



# Sk8ter's Edge

West Toronto Skating Club

May 2017

**West Toronto Skating Club  
2017  
Board of Directors**

*WTSC succeeds because of the parent volunteers who devote their time and energy.*

**Cathy Merkley**  
President

**Shannon Wilson Craven**  
Vice-President

**Susannah Rosenstock**  
Secretary

**Yi-Wen Hsu**  
Treasurer

**Heather Cunningham and Esther Uhm**  
Test Chairs

**Nancy Beatty**  
Member-at-Large

**Liliane Nguyen**  
Coaches Representative

**Jennifer Cypher**  
Past President

-----

**Tanja Berger**  
Office Administrator



## WTSC Mini Olympics

Our "Mini Olympics" event was held on April 22nd and was a huge success! This was a fun competition geared to the Pre-CanSkate and CanSkate levels. We are happy to say that we had 99 skaters register for this exciting end of season event! A special thank you to all those who volunteered and helped make this event a success.

In keeping with the formality of the Olympics, each group of competitors participated in a warm-up lap carrying an "Olympic torch"! Skaters then had the opportunity to show off their skills in a relaxed, fun competition atmosphere. We received such positive feedback from skaters and parents about this event and the skater's smiles said it all! Every skater received a ribbon, certificate, and a special mascot panda bear cookie!

Did you know that West Toronto Skating Club is proud to say that both Dylan Moscovitch and Patrick Chan, two Silver Medalists in the 2014 Sochi Olympics, got their start at our club!



SKATECANADA

Congratulations to the following skaters for proudly representing West Toronto Skating Club this season at:

- Keswick Invitational Skate
- Snowflake Skate
- STARSkate Championships
- March Mania
- Skate Ontario Championships
- Thornhill FUN Competition
- Ursula Lehming Scarborough Skate

- Abigail C
- Alyssia M
- Andrew P
- Brynn B
- Catherine Z
- Chiara M
- Chunhui L
- Evelyn F
- Gabrielle M
- Isabelle M
- Jet L
- Katherine E
- Lara M
- Lily B
- Lucy DG
- Mattaeus M
- Nora L
- Simone H
- Sofia VM
- Zoe A

### StarSkate Levels 1—5 at WTSC

You may notice some changes in the delivery of the StarSkate program in the coming months. The entry level of STAR 1 is designed to meet the exit level of Stage 6 in CanSkate. It is imperative that all skaters beginning STAR 1 have the skills of Stages 5 and 6 in CanSkate. STAR 1 Skills and STAR 1 Freeskate are designed to be achieved within three to nine months of exiting CanSkate. The remainder of the STAR 1-5 program is designed to assist the skater's development in a progressive manner. Skaters may move through the STAR program at their own pace per discipline. Skaters that have already passed some Skate Canada tests will be placed in the appropriate STAR 1-5 testing level by their coach.



Overview STAR 1-5 Test Content				
	SKILLS	FREESKATE		DANCE
	Elements	Elements	Program	Elements/Pattern Dance
<b>STAR 1</b>	Fwd edges Fwd 3-turns FI-MoH turn sequence STAR 1 stroking (basic) Fwd spiral circles Choice of Field Move: (Fwd 1 ft sit glide, inside spread eagle or Ina Bauer)	Waltz jump Single salchow Single toe loop Fwd upright spin Bwd upright spin	No program	Fwd progressives Fwd chasses Fwd swing rolls Fwd slide chasses Fwd outside cross rolls
<b>STAR 2</b>	Bwd edges Bwd 3 turns Fwd circle on circle 2ft to 1 foot multi turns FO turn sequence	Single salchow Single loop Single flip Waltz/toe loop combo Fwd sit spin Change foot upright spin Fwd camel spin	STAR 2 Program	STAR 2a: Dutch Waltz STAR 2b: Canasta Tango
<b>STAR 3</b>	STAR 3 stroking (power) Fwd spiral circles Choice of Field Move: (Bwd 1 ft sit glide, spread eagle, Y-spiral or Ina Bauer)	Single flip Single lutz Single loop/loop combination Bwd upright spin Bwd sit spin Fwd camel/sit spin	STAR 3 Program	STAR 3a: Baby Blues STAR 3b: Bwd progressives Bwd chasses Bwd swing rolls Fwd inside open mohawk x-roll/x-behind Fwd 3-turn/BO edge
<b>STAR 4</b>	Fwd brackets Bwd brackets Fwd double threes Bwd circle on circle Fwd change of edge	Single lutz jump Single axel Single flip/toe loop combo Single loop/loop combo Bwd camel spin Change foot sit spin Flying camel or sit spin Fwd combination spin (change of foot optional)	STAR 4 Program *MUST attempt axel	STAR 4a: Swing Dance STAR 4b: Fiesta Tango
<b>STAR 5</b>	STAR 5 Stroking 1 (quick edges) STAR 5 Stroking 2 (bwd slalom)  Spiral Sequence	Single axel Any double jump (2S – 2Lz) Single lutz/Toe Loop combo Spin in 1 position with any variation Sit or camel spin (entry optional) Combination spin (change of foot optional)	STAR 5 Program *MUST land axel at < or better	STAR 5a: Willow Waltz (M & F) STAR 5b: LFO open Mohawk Double knee bend Fwd progressive/swing roll Bwd progressive/swing roll Tenfox progressive LFO x-behind chasse Bwd rolls Fwd x-roll/3-turn Fwd x-rolls

#### What Happens After STAR 1-5?

Skaters may choose to continue in higher levels of the STARSkate program (Senior Bronze, Junior Silver, etc.) or transition into in CompetitiveSkate (Pre-Juvenile, Juvenile, etc.). Skaters may also explore ice dancing, pair skating, interpretive skating, or synchronized (team) skating. There are many opportunities for skaters and the best path for athletes to take should be a decision made collaboratively (child, parent and coach).

# 2017 Margaret Garrison Awards Ceremony & Ice Show!



**Saturday, May 13**  
**7:00 pm**

Skate Canada - Central Ontario is celebrating the success of this season at the eighth annual Margaret Garrison Awards Ceremony & Ice Show at Brampton's Powerade Centre.

General admission is no charge! Tickets available at the door. On-ice table seating is available by contacting Susan Cash at

905-760-9100 x228 or [scash@skateontario.org](mailto:scash@skateontario.org).

WTSC will be represented by:

CANSkater of the Year  
**Giorgio V**

STARSkate of the year  
**Alyssia M**

Program Assistant of the year  
**Aveline G**

Flag bearer  
**Evelyn F**

We encourage all skaters and their families to come out and enjoy this free event. Big name skaters will be there!



## WTSC Club Store

To check out our online Club Store [click here](#). You can buy and sell gently used skating gear. Items can be purchased during office hours via cash only.

Has your skater outgrown their skates, dress, pants or jacket? Bring them to the office for us to sell for you. You set the price and 20% remains with the club.

Items that we always have in stock are new in package tights and gloves.



**“Behind every great figure skater is a really great coach!”**

## 4th Annual STARSkate Gala - Wed June 7, 2017

Our Annual STARSkate Gala will be held on Wednesday June 7 at 7pm in the Nixon room. This free event is for all skaters who were registered for Pre-STARSkate and STARSkate in the 2016/17 Fall-Winter session. Skaters will receive recognition for tests they have achieved in the past

year, as well as competitions they have participated in. Special awards will also be presented. Hors d'oeuvres and refreshments will be served.

Please [click here](#) to RSVP, no later than Wed May 31.

The club is proud of it's skaters and how they

represented WTSC throughout the year. Congratulations skaters and we're excited to see what next season holds for you!



**WTSC Test Days**

Thursday  
June 22

Thursday  
August 24

# Meet the Coach



## Natalie Bogdon

**Coaching since:** 2006

**Years coaching at WTSC:** 5

**Skate Canada coaching qualification(s):** Canskate Certified

**Spinning and Jumping direction:** Left

**Favourite ice dance:** Tango Romantica

**Favourite Jump:** The Flip

**Favourite Spin:** I-Spin

**When did you first begin skating and where?:** At the age of 7 at Pinpoint FSC

**What is your favourite thing to do when you are not on the ice?:** Relax with family and friends, run, try new foods

**Who inspired you the most as a young skater?:** Initially Elvis Stojko because his power was

amazing and the unique influence his Karate skills had on his skating was really interesting to see. Later on, it was the Canadian ice dance pair Dubreuil and Lauzon - they were beautiful ice dancers and maintained a great partnership throughout their careers. I used to watch their YouTube videos a lot when I was learning my ice dances as a teenager.

**When I am not coaching:** I am working as a project consultant in business, and catching up on some of my favourite hospital shows.

**What's the most important advice you would give skaters:** You can do anything you set your mind and heart to!

## Tips For Buying Used Skates

- Make sure leather skates give adequate ankle support.
- The leather in the ankle area should not be worn or wrinkled.
- Make sure the stitched areas of the leather are not coming apart.
- Wiggle the blades to make sure they are securely attached.
- If the skates have a liner remove it to check whether the boot has begun to rot inside (due to excessive moisture and improper drying).
- Skaters should consult their private coach before purchasing new or used skates.

## Club Calendar

Monday, May 1  
Spring  
CanSkate/Power/STARSkate  
sessions begin

Monday, May 22  
Victoria Day - Club closed

Wednesday, June 7  
4th Annual STARSkate Gala

Monday, June 19  
Last PowerSkate  
Spring session

Wednesday, June 21  
Last CanSkate/STARSkate  
Spring session

Thursday, June 22  
Test day

Tuesday, July 5  
First day of Summer Skating

Thursday, August 24  
Last day of Summer Skating/  
Test Day

Tuesday, September 5  
Club Opens



## West Toronto Skating Club

McCormick Arena  
179 Brock Ave.  
Toronto, ON M6K 2L7  
wtsc@wtsc.ca  
416-588-1158

Spring Office Hours  
Mon 6:00—7:30 pm  
Tues 6:00—7:30 pm  
Wed 6:00—7:30 pm  
Thurs 6:00—7:30 pm