

THE THREE SISTERS FUN-SKATE 2023

HOSTED BY THE



SATURDAY APRIL 1st, 2023
CANMORE RECREATION CENTRE

1900 8th Avenue Canmore, Alberta



AB | NT | NU

Skate Canada: Alberta-NWT/Nunavut Sanction # 3016

HOST CLUB INFORMATION

Event Name 2023 Canmore Three Sisters FunSkate

Event Date April 1st , 2023

Host Club Name Canmore Skating Club

Host Club Event Chair

Name: Dominique Schmaltz

Email: canmoreskatingclub@gmail.com

Host Club Registrar

Name: Norine Hori

Email: canmoreskatingclub@gmail.com

Host Club Event Lead

Name: Norine Hori

Email: canmoreskatingclub@gmail.com

Arena Details

Name: CANMORE RECREATION CENTRE. Alex Kaleta Arena.
1900 8th Avenue Canmore, Alberta

Registration Times

Registration begins 1 hour prior to the start of the 1st event of the day.

GENERAL INFORMATION

1. **Categories:** The following Categories will be held

- CanSkate/PreStar Element Event (Stages 1-6)
- CanSkate/PreStar Creative Event (Stages 1-6)
- STAR 1 Spin/spiral/jump Solo Event
- STAR 2 & 3 Solo Event
- STAR 1-3 Creative Event
- STAR 1-3 Isolated Element Event

2. **Entry Fees**

EVENT	FEE
Elements	\$35
Creative	\$35
Solo Events	\$35

3. **Schedule:** a schedule of events shall be emailed to each club designate prior to the commencement of event
4. **Entries:** Entrants in Events shall be
 1. Eligible persons as defined in Skate Canada Rule Book Section 2100
 2. 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 11th , 2023,
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 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 may 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 of their event.
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 warrant it, a flight system will be used. Skaters will be grouped according by age firstly, date of registration secondly.
12. **Warm Up Times:** Skate Canada has designated standardized warm up times for all events
13. **Awards:** It is the responsibility of skaters to proceed directly to the award presentation area following their skate, wearing skates and skating attire.

CanSkate Element Event – elements performed in isolation. Results are tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

Stage 1 – Must not have passed the complete Stage 1 badge

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

Stage 2 – Must have passed Stage 1 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

Stage 3 – Must have passed Stage 2 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 & bwd to fwd (CW or CCW – skater's choice)
- Bwd 2-ft sculling

Stage 4 – Must have passed Stage 3 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

Stage 5 – Must have passed Stage 4 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

Stage 6 – Must have passed Stage 5 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 (c-step) (RFI-LBI or LFI-RBI – skater's choice)
- Fwd outside edges

Creative Event Stages 1-6 Skaters will hear a piece of music (selected by the Host Club) twice during warm up; skaters will have half (1/2) of the ice surface to perform a creative program that complements the music. Skaters are encouraged to NOT pre-choreograph routines. Music selections will be 30 seconds long.

Isolated Element Event Star 1-3- Elements performed in isolation. Results are tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

STAR 1 -MAY have passed Stage 6 of CanSkate.

1. **Circle Stroking Exercise:** Stroking (crosscuts) in same direction on a circle. 1 round forward, 1 round backward. (Draw for direction)
2. **Two Jumps:**
Waltz Jump
Single Salchow
3. **One Spin:**
Forward Upright Spin
4. **Forward Spiral Circles:** Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction.

STAR 2 -MUST have passed Stage 6 of CanSkate.

1. **Two jumps:**
 - a) Single Loop
 - b) Waltz Jump + Single Toe Loop Combination.
2. **One spins:**
 - a) Backward upright spin.
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 S-Step (i.e. step-forward); executed four times.

STAR 3 -MUST have passed Stage 6 of CanSkate.

1. **Two jumps:**
 - a) Single Loop/ Single Loop Combination
 - b) Single Flip
2. **Two spins:**
 - a) Backward Upright Spin.
 - b) Combination spin (Camel, sit position and commence with a forward entry. No flying entry, no variations of positions. No change of foot.
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.
4. **Stroking** (1x STAR 3 skills power exercise)

Creative Event Star 1-3 Skaters will hear a piece of music – selected by the Host Club, twice during warm up; skaters will have the full ice surface to perform a creative program that complements the music. Skaters are encouraged to NOT choreograph routines. Music selections will be 1 minute long, each flight (if applicable) will have a different music selection. Flight selections will be made according to age and

level. Results are tabulated for each individual separately. Skaters do not compete against each other for a ranking since awards are based on performance standards alone.

STAR 1 Spin/Spiral/Jump Solo Event

Skaters/coaches will supply their own music of 2 minutes +/- 10 seconds and perform a program that includes all of the STAR 1 elements listed below. Multiple skaters can use the same music, clubs are encouraged to supply one piece of music for all their skaters to perform to.

Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard.

STAR 1 SOLO EVENT:

1. Three Jumps
 - a. Waltz Jump
 - b. Single Salchow
 - c. Single Toe Loop
2. Two Spins:
 - a. Forward Upright Spin
 - b. Backward Upright Spin
3. Forward Spiral Circles: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction.

STAR 2 & 3 Solo Events

Skaters will supply their own music of 2 minutes +/- 10 seconds and perform a program that includes the below elements.

Individual elements plus Skating Skills, Performance, and Interpretation assessed to standard

STAR 2 Program

Nine elements:

- Single Salchow
- Single Toe Loop
- Waltz Jump + single Toe Loop combination
- Single Loop Jump
- Single Flip or single Lutz
- Backward Upright Spin
- Forward Entry Sit Spin or Camel Spin with no change of foot; no flying entry; no variations of positions; forward Upright Spin is not permitted
- Forward Spiral Sequence: a sequence of two forward Spirals with no more than eight Steps in between; one Spiral on each foot, unsupported position; on either inside or outside Edge

- Forward Turn Sequence: forward outside Three-Turn + backward Crosscut + backward inside S step (i.e. step-forward); executed four times

STAR 3 Program

Eight elements:

- Five Jump Elements
 - 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 Position 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