

The Lethbridge Skating Club presents:

# Frozen Fest

CANSKATE ELEMENT EVENT

Civic Ice Centre  
905 6<sup>th</sup> Ave S  
Lethbridge, AB  
T1J 4N9

**January 18<sup>th</sup>, 2020**

Skate Canada: Alberta-NWT/Nunavut Sanction #1023



## EVENT INFORMATION

**Event Name:** Frozen Fest 2020

**Event Date:** January 18<sup>th</sup>, 2020

**Host Club Name:** Lethbridge Skating Club

**Event Contact:** lethbridgefrozenfest@gmail.com

**Arena Name:** Civic Ice Centre

**Arena Address:** 905 6<sup>th</sup> Ave S, Lethbridge, AB, T1J 4N9

**Ice Surface Dimensions:** 83' x 186'

## 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.

### 1. REGISTRATION:

- All registrations will be accepted electronically via the online submission form at [lethbridgeskating.com/frozen-fest](http://lethbridgeskating.com/frozen-fest)
- Cost to enter is \$40 per individual event and \$40 per team
- Once prepared, event schedule will be posted on the Lethbridge Skating Club website 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.

### 2. 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.

### 3. CLOSING DATE OF ENTRIES: All entries must be submitted online **by MIDNIGHT Thursday January 2<sup>nd</sup>**. 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 not held or if the entry is withdrawn before the date of close of entries
- 6. 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.
- 7. CANCELLATION OF EVENTS:** The host club reserves the right to cancel events.
- 8. ASSESSMENTS:** All events may be assessed by volunteer assessors, certified Skate Canada coaches or senior club Program Assistants.
- 9. COACH ACCREDITATION:** All coaches must be minimally CanSkate certified Coach. Program Assistants may accompany certified coaches to assist with CanSkate events.
- 10. AWARDS:** In Stage 1-6 and Elements in Isolation, 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 skater for effort.
- 11. 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.

## INDIVIDUAL EVENTS

### CanSkate Stage 1:

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

### CanSkate Stage 2:

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

### CanSkate 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

### CanSkate 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

### CanSkate 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

### CanSkate 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

## ELEMENTS IN ISOLATION: (1/3 ice) (skaters must not have passed any portion of the Star 2 free skate evaluations)

### 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 event) – assessed as “completed” only.

## TEAM EVENTS

### CANSKATE TEAM EVENTS:

Each team will consist of three or four members. Each member will perform one element in isolation. **Please ensure only one parent/team registers for the team event**

#### Frozen Fest CanSkate Team: **OPTION A (Stage 1/2):**

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

#### Frozen Fest CanSkate Team: **OPTION B (Stage 3/4):**

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

#### Frozen Fest CanSkate Team: **OPTION C (Stage 5/6):**

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

### FROZEN FEST SPIN, SPIRAL, JUMP TEAM EVENTS

Each team will consist of three or four members. Each member will perform one element in isolation. **Please ensure only one parent/team registers for the team event**

#### FROZEN FEST SPIN, SPIRAL, JUMP TEAM: **OPTION A**

TESTS: Participants must not have passed any portion of the Star 2 free skate evaluations

- Any upright spin
- Spiral
- Waltz Jump
- Crosscuts (skaters choice of direction)

#### FROZEN FEST SPIN SPIRAL JUMP TEAM: **OPTION B**

TESTS: Participants must not have passed any portion of the Star 2 free skate evaluations

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