

The Lethbridge Skating Club presents

2022
Frozen
FEST

Element Event, STAR 2+ Simulations and Skater Fun Day

January 22, 2022

Nicholas Sheran Ice Centre
401 Laval Blvd W
Lethbridge, AB
T1K 3W7

Skate Canada: Alberta-NWT/Nunavut Sanction #2012



SKATECANADA
LETHBRIDGE SKATING CLUB

EVENT INFORMATION

Event Name: Frozen Fest 2022

Event Date: January 22, 2022

Host Club Name: Lethbridge Skating Club

Event Contact: lethbridgeskating@gmail.com

Arena Name: Nicholas Sheran Ice Centre

Arena Address: 401 Laval Blvd W Lethbridge, AB, T1K 3W7

Ice Surface Dimensions: 85' x 200'

GENERAL INFORMATION

The purpose of this event is to provide CanSkate & STARSkate athletes with the opportunity to showcase their skills in a fun and interactive environment. The Element Event has been formatted to introduce CanSkate and beginner STARSkate athletes to the “competition” aspect of the sport, and the focus is on individual skill improvement and recognition. Instead of the traditional podium presentations, all skaters will receive an award certificate indicating their overall performance level (Gold, Silver, Bronze or Merit). The STAR 2+ Simulations and Skater Fun Day has been formatted to allow skaters to perform their programs on clean ice in front of a small crowd, and to supplement their regular training with an increased aspect of fun and performance. Every STARSkater will receive written feedback on their performance, as well as a certificate or medal depending on the event entered.

1. REGISTRATION: All registrations will be accepted electronically via the online submission form at <https://www.lethbridgeskating.com/frozen-fest.html>. Please be sure to click the correct category (Element Event vs. STAR 2+ Simulations & Skater Fun Day) when registering. Once prepared, the event schedule will be posted on the Lethbridge Skating Club website and emailed to all participating clubs. The fees are as follows:

Individual CanSkate Events: \$40

CanSkate Team Events: \$40

Elements in Isolation: \$40

Spin, Spiral, Jump Team Events: \$40

STAR 2+ Simulation Event: \$40*

Creative Improv: \$30*

Individual Showcase: \$30*

Group Showcase: \$15*

**Anyone entered in one or more of these STARSkate Events will automatically be entered for the free SPIN, SPIRAL, JUMP SKATE-OFF event as well.*

2. PAYMENT: Payment will be collected by PayPal or 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. 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.

3. CLOSING DATE OF ENTRIES: All entries must be submitted online by MIDNIGHT on Monday, January 3, 2022. Late entries may be accepted by the discretion of the Host committee.

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 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 event. 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 cancelled or the entry is withdrawn before the date of close of entries.

6. CANCELLATION OF EVENTS: The host club reserves the right to cancel events.

7. ACCREDITATION: All CanSkate events will be assessed by a panel of 3 volunteer assessors, certified Skate Canada Club Coaches or senior club Program Assistants. All STARSkate events will be assessed by a Skate Canada Professional Evaluator and/or a minimum Skate Canada Regional Coach. Please note that individual coaches are not required or encouraged for the CanSkate events, as the Lethbridge Skating Club will provide coaching for these events. Coaches providing CanSkaters with support for these events may not privately invoice parents.

8. STANDARDS: Skaters will be assessed on the predetermined performance standards set out in the CanSkate Guide, STAR 1-5 Guide, and 2021-2022 Competition Requirements from Skate Canada.

INDIVIDUAL EVENTS

CANSKATE STAGE 1

Participants must not have passed the complete Stage 1 badge.

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

CANSKATE STAGE 2

Participants must have passed the complete Stage 1 badge but not the complete Stage 2 badge.

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

CANSKATE STAGE 3

Participants must have passed the complete Stage 2 badge but not the complete Stage 3 badge.

- FWD circle thrusts (CW or CCW - skater's choice)
- BWD 2-ft jump
- 2-ft quick turn FWD to BWD and BWD to FWD (CW or CCW - skater's choice)
- BWD 2-ft sculling

CANSKATE STAGE 4

Participants must have passed the complete Stage 3 badge but not the complete Stage 4 badge.

- 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

CANSKATE STAGE 5

Participants must have passed the complete Stage 4 badge but not the complete Stage 5 badge.

- 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

CANSKATE STAGE 6

Participants must have passed the complete Stage 5 badge but not the complete Stage 6 badge.

- 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

STAR 1 ELEMENTS IN ISOLATION: (1/3 ice)

Participants must not have passed any STAR 2 FreeSkate evaluations.

Circle Stroking Exercise:

- Crosscuts around a circle – 1 round FWD and 1 round BWD in the same direction. (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, assessed as “completed” only.

STAR 2+ PROGRAM SIMULATIONS

Participants must have passed their STAR 1 FreeSkate evaluation.

STARSkaters can register to simulate as many programs as they would like (FreeSkate, Artistic, Short Program, etc.). Skaters will be sorted in flights of 6-8 according to their age & category and given a warm-up equivalent to that of competition for their level.

CREATIVE IMPROV

Participants must have passed their STAR 1 FreeSkate evaluation.

STARSkaters will hear a piece of music randomly selected by the host club twice in warm-up. They will then perform a creative routine on the ice to the music selection. Program length will not exceed 1 minute and 30 seconds. Skaters will be flighted by age.

INDIVIDUAL SHOWCASE

Participants must have passed their STAR 1 FreeSkate evaluation.

Showcase programs will have STARSkaters perform a program that focuses on the skater’s ability to entertain an audience through the use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are not permitted within the restrictions (feathers or boas or any type are not permitted, as well as any prop that poses a safety risk). Vocal music is permitted, and program length should not exceed 2:00. Skaters will be flighted by age.

TEAM EVENTS

Each team will consist of three or four members. Each member will perform one element in isolation. Please be sure only one parent registers all the members in each team.

CANSKATE TEAM: OPTION A (Stage 1/2):

All participants must not have passed the complete Stage 2 Badge.

- Forward Push/Glide Sequence
- Forward 2 ft Sculling
- Forward 2ft Jump
- Backward 2ft Sit Glide

CANSKATE TEAM: OPTION B (Stage 3/4):

All participants must have passed the complete Stage 2 Badge but not the Stage 4 Badge.

- Forward Circle Thrusts
- Backward Circle Thrusts
- Backward 2 ft Jump
- Forward Inside Slalom

CANSKATE TEAM: OPTION C (Stage 5/6):

All participants must have passed the complete Stage 4 Badge but not the Stage 6 Badge.

- Forward Power Jump
- Forward 1ft Side Stop
- Forward Figure 8 Crosscuts
- Forward Outside Edges

STARSkate SPIN, SPIRAL, JUMP TEAM: OPTION A

Participants must not have passed any STAR 2 FreeSkate evaluations.

- Any upright spin
- Spiral
- Waltz Jump
- Crosscuts (skater's choice of direction)

STARSkate SPIN SPIRAL JUMP TEAM: OPTION B

Participants must not have passed any STAR 2 FreeSkate evaluations.

- Back Spin
- Toe Loop
- Loop Jump
- One spiral on each foot in sequence with a maximum of four steps in between.

GROUP SHOWCASE EVENT

Participants must have passed their STAR 1 FreeSkate evaluations.

Showcase programs will have 2-6 STARSkaters who will perform a program that focuses on the skater's ability to entertain an audience through the use of theatrics or artistic abilities. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are not permitted within the restrictions (feathers or boas or any type are not permitted, as well as any prop that poses a safety risk). Vocal music is permitted, and program length should not exceed 3:00. Programs should not resemble a Synchronized Skating Program, as team formations and maneuvers should be limited. Lifts and throws or any kind are not permitted.

SPIN, SPIRAL, JUMP SKATE-OFF

All STARSkaters who register for one or more of the Program Simulations, Creative Improv, or Showcase Events are invited to participate in the SPIN, SPIRAL, JUMP SKATE-OFF event free of charge. This event will feature challenges such as the farthest jump, most rotations, and longest spiral. There will be games and other fun activities for skaters to enjoy, too!