



2026 Mountain Regional
Synchronized Skating Championships

Welcome Synchronized Skating Teams,

On behalf of Skate AB|NT|NU and the Edmonton Synchronized SC, we are pleased to welcome you to the 2026 Mountain Regional Synchronized Skating Championships.

Arena Location

Heavy Metal Place
50 Westwind Dr., Spruce Grove
Arena: Thompson Family Arena

Parking for Team Buses

Team Buses are to drop-off/pick-up teams in the bus lane identified on the map provided. Teams can then enter through the main doors. Buses can then park at the back and side of the building as shown on the map.

General Parking

Families and friends attending the event may park in the west or east parking lot and enter through the main doors.

Admission – cash only

There is no admission charge for Friday practices.
Saturday and Sunday: Admission: \$5.00 per person. Children 10 and under: Free

Event Details

Event Website Link: [2026 Mountain Regional Synchronized Skating Championships](#)

Results/Start Orders/Team Detail Sheets

Will be posted on the Skate AB|NT|NU website event page and will be updated throughout the event. Star 4 team detail sheets will be provided at the registration desk after the completion of that category, as Star 4 detail sheets are not posted to the website.

Team Event Schedules

For the second skates, the start orders are done in reverse order of the results from the first skate. The team event schedules for the second skates will be as per the start orders.

Music USB's

- If your team's music has changed since you uploaded it with your registration, you must provide a USB at the registration desk when you register onsite.
- If your music has not changed, then you MUST have a copy of your music on USB at the boards during practice and competition.
- Ensure the USB is properly labelled with team name and category and that a USB is in a Ziploc bag and properly labelled.



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Withdrawal Form: the online form must be used to submit any withdrawals from the event. The form is posted on the Skate AB|NT|NU website, Mountain Regional Championships page. The form is received by the Tech Reps and the Chief Data Specialist for the event.

Protest/Clarification Form: the online form must be used to submit any protests/clarifications. The form is posted on the Skate AB|NT|NU website, Mountain Regional Championships page and is managed by the Tech Reps.

Live Stream: The event will be live streamed, and the link will be provided on the main page of the Skate AB|NT|NU website.

Registration

- Registration will open 1 hour before the first scheduled off ice warm-up each day. Note – Sunday the facility will open at 6:45am.
- Accreditation tags for team managers and chaperones will be in the club bags you receive at registration. There are no accreditation tags for skaters.
- To be environmentally friendly, please return accreditation tags at the end of the competition to the registration desk.
- Coaches are to sign in at the coach's registration desk to receive their accreditation tag.

Practice Ice Sessions

For practice sessions, coaches and alternates can stand at the on-door. The coaches and alternates may also go from the on-door and walk onto the ice briefly to the penalty box for the duration of the practice.

Team Feedback

Feedback from the officials will be provided after the medal ceremonies on Sunday to teams qualifying for Canada Cup. The feedback sessions will take place in the Black Box Theatre (warm-up area). Teams will receive an email from Skate AB Staff Member Kelly Stanislawski to provide you with the feedback schedule.

Qualifying Teams Advancing to Canada Cup

Questions about teams advancing to Canada Cup may be directed to Lisa Bonderove at the Section Office: lisa@skateabnwtun.ca

Facility Logistics

Warm Up Areas

The assigned warm-up space is in the Black Box Theatre within Heavy Metal Place, located just off the main lobby area. Use the assigned warm-up space for your teams as per the provided map. Warming-up is not allowed in the public areas of the facility. There will be signage to direct you. Music must be kept to a reasonable level.



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Dressing Rooms

All dressing rooms have privately enclosed changing rooms for those skaters who wish to have a separate area to change. Note: dressing rooms #1-4 are located in the arena dressing room hallway. Dressing room #5 is located in the Black Box Theatre area. Go to the warm-up area and there will be signs to direct to dressing room #5.

Team On/Off Locations

The on and off doors are detailed on the map provided.

Reminders

Skater Injury/Illness Reminder

Coaches must notify the Technical Representative if your team is practicing or competing with fewer than your regular number of skaters (due to illness or injury) to avoid penalties to elements in your program(s). If a skater becomes ill or injured in the dressing room immediately prior to taking the ice, the coach must notify the Ice Level Referee.

Coaches, Team Managers, Chaperones – Accredited Access Reminders

The primary coach and one alternate (skater) may stand at the on-door area to the ice, and the team manager and other alternates may be in the off-door area (Kiss & Cry). Coaches, team managers and chaperones have access to the warm-up area. Chaperones do not have access to ice level/kiss & cry during practice and competition.

This will be monitored onsite. Please ensure your accredited coaches, team managers and chaperones understand where they have access.

Opening Ceremonies

Please join us for the Opening Ceremonies on Saturday, Jan 31 at 8:45am, just prior to the start of the competition. The Opening Ceremonies will take place on the ice.

Team Banners

Teams may place their banners by laying them over the chairs around the arena. Tape is not permitted to be used.

Medal Ceremonies – On Ice

- Team lineups for the medal ceremonies will be posted in the dressing room hallway onsite.
- Coaches are welcome to join their teams on the ice for the medal presentations, however medals will be presented to skaters only.
- Skaters receiving medals are to enter and exit the ice using the on and off doors as used for the competition.
- We encourage everyone to try and share the dressing rooms as much as possible to allow all teams to comfortably get on their skates. All skaters must wear their skates.
- It is up to the coach and team manager if they would like the skaters to be in club attire or their competition attire.



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Vendors

All vendors will be located on the upper concourse level inside the arena.

Perfect Pooches Design: will be onsite to distribute the pre-orders and to do in-person order requests.

Official Photographer – pre-order link

Danielle Earl Photography will be taking photos throughout the event. There will not be an order table onsite, however she has created a pre-order link: <https://secure.zenfolio.com/danielleearl/Preorder760727892/shop>

The pre-order link will be available until February 15, 2026. After Feb 15, all orders will go through the usual ordering process via online gallery and will be slightly more expensive.

The Host Club, Edmonton Synchronized Skating Club, will be offering:

- Flowers for Sale
- Raffle
- 50/50 Draw

Cash and Debit/Credit will be accepted.

Live Streaming & Video Purchases

The event is being live streamed on Daily Motion. You may purchase your team's skates by completing the online order form by Feb 9: [Live Stream Order Form](#)

Photo Booth

A photo booth will be available for teams and families/friends to enjoy, located in the arena on the upper concourse level.

Sportsmanship Reminders

We remind everyone about the importance of positive sportsmanship within our sport. This extends to conversations and social media posts. Everyone involved in our sport, including skaters, coaches, officials, and volunteers, deserves to be within a respectful, positive, and supportive environment.

If there are any concerns/clarifications or protests about scoring and results – those are to be submitted to the Tech Rep of each event by submitting a request online through the Skate AB|NT|NU website. For any other concerns, you may email info@skateabnwnun.ca

In addition to the Code of Ethics, parents/guardians, skaters, coaches, officials, and volunteers will:

- a. Encourage athletes to play by the rules and to resolve conflicts without resorting to hostility or violence
- b. Never ridicule a participant for making a mistake during a performance or practice
- c. Provide positive comments that motivate and encourage participants continued effort
- d. Respect the decisions and judgments of officials, and encourage skaters/athletes to do the same
- e. Respect and show appreciation to all competitors, and to the coaches, officials and other volunteers who give their time to the sport

Thank you in advance for your support of a positive, encouraging and supportive skating community.