



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.



TECHNICAL INFORMATION



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

