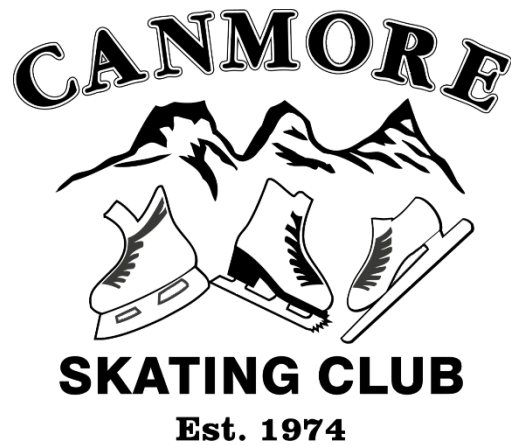


Three Sisters Fun Skate

Hosted by the Canmore Skating Club



Sunday, March 31st, 2019

Canmore Rec Centre

1900 – 8th Ave, Canmore, AB

[Click Here for Directions](#)

Skate Canada: Alberta-NWT/Nunavut Sanction #9874

HOST CLUB INFORMATION

Event Name:	THREE SISTERS FUN SKATE 2019
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Event Date:	Sunday, March 31 st , 2019
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Host Club Name:	Canmore Skating Club
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Host Club Event Chair:	Norine Hori
Email: norine.hori@peardon.com	Phone: 403-678-3050 (h) 403-609-7911 (m)

Arena Details:	Canmore Rec Centre	1900 8 th Avenue Canmore, AB
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Registration Times: Registration begins one (1) hour before the start of the event, with exception of the first event, ½ hour is sufficient.

CANMORE



SKATING CLUB

Est. 1974

GENERAL INFORMATION

1. Categories:

- A. Canskate Program (1, 2, 3, 4, 5, 6) - half ice event
- B. Canskate Creative Expression (1,2,3,4,5,6) – full ice event
- C. Spin, Spiral, Jump Solo Levels 1, 2, and 3 (must have passed Stage 6 Canskate) – full ice event
- D. Creative Expression Level 1, 2, and 3 (must have passed Stage 6 Canskate) – full ice event
- E. Canskate Team Event (1,2,3,4,5,6) – full ice event
- F. Spin, Spiral, Jump Level 1, 2, and 3 Team Event – full ice event

2. Entry Fees:

Entry Fees		
Event	First Event Cost	Subsequent Event Cost
Canskate Program/Canskate Creative Expression	\$30	\$20

Spin, Spiral, Jump Solo/Creative Expression Level 1,2,3	\$30	\$20
Canskate Team Event (1,2,3,4,5,6)	\$40 per team	
Spin, Spiral, Jump Level 1, 2, 3 Team Event	\$40 per team	

3. Schedule: A schedule of events shall be emailed to each club designate prior to the commencement of the event.

4. Entries: Entrants in events shall be: a. Eligible persons as defined in Skate Canada Rule Book Section 2100 b. Be Associate members in good standing of the Association. Event entries will only be accepted from skaters who are members affiliated with Skate Canada clubs.

5. Closing Date of Entries: All entries must be received no later than **March 15th, 2019**. In the event of a postal disruption it is the responsibility of the competitor to ensure that their entry is in to the Host Club Registrar by the closing date, at their own expense.

6. Late Entries: Late entries may be accepted at the discretion of the Host Club.

7. Refund of Entry Fees: No refunds will be made after the closing date. Event fees shall be refunded only due to event cancellation.

8. Accidents: The Association and Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in this event, all skaters and parents or guardians shall be deemed to agree all risks or injuries to the skater's person and property resulting from, or caused by, or connected with the conduct and management of the event. 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.

9. Registration: Skaters must register one (1) hour prior to the scheduled start time for their event. Skaters must report to the ice captain one (1) hour prior to the scheduled start time for their event with exception of the first event of the day, ½ hour is sufficient.

10. Cancellation of Events: The Host Club reserves the right to cancel any event.

11. Flight System: If the number of registrations in a category warrants, a flight system will be used. Skaters will be grouped accordingly by age firstly, date of registration secondly.

12. Warm up Times: Skate Canada has designated standardized warm up times for all events (3 minutes).

13. Awards: It is the responsibility of skaters to proceed directly to the award presentation area following their skate, wearing skates and skating attire. Awards are presented immediately after events. All participants will receive either a merit, bronze, silver, or gold award. For each category, the overall performance award given is the total of the individual element. Award levels defined as follows: a) Gold: at least 2 elements at the Gold level and no element lower than silver b) Silver: at least 2 elements at the Silver level and no element lower than a bronze. c) Bronze: at least 2 elements at the Bronze level d) Merit: majority of the elements at the Merit level.

14. Assessment: These events are **NOT** being assessed by accredited evaluators.

15. Skating Up: Skating up one level is allowed; however, participants must register in **ONLY ONE** level of the same category. So, if entering SSJ Level 1, then you enter Creative Expression Level I.

16. Entry Limits: The club reserves the right to limit registrations/skater entries. Registrations will be accepted as received (first come first serve basis) and will be limited to a max of 100 entries or based on ice time availability.

17. Payment: we will accept ONE club cheque for all participants from their club.

18. Helmets: are required until skater has passed level 5. No exceptions. Attire must be suitable for skating, with no flowing apparel that will be a hazard.

19. Music: All music for the Spin, Spiral, Jump solos must be submitted at the registration desk. Skaters are required to submit 2 CD's. No exceptions.

Canskate Program Event

The program will be skated to music provided by the host club and will be performed on ½ ice. The program requirements for each stage are listed below. Connecting steps may be included, along with the beginning and ending poses. The program length will not exceed 1(one) minute.

• **Stage 1: Must not have completed full Stage 1 badge**

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

• **Stage 2: Must not have completed full Stage 2 badge**

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

• **Stage 3: Must not have completed full Stage 3 badge**

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

• **Stage 4: Must not have completed full Stage 4 badge**

- o Bwd circle thrusts (CW or CCW - skater's choice)
- o Bwd 360° step turn (CW or CCW - skater's choice)
- o 2-ft jump FWD to bwd and bwd to FWD* (CW or CCW - skater's choice)
- o FWD inside slalom

• **Stage 5: Must not have completed full Stage 5 badge**

- o FWD 2-ft side stop (CW or CCW - skater's choice)
- o Bwd push/glide sequence, full perimeter (CW or CCW - skater's choice)
- o FWD power jump
- o FWD crosscuts - figure-8

• **Stage 6: Must not have completed full Stage 6 badge**

- o FWD 1-ft side stop (L or R - skater's choice)
- o Bwd perimeter skating with crosscuts (CW or CCW - determined by draw)
- o FWD 180° step turn (mohawk) (RFI-LBI or LFI-RBI - skater's choice)
- o FWD outside edges

***Note:** Some element requirements are two skills combined (e.g. 2-ft jump FWD to bwd and bwd to FWD). This was done for ease of delivery and assessment (simple and measurable performance criteria created to reflect the execution of the skill in both directions).

Canskate Team Event

Each Team will consist of 3-4 members. Each member will perform one element in isolation.

Canskate Stage 1 and 2 Team

- 1) Forward Push/glide sequence
- 2) Forward 2-foot jump
- 3) Forward 2-foot sculling
- 4) Backward 2 feet sit glide

Canskate Stage 3 and 4 Team

- 1) Forward circle thrusts
- 2) Backward 2-foot jump
- 3) Backward circle thrusts
- 4) Forward inside slalom

Canskate Stage 5 and 6 Team

- 1) Forward power jump
- 2) Forward figure 8 crosscuts
- 3) Forward 1-foot side stop
- 4) Forward outside edges

SPIN, SPIRAL, JUMP SOLO EVENT

Spin, Spiral, Jump Solo Event Level 1: Tests- Participants may have passed Canskate Stage 6 and not any portion of the Star 2 or 3 Freeskate Test - Program length not to exceed 2 minutes. Skaters will perform on the full ice surface. Music provided by Host Club

- 1) Waltz jump
- 2) Salchow jump
- 3) Toe Loop jump
- 4) Forward and Backward crosscuts in a circle (skater may choose direction)
- 5) Forward crossovers any direction
- 6) One foot Spin
- 7) Backspin
- 8) Two forward spirals, one on each foot on a circle

Spin, Spiral, Jump Solo Level 2: Tests- Participants **MUST** have passed Canskate Stage 6 and not any portion of the Star 3 Freeskate Test. Specifications – program length 2 minutes. Skaters will perform on full ice surface. **Skaters will provide their OWN solo music.**

- 1) Waltz jump toe loop combination jump
- 2) Salchow jump
- 3) Toe Loop jump
- 4) Loop jump
- 5) Either a Flip jump OR Lutz jump
- 6) Turn sequence (forward outside 3 turn crosscut, a sequence of 4)
- 7) Sit Spin OR Camel Spin
- 8) Backspin
- 9) Two forward spirals one on each foot with connecting steps in between.

Spin, Spiral, Jump Solo Level 3: Tests- Participants MUST have passed Canskate Stage 6 and not any portion of the Star 4 Freeskate Test. Specifications – program length 2 minutes. Skaters will perform on full ice surface. **Skaters will provide their OWN solo music.**

- all single jumps permitted including single axel; no double jumps permitted
- must include at least one axel type jump (waltz or single axel)
- must include at least five different types of single jumps (note: waltz and axel are considered the same type)
- must include a single loop + single loop jump combination
- maximum of one additional jump combination; maximum of two jumps in a combination
- no jump sequences
- no jump may be included more than twice
- a repeated jump must be executed as part of a jump combination
- Two spins
- backward upright spin
- combination spin that has at least one camel and one sit position and commences with a forward entry; no flying entry or variations of positions; change of foot optional
- Forward spiral sequence: a sequence of two forward spirals with no more than four steps in between; one spiral on each foot, unsupported position; on either inside or outside edge

SPIN, SPIRAL, JUMP TEAM EVENTS

Level 1: Tests: Participants must not have passed any portion of the Star 2/3 freeskate.

- 1) Upright Spin
- 2) Waltz Jump
- 3) Forward Spiral Sequence, one on each foot
- 4) Toe Loop Jump

Level 2: Tests: Participants must not have passed the complete Star 3 Freeskate Test.

- 1) Sit OR Camel Spin
- 2) Salchow jump
- 3) Waltz Jump Toe Loop jump combination
- 4) Forward Spiral Sequence: one spiral on each foot in sequence with a max. of four steps in between. Spirals must be unsupported.

Level 3: Tests: Participants must not have passed the complete Star 4 Freeskate Test.

- 1) Combination Spin, must include a sit and camel position. Change of foot optional
- 2) Loop/Loop Combination Jump
- 3) Flip OR Lutz Jump
- 4) Forward Spiral Sequence: one spiral on each foot in sequence with a max. of four steps in between. Spirals must be unsupported.

CREATIVE EXPRESSION EVENT

Canskate (1&2) (3&4) & (5&6)

Skaters will hear a piece of music selected by the host club twice in warm up. They will perform a creative routine on full ice surface Program shall not exceed one minute.

CREATIVE EXPRESSION EVENT

LEVEL 1, 2 & 3

Skaters will hear a piece of music selected by the host club twice in warm up. They will perform a creative routine on full ice surface. Program shall not exceed one minute.

- a) Skaters must have passed Stage 6 Canskate
- b) Skaters will be categorized by age and level

TSFS Individual Events Registration Form

Skater's Name:	Email:	
Male/Female	Birthdate (yy/mm/dd):	Age:
Phone: (H)	(C)	
SC#	Coach Name:	
Home Club:		
Club Contact Name:	Phone:	
<p>Category Entering: Please circle ALL events skater is entering</p> <p>Canskate Solo – Stage 1, Stage 2, Stage 3, Stage 4, Stage 5, Stage 6</p> <p>Spin, Spiral, Jump Solo – Level 1, Level 2, Level 3</p> <p>Canskate Creative Expression – Stage 1&2, Stage 3&4, Stage 5&6</p> <p>Creative Expression – Level 1, Level 2, Level 3</p>		
Test Qualifications: Highest Passed Freeskate:		
Entry Free: First Event \$30, Additional Event \$20		
<p>Return Entry Form to:</p> <p>Canmore Skating Club</p> <p>2 Cougar Court, Canmore, AB T1W 1B3</p> <p>Attn: Competition Chairperson</p> <p>Postmarked no later than March 15th, 2019</p> <p>*One club cheque for all entries</p>		
<p>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, 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 or injury to my person as a result of my participation in this activity.</p>		
Participants Name: (print)		
Participant's Signature: (if under 18, parent/guardian signature):		
Date:		

TSFS Team Entry Form

(one form for each team)

Team Name:

Skater names:

1)

2)

3)

4)

Club:

Club Contact Name:

Phone:

Email:

Level Entered

Canskate Team Event – Stage 1/2, Stage 3/4, Stage 5/6

Team Event – Level 1 Level 2 Level 3

Entry Fee: **\$40 per team**

Return Entry Form(s) to:

Canmore Skating Club

2 Cougar Court, Canmore, AB T1W 1B3

att: Comp. Chairperson

Postmarked no later March 15th, 2019

***one club cheque for all entries**

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, 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 or injury to my person as a result of my participation in this activity.

Participant Name:

Signature (under 18 Parent or Guardian:

Participant Name:

Signature (under 18 Parent or Guardian:

Participant Name:

Signature (under 18 Parent or Guardian:

Participant Name:

Signature (under 18 Parent or Guardian:

Date: