

A horizontal red ribbon banner with folded ends on the left and right sides.

SECTION 6 **CANSKATE ELEMENT EVENT**

CANSKATE ELEMENT EVENT



TECHNICAL PACKAGE

GENERAL

The purpose of the CanSkate Element Event is to provide skaters with the opportunity to showcase their skills in a fun and interactive environment. In support of Skate Canada's ongoing implementation of the Long-Term Athlete Development Model, this event has been formatted to recognize the philosophies of the Learn to Skate stage. This club level event ideally takes place after a ten-week CanSkate session so that skaters have had the chance to learn all the skills in their current stages. The focus of the event is on individual skill improvement and therefore performances are not ranked. Depending on the specific logistics of the club, this event may include skaters from surrounding area clubs as long as the host club ensures that the event is run in compliance with their section's policies regarding invitational events.

CATEGORY SPECIFICATIONS

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:
 - Skaters must not have passed the complete Stage 1 badge.
- Stage 2:
 - Skaters must have passed the complete Stage 1 badge but not the complete Stage 2 badge.
- Stage 3:
 - Skaters must have passed the complete Stage 2 badge but not the complete Stage 3 badge.
- Stage 4:
 - Skaters must have passed the complete Stage 3 badge but not the complete Stage 4 badge.

- Stage 5:
 - Skaters must have passed the complete Stage 4 badge but not the complete Stage 5 badge.
- Stage 6:
 - Skaters must have passed the complete Stage 5 badge but not the complete Stage 6 badge.

Skaters have the option of skating up one stage with approval from a Skate Canada coach.

TECHNICAL INFORMATION

The participants execute elements according to their categories. Four elements are performed in each category.

- Stage 1:
 - Snow slide steps
 - Fwd push/glide sequence
 - 2-ft jump
 - Bwd 2-ft skating/walking
- Stage 2:
 - Fwd stop
 - Fwd 2-ft sculling
 - Fwd 2-ft turn (CW or CCW - skater's choice)
 - Bwd 2-ft sit glide
- Stage 3:
 - 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
- 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 and bwd to fwd* (CW or CCW - skater's choice)
 - Fwd inside slalom



- 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
- 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

***Note:** Some element requirements are actually 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).

STANDARDS OF PERFORMANCE

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 (please refer to performance standards chart for the specific standards).

A panel of three assessors is used to evaluate execution and come to a consensus on the performance standard rewarded for each skill (see Event Assessors).

CONDUCT OF THE EVENT

Warm-Up Groups

The event is completed in warm-up groups of no more than six skaters each. The skating order within each warm-up determines the order in which each skater completes the four elements.

Warm-Up Time

Each group is allowed a three-minute warm-up (coach-lead and pre-choreographed) at the beginning of the event.

Performance Area and Demonstration

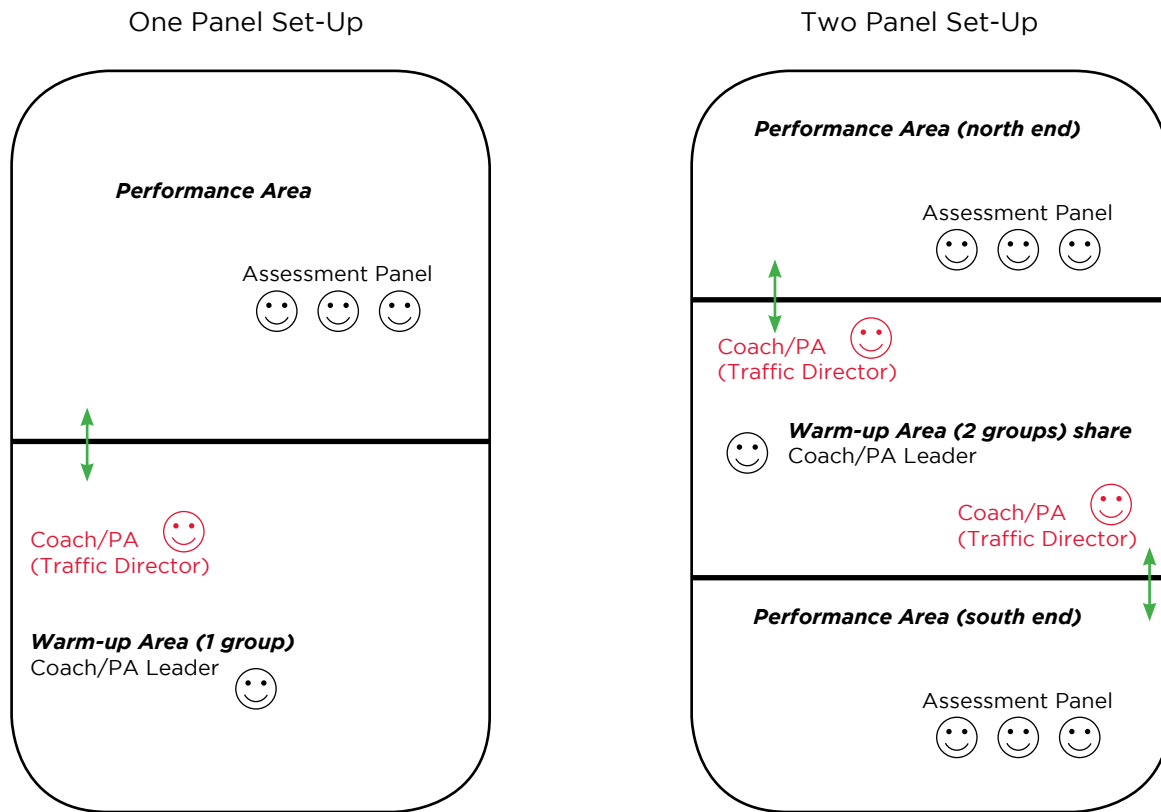
The assessment panel(s) sets up the performance area circuit(s) during the warm-up. Upon completion of the designated warm-up time, a coach/PA demonstrates the performance circuit to the entire group. Following the demonstration, the first skater enters the performance area, completes one lap of the circuit and then returns to the warm-up area. The rest of the group continues practicing in the warm-up area while awaiting their turns.

Warm-Up Area/Circuit

The coaches/PAs stationed in this area prepare the skaters for their performances. It is recommended that they create circuits consisting of all four required elements (or eight skills if they are leading two groups and the groups are at different stages).



Ice Set-Up



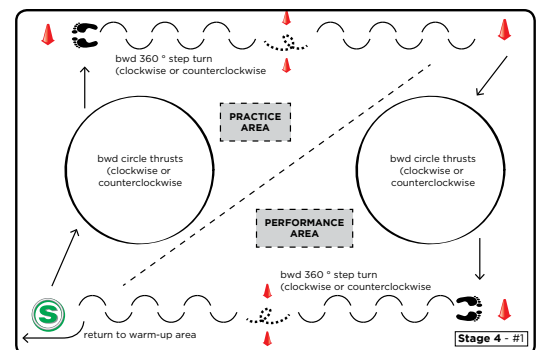
Execution of Elements

Each category consists of two compulsory circuits. Circuit 1 contains skills 1 and 2 and Circuit 2 contains skills 3 and 4. Each skater executes one full circuit. The circuits have been designed to allow the skater to execute the skills twice: once as a practice and once in front of the assessment panel. The first skater completes one lap of Circuit 1 and then returns to the designated warm-up area. Only once the first skater has completed the full lap is the next skater allowed to enter Circuit 1 (and so on). All skaters in the group must complete their attempts at Circuit 1 before Circuit 2 is started for any skater.

Note: If a skater's skill attempt in front of the panel is completely off the mark (e.g. skater executes the wrong skill or misses the skill completely) there should be some leniency in allowing him/her to try the circuit again (schedule/time permitting).

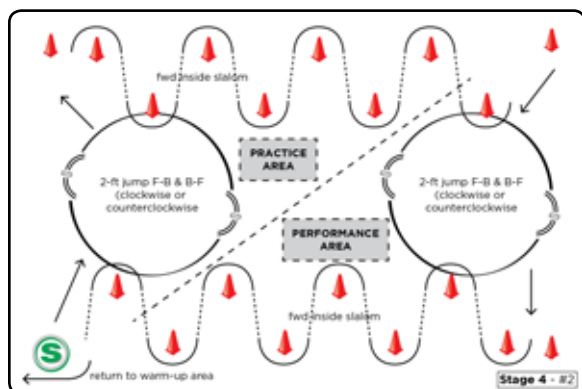
Example (Stage 4):

- Circuit 1 - skater 1
- Bwd circle thrusts - practice attempt, skater 1
- Bwd 360° turn with steps - practice attempt, skater 1
- Bwd circle thrusts - performance attempt, skater 1
- Bwd 360° turn with steps - performance attempt, skater 1
- Return to warm-up area



Repeat Circuit 1 for skaters 2-6.

- Circuit 2 - skater 1
- 2-ft jump fwd to bwd and bwd to fwd - practice attempt, skater 1
- Fwd inside slalom course - practice attempt, skater 1
- 2-ft jump fwd to bwd and bwd to fwd - performance attempt, skater 1
- Fwd inside slalom course - performance attempt, skater 1
- Return to warm-up area



Repeat Circuit 2 for skaters 2-6.



Progression Through the Event

After each circuit attempt skaters return to the designated warm-up area to continue practicing the next required elements.

Completion of the event

Once all skaters have completed Circuit 2, the group meets in the center of the ice and bows to the audience.

Music

Background music should be played throughout the entire event. Volume should be adjusted so that skaters and coaches are able to communicate without disruption.

COACH/PA DUTIES

Warm-Up Leader (Coach/PA):

- Leads three-minute choreographed warm-ups.
- Creates warm-up circuits and facilitates practice of required elements.
- Gathers group in center ice for final bow upon completion of the event.

Traffic Director (Coach/PA):

- Demonstrates performance circuits to group once created in performance area (prior to beginning Performance Circuit 1 and again prior to beginning Performance Circuit 2).
- Helps move traffic in and out of the performance area.
- Ensures that correct skating order is maintained and that only one skater is on the performance circuit at a time (allowing skaters the opportunity to perform in a competition-like environment).
- Remains conscious of the event schedule while rotating the skaters in and out of the practice area.

EVENT ASSESSORS

The event is assessed using a collaborative assessment panel (similar to the technical panel where decisions are made based on discussion by and consensus of the group). The determination of an award level for each element is determined by consensus of the assessors and based on each element's three performance features.

Each assessment panel includes three "assessors". (Note: It is not necessary or recommended that qualified officials are used for this type of event. Coaches and PAs may take on the role of "assessor" for the purposes of this event). The panel must include at least one Skate Canada coach (NCCP CanSkate trained or higher) who acts as the referee. In addition to assessing the skills to standards, each member of the panel (referee, scribe and timer) is assigned a specific duty (see Duties of Assessors). The assessment panel is required to wear skates as they will be standing on the ice (see circuit templates for exact location of the panel relative to circuit layout).



DUTIES OF ASSESSORS

In addition to the general duties of officials for all events, the following outlines the duties of the assessors in an element event:

Referee:

- Manages the communication with participants to ensure that the flow of element execution is maintained.
- Leads discussion with panel to determine the consensus decision on the success of the element.
- Verifies and authorizes the calculation of the final results.
- Answers any questions following the event as to the final outcome of assessment by the assessment panel.

Scribe:

- Maintains written record of each element attempt and its assessment on each skater's performance standards chart.
- Contributes to panel discussion and final consensus of each skill level achieved.

Timer:

- Uses a stop watch to record times achieved for elements assessed on speed.
- Contributes to panel discussion and final consensus of each skill level achieved.

See Pre-Event Assessment Panel Meeting Agenda for more specific details and ideas on how to adequately prepare the assessment panel for the element event.

EVENT SCHEDULE

Any two warm-up groups can compete at the same time with different judging panels. The ice should be divided into three segments (two performance areas at each end and one shared practice area in the middle).

Each circuit attempt takes approximately one minute per skater (factoring in time to transition between warm-up and performance areas). Allowing for the full three minute warm-up, circuit set-up time and a group bow at the end, the time required for a six-participant group is approximately 20 minutes.

Sample detailed schedule:

Panel 1: North End		Panel 2: South End	
9:00 – 9:20 Stage 1 (Warm-up group 1)		9:00 – 9:20 Stage 3 (Warm-up group 1)	
9:00 – 9:03	Warm-up	9:00 – 9:03	Warm-up
9:03 – 9:11	Stage 1 - Group 1: Circuit 1	9:03 – 9:11	Stage 3 - Group 1: Circuit 1
9:11 – 9:12	Set up Circuit 2	9:11 – 9:12	Set up Circuit 2
9:12 – 9:18	Stage 1 - Group 1: Circuit 2	9:12 – 9:18	Stage 3 - Group 1: Circuit 2
9:18 – 9:20	Stage 1 - Group 1: Bow	9:18 – 9:20	Stage 3 - Group 1: Bow
9:20 – 9:40 Stage 1 (Warm-up group 2)		9:20 – 9:40 Stage 4 (Warm-up group 1)	
9:20 – 9:23	Warm-up	9:20 – 9:23	Warm-up
9:23 – 9:31	Stage 1 - Group 2: Circuit 1	9:23 – 9:31	Stage 4 - Group 1: Circuit 1
9:31 – 9:32	Set up Circuit 2	9:31 – 9:32	Set up Circuit 2
9:32 – 9:38	Stage 1 - Group 2: Circuit 2	9:32 – 9:38	Stage 4 - Group 1: Circuit 2
9:38 – 9:40	Stage 1 - Group 2: Bow	9:38 – 9:40	Stage 4 - Group 1: Bow
9:40 – 10:00 Stage 2 (Warm-up group 1)		9:40 – 10:00 Stage 4 (Warm-up group 2)	
9:40 – 9:43	Warm-up	9:40 – 9:43	Warm-up
9:43 – 9:51	Stage 2 - Group 1: Circuit 1	9:43 – 9:51	Stage 4 - Group 2: Circuit 1
9:51 – 9:52	Set up Circuit 2	9:51 – 9:52	Set up Circuit 2
9:52 – 9:58	Stage 2 - Group 1: Circuit 2	9:52 – 9:58	Stage 4 - Group 2: Circuit 2
9:58 – 10:00	Stage 2 - Group 1: Bow	9:58 – 10:00	Stage 4 - Group 2: Bow

OFF-ICE REQUIREMENTS

Three volunteers should be designated as ice captain, dressing room attendant and results “runner” to oversee the traffic between warm-up groups, to help ensure that the schedule remains on time and to facilitate timely delivery of results to the results tabulation room/desk.

One additional volunteer is required to act as results tabulator. This individual collects the performance standards charts after each warm-up group has finished and confirms the overall achievement level that is awarded for each element.

See Personnel Specifications and Distribution Schedule to ensure that you have recruited a sufficient number of volunteers and assessors to run the event. This document can also be used to ensure that you have provided each group/individual with the appropriate resource materials required to prepare.

RESULTS CALCULATION

For each category, the overall performance award given is the total of the individual element award levels defined as follows:

- Gold: At least two elements at the Gold level and no element lower than the Silver level
- Silver: At least two elements at the Silver level and no element lower than the Bronze level
- Bronze: At least two elements at the Bronze level

PUBLICATION OF RESULTS

Provide participants with a two-sided results page (certificate indicating the award level achieved on the front and performance standards chart on the back). Certificates should be filled in by the event organizers prior to the start of the event with the skater's name, event date and location. Upon completion of the event, the individual acting as results tabulator inputs/writes the award achieved on the certificate.



CANSKATE ELEMENT EVENT ON-SITE PERSONNEL SPECIFICATIONS

Title/Role		# of Required Personnel		Description of Duties
On-Ice Personnel (5-10 coaches/ PAs)	Assessment Panel	3	<ul style="list-style-type: none"> • Coach • Coach/PA • Coach/PA (if running one assessment area at a time)	Panel sets up circuits and assesses performance. Each panel member is assigned a role: referee, scribe, timer (see Technical Package for detailed descriptions).
		6	<ul style="list-style-type: none"> • Coach - area 1 • Coach/PA - area 1 • Coach/PA - area 1 • Coach - area 2 • Coach/PA - area 2 • Coach/PA - area 2 (if running two assessment areas at a time)	
	Traffic Director	1	Coach/PA (if running one assessment area at a time)	Coach/PA manages flow in and out of competition area. Demonstrates circuit to group.
		2	Coach/PA (if running two assessment areas at a time)	
	Warm-Up Leader	1-2	Coach/PA (May combine or keep groups separate if running two assessment areas)	Coach/PA leads choreographed 3-minute warm-up and guides practice of skills between assessment circuits.
Off-Ice Personnel (6-9 volunteers)	Announcer & Music Player	1	Volunteer	Announces the category, group numbers and skater names during warm-up. Plays upbeat background music throughout the event.
	Ice Captain	1	Volunteer	Manages traffic on/off ice. Ensures that skaters enter the ice in correct warm-up groups.
	Dressing Room Attendant	1	Volunteer	Manages traffic between dressing room and ice surface. Ensures that groups are notified when they are expected to be at rink side.
	Runner	1	Volunteer	Collects performance standards sheets and delivers to the results tabulator room/table.
	Results Tabulator	1-2	Volunteer (depending on size of event and number of skaters)	Calculates results.
	Ceremony Announcer	1	Volunteer (depending on the size of event, announcer can also be a presenter)	Announces skaters who are receiving performance standards charts/certificates.
	Presenter	1-2	Volunteer	Presents skaters with their performance standards charts/certificates.

CANSKATE ELEMENT EVENT DISTRIBUTION SCHEDULE

Group/Individual	Document/Resource Materials	Suggested Distribution Time
Assessment Panel	Technical Package	1 month prior to event start date
	Assessment Sheets	2 weeks prior to event start date
	Circuit Templates	2 weeks prior to event start date
	Technical Meeting	1 hour prior to event start time
Warm-Up Leader	Technical Package	1 month prior to event start date
	Circuit Templates	2 weeks prior to event start date
Traffic Director	Technical Package	1 month prior to event start date
	Circuit Templates	2 weeks prior to event start date
	Entry List/Groups	1 day prior to event start date
Ice Captain	Event Schedule	1 day prior to event start date
	Entry List/Groups	1 day prior to event start date
Dressing Room Attendant	Event Schedule	1 day prior to event start date
	Entry List/Groups	1 day prior to event start date
Runner	Event Schedule	1 day prior to event start date
	Entry List/Groups	1 day prior to event start date
Results Tabulator	Technical Package	1 month prior to event start date
	Entry List/Groups	1 day prior to event start date
Announcer/Music	Entry List/Groups	1 day prior to event start date
Ceremony Announcer	Entry List/Groups	1 day prior to event start date

CanSkate Element Event: Performance Standards Chart

Stage 1 - Elements	Desired Performance Level	Merit	Bronze	Silver	Gold
Snow slide steps □ M □ B □ S □ G	(1) Consecutive slide steps (both feet/directions)	□	4 slide steps on each foot	5 slide steps on each foot	6 slide steps on each foot
	(2) Distance covered (lateral movement)	□	Limited lateral movement in either direction (distance < shoulder-width)	Good lateral movement in one direction but limited in other direction (distance = shoulder-width)	Excellent lateral movement in both directions (distance > shoulder-width)
	(3) Pressure applied to shave ice (make snow)	□	Minimal snow created in both directions (left and right foot)	Adequate snow created in one direction, minimal in the other	Adequate snow created in both directions
	(1) Consecutive alternating push/glides	□	4 consecutive alternating push/glides	6 alternating push/glides	8 consecutive alternating push/glides
Fwd push/glide sequence □ M □ B □ S □ G	(2) Push off side of blade	□	At least 50%	At least 75%	At least 90%
	(3) Alternating 1-ft glide	□	Limited - push, 2-ft glide, push, 2-ft glide	Good - push, 1-ft to 2-ft glide, push 1-ft to 2-ft glide	Excellent - push 1-ft glide, push, 1-ft glide
	(1) Use of knee bend and arm swing	□	Some knee bend (< 45°) but minimal arm swing (or vice-versa)	Adequate knee bend (= 45°) and arm swing	Full knee bend (> 45°) and arm swing
2-ft jump □ M □ B □ S □ G	(2) Controlled & balanced landing	□	Limited	Good	Excellent
	(3) Lift off/height of jump	□	Both feet lift off ice but minimal height	Adequate lift off and height	Excellent lift off and height
	(1) Consecutive pushes alternating feet/shifting weight/teeter-totter	□	4 consecutive alternating pushes/weight shifts/teeter-totter	6 alternating pushes/weight shifts/teeter-totter	8 consecutive alternating pushes/weight shifts
Bwd 2-ft skating/walking □ M □ B □ S □ G	(2) Distance covered with continuous momentum	□	½ width of ice	¾ width of ice	Full width of ice
	(3) Technique & rhythm (knee bend /push)	□	Limited	Good	Excellent

CanSkate Element Event: Performance Standards Chart

Stage 2 - Elements	Desired Performance Level	Merit	Bronze	Silver	Gold
Fwd stop <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Perform stop while maintaining controlled posture and equally balanced on both feet	<input type="checkbox"/>	Posture breaks & balance not equally distributed <input type="checkbox"/>	Posture maintained, balance not distributed equally (or vice versa) <input type="checkbox"/>	Maintain posture & balance equally distributed <input type="checkbox"/>
	(2) Quickness/sharpness of stop (accuracy)	<input type="checkbox"/>	Limited (stop within 1 metre of target). Blade may not be at right angle	Good (stop within 2 blade lengths of target). Blade at right angle	Excellent (Stop on target) Blade at sharp right angle
	(3) Able to execute complete stop with speed	<input type="checkbox"/>	Minimal speed entering stop	Moderate speed entering stop	Maximal speed entering stop
	(1) Consecutive sculls	<input type="checkbox"/>	6 consecutive sculls <input type="checkbox"/>	8 consecutive sculls <input type="checkbox"/>	10 consecutive sculls <input type="checkbox"/>
Fwd 2-ft sculling <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(2) Rhythm and knee bend	<input type="checkbox"/>	Limited	Good	Excellent
	(3) Speed throughout	<input type="checkbox"/>	Minimal speed generated and maintained	Adequate speed generated but not maintained	High speed generated & maintained
	(1) Upper body wind-up (entrance) and shoulder check (exit)	<input type="checkbox"/>	Enter with minimal wind-up and exit with minimal shoulder check <input type="checkbox"/>	Enter with full upper body wind-up and exit with minimal shoulder check (or vice versa) <input type="checkbox"/>	Enter with full upper body wind-up and exit with complete shoulder check <input type="checkbox"/>
	(2) Glide into & out of turn	<input type="checkbox"/>	Slight hesitation entering & limited glide exiting turn	Continuous glide entering & exiting turn	Glide with speed entering & exiting turn
Bwd 2-ft sit glide <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(3) Control and technique of turn	<input type="checkbox"/>	Limited	Good	Excellent
	(1) Sit position achieved (knee bend)	<input type="checkbox"/>	< 180° knee bend <input type="checkbox"/>	< 180° but > 90° knee bend <input type="checkbox"/>	< or = 90° knee bend <input type="checkbox"/>
	(2) Speed and flow demonstrated	<input type="checkbox"/>	Minimal speed into & out of sit glide	Good speed into sit glide but glide slows at exit	Full speed into and exiting sit glide
	(3) Duration of sustained glide in sit position	<input type="checkbox"/>	1 second minimum	2 seconds minimum	3 seconds minimum



CanSkate Element Event: Performance Standards Chart

Stage 3 - Elements	Desired Performance Level	Merit	Bronze	Silver	Gold
Fwd circle thrusts (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Percentage of pushes performed from side of the blade	<input type="checkbox"/>	At least 50% <input type="checkbox"/>	At least 75% <input type="checkbox"/>	At least 90% <input type="checkbox"/>
	(2) Time required to complete one full hockey circle	<input type="checkbox"/>	< 20 seconds <input type="checkbox"/>	< 15 seconds <input type="checkbox"/>	< 10 seconds <input type="checkbox"/>
	(3) Control and rhythm demonstrated	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
Bwd 2-ft jump <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Use of knee bend and arm swing through	<input type="checkbox"/>	Some knee bend (< 45°) but minimal arm swing (or vice versa) <input type="checkbox"/>	Adequate knee bend (= 45°) and arm swing evident <input type="checkbox"/>	Full knee/ankle bend (> 45°) and arm swing through <input type="checkbox"/>
	(2) Control and balance on landing	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
	(3) Glide into and out of jump	<input type="checkbox"/>	Slight hesitation into and limited glide on exit of jump <input type="checkbox"/>	Continuous glide into and out of jump <input type="checkbox"/>	Glide with speed into and out of jump <input type="checkbox"/>
2-ft quick turn fwd to bwd & bwd to fwd (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Rotation of turns (both feet on ice)	<input type="checkbox"/>	Both turns just short of 180° rotation but > 90° <input type="checkbox"/>	Full 180° rotation on one turn and just short of 180° on the other <input type="checkbox"/>	Full 180° rotation on both turns <input type="checkbox"/>
	(2) Control of turns (knee action and shoulder check)	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
	(3) Speed throughout turns	<input type="checkbox"/>	Lost majority of speed after first turn <input type="checkbox"/>	Lost majority of speed after second turn <input type="checkbox"/>	Speed maintained throughout <input type="checkbox"/>
Bwd 2-ft sculling <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Consecutive skulls	<input type="checkbox"/>	6 consecutive skulls <input type="checkbox"/>	8 consecutive skulls <input type="checkbox"/>	10 consecutive skulls <input type="checkbox"/>
	(2) Rhythm and knee bend	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
	(3) Speed throughout	<input type="checkbox"/>	Minimal speed generated and maintained <input type="checkbox"/>	Adequate speed generated but not maintained <input type="checkbox"/>	High speed generated and maintained <input type="checkbox"/>

CanSkate Element Event: Performance Standards Chart

Stage 4 - Elements	Desired Performance Level	Merit	Bronze	Silver	Gold
Bwd circle thrusts (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Percentage of pushes performed from side of the blade	<input type="checkbox"/>	At least 50% <input type="checkbox"/>	At least 75% <input type="checkbox"/>	At least 90% <input type="checkbox"/>
	(2) Time required to complete one full hockey circle	<input type="checkbox"/>	< 20 seconds <input type="checkbox"/>	< 15 seconds <input type="checkbox"/>	< 10 seconds <input type="checkbox"/>
	(3) Control and rhythm demonstrated	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
Bwd 360° step turn (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Alternating feet on turn steps (weight transfer throughout)	<input type="checkbox"/>	At least 50% of the turn done with alternating steps <input type="checkbox"/>	At least 75% of the turn done with alternating steps <input type="checkbox"/>	At least 90% of the turn done with alternating steps <input type="checkbox"/>
	(2) Balance and control throughout turn	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
	(3) Speed entering and exiting turn	<input type="checkbox"/>	Slight hesitation entering & limited speed exiting turn <input type="checkbox"/>	Good speed entering & exiting turn <input type="checkbox"/>	Excellent speed entering & exiting turn <input type="checkbox"/>
2-ft jump fwd to bwd & bwd to fwd (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Rotation of jumps (in air)	<input type="checkbox"/>	Both jumps just short of 180° rotation but > 90° <input type="checkbox"/>	Full 180° rotation on one jump and just short of 180° on the other <input type="checkbox"/>	Full 180° rotation on both jumps <input type="checkbox"/>
	(2) Control and technique of jumps (knee action and shoulder check)	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>
	(3) Speed throughout jumps	<input type="checkbox"/>	Lost majority of speed after first jump <input type="checkbox"/>	Lost majority of speed after second jump <input type="checkbox"/>	Speed maintained throughout <input type="checkbox"/>
Fwd inside slalom course (8 pylon course - minimum 2.5 metres wide) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Quality of edges/lobes	<input type="checkbox"/>	Slight curve with some flats <input type="checkbox"/>	Slight curve throughout <input type="checkbox"/>	Strong and defined curves <input type="checkbox"/>
	(2) Consecutive edges	<input type="checkbox"/>	Slalom course of 6 pylons - minimal free foot touch- downs <input type="checkbox"/>	Slalom course of 6 pylons - no free foot touch-downs <input type="checkbox"/>	Slalom course of 8 pylons - no free foot touch-downs <input type="checkbox"/>
	(3) Balance and control of edges	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>




CanSkate Element Event: Performance Standards Chart

Stage 5 - Elements	Desired Performance Level	Merit	Bronze	Silver	Gold
Fwd 2-ft side stop (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Perform stop while maintaining controlled posture and equally balanced on both feet	<input type="checkbox"/>	Posture breaks & balance not equally distributed <input type="checkbox"/>	Posture maintained, balance not distributed equally (or vice versa) <input type="checkbox"/>	Maintain posture & balance equally distributed <input type="checkbox"/>
	(2) Quickness/sharpness of stop (accuracy)	<input type="checkbox"/>	Limited (stop within 1 metre of target). Blade may not be at right angle	Good (stop within 2 blade lengths of target). Blade at right angle	Excellent (stop on target). Blade at sharp right angle
	(3) Able to execute complete stop with speed	<input type="checkbox"/>	Minimal speed entering stop	Moderate speed entering stop	Maximal speed entering stop
	(1) Time taken to complete one full lap of rink (perimeter)	<input type="checkbox"/>	< 45 seconds <input type="checkbox"/>	< 40 seconds <input type="checkbox"/>	< 35 seconds <input type="checkbox"/>
Bwd push/glide sequence, full perimeter (clockwise or counterclockwise) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(2) Consecutive blade pushes, alternating feet	<input type="checkbox"/>	At least 50%	At least 75%	At least 90%
	(3) Knee bend technique & rhythm (bend, push...)	<input type="checkbox"/>	Limited	Good	Excellent
	(1) Form & technique of the jump	<input type="checkbox"/>	Minimal swing-through action (arms & free leg) <input type="checkbox"/>	Visible swing-through action (arms & free leg) <input type="checkbox"/>	Full swing-through action (arms & free leg) <input type="checkbox"/>
	(2) Height of jump relative to the size of skater	<input type="checkbox"/>	Limited	Good	Excellent
Fwd power jump* *Type of skate must be taken into consideration when evaluating standard (hockey vs. figure) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(3) Speed of entry and exit	<input type="checkbox"/>	Slight hesitation into and limited glide on exit of jump	Continuous glide into and out of jump	Glide with speed into and out of jump
	(1) Percentage of pushes performed correctly with edge pushing technique (crossover, push under)	<input type="checkbox"/>	At least 50% <input type="checkbox"/>	At least 75% <input type="checkbox"/>	At least 90% <input type="checkbox"/>
	(2) Time required to complete one full figure-8 (2 hockey circles)	<input type="checkbox"/>	< 30 seconds <input type="checkbox"/>	< 25 seconds <input type="checkbox"/>	< 20 seconds <input type="checkbox"/>
	(3) Control and rhythm demonstrated	<input type="checkbox"/>	Limited <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>


CanSkate Element Event: Performance Standards Chart

Stage 6 - Elements	Desired Performance Level	Merit	Bronze	Silver	Gold
Fwd 1-ft side stop (left OR right) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(1) Balance throughout the 1-ft stop	<input type="checkbox"/>	Lift foot immediately prior to stop and set down immediately after	Moderate 1-foot glide before the turn and able to balance on 1 foot after stop	Strong 1-ft glide prior to stop and balanced on 1 foot after stop <input type="checkbox"/>
	(2) Quickness/sharpness of stop (accuracy)	<input type="checkbox"/>	Limited (stop within 1 metre of target). Blade may not be at right angle	Good (stop within 2 blade lengths of target). Blade at right angle	Excellent (stop on target). Blade at sharp right angle <input type="checkbox"/>
	(3) Able to execute complete stop with speed	<input type="checkbox"/>	Minimal speed entering stop	Moderate speed entering stop	Maximal speed entering stop <input type="checkbox"/>
	(1) Time taken to complete one full lap of rink (perimeter)	<input type="checkbox"/>	< 35 seconds	< 30 seconds	< 25 seconds <input type="checkbox"/>
Bwd perimeter skating (draw for direction) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(2) Percentage of pushes that are performed correctly with edge pushing technique	<input type="checkbox"/>	At least 50%	At least 75%	At least 90% <input type="checkbox"/>
	(3) Control and form demonstrated while achieving speed	<input type="checkbox"/>	Limited	Good	Excellent <input type="checkbox"/>
	(1) Length of sustained glide on entry and exit edge	<input type="checkbox"/>	At least 1 second	At least 2 seconds	At least 3 seconds <input type="checkbox"/>
Fwd 180° step turn (mohawk) (RFI-LBI OR LFI-RBI) <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(2) Entry used to begin first edge of the turn	<input type="checkbox"/>	Stationary	Basic forward glide	Crosscuts <input type="checkbox"/>
	(3) Flow demonstrated through the element	<input type="checkbox"/>	Limited	Good	Excellent <input type="checkbox"/>
	(1) Quality of edges/lobes	<input type="checkbox"/>	Slight curve with some flats	Slight curve throughout	Strong and defined curves <input type="checkbox"/>
	(2) Consecutive edges	<input type="checkbox"/>	Slalom course of 6 pylons - minimal free foot touch-downs	Slalom course of 6 pylons - no free foot touch-downs	Slalom course of 8 pylons - no free foot touch-downs <input type="checkbox"/>
Fwd outside edges <input type="checkbox"/> M <input type="checkbox"/> B <input type="checkbox"/> S <input type="checkbox"/> G	(3) Balance and control of edges	<input type="checkbox"/>	Limited	Good	Excellent <input type="checkbox"/>





CANSKATE ELEMENT EVENT




CANSKATE

This certificate is proudly presented for honourable achievement to


Congratulations on achieving the Stage _____, _____ Award.

DATE: _____ LOCATION: _____ HOST CLUB: _____

teaching
CANADIANS
to skate since
1887



SKATECANADA



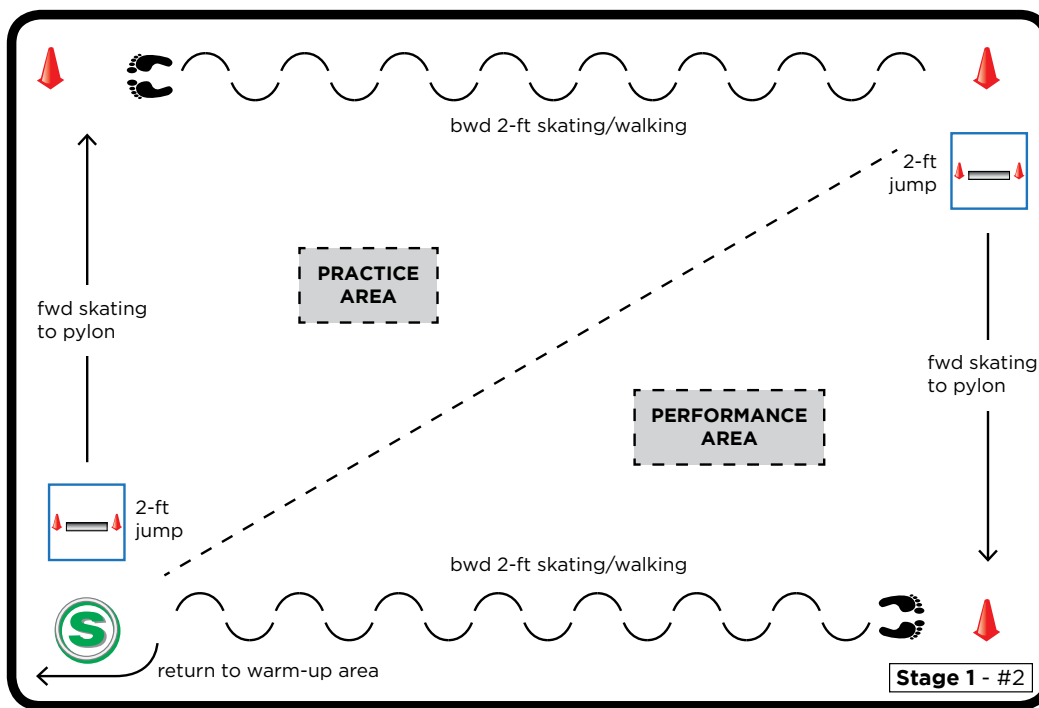
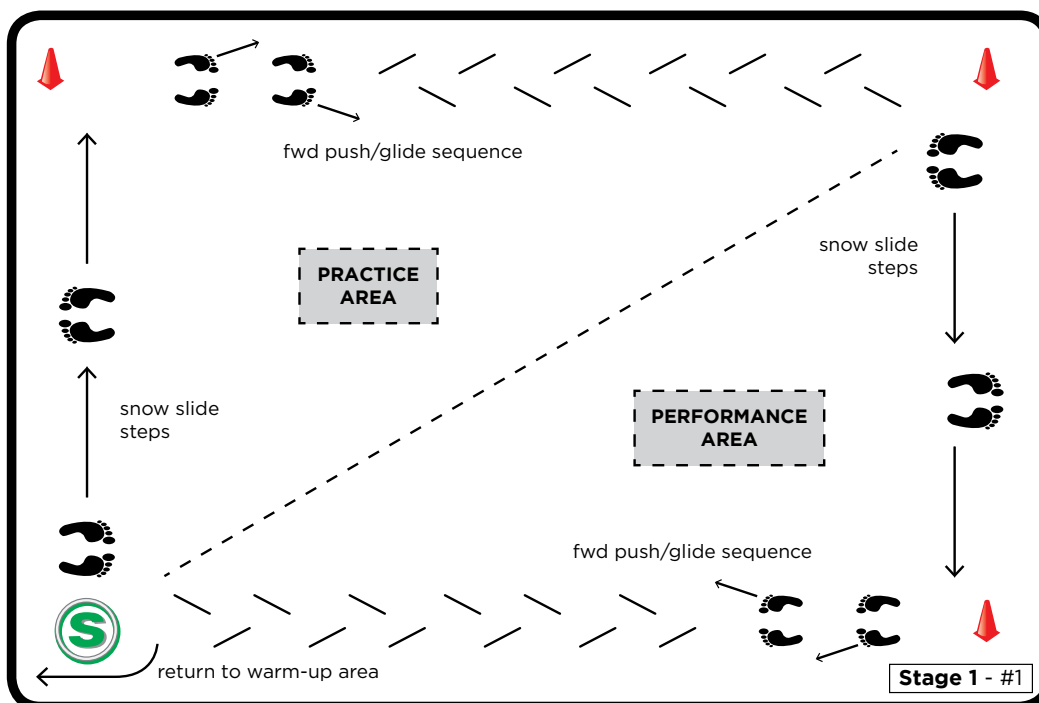
Skate Canada President
Benoît Lavoie

6-16 | CanSkate Element Event

CANSKATE ELEMENT EVENT CIRCUIT TEMPLATES

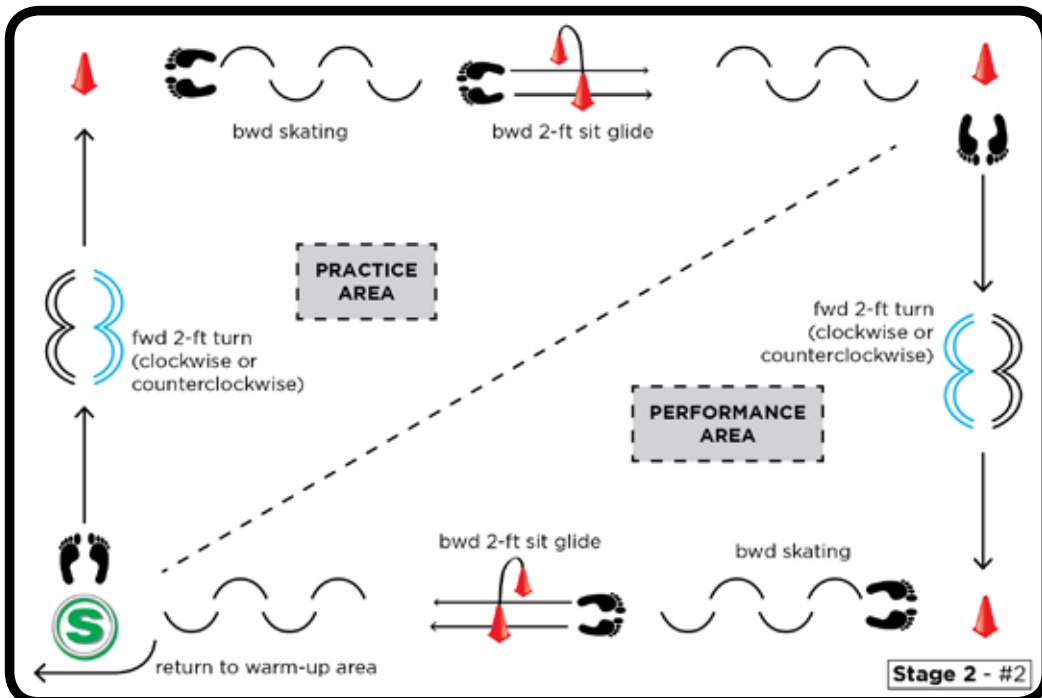
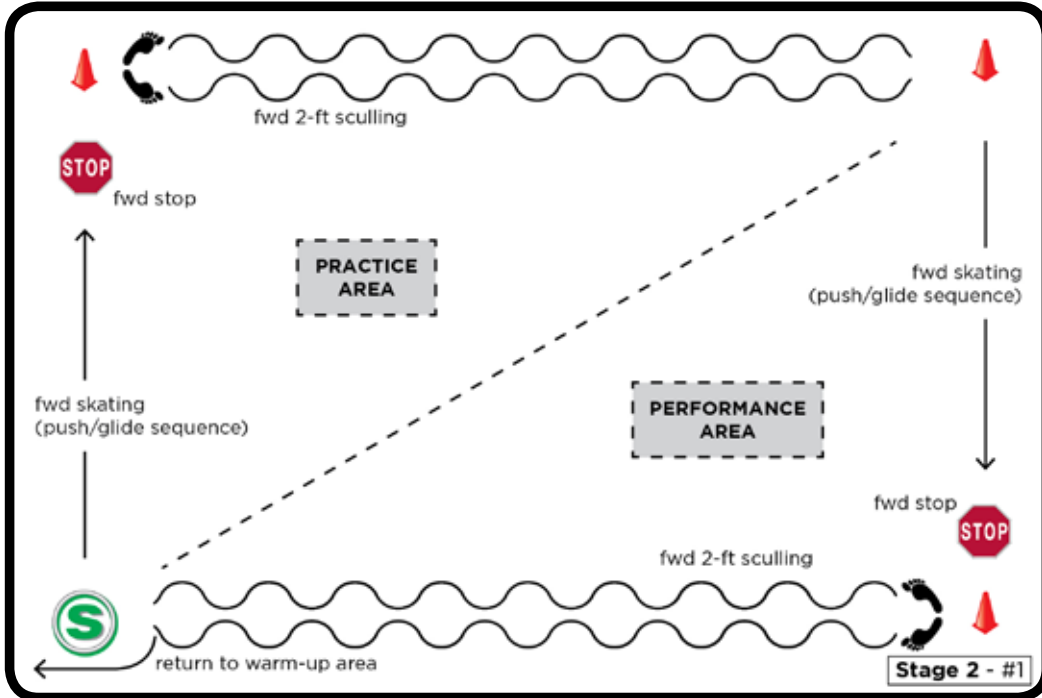
Stage 1:

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



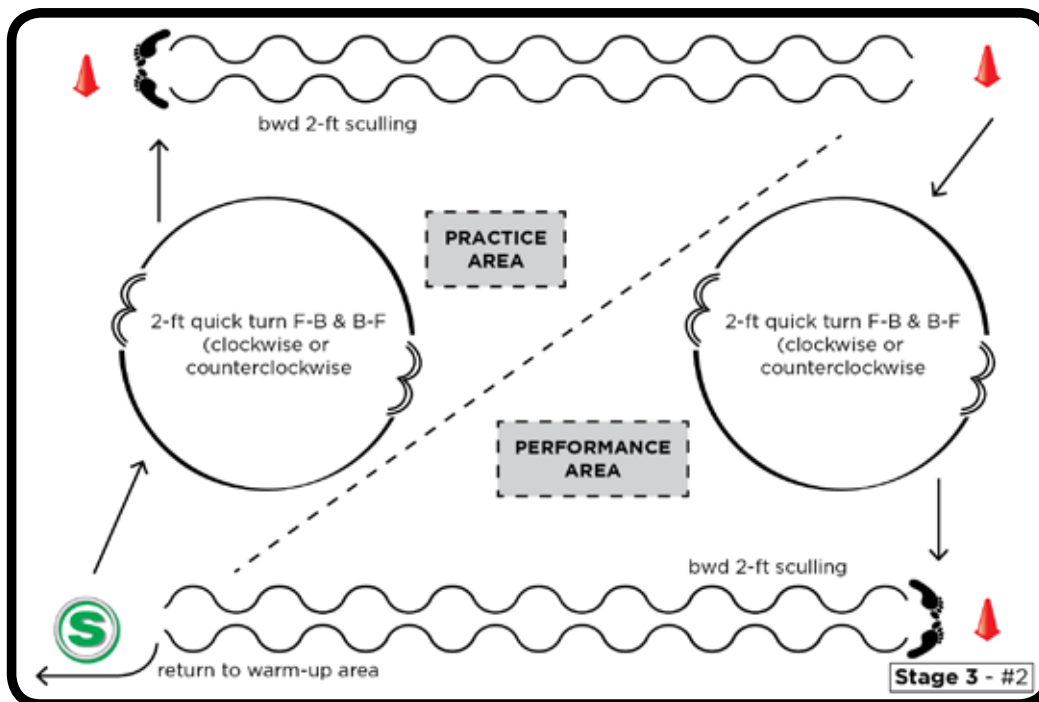
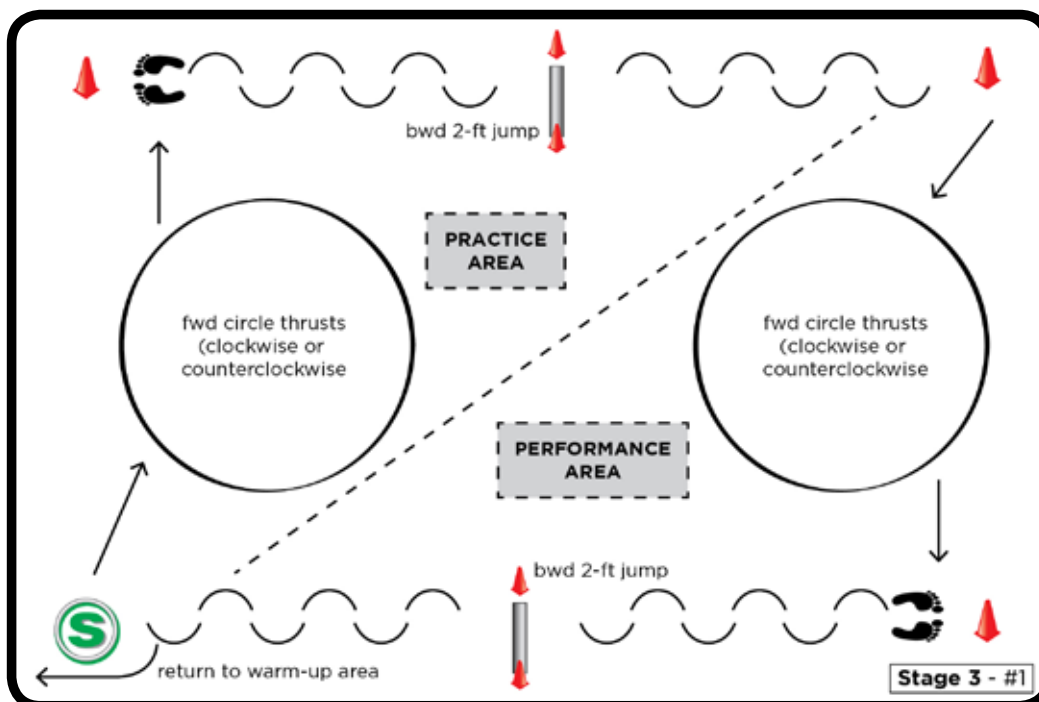
Stage 2:

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



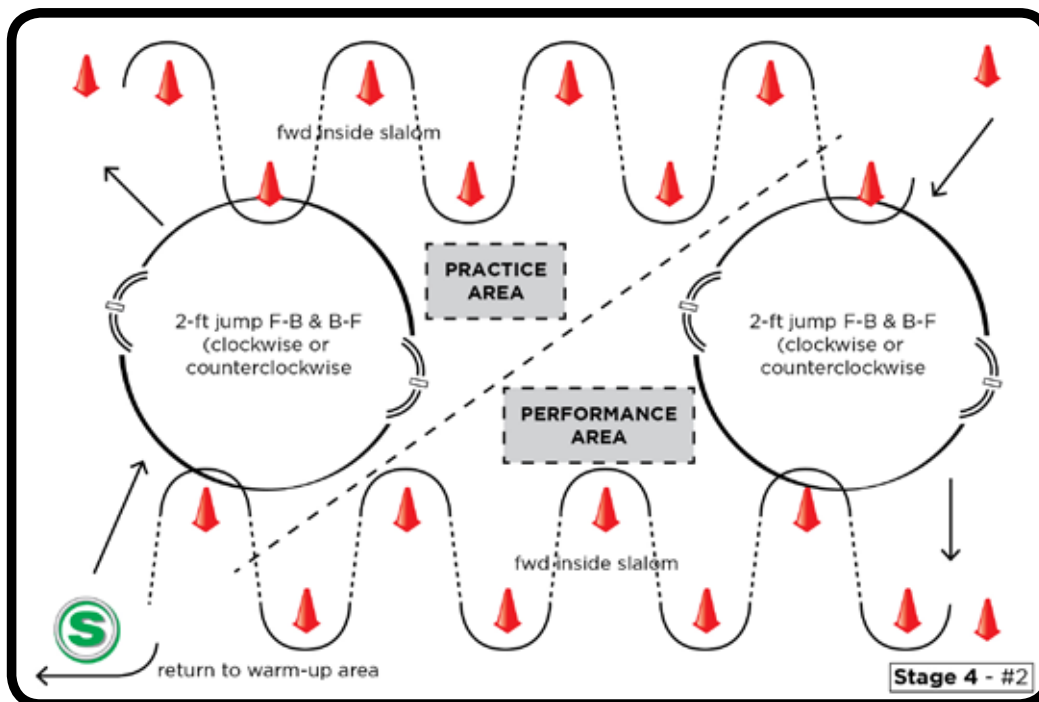
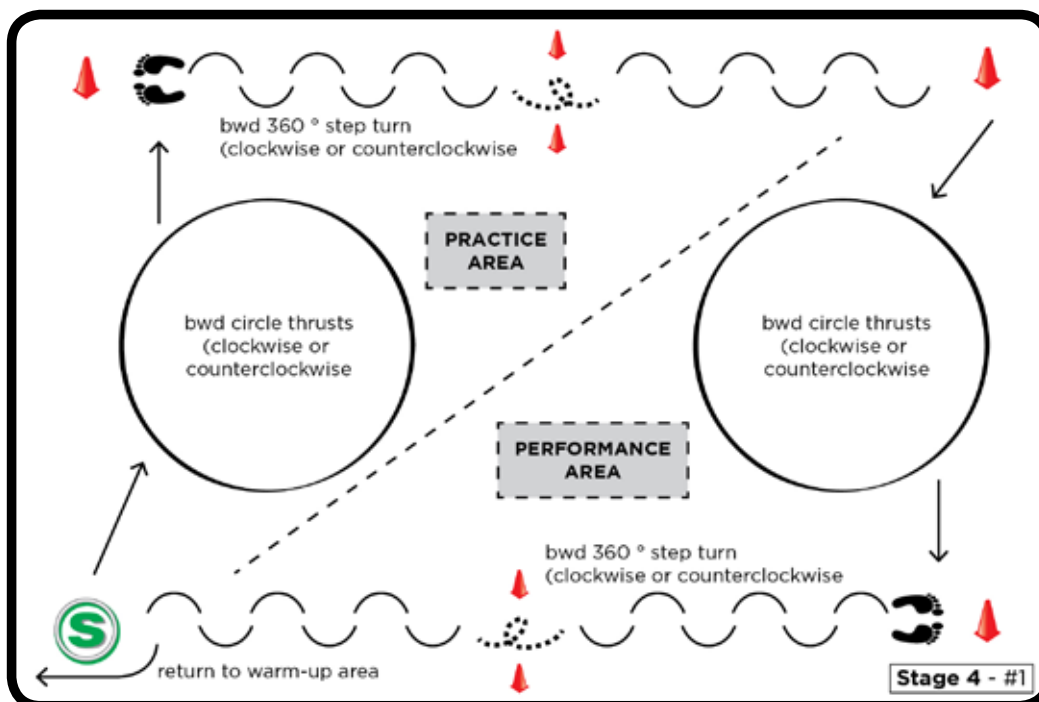
Stage 3:

- 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



Stage 4:

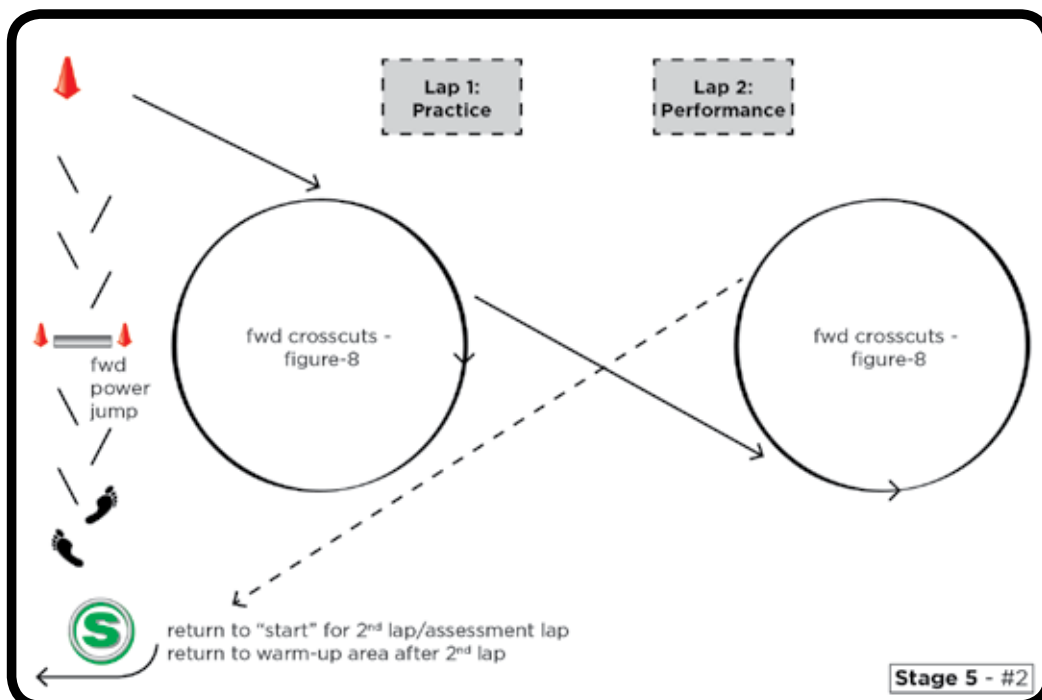
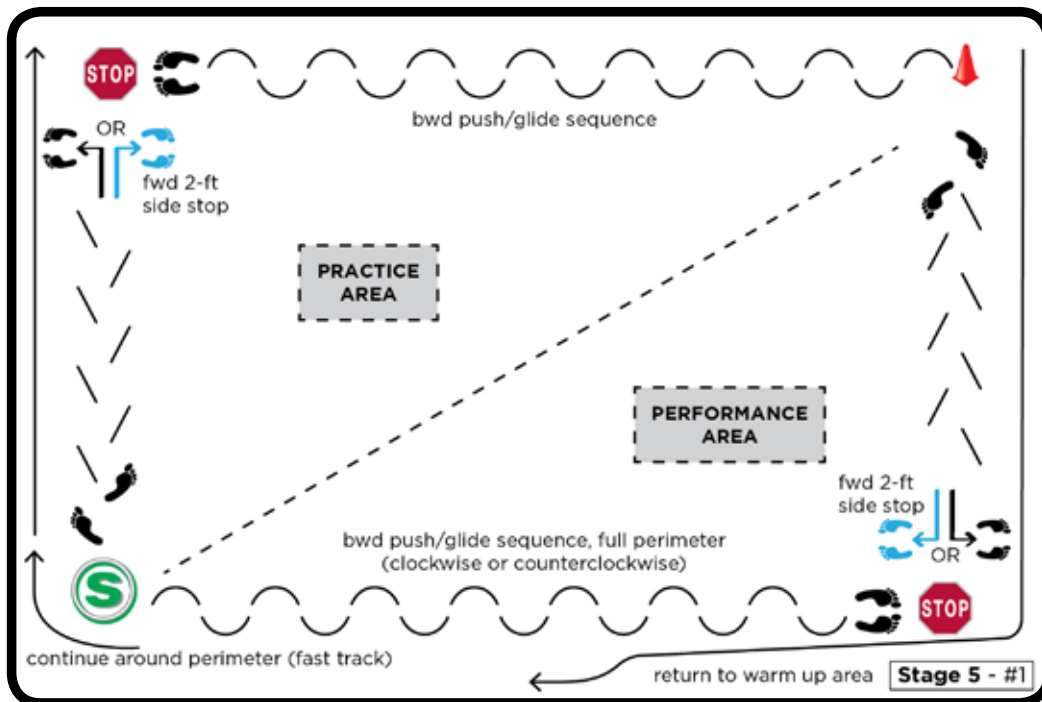
- Bwd circle thrusts (CW or CCW - skater's choice)
- Bwd 360° step turn (CW or CCW - skater's choice)
- 2-ft jump fwd to bwd & bwd to fwd (CW or CCW - skater's choice)
- Fwd inside slalom



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 in figure-8 pattern

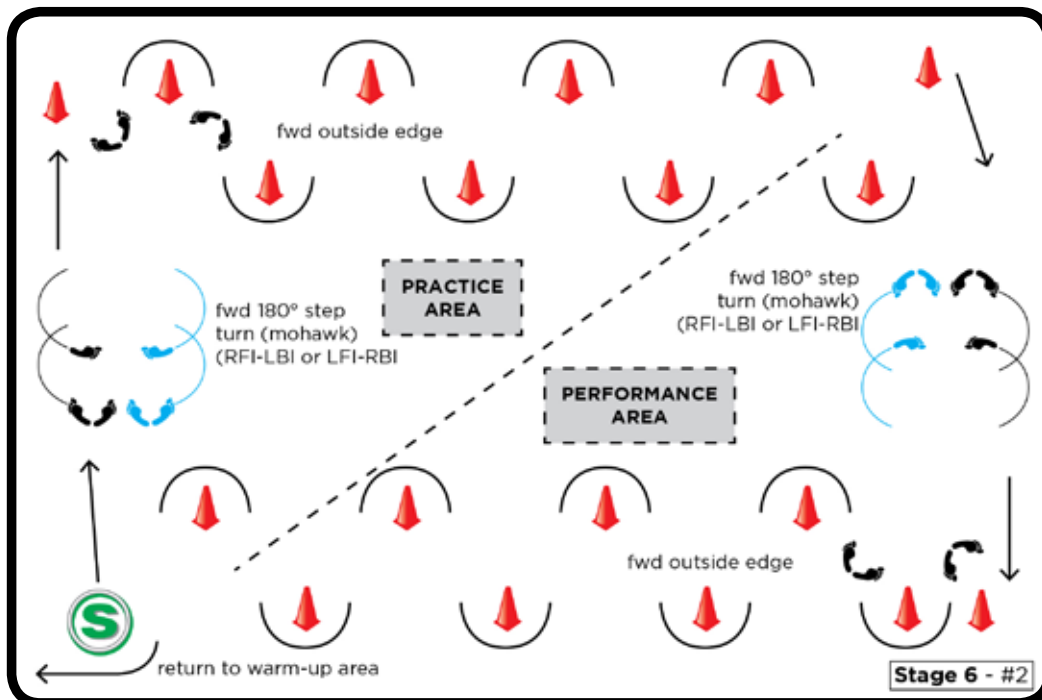
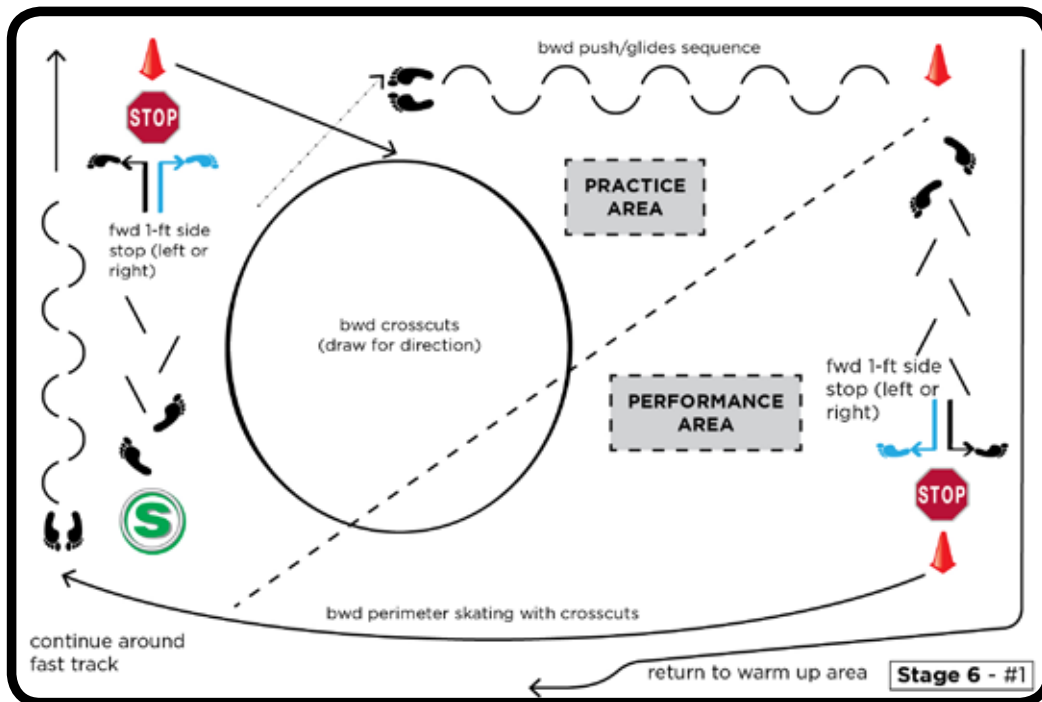
***Note:** Due to time limitations, skaters will not do a full "practice lap" of the Fast Track. Instead, part of the circuit has been created so skaters have the opportunity to practice a component of the full skill (bwd consecutive push/glide).



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

***Note:** Due to time limitations, skaters will not do a full “practice lap” of the Fast Track. Instead, the first part of the circuit has been created so skaters have the opportunity to practice the components of the skill (bwd crosscuts and bwd push/glide).





AGENDA

CanSkate Element Event Pre-Event Assessors Meeting

Date:
Time:
Location:



WELCOME AND GENERAL EVENT OVERVIEW

Distribute hard copies of event schedule, event assignments, performance standards charts, circuit templates and discuss format and progression of event. (Note: This information should have been sent electronically two weeks prior to the event so that the assessment panel has time to prepare).

EVENT ASSIGNMENTS AND SCHEDULE

Review event assignments and ensure that roles have been allocated (referee, scribe and timer) and duties are clearly understood.

CIRCUIT TEMPLATES AND TEACHING AIDS

Discuss circuit set up and required teaching aids (assessment panel is in charge of setting up performance circuits in a timely manner).

STANDARDS OF PERFORMANCE

Go over any performance standard questions/comments that may have come up (assessors should have reviewed the assessment standards charts prior to the pre-event meeting and come prepared to discuss).

EVENT VOLUNTEERS

Identify key organizing committee members and clarify their roles on the assessment panel (results runner, data specialist, ice captain) to ensure that the event runs smoothly and on schedule.



CANSKATE ELEMENT EVENT PARENT/PARTICIPANT INFORMATION AND ENTRY FORM



Host Club:

Date:

Location:

EVENT PHILOSOPHY AND GENERAL INFORMATION

The CanSkate Element Event is an initiative developed by Skate Canada in support of the organization's ongoing implementation of the Long-Term Athlete Development Model. The event has been formatted to introduce participants to the "competition" component of sport while providing them with the opportunity to showcase their skills in a fun and interactive environment.

The focus of the event is on individual skill improvement and therefore performances are not ranked. Instead of the traditional podium presentations for placing first, second and third, all skaters receive a certificate indicating their overall performance levels (Gold, Silver, Bronze or Merit). The award levels are based on the execution and assessment of four individual elements performed in a circuit format. Each element is evaluated using three predetermined performance features. Each skater receives a full overview of his/her performance on a "performance standards chart" which is provided to the skater along with the award certificate.

SCHEDULE

A draft event schedule is attached. Each group is on the ice for approximately 20 minutes (this includes group warm-up, practice time, two assessment circuits and a group bow/finale). Skaters must arrive at the arena no later than 30 minutes prior to their warm-up times. Overall performance award certificates are presented approximately 30 minutes following the completion of each event group and will take place (insert location).

CATEGORY SPECIFICATIONS

The following categories will be included in the CanSkate Element Event:

- Stage 1
 - Must not have passed the complete Stage 1 badge.
- Stage 2
 - Must have passed Stage 1 but not the complete Stage 2 badge.
- Stage 3
 - Must have passed Stage 2 but not the complete Stage 3 badge.
- Stage 4
 - Must have passed Stage 3 but not the complete Stage 4 badge.
- Stage 5
 - Must have passed Stage 4 but not the complete Stage 5 badge.
- Stage 6
 - Must have passed Stage 5 but not the complete Stage 6 badge.

Skaters have the option of skating up one stage with approval from a Skate Canada coach.

The participants execute elements according to their categories. Four elements are performed in each category. The required elements are defined as follows:

- Stage 1:
 - Snow slide steps
 - Fwd push/glide sequence
 - 2-ft jump
 - Bwd 2-ft skating/walking
- Stage 2:
 - Fwd stop
 - Fwd 2-ft sculling
 - Fwd 2-ft turn (CW or CCW - skater's choice)
 - Bwd 2-ft sit glide
- 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
- 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
- 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
- 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

