

"SPRING FLING"

**HOSTED BY
GROVEDALE FIGURE SKATING CLUB**

CanSkate FUN MEET

&

STAR 1 – 3 EVENT

Saturday March 7, 2026
8:00 AM – 2:00 PM

Sunday March 8, 2026
9:00 AM – 2:00 PM

Grovedale Arena
Grovedale, AB

SANCTION # 3551

HOST CLUB & EVENT INFORMATION

Event Name: SPRING FLING

Event Date: March 7, 2026 (8:00 AM – 2:00 PM)
March 8, 2026 (9:00 AM – 2:00 PM)

Host Club Name: Grovedale Figure Skating Club

Competition Contacts: Co – Chairs: Kayla Court & Kayla Lotoski
Coach Contact Brenda Lindquist
Email – GFSCfunmeet@hotmail.com

Arena Details: Grovedale Arena, Grovedale, AB

Ice Surface Dimensions: 109 feet x 74.2 feet

(directions from 68th Ave and Hwy 40 in Grande Prairie)

Follow Hwy 40 for 8.4 km South, Exit right across the Wapiti River Bridge

Turn left onto AB 666 W, past O'Brien Park

Go up the hill to Grovedale, Turn left on Township Rd 700

Past Penson School, Turn left into the Arena Parking Lot

Competition Schedule:

Schedule of events will be emailed to each participating club representative one week prior to the event

Registration: Google Forms will be used for Online Registration
See links below

Categories Offered:

CanSkate	StarSkate
PreCanSkate Elements	Star 1 Element Assessment
CanSkate Elements Stages 1-6	Star 2-3 Elements
PreCanSkate Team Elements	Star 2 FreeSkate Program
CanSkate Stage 1-4 Team Elements	Star 3 FreeSkate Program
CanSkate Spin, Spiral, Jump Stage 5 & 6	Star 1 Showcase Group

GENERAL INFORMATION

1. Host Club reserves the right to cancel events or limit entry numbers based on time restraints and ice availability.
2. **Registrants:** Participants in the events shall be eligible persons as defined by Skate Canada and be a member in good standing of a Skate Canada affiliated club.
3. **Registration**
Registration opens Monday January 12, 2026

For **CanSkate** Events Register at: [Grovedale Figure Skating Spring Fling Fun Meet](#)

For **StarSkate** Events Register at: [Grovedale Figure Skating Spring Fling Fun Meet](#)

TEAM EVENTS, PLEASE HAVE ONE MEMBER PER TEAM COMPLETE THE ENTRY

4. Closing Date of Entries

All entries must be received **NO LATER** than February 7, 2026 at 12:00 PM (noon) MST. It is the responsibility of the competitor to ensure that their entry is submitted by the closing date.

5. **Entry Fee:** GFSC will invoice each registered club for their skaters' events. Families pay their fees to their club. Please bring a club cheque to pay for your club's skaters and events. Alternatively, clubs can arrange to e-transfer payment to: grovedaleFSC@hotmail.com There will be a \$25 charge on any NSF cheques received.

CANSKATE ELEMENT EVENT

First Event \$60.00 / Additional Event \$35.00 / Team \$50.00 per team

<u>Events Offered</u>
PRECANSKATE ELEMENTS (have not completed PreCan Ribbon)
CANSKATE STAGE 1-6 ELEMENTS
PRECANSKATE TEAM (have not completed PreCan Ribbon)
CANSKATE STAGE 1 – 4 TEAM
CANSKATE SPIN, SPIRAL JUMP STAGE 5 & 6

Star 1-3 COMPETITION

First Event \$75.00 / Additional Event \$35.00 / Showcase \$50 / per team

<u>Events Offered</u>
Star 1 ELEMENT ASSESSMENT
Star 2-3 ELEMENTS
Star 2 FREESKATE PROGRAM
Star 3 FREESKATE PROGRAM
Star 1 GROUP SHOWCASE

6. Refund of Entry Fees

Entry fees shall be refunded only if the event is not held. There will be no refunds given for any reason, including medical pulls.

7. Music registration for Star 2 & 3 Freeskate and Star 1 Group Showcase

- Deadline for music submission is February 20, 2026. Email music to GFSCfunmeet@hotmail.com
- Must be sent in an MP3 Format: Saved as Last Name, First Name - Category (ie Doe, Jane – Star 2) or Group Name, Club- Star 1 Group Showcase (ie Shining Stars, 123 Club – Star 1 Group Showcase) In the Subject line of the email, the event name.
- Each skater is required to carry a USB memory stick with their music on it and have it at rink side for back up.

8. On-Site Registration

Skaters must register a minimum of one hour prior to the start of their scheduled event with the exception of the first event flight who must register 30 minutes prior to the event.

9. Marking System

CanSkate ELEMENT EVENT categories will be assessed in accordance with the CanSkate Element Event Technical Package.

Link for circuits: <https://program.skatecanada.ca/product/canskate-event-resource/>

Refer to pdf CanSkate Challenge Event Requirements and Circuits

Star 1-3 will be judged as per the 2025-2026 Star and Special Olympics Standards for assessment guide and the 2025-2026 Program Requirements Guide.

The event is being held under the current Skate AB/NT/NU and the Star 1-3 Competition guidelines and will include 1 Skate AB/NT NU judge.

10. Awards / Presentations

These will be held every hour, with the first presentation at 10:00. All skaters are requested to attend the awards ceremony and to wear skating attire and hard skate guards.

11. Event Specifications

CanSkate categories will combine boys and girls by stage and age.

In normal circumstances, Star 1-3 categories offered at competitions will be held for men and women separately. The decision to combine categories is at the discretion of the Competition Chair with the input of the host committee. Categories may be combined, due to low entries for either age categories or combined male/female events.

12. Warm Up Times

Skate Canada has standardised warm up times for all events.

13. **Helmets:** Helmets are required until skaters have passed CanSkate Stage 5. No exceptions will be permitted.
14. **Coach Accreditation:** All coaches must be minimally NCCP Regional in-training and coaches must register at the registration desk. Coaches must be in “good standing” with Skate Canada.
15. **Spectators:** Spectators are permitted and there are no restrictions. In the event of any restrictions being implemented by the facility, those would be adhered to. Please watch the events from the stands; the players boxes are for judges. Dressing rooms are for skaters and coaches, only.
16. **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 this event, all competitors and their parents or guardians shall 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 only in accordance with these conditions.
17. **Food / Meals / ATM**

The arena concession will be open during the event, offering a selection of classic rink favorites and warm, delicious refreshments. The nearest restaurant is at the ski hill; 5 minutes from the rink. The arena does not have ATM and the arena does not have a debit machine.
18. **Pictures & Video**

Persons wishing to take photographs of on ice performances are reminded that the use of flash cameras is NOT permitted. The use of video cameras must be restricted to areas that do not hamper the skater or officials. NOTE: You may ONLY take photos or videos of your own skater.

CanSkate Event Categories – Technical Information

Elements will be performed in circuits from Stages 1-4. Skills are integrated and skaters should be registered in the stage they are currently working on.

CanSkate Element Events **coaches are encouraged to be on the ice with their skaters**

PreCanSkate – has not completed PreCan ribbon

- Fall down/Stand up
- Move forward
- 2 ft jump
- Move backward

Stage 1 – has not passed Stage 1

- Forward push / glide sequence
- Forward two-foot jump
- Backward two-foot skating / walking

Stage 2 – has not passed Stage 2

- Forward two-foot sculling
- Forward two-foot turn
- Backward two-foot to one-foot glide

Stage 3 – has not passed Stage 3

- Backward two-foot sculling
- Forward circle thrusts (performed both directions on the circle)
- Backward two-foot jump

Stage 4 – has not passed Stage 4

- Forward one-foot turn (performed on each foot)
- Forward crosscuts (performed both directions on the circle)
- Backward circle thrusts or pumps (performed both directions on the circle)
- Two-foot jump forward to backwards and backwards to forwards

Stage 5 – has not passed Stage 5

- Forward Inside Edges
- Forward two-foot side stop (performed in both directions)
- Backward push/glide sequence
- Forward power jump

Stage 6 – may have recently completed Stage 6

- Forward outside edges
- Forward one-foot side stop (performed on each foot)
- Forward to backward C-Step
- Backward perimeter skating with crosscuts

CanSkate Team Element Events

Teams will consist of 2-4 skaters. Skaters may skate up a stage. All teams warm up together; at the end of warm up, teams will stand at the boards with their coach, and skaters will alternate through elements as they are called. Depending on time/scheduling team bows may or may not be skated.

PreCanSkate – has not completed PreCan ribbon

- Fall down/Stand up
- Move forward
- 2 ft jump
- Move backward

Stage 1 – has not passed Stage 1

- Snow slide steps (minimum six in each direction)
- Forward push / glide sequence
- Forward two-foot jump
- Backward two-foot skating / walking

Stage 2 – has not passed Stage 2

- Forward two-foot sculling
- Forward snow plow stop
- Forward two-foot turn
- Backward two-foot to one-foot glide

Stage 3 – has not passed Stage 3

- Backward two-foot sculling
- Forward circle thrusts (performed both directions on the circle)
- Two-foot quick turns; forward to backwards and backwards to forwards (skater's choice on direction)
- Backward two-foot jump

Stage 4 – has not passed Stage 4

- Forward one-foot turn (performed on each foot)
- Forward crosscuts (performed both directions on the circle)
- Backward circle thrusts or pumps (performed both directions on the circle)
- Two-foot jump forward to backwards and backwards to forwards

CanSkate Spin, Spiral, Jump – Stage 5 and Stage 6

This is a one minute program to be skated on ½ of the ice surface. Program must include ONLY 1 spin, 1 spiral and 1 jump (in any order) as specified by the stage. A beginning and ending pose as well as connecting steps may be included. **NO MUSIC.** The CanSkate Spin, Spiral, Jump will be assessed as a CanSkate Elements Circuit.

STAGE 5	STAGE 6
1 – one-foot forward upright spin	1 – one-foot forward upright spin
1 – forward power jump	1 – forward rotating jump
1 – forward spiral (edge optional)	1 – forward spiral

StarSkate Event Categories – Technical Information

Each skater will perform each element in isolation. Skaters will take turns within their group

Elements

Star 1 Elements **coaches are encouraged to be on the ice with their skaters**

- Circle stroking exercise: stroking (crosscuts) in the same direction on a circle (one round forward , one round backward), draw for direction
- Waltz jump
- Salchow
- Toe loop
- Forward upright spin
- Backward upright spin
- Forward spiral circles: two spirals, one on each foot executed on a circle in the same direction; skater chooses direction
- Creative expression routine (30 seconds – music provided by the host club); this is assessed as “complete” or “incomplete” only

Star 2 & 3 Elements

	Element 1	Element 2	Element 3	Element 4
Star 2	Single Loop Jump	Waltz/Single Toe loop combination	Backward Upright Spin	Forward Spiral Sequence
Star 3	Single Flip Jump	Single Loop/Single Loop Combination	Combination Spin	Forward Spiral Sequence

Star 2 & 3 Program Criteria

All categories must follow the SKATE CANADA 2025-2026 well balanced program criteria as posted on the Skate Canada website. STARSKATE: 2025-2026 STAR Competition Program Requirement
MUSIC PROVIDED BY THE SKATER

Star 1 Group Showcase

Showcase programs are designed by the skaters and/or coach and focus on the skater’s ability to entertain an audience through use of theatrics or artistic abilities. Programs may tell a story, create a mood, or have an obvious theme. Costumes and props are permitted within the restrictions. Showcase events consist of four levels of competition and may be offered in Singles, Group and/or Production events. Skaters may skate up a level in group and/or production Showcase to participate with their club/school's team.

Program content, rules and event procedures are the same for all levels:

1. Theatrical costumes and hand props are permitted. Feathers and boas of any type are not permitted
2. Vocal music is permitted
3. A maximum of 1 minute will be permitted prior to each performance for the skater(s) to warm-up and set-up any props as necessary
4. All single jumps are permitted; jumps of any higher rotation will be subject to an illegal element violation if included
5. Programs should not resemble a synchronized skating program; use of team formations and maneuvers should be limited
6. Lifts and throws of any kind are not permitted and will be subject to an illegal element violation if included
7. Group routines must have a minimum of two and a maximum of six skaters
8. Production routines must have seven or more skaters
9. All participants in group and production events must wear skates

Group Showcase Level 1

Two Program Components will be assessed to standard: Presentation, and Skating Skills

Number of Skaters: 2- 6 skaters

Program Time: 1:00 minute in length

Assessment Requirement: Skaters must have passed the Star 1 Assessment in any discipline

*One skater to register for this event; including team name, club and listing all members of the group. When submitting the music, include team name and club with **Group Showcase** in the subject line *