

The Lethbridge Skating Club presents:

Frozen Fest

ATB Centre
74 Mauretania Rd West
Lethbridge, AB T1J 5A8

December 10th, 2016

8:00 AM – 8:00 PM



EVENT INFORMATION

Event Name: Frozen Fest 2016

Event Date: December 10, 2016

Host Club Name: Lethbridge Skating Club

Competition Contact: canskate@lethbridgeskating.com

Arena Name: ATB Centre

Arena Address: 74 Mauretania Rd W, Lethbridge, AB T1J 5A8

Ice Surface Dimensions: 85' x 200'

GENERAL INFORMATION

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. The focus of the event is on individual skill improvement. Instead of the traditional podium presentations for first, second and third, all skaters will receive a certificate indicating their overall performance level award (Gold, Silver, Bronze or Merit). The award level will be based on the assessment of individual elements. Each element is evaluated using three predetermined performance standards. Your skater will receive a full overview. All skaters will receive a token or a medal for their efforts.

1. CATEGORIES

Stage 1 - Must not have passed the complete Stage 1 badge.

Stage 2 - Must have passed Stage 1 but not the complete Stage 2 badge.

Stage 3 - Must have passed Stage 2 but not the complete Stage 3 badge.

Stage 4 - Must have passed Stage 3 but not the complete Stage 4 badge.

Stage 5 - Must have passed Stage 4 but not the complete Stage 5 badge.

Stage 6 - Must have passed Stage 5 but not the complete Stage 6 badge.

*Skaters have the option of skating up one stage with approval from a Skate Canada coach.

Elements in Isolation 1 (like STAR 1)

Elements in Isolation 2

Elements in Isolation 3/4

Elements in Isolation 5

Elements in Isolation 6

Spin, Spiral, Jump 2 (like STAR 2)

Spin, Spiral, Jump 3 (like STAR 3)

Creative Event 1 (8 and younger)

Creative Event 2 (9-12)

Creative Event 3 (13 and older)

Spin Team Competition 1

Spin Team Competition 2

Spin Team Competition 3

Spin Team Competition 4

Spin Team Competition 5

Adult Element Team Event

2. REGISTRATION:

- All registrations will be accepted electronically via the online submission form on www.frozenfest.weebly.com
- Cost to enter is \$35 per event for All Canskate Stages, Elements in Isolation, Creative and Spin Spiral Jump
- Cost to enter the Spin Team Competition is \$30 (\$10/skater)
- Cost to enter the Adult Team Elements is \$20 (\$5/skater)
- Once prepared, competition schedule will be posted on the Frozen Fest website (www.frozenfest.weebly.com), on the LSC website (lethbridgeskating.com) and emailed to participating clubs.
- Please note that individual coaches are not required or encouraged for Canskate element events, as the LSC provides coaching for these events. Coaches providing skaters with support for these events may NOT charge parents individually for the event.
- Individual coaches are required for all Spin, Spiral, Jump and Elements in Isolation events.
- Coaching is optional for the Team Spin Event

3. PAYMENT:

All Frozen Fest entries will be submitted online, and payment will be by PayPal or by credit card. After you have filled out the online registration and you click 'SUBMIT' you will be directed to a secure PayPal page. If you do not have a PayPal account, you can click the grey button at the bottom to pay via a debit or credit card. Please be prepared to make payment before you submit your order because if you close the payment window you cannot get it back. Also, please note that if your credit card is connected to a PayPal account, you must log in to PayPal to make your payment. If you attempt to bypass PayPal login to use a card connected to a PayPal account, your payment will be denied. If registering a Spin Team, please ensure only ONE team member submits registration and payment.

4. CLOSING DATE OF ENTRIES: All entries must be submitted online **by MIDNIGHT Thursday November 24th**. Late entries may be accepted by the discretion of the Host committee.

5. 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 Championships, all competitors 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 competitions. 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.

6. 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)).

7. REGISTRATION: Skaters must register at least one hour prior to their scheduled Category or practice (One half hour for the first events of the day). Skaters must report to the Ice Captain 1/2 hour prior to their scheduled Category.

- 8. CANCELLATION OF EVENTS:** The host club reserves the right to cancel events.
- 9. JUDGING:** All events may be judged by certified Skate Canada judging officials, certified Skate Canada coaches or senior club Program Assistants.
- 10. COACH ACCREDITATION:** All coaches must be minimally CanSkate certified Coach. Program Assistants may accompany certified coaches to assist with CanSkate events.
- 11. AWARDS:** Each skater will receive a certificate indicating their overall performance level award (Gold, Silver, Bronze or Merit). The award level will be based on the assessment of individual elements. Each element is evaluated using predetermined performance standards. Each skater will receive a full overview of their performance on the scoring standards chart which will be provided along with their award certificate. Medals or tokens will be presented to every skaters for effort.
- 12. STANDARDS:** The desired performance standards for each element are outlined on the performance standards charts. Standards are defined by three levels: Gold, Silver and Bronze and each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any element, skaters 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. A panel of three assessors is used to evaluate execution and come to a consensus on the performance standard rewarded for each skill.

13. TECHNICAL INFORMATION (Please see website for all CS circuit maps)

Stage 1:

- Snow slide steps
- Fwd push/glide sequence
- 2-ft jump
- Bwd 2-ft skating/walking

Stage 2:

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

Stage 3:

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

Stage 4:

- Bwd circle thrusts (CW or CCW - skater's choice)
- Bwd 360° step turn (CW or CCW - skater's choice)
- 2-ft jump fwd to bwd & bwd to fwd (CW or CCW - skater's choice)

- Fwd inside slalom
- Stage 5:
- Fwd 2-ft side stop (CW or CCW - skater's choice)
 - Bwd push/glide sequence, full perimeter (CW or CCW - skater's choice)
 - Fwd power jump
 - Fwd crosscuts - figure-8
- Stage 6:
- Fwd 1-ft side stop (L or R - skater's choice)
 - Bwd perimeter skating with crosscuts (CW or CCW – determined by draw)
 - Fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI - skater's choice)
 - Fwd outside edges

STARSkate SPIN, SPIRAL & JUMP -

SPIN, SPIRAL, JUMP 2 – One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills and Performance/Execution scored to standard (Gold, Silver, Bronze or Merit).

Skaters may be grouped by age. No age restrictions.

9 Elements

1) Five jump elements:

- a) Single Salchow b) Single Toe Loop c) Waltz Jump + Single Toe Loop Combination d) Single Loop e) Single Flip or Single Lutz

2) Two spins:

- a) Backward Upright Spin b) Forward entry Sit Spin or Camel Spin with no change of foot, no flying entry, no variations of positions. A Forward Upright Spin is not permitted.

3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 8 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

4) Forward Turn Sequence: Forward Outside Three turn + backward crosscut + backward inside choctaw (i.e. step-forward); executed four times.

SPIN, SPIRAL, JUMP 3 – One program of 2:00 minutes in length (+/- 10 seconds). Individual elements plus Skating Skills, Performance/Execution, and Interpretation assessed to standard (Gold, Silver, Bronze or Merit). Skaters may be grouped by age. No age restrictions.

8 Elements

1) Five jump elements:

- a) All single jumps permitted including single Axel. No double jumps permitted. b) Must include at least one Axel type jump (waltz or single Axel). c) Must include at least 5 different types of single jumps (note: waltz and Axel are considered the same type). If 5 different types of jump are not completed, included, the last repeated jump element type will be invalidated. d) Must include a single loop + single loop combination. e) Maximum 1 additional jump combination. Jump combinations may not include more than two jumps. f) Jump Sequences are not permitted. g) If a jump is repeated it must be in combination. No jump may be included more than twice.

2) Two spins:

- a) Must include Backward Upright Spin b) Must include a combination spin that must include at least one camel and one sit position and commence with a

forward entry. No flying entry, no variations of positions. Change of foot optional.

3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

ELEMENTS IN ISOLATION 1: (1/2 ice)

Circle Stroking Exercise:

- Stroking (crosscuts) in same direction on a circle. 1 round forward, 1 round backward. (Draw for direction)

Three Jumps:

- Waltz Jump
- Single Salchow
- Single Toe Loop

Two Spins:

- Forward Upright Spin
- Backward Upright Spin

Forward Spiral Circles Sequence:

- 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, selection randomly chosen at competition) – assessed as “completed” only.

ELEMENTS IN ISOLATION 2: (1/2 ice)

Two Jumps:

- Single Salchow
- Waltz Jump + Toe Loop Combination

One Spin:

- Forward Entry Sit Spin

Forward Spiral Sequence:

- A sequence of two forward spirals with no more than 8 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge

ELEMENTS IN ISOLATION 3/4: (1/2 ice)

Two Jumps:

- Single Flip
- Single Loop + Single Loop combination

One Spin:

- One Sit Spin or Camel Spin. Flying entry optional; no change of foot, no variations of positions

Forward Spiral Sequence:

- A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

ELEMENTS IN ISOLATION 5: (Full ice)

Two Jumps:

- Single Axel or any double jump
- Jump combination

One Spin:

- Combination spin must include at least one camel and one sit position and commence with a fwd entry. No flying entry, no variations of positions. Change of foot optional.

Forward Spiral Sequence:

- A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

ELEMENTS IN ISOLATION 6: (Full ice)

Two Jumps:

- Single Axel
- Any double jump

One Spin:

- Combination spin, change of foot mandatory. Difficult variations may be attempted. No flying entry.

Forward Spiral Sequence:

- A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

CREATIVE EVENT: Music for the creative routine is provided by the Host Club. A different selection of music shall be played for each group, rotating through all the selections. The music is played for the skaters twice: once to listen to during a 3 minute warm up, and then again to perform. Spins and jumps are permitted, though not required. Music will be 1:30 (=/-10). Programs will be judged on artistic impression, ice coverage, creativity, musical interpretation, posture and carriage. Coaching optional.

Creative Event 1 - For skaters age 8 and under, on December 1, 2016 - performed on 1/2 ice

Creative Event 2 - For skaters age 9-12, on December 1, 2016 - performed on full ice

Creative Event 3 - For skaters age 13 and over, on December 1, 2016 - performed on full ice

SPIN TEAM COMPETITION - Skaters will compete in teams of 3 on 1/2 ice. Each team member will perform one(1) of the following spins: Lowest Sit Spin (min. 2 revolutions, must exit spin upright), Longest spin (any position), Most changes of position and/or foot (min. 2 revolutions each position)

Spin Team A - For skaters at the STAR 1 or 2 level

Spin Team B - For skaters at the STAR 3 or 4 level

Spin Team C - For skaters at the STAR 5 or 6 (Sr Bronze) level

Spin Team D - For skaters at the Silver or Gold level

ADULT ELEMENT TEAM EVENT: To participate in the adult event, a competitor must be 18 years of age or older, and have a current Skate Canada membership. Skaters will compete in teams of 4. Each member will perform one (1) of the following events:

- One jump at the competitor's skating level
- One spin at the competitor's skating level
- One spiral at the competitor's skating level
- One optional skill at the competitor's skating level

Please note that in the adult element event only, there will be an optional 'do-over', if the competitor is not satisfied with his/her first attempt.