

Mannville Momentum

Sunday, December 13, 2026

Mannville Recreation Center 5202 52 Ave.

Mannville, AB

Hosted by The Mannville Skating Club

AB | NT | NU

Event Sanction #4536

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. **CANSKATE EVENTS WILL NOT BE ASSESSED BY ACCREDITED EVALUATORS. STAR CATEGORIES WILL HAVE A QUALIFIED JUDGE.**

2. **CATEGORIES:**
   The following Categories are to be held:

Categories and Entry Fee		
Event	**Fee for FIRST Event**	**Fee for ADDITIONAL Events**
CanSkate Events	$35 per Skater	$15 per Skater
CanSkate Team Event	$10 per skater	
STAR 1-3 Interclub Event	$45 per Skater	$20 per Skater
STAR Team Event	$10 per Skater	

Cheques and money orders are preferred and should be made payable to: **Mannville Skating Club.**
E-transfers can be made to mannvilleskating@gmail.com only by the attending club. Please name the Club attending in the Message box.
Cheques post dated 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 **Sunday, November 29.** 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 agree to assume all risks or injuries to the participant'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. Attendants will not look for skaters outside the assigned rooms. Please check in at the registration desk 45-60 minutes prior to the start of your event.
   Each Skating 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).**

CANSKATE EVENT 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. 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.

CanSkate Events - 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

******Awards will be presented 15-20 minutes after each flight, in the designated area. ******

TECHNICAL INFORMATION

MOMENTUM CANSKATE 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. All skaters will perform their elements on the prescribed Skate Canada CanSkate Event circuits. All CanSkate 1-6 flights will end with a 30 second creative expression.
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: (in isolation)
· Fall down/stand up (Balance)
· Move forward (Balance)
· 2 ft. jump (Agility)
· Move backward (Control)

Stage 1:
· Forward push/glide sequence (Balance)
· Forward 2-foot jump (Agility)
· Backward 2-foot skating/walking (Control)

Stage 2:

· Forward 2-foot sculling (Balance)
· Backward 2-foot to 1-foot glide (Control)
· Forward 2-foot turn (Agility)

Stage 3:

· Forward circle thrusts (Balance)
· Backward 2-foot sculling (Control)
· Backward 2-foot jump (Agility)

Stage 4:

· Forward one-foot turn (Agility)
· Forward crosscuts (Balance)
· Backward circle thrusts or pumps (Control)
· 2 foot jump forward to backwards AND backwards to forwards (Agility)

Stage 5:

· Forward 2-foot side stop (Control)
· Forward power jump (Agility)
· Forward inside edges (Balance)
· Backward push/glide sequence (Control)

Stage 6:

· Forward 1-foot side stop (Control)
· Backward perimeter skating with crosscuts (Control)
· Forward/backward and backward/forward c-steps (Agility)
· Forward outside edges (Balance)

CANSKATE TEAM

Each team will consist of two to 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):

- Forward push/glide sequence
- Forward 2-foot Jump
- Forward 2 ft Sculling
- Backward 2-foot to 1-foot glide

CanSkate Team B (Stage 3/4):

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

CanSkate Team C (Stage 5/6):

- Forward two-foot side stop
- Backwards push/glide sequence
- Forward 1-foot Side Stop
- Forward outside edges.

MOMENTUM STAR 1-3 Event

Momentum STAR ELEMENTS

Each skater will perform a series of jumps, spins and spirals. Each element 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 STAR Level 3.

Momentum STAR 1:

Circle Stroking Exercise	Single Toe Loop
Waltz Jump	Single Salchow
Forward Upright Spin	Backward Upright Spin
Forward Spiral Sequence	30 sec. Creative Expression Routine

Momentum STAR 2:

Waltz and Toe Loop Combo
Single Loop Jump
Backward Upright Spin
Forward Spiral Sequence

Momentum STAR 3:

Single Flip Jump
Single Loop/ Single Loop Combo
Combination Spin
Forward Spiral Sequence

Momentum STAR FREESKATE

STAR 2 Freeskate Program

-Must not have passed any part of the STAR 6 freeskate assessment
-One program of a maximum of 2:10 minutes in length
-Program is scored using assessed to standard

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

- Jumps in program
- Spins in program
- Spiral Sequence
- Forward Turn Sequence
- Presentation
- Skating Skills

STAR 3 Freeskate Program
-Must not have passed any part of the STAR 6 freeskate assessment
-One program of 2:00 minutes in length (+ / - 10 seconds)
-Program is scored using assessed to standard

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

- Jumps in program
- Spins in program
- Spiral Sequence
- Presentation
- Skating Skills

Momentum STAR 1 and 2 CREATIVE IMPROV 1

Music length: 45 seconds heard twice on the warm-up.
No coaching: Skaters will be away from others in a dressing room until they compete.
Assessment: Three criteria within two Program Components – Presentation and Skating Skills, as outlined in the STAR Competitive Standards for Assessment Guide.

Momentum STAR 1-3 TEAM EVENTS

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

Momentum STAR 1/2 Team:
Waltz and Toe Loop Combo
Single Loop Jump
Backward Upright Spin
Forward Spiral Sequence

Momentum STAR 3 Team:
Single Flip Jump
Single Loop/ Single Loop Combination
Combination Spin
Forward Spiral Sequence



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Mannville, AB

DEADLINE FOR ENTRIES: Sunday, November 29, 2026. No refunds made after Sunday, December 6, 2026. Mannville Skating Club reserves the right to limit the number of skaters/entries. All skating times will be emailed to your Club contact person. For any questions please email mannvilleskating@gmail.com. Please send ONE Club cheque for all skaters.

Make cheques payable to: Mannville Skating Club.

Mail cheques to: Mannville Skating Club

CanSkate Individual Event Entry Form

Competitor's Name	Please Circle: Male Female Other
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 Email & Phone	
Coach's Name	
Coach's Signature	
Stage/ Level (please circle one)	Pre CanSkate 1 2 3 4 5 6
Highest CanSkate stage badge earned	Pre 1 2 3 4 5

REGISTRATION FORMS NOT COMPLETED IN FULL WILL BE RETURNED UNPROCESSED

Return Form TO: Mannville Skating Club Box 87 Mannville, Alberta T0B 2W0	Registration Deadline: **November 29, 2026**
CHEQUES PAYABLE TO: **Mannville Skating Club**	Entry Fees Total:

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 of 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:

CanSkate 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) ☐ CanSkate Team A (Stage 3/4) ☐ CanSkate Team A (Stage 5/6) ☐

Return Entry Form To:
Mannville Skating Club
Box 87
Mannville AB
T0B 2W0

Deadline for Entries: **November 29, 2026**
Cheques Payable to: **Mannville Skating Club**

Participant's Release

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Signature Of Home Club Officer:	Coach's Signature:
Parents Must Sign if Participant is under 18 yrs. old	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:

STAR Individual Event Entry Form

Competitor's Name	Please Circle: Male Female Other
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 Email & Phone	
Coach's Name	
Coach's Signature	
Category (Please Check only one per event)	Elements: ☐ STAR 1 ☐ STAR 2 ☐ STAR 3 Free Skate: ☐ STAR 2 ☐ STAR 3 Creative Improv: ☐ STAR 1 ☐ STAR 2
Assessment Qualifications (highest Star assessments passed)	

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Participant's Name:	Participants Signature:
Date:	
If Under the Age of 18 years:	
Parent's Signature:	Address:

STAR Team Event Entry Form

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

Team NAME:	
Name 1:	Name 2:
Name 3:	Name 4:
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): ☐ STAR 1/2 ☐ STAR 3	

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Signature Of Home Club Officer:	Coach's Signature:
Parents Must Sign if Participant is under 18 yrs. old	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: