



S.T.A.R.S.

JUNE 15

(Standardized Testing of Athleticism to Recognize Skaters)



WHAT

A one-day event comprised of 15 tests in

- 1) Agility/Balance/Coordination
- 2) Strength/Power
- 3) Flexibility

Tests administered by National Strength and Conditioning Association C.S.C.S. trainers

Results for each athlete compare them with other athletes of the same skating level, age, and gender across the country.

ELIGIBILITY

- USFS members who are age 6 and up
- Passed Pre-Preliminary Moves
- Injury-free at time of assessment

WHEN and WHERE

Sunday, June 15, at The Cooler

COST

- \$49 per skater
- Includes
 - All Testing
 - "Recovery, Nutrition, and Competition Day Fueling"
 - workshop
 - Water bottle
 - Raw scores on test day plus final reports online

PREPARATION

An updated S.T.A.R.S. exercise guide will be available online on March 1 to help athletes and their coaches and trainers.

CONTEST!

The first S.T.A.R.S. location with the most registrations as of March 31 will receive a visit from this year's celebrity athletes, 2012 U.S. Championships Junior Ladies Silver medalist Ashley Cain and 2014 Olympian and U.S. Championships Senior Men Silver medalist Jason Brown.



REGISTRATION DEADLINE: JUNE 1; www.STARScombine.org