



COLD LAKE FIGURE SKATING CLUB PRESENTS

# Spring Skate Funmeet & Interclub

APRIL 13TH, 2024 | 8 AM -6 PM

COLD LAKE ENERGY CENTRE  
7825 51ST STREET  
SKATE CANADA SANCTION NUMBER:

## **EVENT CHAIRPERSONS**

Name: Leanne Johnson or Heather Miller

Email: coldlakdfsccomp@gmail.com

### **1. ARENA DETAILS**

Name: Cold Lake Energy Centre

Address: 7825 51<sup>st</sup>, Street, Cold Lake, AB

### **2. 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. Registration forms must be completed in FULL, or they may not be processed.

The Cold Lake Figure Skating Club reserves the right to limit the number of skaters / entries.

### **3. CATEGORIES:**

The following CanSkate Categories are to be held:

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

Spin Spiral Jump Stage 5  
Spin Spiral Jump Stage 6  
CanSkate Team Element Event  
Stage 5 Creative improv  
Stage 6 Creative improv

The following STAR 1-3 pilot Categories are to be held:

Star 1 Elements  
Star 2 Elements  
Star 3 Elements  
Star 2 Freeskate Event  
Star 3 Freeskate Event

Level 1 Creative Expression  
Level 2 Creative Expression  
Level 3 Creative Expression  
Star 1 Team Element Event  
Star 2 Team Element Event  
Star 3 Team Element Event

### **4. ENTRY FEES**

CanSkate First Event = \$35.00

CanSkate Additional Event = \$20.00

CanSkate Team Event = \$20.00 per team

Star 1-3 First Event = \$45.00

Star 1-3 Additional Events = \$25.00 each

Star 1-3 Team Event = \$40.00 per team

**E-transfers can be sent to:**

[coldlakefsccomp@gmail.com](mailto:coldlakefsccomp@gmail.com) (please ensure to indicate skater name(s) and club in the comment section)

**Cheques can be mailed to:**

CLFSC, Box 873, Cold Lake AB, T9M 1P2

Cheques postdated after the close of entries will be returned and registration will not be processed. There will be a \$30.00 charge for any NSF cheques received.

**5. CLOSING DATE OF ENTRIES**

All entries must be received by no later than March 1<sup>st</sup>, 2024. Skating times will be emailed to the club contact indicated on the entry form. (1 contact person per club please). Skater may skate up a level.

**6. 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.

**7. 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)).

**8. REGISTRATION**

- Skaters must be in their assigned dressing rooms 30 minutes before their event.
- Please check in at the registration desk a minimum of 1 hour prior to the start of your event.
- Each event will warm up on the half 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 for Star 1 & 2 and 4 minutes for Star 3).
- Star 1-3 Freeskate will be on full ice. The Fun Meet will take place between the hours of 8:00 am – 6:00 pm.

**ON-LINE REGISTRATION:**

**To register for the CANSKATE EVENTS:** please click on the link:

[https://docs.google.com/forms/d/1rwH1RhEg\\_la\\_nX-5Az9IFy0j\\_inHuqn4KZ4msyE1KM/edit?pli=1](https://docs.google.com/forms/d/1rwH1RhEg_la_nX-5Az9IFy0j_inHuqn4KZ4msyE1KM/edit?pli=1)

**To register for the STAR 1-3 EVENTS:** please click on the

link:<https://docs.google.com/forms/d/1sAFtSyKZdEcyqmQKNUJ-aUpMZqAHuOJX6AIt00M4kWc/edit>

## 9. CANCELLATIONS OF EVENTS

The host club reserves the right to cancel events. The Cold Lake Figure Skating Club reserves the right to limit the number of registrations due to time.

## 10. AWARDS

Awards will be ongoing all day long and will be available approximately 30 minutes following each event and a podium will be available for photographs. Everyone goes home a winner!

## 11. PICTURES & VIDEOS

Persons wishing to take photographs of on ice performances are reminded that flash photography is forbidden. The use of video cameras must be restricted to areas that do not hamper the skaters. NOTE: You may only take pictures or videos of your own skater. No parents will be allowed in the player's box area.

### CanSkate Categories – Technical Information

Each skater will complete each of his/her elements before the next skater begins. Elements will be done in circuits from stages 1 – 4 and one at a time (not in a routine) for stages 5 – 6.

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

#### Stage 1:

- o Forward push/glide sequence
- o Backward 2-foot skating
- o Forward 2-foot jump

#### Stage 2:

- o Forward 2-foot sculling
- o Backward 2-foot to 1-foot glide
- o Forward-Backward 2-foot turn
- o Backward-Forward 2-foot turn

#### Stage 3:

- o Forward circle thrusts
- o Backward 2-foot sculling
- o Backward 2-foot jump

#### Stage 4:

- o Forward crosscuts
- o Backward circle pumps
- o Forward 1-foot turn
- o Forward-backward 2-foot jump
- o Backward-forward 2-foot jump

#### Stage 5:

- o Inside edges
- o Forward 2-foot side stop
- o Backward push/glide sequence
- o Forward power jump

#### Stage 6:

- o Forward outside edges
- o Forward 1-foot side stop
- o Backward perimeter skating with crosscuts
- o Forward-backward c-steps

## **SPIN SPIRAL JUMP REQUIREMENTS**

This is a one-minute program to be skated on 1/2 of the ice surface. 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. NO MUSIC.

Skaters must be working on CanSkate Stage 5 or 6.

Must include: Any forward upright spin.

Waltz jump or Toe loop

One foot spiral (skater's choice)

## **STAGE 5/6 CREATIVE IMPROV**

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 selection. Program length should not exceed one minute. Skaters must have passed Stage 5 CanSkate. Skaters will be categorized by age and level.

## **CANSKATE TEAM ELEMENT EVENT**

Each team will consist of 2 to 4 skaters. Skaters will complete skills together from his/her team stage. Skills will be chosen from the above stages. Skills will be done together by each team. Coaches may assist their skaters, as there will not be use of circuits for this event. Skaters may skate up a stage.

Stage 1/2:

- o Forward push/glide sequence
- o Forward 2-foot jump
- o Forward 2-foot sculling
- o Backward 2-foot to 1-foot glide

Stage 3/4:

- o Forward circle thrusts
- o Backward 2-foot sculling
- o Backward circle pumps
- o Forward 1-foot turn

Stage 5/6:

- o Forward 2-foot side stop
- o Backward push/glide sequence
- o Forward 1-foot side stop
- o Forward outside edges

## **Star 1 – 3 Event Categories – Technical Information**

Star 1-3 Event Categories for Elements - Technical Information. Star 1-3 Element Events - Individual element event. Each skater will perform each element in isolation and skaters will take turns within their group. Skaters must have passed Stage 6 CanSkate but must not have passed Star Level 3.

**Star 1 Elements:**

Stroking Exercise  
 Waltz Jump  
 Salchow Jump  
 Toe Loop  
 Sequence  
 Upright Spin (Fwd)  
 Backward Upright Spin  
 Forward Spiral Sequence  
 Creative Expression Routine

**Star 2 Elements:**

Waltz + Toe Loop  
 Loop  
 Backward Upright  
 Forward Spiral Sequence

**Star 3 Elements:**

Flip  
 Loop + Loop Combo  
 Spin Combo Spin  
 Forward Spiral

**Star 2-3 Event Categories for Freeskate**

Skaters must have passed Stage 6 CanSkate but must not have passed Star Level 3.

**Star 2 Freeskate Program Event** (please email skater music to coldlakefscomp@gmail.com and include the Skaters name and level in the Subject Line)

Skaters will perform their trained Star 2 Program with their music and be assessed on the following criteria:

Jumps in Program	Skating Skills	Spiral Sequence
Spins in Program	Performance and Execution	Interpretation

**Star 3 Freeskate Program Event** (please email skater music to coldlakefscomp@gmail.com and include the Skaters name and level in the Subject Line)

Skaters will perform their trained Star 3 Program with their music and be assessed on the following criteria:

Jumps in Program	Skating Skills	Spiral Sequence
Spins in Program	Performance and Execution	Interpretation

**Star 1-3 Event Categories for Team**

Each team will consist of two to four members. Each member will perform one element in isolation.

**Star 1 Team Elements:**

Waltz Jump  
 Salchow Jump  
 Upright Spin (fwd)  
 Forward Circle Spiral Sequence

**Star 2 Team Elements:**

Waltz + Toe Loop  
 Loop Jump  
 Backward Upright Spin  
 Forward Spiral S Sequence

**Star 3 Team Elements:**

Flip Jump  
 Loop + Loop Jump Combo  
 Combo Spin  
 Forward Spiral S Sequence

**Star 1- 3 Event Categories for Creative Expression**

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 selection.

