What is S.T.A.R.S.?
S.T.A.R.S. (Standardized Testing of Athleticism to Recognize Skaters) is a U.S. Figure Skating program designed to standardize testing of the athletic abilities that support development of on-ice skills. The goals of S.T.A.R.S. are to promote the athletic development of our athletes and keep them safe and injury-resistant by training their bodies ahead of the on-ice skills curve.

What areas of fitness are measured during the S.T.A.R.S. test?
There are three primary areas measured: 1) Agility/Balance/Coordination, 2) Strength/Power, and 3) Flexibility. The majority of these tests are off-the-shelf NSCA protocols from Essentials of Strength Training and Conditioning, 3rd ed.

What is the purpose of S.T.A.R.S.?
The objectives of S.T.A.R.S. are to promote and enhance athleticism and athletic ability in all figure skaters through assessment, recognition, and opportunity. Additionally, off-ice training can help reduce the rate of injury in all skating disciplines and competitive levels. The feedback received from the S.T.A.R.S. test endeavors to assist coaches and parents in developing and guiding a skater’s athletic development.

What is involved in the S.T.A.R.S. test?
All S.T.A.R.S. participants will complete a series of 15 off-ice assessments in the above categories and 7 anthropometry measurements.

Who conducts the S.T.A.R.S. Combine testing?
All of the trainers who administer the S.T.A.R.S. tests are National Strength and Conditioning Association (NSCA) C.S.C.S. trainers. However, trainers with other credentials can participate as assistants to the C.S.C.S. anchors.

Who participates in S.T.A.R.S.?
Figure skating athletes who are at least 6 years old at the time of the S.T.A.R.S. Combine who have passed at least Pre-preliminary moves in the field.

GETTING INVOLVED

I am an NSCA C.S.C.S. trainer and want to get involved in S.T.A.R.S. How do I become a S.T.A.R.S. Assessor?
1) Complete the information via the trainer registration area on www.STARScombine.org.
2) Go to www.STARScombine.org to find the date(s) and location(s) for the 2013 S.T.A.R.S. Combines, and indicate on the trainer registration form.
3) Upon completion of the registration you will be invited to participate in a webinar covering the specifics of the S.T.A.R.S. testing protocol. Upon your completion of an online webinar, you will be added to the assessor roster for the indicated Combine(s).
4) A representative from the S.T.A.R.S. Combine(s) you indicated will contact you regarding any further scheduling for set up or training associated with each Combine.

I am not a NSCA C.S.C.S. but I currently hold a comparable certification and/or work with athletes/figure skaters. May I still get involved in S.T.A.R.S.?
In complying with U.S. Figure Skating’s agreement with the National Strength and Condition Association (NSCA), all S.T.A.R.S. Combine assessor anchors must hold a current NSCA C.S.C.S. credential. However, trainers holding other certifications, particularly those already involved with figure skaters, may complete the assessor training and assist the NSCA anchors at a S.T.A.R.S. Combine.

What are there any benefits to becoming a S.T.A.R.S. Assessor/participating in a Combine?
Benefits include exposure to new athletes and clients as well as gaining experience testing in a sport that is not typically trained at most sport performance facilities. When you participate at a S.T.A.R.S. Combine, your professional contact information will be available to all participating athletes, which can lead to potential clients. Historically our assessors have reported a very
positive experience from working with the athletes and many have chosen to participate in subsequent Combines.

**Do I get paid to be a S.T.A.R.S. Assessor?**
A stipend is offered to participating assessors in appreciation of your time and effort.

**Can I become a S.T.A.R.S. Assessor without participating in a S.T.A.R.S. Combine?**
You may complete the training to become an assessor through the webinar sessions or workshops conducted by a U.S. Figure Skating/NSCA trained assessor.

**If I become a S.T.A.R.S. Assessor, can I test the skaters in my area outside of a S.T.A.R.S. Combine?**
The test protocols are widely used measures of strength, power, agility, balance, coordination and flexibility. Any test results obtained outside of an official S.T.A.R.S. Combine will not be entered into the official U.S. Figure Skating database. However, any preparation for a Combine is highly encouraged!

**Do I have to pass an exam to become a S.T.A.R.S. Assessor?**
You must complete a S.T.A.R.S. Webinar and/or workshop and have the consent of a local anchor/organizer to participate in a S.T.A.R.S. Combine as an assessor.

### DAY-OF S.T.A.R.S. COMBINE

**How long is the S.T.A.R.S. Combine? What is the time commitment?**
Typically the combines are done in one day from roughly 8:00 a.m - 5:00 p.m with a break for lunch. On occasion a combine can take place over the course of two days, which would be scheduled in advance.

**How many skaters will I see over the course of the day?**
Typically the number of skaters can range between 50–100 participants, at all ages and skill levels.

**What should I wear?**
A ST.A.R.S. Assessor t-shirt will be provided. Workout clothes and sneakers is the most appropriate attire. Warm layers are suggested, as some Combines are held in an ice arena.

**Do I need to bring my own beverage and snacks/lunch?**
Typically, lunch will be provided in the middle of the day. We highly suggest bringing your own water bottle and snacks for your own comfort.

**How do I deal with a backup of athletes at my station?**
There will be volunteers available to relay information to slow down the flow of the stations, giving time to catch up.

**What do I do if I notice a parent/coach in the testing area?**
Out of fairness to all participants, coaches and parents are not permitted to accompany athletes during testing. You may either politely ask the parent/coach to return to the main area or ask for the Combine anchor for assistance.

### S.T.A.R.S. TESTING PROTOCOL

**What are the 15 assessments?**

**What are the 7 anthropometry measurements?**
Body Weight, Height, Height of Greater Trochanter, Height of Lateral Malleolus, Thigh Circumference, Hip Width, Shoulder Width.

**How are the assessments conducted?**
Athletes rotate sequentially through stations with each trainer responsible for one to three of the 15 assessments.

**Do I need to provide my own equipment?**
No, everything needed for the testing will be provided.

**Where/How are the results recorded?**
Each athlete will carry a one page carbon copy score sheet for the assessors to note the raw test scores. At the conclusion of the testing, each athlete keeps a copy of his/her raw scores and turns in the other copy to the site administrator. This information is recorded in a proprietary database (Ex3) and at the end of the entire S.T.A.R.S. season, each athlete receives a percentile score for each of the 15 tests. Top athletes overall are recognized by U.S. Figure Skating online and in SKATING Magazine.

For more information and to get onto the interest list, visit www.STARScombine.org