

The Lethbridge Skating Club presents



2023
Frozen
FEST

Element Event, Sims, and Skater Fun Day

Saturday, January 28, 2023

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

Skate Canada: Alberta-NWT/Nunavut Sanction #3033



EVENT INFORMATION

Event Name: Frozen Fest 2023

Event Date: January 28, 2023

Host Club Name: Lethbridge Skating Club

Event Contact: lethbridgeskating@gmail.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 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. There are no age limits to our categories, as adult skaters are encouraged to participate as well!

- 1. REGISTRATION:** All registrations will be accepted electronically via the online submission form at <https://lethbridgeskating.wufoo.com/forms/mjmomli04ipacj/>. 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

STAR 1 Elements in Isolation: \$40

STAR 1 Spin, Spiral, Jump Routine: \$40

STAR 2+ Simulation Event: \$40*

Creative Improv: \$30*

CanSkate Team Events: \$40

StarSkate Team Events: \$40

Group Showcase: \$15*

*Anyone entered in one or more of the STAR 2+ Simulations, Creative Improv, or Group Showcase Events is invited to join us for a free SKATE-OFF fun event at the end of the day.

- 2. PAYMENT:** Payment will be collected by PayPal or credit card. After you have filled out the online registration and 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 Friday, January 6, 2023. 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 made up of 3 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 2022-2023 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.

- 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.

- 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.

- 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.

- 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.

- 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 (C-step) (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 3 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 1 SPIN, SPIRAL, JUMP ROUTINE: (1/2 ice)

Participants must not have passed any STAR 3 FreeSkate evaluations.

Skaters will hear a piece of music selected by the host club twice in warm up. They will then perform their trained creative routine on ½ ice to the music selection. Routines should include a minimum of 1 spin, 1 spiral, and 1 jump. Music selection will be 1 minute and 30 seconds.

STAR 2+ PROGRAM SIMULATIONS

Participants must have passed their STAR 1 FreeSkate evaluation.

Skaters 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.

STARSKATE CREATIVE IMPROV

Skaters 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. Focus should be on performance and musical expression, rather than technical skills.

TEAM EVENTS

Each team should consist of three or four members. Please be sure only one parent registers all the members in each team. All teams are encouraged to create a team name and wear matching outfits to their event.

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.

- 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.

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

STARSKATE TEAM OPTION A

Participants must not have passed any STAR 3 FreeSkate evaluations.

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

STARSKATE TEAM OPTION B

Participants must not have passed any STAR 3 FreeSkate evaluations.

- Back Spin
- Loop Jump
- Toe Loop
- Spiral Sequence

STARSKATE GROUP SHOWCASE

Participants must have passed their STAR 1 FreeSkate evaluations.

Skaters will perform a program that focuses on their ability to entertain an audience through the use of theatrics or artistic elements. Programs may tell a story, create a mood or have an obvious theme. Costumes and props are not permitted. 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 of any kind are not permitted.

STARSKATE SKATE-OFF

All skaters who register for the Program Simulations, Creative Improv, or Showcase Events are invited to participate in the fun SKATE-OFF event at the end of the day 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!