

Thank you for your interest in USA Roller Sport's Star Skate program. The Star Skate program is a turnkey learn-to-skate plan that USARS offers free to its coaching members.

Once you register with the program, you will have access to printable certificates and test pins, as well as other items you can purchase directly through the website for your class skaters. There's also a link to another online store where you can purchase Star Skate t-shirts and other merchandise for you and your coaching staff.

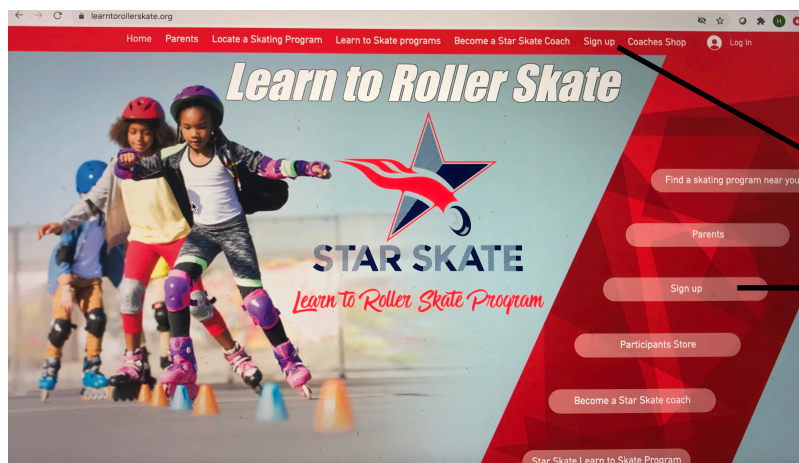
In addition, you and your skating facility will be added to the Star Skate website, so that parents will be able to locate you when looking for instruction for their skaters or themselves.

****Coaches - you need to register for this program through the Star Skate website. Please make sure that you have completed your SafeSport training as well as your background check.**

Here are step by step instructions on how to navigate the Star Skate website:

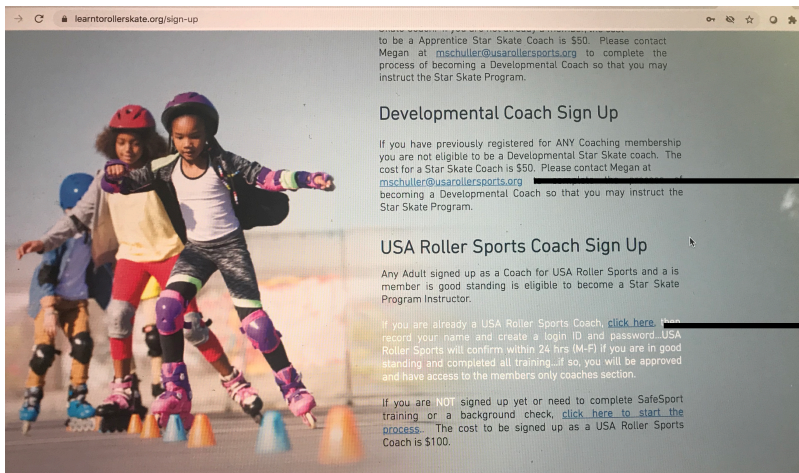
1 - Go to learntorollerskate.org

2 - Click on Sign-up either at the top of the screen or the button on the right hand side of the homepage.



Sign up buttons

3 - On this screen you will either choose to sign up as a Developmental Coach or if you are already a USARS coach, you will click on USA Roller Sports Coach Sign Up. Follow the instructions.



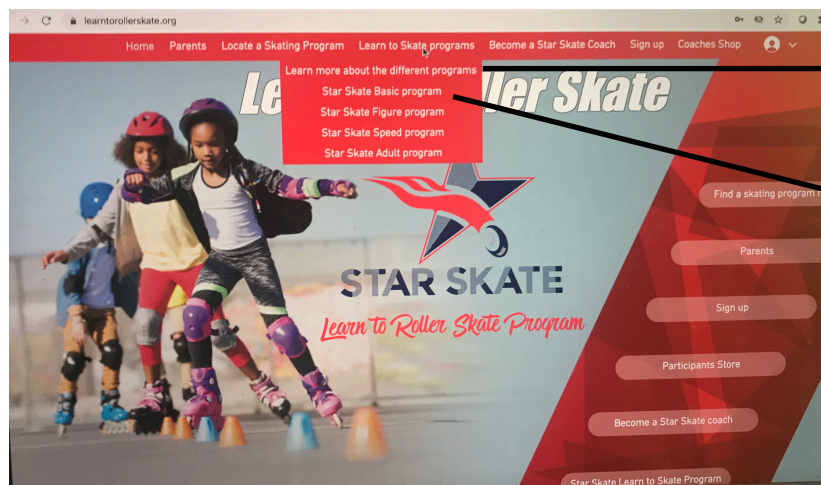
Contact Megan if you are a new coach

Click here if you are a registered USARS Coach already

4 - Fill in the next screen, so you can gain access to the Members Only section of the website.

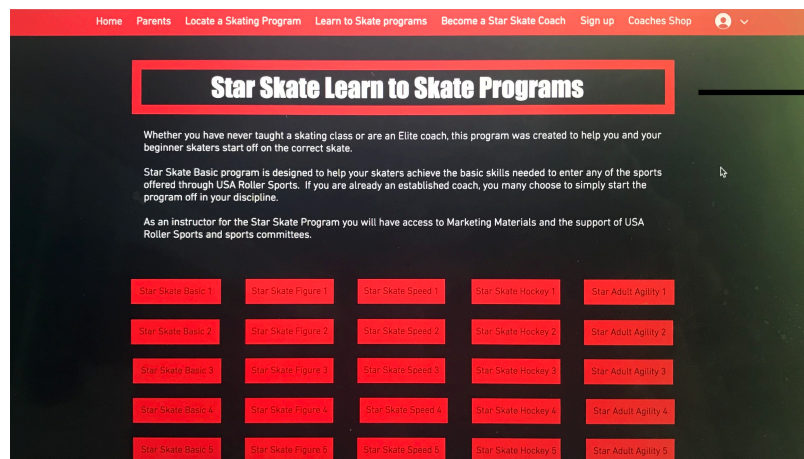
The screenshot shows a web browser window at learnroller skate.org/sign-up. The page is titled "STAR SKATE INSTRUCTOR ACCESS SIGN UP" and contains a sign-up form with the following fields: First Name, Last Name, Email, Password, USA Roller Sports Chartered Venue Name, Chartered Venue Address, City, State, Zip, and Area Code and Phone Number. At the bottom of the form, there is a "Sign up" button and a link for "Already a member? Log in".

5 - When you go back to the homepage, you can view the different programs offered through Star Skate. The programs are Star Skate Basic, Star Skate Figure, Star Skate Speed, and Star Skate Adult. Choose the program that best fits your needs.



Find the different Star Skate programs here

Or go straight to the type of skating you are interested in by clicking on any of these programs



This is the page you are brought to by clicking on Learn more about the different programs

The next couple of screens are just examples of the Star Skate Basic Program.

Star Skate Basic 1

- Remind skaters to bend their knees and keep their hips back throughout all of these exercises. It also helps to have the skaters to keep their arms out to help balance themselves.
- Keep it fun! Give silly or goofy names to items to engage the skaters. Examples - Marching steps could be waddle like a penguin or a duck. Squat rolls could be called a ladybug, race car, or cannon ball.
- **Please note that if a skater is struggling to keep their balance/feet under them - they could move to the carpet for a few minutes. It will give them a little more time to start building their confidence!

Off Skates practice items for this test

- Standing with hips back and bend the knees.
- Practice marching using the description above.
- Balancing on one foot for the count of 5 - remind skater to keep nose and belly button over the foot they want to balance on then repeat on other foot.

Sit and stand up - Ask the skater to take a seat on the floor. Next have them roll over onto their hands and knees. Put one skate under them with the skates wheels on the floor. Have them place their hands on that knee. It will help keep their hips back. Slowly push up and place the other skate with wheels on the floor. Skater should now be standing on both skates with a bend in the knees and shoulders over the toes and hips back.

• Skill 1

Here are examples of the online stores.

Coaches Shop

 Star Skate USA Roller Sports Lanyard \$31.00	 Star Skate Lanyards - Pack of 10 \$27.50	 Star Skate Basic Pin Level 5 \$1.50	 Star Skate Basic Pins Level 5 (Pack of 25) \$35.00
 Printed Certificates (Available soon)	 Digital Certificates	 Star Skate Basic Pins Level 4 (Pack of 25) \$1.50	 Star Skate Basic Pin Level 4 \$1.50

STAR SKATE

PERFORMANCE TEES

 UA Women's Locker 2.0 Longsleeve T \$43.34 / \$44.45 Express Production Available	 UA Locker 2.0 Longsleeve T \$40.99 / \$33.98 Express Production Available	 UA Youth Locker 2.0 Longsleeve T \$37.99 / \$31.00 Express Production Available	 Badger Youth Core Tee \$28.69 Express Production Available
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This shop can be located by clicking on the Coaches Shop at the top on the the homepage

This online store can be found by clicking on Participants Store

Learn to Roller Skate

STAR SKATE
Learn to Roller Skate Program

Find a skating program near you

- Parents
- Sign up
- Participants Store
- Become a Star Skate coach

Star Skate Learn to Skate Program