



**Westlock Skating Club's
We CAN be STARS
CanSkate 4-6
Star 1-3 Competition Event
Announcement (February 7 2025)**

Host Club: Westlock Skating Club

Event Date: Friday, February 7th, 2025 from 10am-7 p.m.

Competition/Registration Chair: Chelsea Forsythe (westlockskate@gmail.com)

Arena Details: Westlock Rotary Spirit Centre, 9603 100 Street, Westlock, AB

On Site registration will open at 9:00 am on Friday, February 7th, 2025. All skaters should check in at the registration desk 1-hour prior to their scheduled skate time.

Skate Canada Sanction # 3339

Categories Offered

1. CanSkate Stage 4-6 Elements
2. CanSkate Stage 4-6 Creative Improv
3. CanSkate Stage 5 & 6 Elements, Spin Spiral Jump
4. CanSkate Stage 4-6 Team Element Event
5. Star 1-3 Elements
6. Star 1 Creative Improv
7. Showcase - Star 1 - Spin Spiral Jump
8. Star 2 & 3 Freeskate
9. Star 2 & 3 Pattern Dance Solo - Dutch Waltz
10. Star 2 & 3 Pattern Dance Solo - Canasta Tango
11. Star 2 & 3 Pattern Dance Solo - Baby Blues
12. Star 2 & 3 Team Element Event
(Star 2 Flight 1 is listed for Star 1 skaters performing the Star 2 elements)

More information can be found in the:

- CanSkate Elements Descriptions and Requirements Guide
- 2024/2025 Star Program Requirements Guide

Marking System: as per the CanSkate Elements Descriptions and Requirements Guide and the Star 1-4 Event Standards for Assessment Guide

Registration Fees

- CanSkate \$40 for registration and first event, \$25 per additional event, \$30 per team
- StarSkate \$50 for registration and first event, \$30 per additional event, \$40 per team

How to Register:

- Opens December 8, 2024
- Navigate to www.westlockskate.uplifterinc.com or westlockskate.ca
- Click on the registration tab.
- If you do not already have, create an Uplifter account using the Parent Name for the account, and add your skater(s) as participants.
- In the Category drop-down menu on the left side of the page, choose Events.
- All payments must be made online using a credit card at the time of registration.
- Team Registration: One party is to register for each team, and will need all of the names for each participating skater.

LINK TO REGISTER: <http://www.westlockskate.uplifterinc.com>

STAR 2 / 3 Freeskate Music Submissions

Email music to westlockskate@gmail.com

- Must be sent in an MP3 Format
- Music must be saved as the skater's first and last name (i.e., John Smith) • Deadline for music submission is January 31, 2025
- All skaters must bring back-up music (phone, iPod, MP3 Player, CD, USB)

Closing Date of Entries: Wednesday, January 15, 2025

- All entries must be received no later than Wednesday, January 15, 2025, at 11:59 pm
- Registration numbers are capped and may close prior to the January 15th registration deadline if the event fills to capacity.
- Skaters may be accepted off the waitlist if space allows.

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. There will be a \$10.00 administration fee applied to all withdrawals. After the closing date of entries (January 15, 2025), there will be no refunds given for any reason, including medical pulls. No exceptions.

Awards:

- The awards ceremony for each flight will be held approximately 15-minutes after the conclusion of each event in the awards area.
- All skaters are requested to attend the awards ceremony to receive their certificates.
- All skaters are requested to wear skates with their hard guards for the awards ceremony.

Additional Information:

Competition Schedule: The competition schedule will be emailed out to participants after the registration deadline, anticipated by Saturday, February 1st, 2025.

Spectators: Spectators are permitted and there are no restrictions. In the event of any restrictions being implemented by the facility, those would be adhered to.

Accidents: The Association and Committee of the Host Club take no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in this event, all competitors 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 competitions. 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.

Pictures and Video: Persons wishing to take photographs of on ice performances are reminded that use of flash cameras is not permitted. The use of video cameras must be restricted to areas that do not disturb or interrupt the skaters or officials. NOTE: You may only take pictures or videos of your own skater.

CanSkate Categories - Technical Information

Elements

Each skater will perform each element in isolation. Skaters will take turns within their group.

Stage 4:

- Forward crosscuts: one complete circle; draw for direction
- Backward circle thrusts: one complete circle; draw for direction
- Forward 1-foot turn: skaters choice of foot and edge
- Forward-backward 2-foot jump

Stage 5:

- Forward inside edges: on the blue line; minimum 6
- Forward 2-foot side stop: skaters choice of direction
- Backward push/glide sequence: width of ice
- Forward power jump

Stage 6:

- Forward outside edges: on the blue line; minimum 6
- Forward 1-foot side stop: skaters choice of direction
- Backward figure 8 crosscuts: on hockey circles
- Forward c-step

CanSkate Elements - Spin Spiral Jump

This is a one-minute program to be skated on ½ of the ice surface. Program must include ONLY 1 spin, ONLY 1 spiral and ONLY 1 jump (in any order). A beginning and ending pose as well as connecting steps may be included. **NO MUSIC**. To be assessed as an elements program.

Stage 5:

- 1 - 1 foot spin
- 1 - forward power jump
- 1 - forward spiral

Stage 6:

- 1 - 1 foot spin
- 1- rotating power jump
- 1 - forward spiral

Creative Improv CanSkate Stages 4-6

Skaters will hear a piece of music selected by the host club twice during warm-up. They will then perform a creative routine on the ice to the music selection. Program length will be 45 seconds of music. Skaters will be assessed on presentation and skating skills.

CanSkateTeam Element

Each team will consist of 2 to 4 skaters. Skaters will complete skills together from their team stage. One skater can not perform more than 2 elements. Teams are encouraged to practice a simple team bow. This bow is not assessed and will be for fun only.

Stage 4:

- Forward lunge
- Backward 1 foot curve glide: skaters choice of direction and edge
- Backward 2 foot slalom
- Forward 1 foot turn: skaters choice of foot and edge

Stage 5:

- Forward inside edges: on blue line; minimum 6
- Forward 2-foot side stop: skaters choice of direction
- Backward push/glide sequence: width of ice
- Forward-backward 1 foot jump: skaters choice of foot and edge

Stage 6:

- Backward figure 8 crosscuts: on hockey circles
- Forward 1 foot slalom: skaters choice of foot
- Forward outside edges: on the blue line; minimum 6
- Rotating power jump

Star 1-3 Event Categories - Technical Information

Elements

Each skater will perform each element in isolation. Skaters will take turns within their group.

Star 1 Elements:

- Circle stroking exercise: stroking (crosscuts) in the same direction on a circle (one round forward, one round backward); draw for direction
- Waltz jump
- Salchow
- Toe loop
- Forward upright spin
- Backward upright spin
- Forward spiral circles: 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): this is assessed as "complete" or "incomplete" only

Star 2 Elements:

- Loop jump
- Waltz + toe loop combination
- Backward upright spin
- Forward spiral sequence

Star 3 Elements:

- Flip jump
- Loop + loop combination
- Combination spin
- Forward spiral sequence

Team Elements

Each team will consist of two to four members. One skater can not perform more than 2 elements. Teams are encouraged to practice a team bow. This may be simple, or may include a few choreographed team moves. The bow is not assessed, and will be for fun only.

****Star 2 Flight 1 is for Star 1 skaters who will perform the Star 2 elements as there is no Star 1 team event****

Star 2 Flight 1 Team Elements (Star 1 skaters):

- Loop jump
- Waltz + toe loop combination
- Backward upright spin
- Forward spiral sequence

Star 2 Team Elements:

- Loop jump
- Waltz + toe loop combination
- Backward upright spin
- Forward spiral sequence

Star 3 Team Elements:

- Flip jump
- Loop + loop combination
- Combination spin
- Forward spiral sequence

Creative Improv (Star 1)

Skaters will hear a piece of music selected by the host club twice prior to warm-up. They will hear the music once more during their warm up. They will perform a creative routine on the ice to the music selection. Music will be 45 seconds.

Showcase - Spin Spiral Jump (Star 1)

Music is a one-minute program in length, can be the same music or different. It is skated on the whole ice surface. Program must include one forward OR backward upright spin, TWO jumps (choice of waltz jump, toe loop, and salchow). One spiral sequence consisting of one forward spiral done on each foot on either inside or outside edges. A beginning and ending pose as well as connecting steps may be included. It is assessed to standard - presentation and skating skills.

Star 2 & 3 Freeskate

Skaters will perform their trained Star 2 or 3 Freeskate program to their music and will be assessed based on the Skate Canada criteria for Star 2 or 3 Freeskate programs based accordingly on the level they have entered. Program music must be submitted at the time of registration.

Star 2 & 3 Pattern Dance Solo

Two sequences of the dance will be skated. Skate Canada Series 8 music will be played for all skaters.

Option A: Dutch Waltz

Option B: Canasta Tango

Option C: Baby Blues