe the compulsory dances in the Skate Canada curriculum. There are 2 types of pattern dances: set and optional.</p> <p>Set Pattern Dance: A dance for which the location, direction and curvature of all edges to be skated are designated in the diagram. This diagram must be followed as closely as possible.</p> <p>Optional Pattern Dance: A dance for which the pattern may be altered by the skaters provided that the original step sequences, positions and timing are maintained. Each repetition of the altered pattern must be executed in the same manner and the restart must be commenced from the same place.</p>
<p>Solo Dance</p>	<p>Solo dance is the term used when a skater skates the full pattern of a dance by themselves.</p>
<p>Shadow Dance</p>	<p>Shadow dance is the term used when a skater skates the full pattern of the dance with another skater, coach or PA using a “shadow” formation.</p>
<p>Jump Sequence</p>	<p>A jump sequence may consist of any number of jumps of any number of revolutions which may be linked by non-listed jumps immediately following each other, while maintaining the jump rhythm (knee). There can be not more than two (2) three turns/Mohawks during the sequence; there can be no cross-overs or stroking during the sequence. A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump-sequence but will count as a solo jump.</p>
<p>Jump Combination</p>	<p>A “jump combination” is a sequence of two or more jumps in which the landing edge of the first jump serves as the take-off edge for the second and so on. There is no change of foot or turn between the jumps, although the toe may be used to assist the take-off.</p>
<p>Basic Position (Spins)</p>	<p>The term “Basic Position” is most commonly used to describe the 3 basic positions in spins. They are described by the ISU as follows:</p> <p>Upright Position: any position with extended skating leg which is not a camel position</p> <p>Sit Position: buttocks not higher than the knee of the skating leg</p> <p>Camel Position: Free leg backwards with the knee higher than the hip level, however Layback and Biellmann are still considered as upright spins</p>

	<p>It is very important to know the definitions of the basic positions as skaters will be assessed on their ability to demonstrate these positions in their spins.</p>
SpinClassifications	<p>Spins are classified and identified in many ways. Below are some clarifications.</p> <p>Rotational Direction: There are 2 main groups of spins according to the direction of rotation:</p> <ul style="list-style-type: none"> - Forward entry spins: These spins generally enter with a FO spiralling edge on the opposite foot the skater lands on. The spin is initiated by a FO 3-turn creating a BI spinning edge. - Backward entry spins: These spins generally enter with a FI spiralling edge on the same foot the skater lands one. The spin in initiated by a FI 3-turn creating a BO spinning edge. <p>Flying Spins: Spins that enter with a jump and land in a spinning position.</p> <p>Change foot spins: Spins that maintain the same position and change feet.</p> <p>Combination spins: Spins that include a change of position regardless whether there is a change of foot or not.</p>

NAME OF JUMP	TAKE-OFF		LANDING
	EDGE	TOE	EDGE
One-Foot Axel Paulsen	LFO	no	LBI
Waltz	LFO	no	RBO
Axel Paulsen	LFO	no	RBO
Inside Axel Paulsen	RFI	no	RBO
Loop (Rittberger)	RBO	no	RBO
Toe Loop	RBO	yes	RBO
Half Loop (Euler)	RBO	no	LBI
Salchow	LBI	no	RBO

One-Foot Salchow	LBI	no	LBI
Flip	LBI	yes	RBO
Lutz	LBO	yes	RBO

**** Note that reverse jumpers (those that rotate CW in the air) will have the opposite take-off and landing foot. For example, the take-off edge for a reverse jumper's Waltz jump is a RFO and the landing edge would be a LBO.**