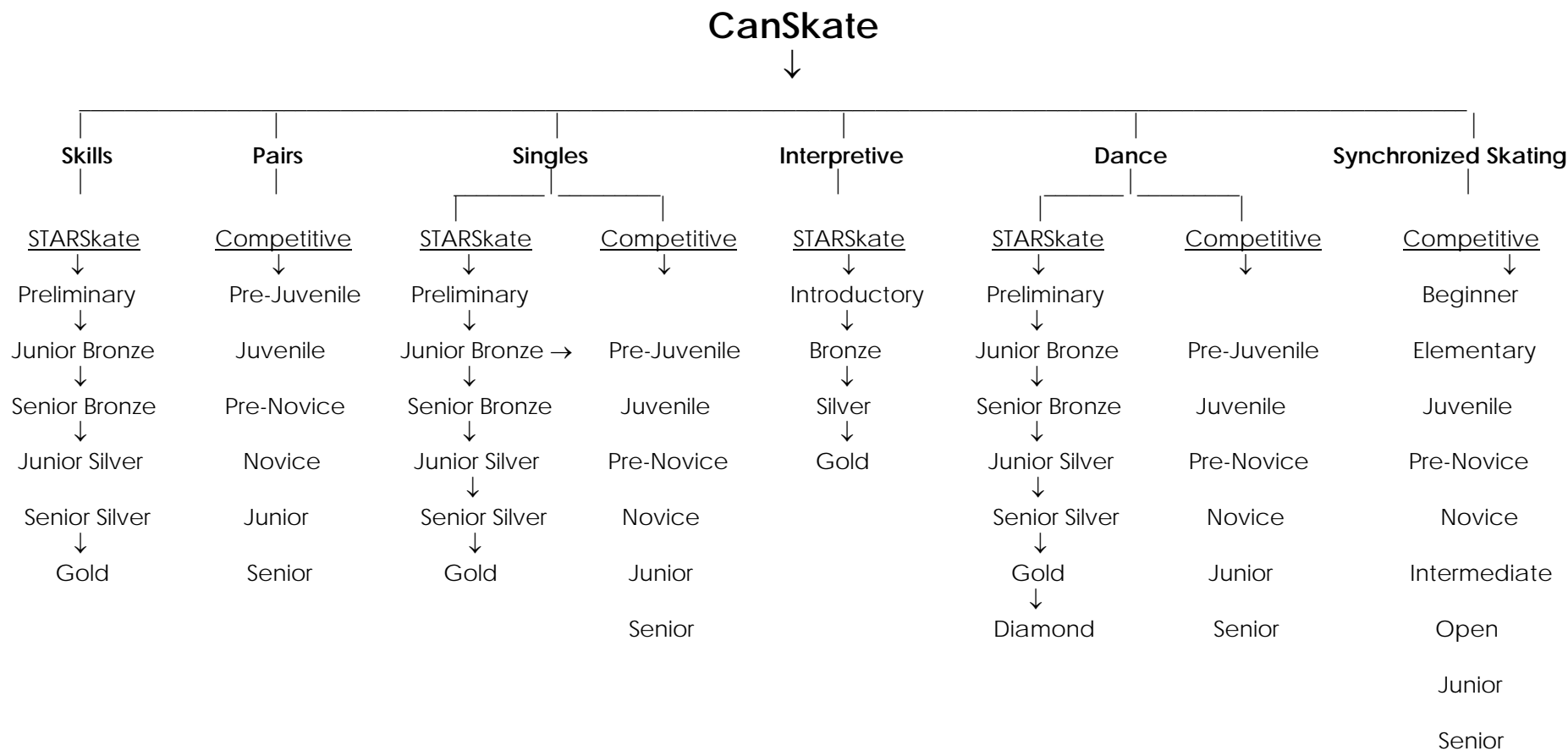


# Branches of Skating

This chart shows the different branches of figure skating and the tests/levels available in each



*Tests determine eligibility for both STARSkate and Competitive Stream competitions.*

Adult, 1, 11, 111

**Skills.** Skaters perform set exercises combining turns and steps to music.

**Pairs.** A man and a woman skate together with the focus on athletic overhead lifts, jumps and spins.

**Singles.** Divided into Mens and Womens events. Skaters perform jumps and spins in a solo to music. Also known as free skating.

**Interpretive.** Skaters perform 'theme' programmes with the emphasis on musicality and expression.

**Ice Dancing.** Couples focus on musical interpretation and excellence in executing steps.

**Synchronized Skating.** 12 or more skaters perform together with the emphasis on unison and group patterns.

## **STARSkate Events**

### November

*Keswick Invitational Skate, Keswick*

Test Day

### December

*SFSC Club Competition, Scarborough FSC*

### January

*Winter Glitters (Metro Area East Event)*

### February

*COS STARSkate Championships*

Test Day

### March

*March Mania (COS Invitational)*

*Trillium STARSkate Championships (All Ontario)*

### April

*Fun Competition, Thornhill*

*Scarboro Skate, Scarborough FSC*

### May

Test Day

*SFSC Mini Olympics (even numbered years)*

### July:

Test Day

### August:

Test Day

## **Competitive Events**

### October

*Octoberfest, Barrie*

### November

*Skate Canada International*

*COS Sectionals*

### December

*Eastern Challenge, Mississauga*

### January

*Canadian Championships & Junior Nationals*

### February

*World Junior Championships*

### March

*World Championships*

### July

*Minto Summer Skate*

### August

*Thornhill Summer Skate, Thornhill*

## **Scarboro FSC Sessions & Qualifications**

**CanSkate:** minimum 4 years of age as of  
December 31

**Junior:** passed Stage 5

### **Intermediate:**

Passed one of \* Free Skate 5

\* Preliminary Skills or

\* All Preliminary Dances

**Senior B:** passed \* Junior Bronze Free Skate  
or \* Senior Bronze Skills

### **Senior A/Competitive:**

*STARSkate:* passed Senior Bronze Free or Jr  
Silver Skills or Jr Silver Dances

*Competitive:* must be committed to  
Sectionals in the current year

**Open:** Junior, Intermediate, Senior B and/or  
Senior A skaters

**Intermediate & Up:** Intermediate, Senior B  
and/or Senior A skaters

**Competitive Dance:** Comp. Dancers only

**Dryland:** an off ice conditioning programme  
for Junior skaters and up

Stroking and Dryland are not branches of  
skating, they are drills designed to improve  
performance in all branches.

For more information on branches of  
skating contact your coach.

# **BRANCHES OF SKATING**

***Singles  
Skills***

***Dance***

***Interpretive***

***Synchro***

***Pairs***

***STARSkate Stream***

***Competitive Stream***



SCARBORO FIGURE SKATING CLUB