

# Mannville Momentum

CanSkate Element  
Event 2020



**Sunday March 1<sup>st</sup>, 2020**

**Mannville Recreational Center 5202 52 Ave.**

**Mannville, AB**

**Hosted by Mannville Skating Club**



**Skate Canada: Alberta-NWT/Nunavut Sanction #1038**

The purpose of this Event is to provide skaters with the opportunity to showcase their skills in a fun and interactive environment. In support of Skate Canada's on-going implementation of the Long-Term Athlete Development Model, the CanSkate Element Event has been formatted to recognize the philosophies of the Learn to Skate stage. This Club level event ideally takes place after a 10-week CanSkate session so that skaters have had the chance to learn all the skills on their current stage. The focus of the Event is on individual skill improvement and therefore performances are not ranked.

### **Category Specifications**

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

## GENERAL INFORMATION

### 1. **THESE EVENTS ARE NOT BEING ASSESSED BY ACCREDITED EVALUATORS**

### 2. **CATEGORIES:**

The following Categories are to be held:

<b>Categories and Entry Fee</b>		
<b>Event</b>	<b>Fee for FIRST Event</b>	<b>Fee for ADDITIONAL Events</b>
Canskate Elements in Circuit Stage 1 to Stage 6	\$35 per Skater	\$15 per Skater
CanSkate Spin, Spiral, Jump for Stage 5 and Stage 6	\$35 per Skater	\$15 per Skater
Momentum Star Event	\$35 per Skater	\$15 per Skater
Team Event	\$40/per team	\$40/per team

Cheques and money orders should be made payable to: **Mannville Figure Skating Club**. Cheques postdated after the close of entries will be returned and registration will not be processed. There will be a \$25.00 charge for any NSF cheques received

### 3. **CLOSING DATE OF ENTRIES:**

All entries must be received no later than **Monday, February 17<sup>th</sup>, 2020** Skating times will be emailed to the club contact indicated on the Entry Form. (1 contact person per club please)  
One Registration Form is required for each event entered. Skaters may skate up a level.

### 4. **ACCIDENTS:**

The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Events, all skaters and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the events. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

### 5. **REFUND OF ENTRY FEES:**

Entry fees shall be refunded only if the event is not held or if the entry is withdrawn before the date of close of entries (**Skate Canada Rule 7000-1.5(2)**).

6. **REGISTRATION:**

Skaters must be in their assigned dressing rooms 45 minutes before their event. Please check in at the registration desk a minimum of an hour prior to the start of your event.

Each CanSkate event will warm up on the ½ of the ice surface on which they will be evaluated and then clear the ice until it is their turn to perform. (Warm up time is 3 minutes)

7. **SKATING UP:** Skating up one level is allowed. However, participants must register in **ONLY ONE** level of the same category

8. **CANCELLATION OF EVENTS:** The host club reserves the right to cancel events or limit the number of entries due to time constraints or ice availability.

9. **AWARDS:** It is the responsibility of any skater receiving a medal to wear their skates and skating attire for the medal presentation. Medals will be presented immediately after events in the designated area.

10. **ENTRY LIMITS:** The club reserves the right to limit registrations/skater entries. Registrations will be accepted as received **(on a First come first serve basis).**

## **STANDARDS OF PERFORMANCE**

The desired performance standard for each Element is defined by three levels: Gold, Silver and Bronze. Each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any Element, the skater 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. Performance standards are measured in proportion to the skater's age, size, and physical strength. Example: A smaller 6-year old skater and a taller 8-year old skater may each receive "Excellent" for the speed demonstrated in an Element even though the 8-year old performed the skill at a much faster speed.

## **CONDUCT OF THE EVENT**

### **Warm-up groups:**

Skaters will complete the competition in warm-up groups of no more than six skaters. The skating order within each warm-up will be the order in which each skater will complete the elements.

### **Warm-up Time:**

Each group is awarded a three-minute warm-up at the beginning of their flight.

### **Execution of each Element:**

Within each warm-up group, skaters execute one attempt at each Element. Skaters will be called over to the test ice surface one at a time to demonstrate each of their elements. Each warm-up group of competitors must complete all Elements of the stage before the next warmup group can begin.

### **Progression through the Event:**

After each skater has completed their Elements, they are to leave the ice surface.

### **Music:**

There will be music during the warmup portion of the Elements

### **Event Schedule:**

Any two warm-up groups can compete at the same time with different judging panels. Skaters are to be at the arena 45 minutes prior to their scheduled skate time.

### **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 a Silver

#### **SILVER:**

At least two Elements at the Silver level and no Element lower than a Bronze

#### **BRONZE:**

At least two Elements at the Bronze level

#### **MERIT:**

Majority of the Elements at the Merit level

**\*\*\*\*Awards will be presented after each flight in the designated area. \*\*\*\***

## TECHNICAL INFORMATION

### INDIVIDUAL EVENTS

Each skater will complete each of his/her elements before the next skater begins. The participants will complete Elements according to their category. Each category will complete one round consisting of the elements. Within the round, skaters will execute each required element **in circuit** form for Pre-CanSkate through Stage 4. Stages 5 and 6 will be permitted to perform a half ice or full ice program showcasing their elements or may choose to perform the elements in isolation.

Note: Skills are integrated; if a skater has passed Stage 1 they would enter Stage 2.

The required elements are defined as follows:

#### **Pre-CanSkate:**

- Fall down/stand up
- Move forward
- 2 ft. jump
- Move backward

#### **Stage 1:**

- Snow slide steps
- Fwd Push/Glide sequence
- 2 ft Jump
- Bwd 2 Ft skating

#### **Stage 2:**

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

#### **Stage 3:**

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

#### **Stage 4:**

- Fwd. inside slalom
- Bwd. 360-degree step turn (CW or CCW) (this is not a two-foot spin)
- Bwd. circle thrusts (CW or CCW)
- 2 ft. jump fwd. to bwd. AND bwd. to fwd.

#### **Stage 5:**

- Fwd. 2 ft. side stop (left or right)
- Fwd. power jump
- Forward crosscuts figure 8
- Bwd. skating push/glide sequence full perimeter

**Stage 6:**

- Fwd. 1 ft. side stop (L or R)
- Bwd. perimeter skating with crosscuts
- Fwd. 180-degree step turn (Mohawk)
- Fwd. outside edges

**SPIN, SPIRAL, JUMP CanSkate EVENT**

Program must include ONLY 1 spin, ONLY 1 spiral and ONLY 1 jump (in any order). A beginning and ending pose as well as connecting steps may be included. Music if desired will be provided by host club. Skaters must be working on CanSkate Stage 5 or 6. The Spin, Spiral, Jump will be skated on ½ of the ice surface. Program length will be 1 minute +/- 10 seconds.

Must include: Any forward upright spin  
Waltz jump or Toe loop  
One-foot spiral (skater's choice)

**CANSKATE TEAM**

Each team will consist of three or four members. Each member will perform one element in isolation. Please fill out a separate registration form for the team event.

**CanSkate Team A (Stage 1/2):**

- Snow Slide Steps
- Forward 2-foot Jump
- Forward 2 ft Sculling
- 2 ft glide

**CanSkate Team B (Stage 3/4):**

- Forward Circle Thrusts
- Backward 2 ft Sculling
- Backward Circle Thrusts
- Forward Inside Slalom

**CanSkate Team C (Stage 5/6):**

- Two-foot side stop
- Forward Figure 8 Crosscuts
- Forward 1ft Side Stop
- Forward Outside Edges.

### **Momentum Star JUMP EVENT**

Individual jump event. Each skater will perform 3 jumps and one jump combination. Jumps will be performed in isolation and skaters will take turns within their group. Skaters must have passed Stage 6 CanSkate but must not have passed any portion of the complete Preliminary free skate test or equivalent Star level (star 2/3)

#### **Momentum Star Jump Option A:**

Waltz Jump  
Salchow  
Toe loop  
Waltz Jump/Toe loop Combination

#### **Momentum Star Jump Option B:**

Flip jump  
Salchow  
Loop jump  
Loop/loop combination

### **Momentum Star SPIN EVENT**

Individual spin event. Each skater will perform 4 spins. Spins will be performed in isolation and skaters will take turns within their group. Skaters must have passed Stage 6 CanSkate but must not have passed any portion of the complete Preliminary free skate test or equivalent Sta level (Star 2/3)

#### **Momentum Star Spin Option A:**

Two foot forward upright spin  
One foot forward upright spin  
Back Spin  
Sit spin or Camel Spin

#### **Momentum Star Spin Option B:**

Back Spin  
Sit Spin  
Camel Spin  
One-foot upright spin/back spin combo.

### **Momentum Star CREATIVE EVENT**

Skaters will hear a piece of music selected by the host club twice in warm up. They will perform a creative routine on the ice to the music selected. Program length should not exceed 1:30 minutes. Skater must have passed Stage 6 CanSkate. Skaters will be categorized by age and level

### **Momentum Star SHOWCASE EVENT**

Skater will perform a program that focuses on the skater's ability to entertain an audience using theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are permitted within restrictions. Vocal music is permitted. Skaters must not have passed introductory Interpretive. Program length not to exceed 2:00 minutes.

## **Momentum Star TEAM EVENTS**

Each team will consist of three or four members. Each member will perform one element in isolation. Please fill out a separate registration form for the team event. Participants must not have passed any portion of the complete preliminary free skate test or equivalent Star Level (star 2/3)

### **Momentum Star Spin Spiral Jump Team Option A:**

1. Back spin
2. Toe loop
3. Loop Jump
4. One spiral on each foot in sequence with a maximum of four steps in between.

### **Momentum Star Spin Spiral Jump Team Option B:**

1. Any upright spin
2. Spiral
3. Waltz jump
4. Crosscuts (skaters' choice of direction)



# Mannville Momentum

## CanSkate Element Event 2020



**Sunday March 1<sup>st</sup> 2020**

**Mannville Recreational Center 5202 52 Ave.**

**Mannville, AB**

**DEADLINE FOR ENTRIES: Monday February 17<sup>th</sup>, 2020.**

No refunds made after Monday February 24<sup>th</sup>, 2020. Mannville Skating Club reserves the right to limit the number of skaters/entries. All skating times will be emailed to your Club contact person. Entry Fees: \$35.00/1st event. \$15.00 any other event. Teams \$40.00. For any questions please email [Mannvilleskating@gmail.com](mailto:Mannvilleskating@gmail.com). Please send ONE Club cheque for all skaters.

Make cheques payable to: Mannville Skating Club.

Mail cheques to: Mannville Skating Club P.O. Box 87 Mannville, AB  
T0B 2W0

**Hosted by Mannville Skating Club**

**Sanction #1038**

## Individual Event Entry Form

REGISTRATION FORMS NOT COMPLETED IN FULL WILL BE RETURNED UNPROCESSED

Competitor's Name	Please Circle: Male   Female					
Home Address and Postal Code						
Home & Emergency Phone Number						
Home Email Address						
Date of Birth	DAY	MONTH	YEAR			
Skate Canada Number						
Name of Home Club						
Club Contact Person	Signature					
Home Club <u>Email &amp; Phone</u>						
Coach Name						
Coach Signature						
Category (Please Check One)	CanSkate Elements <input type="checkbox"/> Spin Spiral Jump <input type="checkbox"/> Momentum Star Jump Option A <input type="checkbox"/> Momentum Star Jump Option B <input type="checkbox"/> Momentum Star Spin Option A <input type="checkbox"/> Momentum Star Spin Option B <input type="checkbox"/> Momentum Star Creative <input type="checkbox"/> Momentum Star Showcase <input type="checkbox"/>					
Stage/ Level (please circle one)	Pre CanSkate	1	2	3	4	5   6
Test Qualifications (highest test passed)	CanSkate Stage:			Free Skate:		
				Interpretive:		
Return Form TO:	Mannville Figure Skating Club Box 87 Mannville, Alberta T0B 2W0			Registration Deadline: <b><u>February 17<sup>th</sup>, 2020</u></b>		

Entry Fees Total: <b>Club</b>	CHEQUES PAYABLE TO: <b>Mannville Figure Skating</b>
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**Participant's Release**

By my participation in this event, I consent to the known and foreseeable physical risks inherent in the sport of figure skating. These risks include but are not limited to: travel to and from the arena, ice conditions, equipment failure, falls, collisions with other participants and/or instructors, and facility conditions. In assuming these risks, I, the undersigned, forever release, for myself, my heirs, and any person acting on my behalf, the Host club (Mannville Figure Skating Club) and Skate Canada: Alberta-NWT/Nunavut, and its directors, employees, volunteers, coaches, officials, instructors, independent contractors, agents and sponsors, from any claim arising from any illness or injury to my person as a result of my participation in this activity.

Participant's Name:	Participants Signature:
Date:	

If Under the Age of 18 years:	
Parent's Signature:	Address:

## Team Event Entry Form

Submit **ONE** Entry Form Per Team And **ONE** Payment per Team

Team NAME:			
Name 1:	Stage:	Name 2:	Stage:
Name 3:	Stage:	Name 4:	Stage:
Emergency Phone#			
Name of Home Club:			
Club Contact Person:		Club Contact Phone#	
Club Email Address:			
Name Of Coach:			
Category (Check the event the team will be entering):			
CanSkate Team A (Stage 1/2) <input type="checkbox"/>		Momentum Star Spin Spiral Jump Team Option A <input type="checkbox"/>	
CanSkate Team A (Stage 3/4) <input type="checkbox"/>		Momentum Star Spin Spiral Jump Team Option B <input type="checkbox"/>	
CanSkate Team A (Stage 5/6) <input type="checkbox"/>			

Return Entry Form To: Mannville Figure Skating Club Box 87 Mannville AB T0B 2W0	<b>Deadline for Entries: February 17<sup>th</sup>, 2020</b> Cheques Payable to: <b>Mannville Figure Skating Club</b>
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Signature Of Home Club Officer:	Coaches Signature:
<b>Parents Must Sign if Participant is under 18 yrs. old</b>	Date:
Participant 1 Name:	Parent 1 Signature:
Participant 2 Name:	Parent 2 Signature:
Participant 3 Name:	Parent 3 Signature:
Participant 4 Name:	Parent 4 Signature: