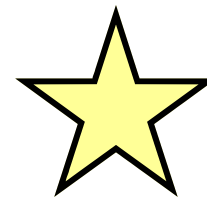




S.T.A.R. PROGRAM (Skills to Achieve Results Program)



We are asking that all coaches in Alberta support this fun new program! It is inexpensive, fun, encourages team spirit, and gives the athletes an opportunity to measure their success from competition to competition! We are suggesting pre-competitive athletes and Level C Solo athletes take part!

What is the S.T.A.R. Program? This program was created by Elan Paluck, a coach in Saskatchewan to:

- * encourage the development of fundamental skills in beginner athletes
- * provide pre-competitive athletes with another activity to participate in at local competitions
- * a special thanks to Jill Ford for "fine tuning" the program in Alberta!

Here is how it works!

- * participating athletes are divided into four groups (Shooting Stars, Shining Stars, Wish Upon a Stars, Twinkling Stars)
- * they will be grouped according to age (4-7 and 8+ within their groups)
- * each group will rotate between 5 stations. The Announcer will tell the groups when to switch stations.

1. Vertical Jump
2. Sit & Reach
3. Superman
4. Twirling Skills
5. Shuttle Run

- * each group will have a Leader that accompanies them to each "Space Station"
- * fun music plays in the background as the athletes move from station to station.
- * each stations will have a volunteer that assists in recording the scores.
- * each participant will have their own S.T.A.R. Rating Sheet that the Leaders and volunteers will record on. Athletes can take home their rating sheet after tabulation takes place.
- * each participant will receive a "star sticker" after performing each required skill at every station. It will be placed on their Rating Sheet.
- * each skill has 5 different levels/points an athlete can obtain (1 star, 2 star, 3 star, 4 star, 5 star). Of course they want to obtain a 5 Star Rating!

SKILL	5 STAR	4 STAR	3 STAR	2 STAR	1 STAR
Vertical Jump	30+ cm	25-29 cm	20-24 cm	15-19 cm	-14 cm
Sit & Reach	Nose to knees	Past toes	Toes	Ankles	Knees
Superman	60+ sec.	40-59 sec.	30-39 sec.	20-29 sec.	-20 sec.
Twirling Skills – RT H For. Fig. 8's (30 sec.)	35+	30-34	25-29	20-24	-19
Twirling Skills – LT H For. Fig. 8's (30 sec.)	35+	30-34	25-29	20-24	-19
Twirling Skills – 2-H Twirls (30 sec.)	25+	21-24	16-20	11-19	-10
Shuttle Run 30 feet (ages 4-7) (30 sec.)	-12.9 sec.	13-14.9 sec.	15-17.9 sec.	18-19.9 sec.	20+ sec.
Shuttle Run 60 feet (ages 8+)	- 18.2 sec.	20-18.3 sec.	22-19.9 sec.	24-21.9 sec.	25+ sec.

The athlete with the highest score will receive special acknowledgement and a special prize!