

**NWT CanSkate Element Event  
DIAMOND EDGES 2018**

**February 11, 2018**

**Hosted by  
Yellowknife Skating Club  
Multiplex Facility  
Ed Jeske Ice Surface,  
Yellowknife, NT**

**Sanction # 9685**



## HOST CLUB & EVENT INFORMATION

Event Name NWT CanSkate Element Event

Event Dates February 11, 2018

Host Club Name Yellowknife Skating Club

### Host Club Organizer

NAME : Wendy Malkin

EMAIL / PHONE NUMBER : [ykskatingclub@outlook.com](mailto:ykskatingclub@outlook.com) 867 765-8128

### Host Club Lead

NAME: Wendy Kaip

EMAIL / PHONE NUMBER: [ykskatingclub@outlook.com](mailto:ykskatingclub@outlook.com) 867 445-1129

Address: 41 Kam Lake Road, Yellowknife NT X1A 2N4

Ed Jeske Ice Surface

Ice Surface Dimensions: 200 feet x 100 feet.

Registration Times: Registration begins 1 hour before the 1<sup>st</sup> event of each day and is ongoing

### GENERAL INFORMATION:

**CATEGORIES:** The following Categories are to be held: -

- CanSkate Elements Stage 1
- CanSkate Elements Stage 2
- CanSkate Elements Stage 3
- CanSkate Elements Stage 4
- CanSkate Elements Stage 5
- CanSkate Elements Stage 6

**Fees:** \$50.00 per skater

**Entries:** Entrants in Events shall be: a) Eligible persons as defined in Skate Canada Rule Book Section 2100. b) Be Associate members in good standing of the Association. All event entries will be accepted only from skaters who are members of affiliated Skate Canada clubs. "Registration forms **MUST BE COMPLETED IN FULL or they may not be processed!**"

**CLOSING DATE OF ENTRIES:** All entries must be made online at [ykskatingclub.ca](http://ykskatingclub.ca) no later than January 15, 2018. **LATE ENTRIES:** May be accepted at the discretion of the Host Club Lead.

**REFUND OF ENTRY FEES:** NO refunds will be made after the closing date for any reason. Entry fees shall be refunded only if the event is not held.

**REGISTRATION:** Skaters must register on site at least one hour prior to their scheduled Category or practice. Skaters must report to the Ice Captain one hour prior to their scheduled Category.

# CANSKATE ELEMENT EVENT

## **Yellowknife Skating Club**

**Date: February 12, 2018**

**Location: Multiplex Facility, Yellowknife, NT**

## **EVENT PHILOSOPHY AND GENERAL INFORMATION**

The CanSkate element event is an initiative developed by *Skate Canada* in support of the organization's ongoing implementation of the Long-term Athlete Development Model. The event has been formatted to introduce participants to the "competition" component of sport while providing them with the opportunity to showcase their skills in a fun and interactive environment.

The focus of the event is on individual skill improvement and therefore performances are not ranked. Instead of the traditional podium presentations for placing first, second and third, all skaters receive a certificate indicating their overall performance levels (Gold, Silver, Bronze or Merit). The award levels are based on the execution and assessment of four individual elements performed in a circuit format. Each element is evaluated using three predetermined performance features. Each skater receives a full overview of his/her performance on a "performance standards chart" which is provided to the skater along with the award certificate.

## **SCHEDULE**

A draft event schedule will be supplied closer to the event date by email and will also be posted on the Yellowknife Skating Club's Website at [ykskatingclub.ca](http://ykskatingclub.ca). Each group is on the ice for approximately 20 minutes (this includes group warm-up, practice time, two assessment circuits and a group bow/finale). Skaters must arrive at the arena no later than 30 minutes prior to their warm-up times. Overall performance award certificates are presented approximately 30 minutes following the completion of each event group.

Results are tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

## **CATEGORY SPECIFICATIONS**

The following categories will be included in the CanSkate Element Event:

- Stage 1
  - Must not have passed the complete Stage 1 badge.
- Stage 2
  - Must have passed Stage 1 but not the complete Stage 2 badge.
- Stage 3
  - Must have passed Stage 2 but not the complete Stage 3 badge.
- Stage 4
  - Must have passed Stage 3 but not the complete Stage 4 badge.
- Stage 5
  - Must have passed Stage 4 but not the complete Stage 5 badge.
- Stage 6
  - Must have passed Stage 5 but not the complete Stage 6 badge.

Skaters have the option of skating up one stage with approval from a Skate Canada coach.

# CANSKATE ELEMENT EVENT

## TECHNICAL INFORMATION

The participants execute elements according to their categories. Four elements are performed in each category. The required elements are defined as follows:

### Stage 1:

- Snow slide steps
- Fwd push/glide sequence
- 2-ft jump
- Bwd 2-ft skating/walking

### Stage 2:

- Fwd stop
- Fwd 2-ft sculling
- Fwd 2-ft turn (CW or CCW - skater's choice)
- Bwd 2-ft sit glide

### Stage 3:

- Fwd circle thrusts (CW or CCW- skater's choice)
- Bwd 2-ft jump
- 2-ft quick turn fwd to bwd & bwd to fwd (CW or CCW- skater's choice)
- Bwd 2-ft sculling

### Stage 4:

- Bwd circle thrusts (CW or CCW- skater's choice)
- Bwd 360° step turn (CW or CCW - skater's choice)
- 2-ft jump fwd to bwd & bwd to fwd (CW or CCW- skater's choice)
- Fwd inside slalom

### Stage 5:

- Fwd 2-ft side stop (CW or CCW- skater's choice)
- Bwd push/glide sequence, full perimeter (CW or CCW- skater's choice)
- Fwd power jump
- Fwd crosscuts - figure-8

### Stage 6:

- Fwd 1-ft side stop (L or R -skater's choice)
- Bwd perimeter skating with crosscuts (CW or CCW- determined by draw)
- Fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI -skater's choice)
- Fwd outside edges

## CONDUCT OF THE EVENT

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### **Warm-Up Groups**

The event is completed in warm-up groups of no more than six skaters each. The skating order within each warm-up

determines the order in which each skater completes the four elements.

### **Warm-Up Time**

Each group is allowed a three-minute warm-up (coach-lead and pre-choreographed) at the beginning of the event.

### **Performance Area and Demonstration**

The assessment panel(s) sets up the performance area circuit(s) during the warm-up. Upon completion of the designated warm-up time, a coach/PA demonstrates the performance circuit to the entire group. Following the demonstration, the first skater enters the performance area, completes one lap of the circuit and then returns to the warm-up area. The rest of the group continues practicing in the warm-up area while awaiting their turns.

### **Warm-Up Area/Circuit**

The coaches/PAs stationed in this area prepare the skaters for their performances. It is recommended that they create circuits consisting of all four required elements (or eight skills if they are leading two groups and the groups are at different stages).

### **Ice Set-Up**

## **Execution of Elements**

Each category consists of two compulsory circuits. Circuit 1 contains skills 1 and 2 and Circuit 2 contains skills 3 and 4. Each skater executes one full circuit. The circuits have been designed to allow the skater to execute the skills twice: once as a practice and once in front of the assessment panel. The first skater completes one lap of Circuit 1 and then returns to the designated warm-up area. Only once the first skater has completed the full lap is the next skater allowed to enter Circuit 1 (and so on). All skaters in the group must complete their attempts at Circuit 1 before Circuit 2 is started for any skater.

Note: If a skater's skill attempt in front of the panel is completely off the mark (e.g. skater executes the wrong skill or misses the skill completely) there should be some leniency in allowing him/her to try the circuit again (schedule/time permitting).

## **Progression through the Event**

After each circuit attempt skaters return to the designated warm-up area to continue practicing the next required elements.

## **Completion of the event**

Once all skaters have completed Circuit 2, the group meets in the center of the ice and bows to the audience.

## **Music**

Background music should be played throughout the entire event. Volume should be adjusted so that skaters and coaches are able to communicate without disruption.

## RESULTS CALCULATION

For each category, the overall performance award given is the total of the individual element award levels defined as follows:

- Gold: At least two elements at the Gold level and no element lower than the Silver level
- Silver: At least two elements at the Silver level and no element lower than the Bronze level
- Bronze: At least two elements at the Bronze level

## STANDARDS OF PERFORMANCE

The desired performance standards for each element are outlined on the performance standards charts. Standards are defined by three levels: Gold, Silver and Bronze and each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any element, skaters must demonstrate the first (bolded) feature at or above that level and they must demonstrate at least one other feature of the element at or above the award level. When at least a Bronze level is not achieved for an element, the skater is awarded a "merit" level (please refer to performance standards chart for the specific standards).

A panel of three assessors is used to evaluate and come to a consensus on the performance standard rewarded for each skill (Event Assessors).

## PUBLICATION OF RESULTS

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Participants will be provided with a two-sided results page (certificate indicating the award level achieved on the front and performance standards chart on the back).



