



VALLEY SKATE CANSKATE CHALLENGE

HOSTED BY THE PEMBROKE SKATING CLUB



**PEMBROKE MEMORIAL CENTER
393 Pembroke St. W.
Pembroke, ON
(613) 735-1000 x1501**

JANUARY 7th, 2012

Sanctioned by



VALLEY SKATE - CANSKATE CHALLENGE

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HOSTED BY **Pembroke Skating Club**

SANCTIONED BY SKATE CANADA – EASTERN ONTARIO

Pembroke Memorial Center
393 Pembroke St. W., Pembroke, ON
Tel: 613-735-1000 x1501

General

This competition is being held under the current rules of the Skate Canada Official Rulebook (revised 2000) and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook. The Host Committee reserves the right to alter (with the exception of Section “A” CanSkate Challenge Element Event) the overall procedures to be followed during any part of the competition, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.

Eligibility

- All skaters must be eligible persons as defined in Skate Canada Rule Book Section 2100.
- All Skaters must be Associate members in good standing of the Association.
- Competitors wishing to enter shall have passed the appropriate badges/test qualifications for relevant events by **December 1st, 2011.**
- All age requirements are as of **December 1st, 2011.**
- All skaters must provide a photocopy of proof of age (birth certificate, baptismal certificate or passport) with their completed entry form for events in which eligibility or categories are dependent upon the competitor’s age.

Entry Forms

- Entry forms, including all required supporting documentation, **must be completed in FULL** or they will not be processed and returned.
- All entry forms must be received by **Pembroke Skating Club** with entry fees and supporting documentation where required, no later than **December 5th, 2011** regardless of postmark or courier date. Faxed or telephone entries will not be accepted.

Entry Fees

Individual Elements - \$ 20.00 each

CanSkate Challenge Elements - \$20.00

Program Elements - \$ 20.00 each

Team Elements - \$ 30.00 per team

- Entry fees are payable with the entry form.
- Post-dated cheques will not be accepted.
- A separate cheque and entry form is required for each event. Additional copies of the entry form may be photocopied.
- Entry form(s), entry fees, and acceptable proof of age where relevant, must be received no later than **December 5th, 2011** regardless of postmark or courier date.
- Please make cheques payable to **Pembroke Skating Club** and mail it with completed entry forms to:

Valley Skate - CanSkate Challenge 2012
c/o Pembroke Skating Club,
P.O. Box 523, Pembroke, K8A 6X7
www.pembrokeskatingclub.ca

Returned Cheques

A \$25.00 administration fee will be applied to cheques returned by your bank. The amount of the returned cheque and the \$25.00 administration fee must be paid in cash or by a certified cheque, bank draft, money order or similar form of guaranteed payment prior to the skater being permitted to compete.

NOTE: No skater will skate until all money owing, including charges for NSF cheques, is properly paid upon registration at the arena on the day of the competition.

Refunds and Withdrawals

- Refunds will be given for any cancelled events or if the entry is withdrawn prior to **December 5th, 2011**
- After **December 5th, 2011**, refunds will be given for medical reasons only, providing the Competition Registrar is notified of the medical withdrawal prior to the start of the event and if the Registrar receives a medical certificate by **February 7th, 2012**.
- An administration fee of \$25.00 per event will be charged for medical withdrawals

Cancellation of Events

- Entries will be accepted on a first come, first serve basis once all required information and fees have been received.
- Faxed or telephone entries will not be accepted.
- Late entries will be accepted at the discretion of the Technical Representative.
- An event will be cancelled if only one skater has entered. Entry fees will be refunded if an event is cancelled.
- No Exhibitions
- The Technical Representative may combine two or more categories in the same event when each category has fewer than three entries or one category has insufficient entries to hold the event. In each case, the categories may only be combined with full prior knowledge and agreement of all competitors affected.
- The Technical Representative reserves the right to categorize flights & limit the number of entries in any event.

Protective Equipment – Helmet Policy

As of July 1st, 2011 Skate Canada issued a policy statement as follows “All Skate Canada member clubs and skating schools **must** ensure that participants up to and including Stage 5 wear a CSA approved hockey helmet while on the ice – this policy **must** be enforced during competitions”. There will be no penalty to skaters competing above Stage 5 who wish to wear a helmet.

Registration

Skaters are to register at least one hour prior to the scheduled start of his/her event.

The Host Committee reserves the right to start an event up to one-half hour prior to its scheduled start time.

Coaches

All Coaches must be prepared to show and wear their Skate Canada photo ID.

Marking

The results for “Section A” Events will be determined as per the Skate Canada recommendations for their CanSkate Challenge Element Event. The performance standard for each element shall be defined by three levels: Gold, Silver, Bronze. Certificates will be provided for this part of the competition.

The Results for “Section B” will be determined using the One by One [OBO] system. Result sheets will not be available for sale.

Awards

- Medals/or Ribbons and LTAD Certificates will be presented in accordance with the regulations set out in the Skate Canada Event Management Handbook. No medals will be awarded for exhibitions.
- Medal and certificate presentations will be posted on the results notification and will likely be on the hour and one half hour.
- Skaters must be in skating attire for medal/certificate presentations.

General Admission

- **General Admission is free. Everyone is welcome.**
- **Programs are free to skaters. Extra copies are available at \$ 2.00 each.**

Accidents/Liability

Skate Canada Rule 7000 B 1.11 will apply.

Skate Canada - Eastern Ontario, the Clubs/Organizers of any competition, and the Volunteer Team undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries therein, 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, caused by or connected with the conduct and management of the competitions and to release any and all claims they may have against the officials, the Association, the Section, the Clubs/Organizers, and the Volunteer Team holding the competition and against their officers, and their entries shall be accepted only on these conditions.

Camera & Video Policy

Professional photography will be available by Phil Culhane at a nominal fee.

Skater's family and friends are permitted to use cameras for still photos and video for personal use only.

STRICTLY PROHIBITED:

- **Videotaping of complete events**
- **Flash photography**
- **Any resale of photography or videos by ticket holders**

Media Policy

- Individuals wishing to obtain appropriate accreditation should contact:
Shari Kosowan - Competition Chair 613-582-3485 or 613 585-3685, email kosowan@nrtco.net at least two (2) weeks prior to the event.
- Individuals will need prior approval to attend and photograph skaters at all EOS Sanctioned events. Individuals will be given access to the boards near the skaters' entry to the ice. Accredited individuals will not interfere with coach/skater communications during warm-up periods. Pictures of skater and/or coaches will not be allowed prior to or after the performance. Any written complaints of interference will result in the loss of accreditation for future events.
- The following is a guideline for approving accreditation:
 - Individuals from News media must submit appropriate accreditation for review.
 - An individual representing skating club parent must submit written permission from these parents with request
 - Pictures of skaters will not be made available for sale.

Ice Dimensions: 85' X 200'

Contact Information

Shari Kosowan, Competition Chair
c/o Pembroke Skating Club
Box 523, Pembroke ON, K8A 6X7
www.pembrokeskatingclub.ca
613-582-3485/613-585-3685

Directions to Arena

From Hwy 17 take Paul Martin Drive/Hwy 41 exit towards the Irving Big Stop. Continue North on Paul Martin Drive approx. 2.5km (after 1.5 km and a traffic light Paul Martin becomes River Road). Continue on River Road to Irving Street. Turn right onto Irving Street and proceed 1 block east to Mackay Street. Turn Left onto Mackay street and proceed North approx 0.75km to Pembroke Street. Turn left onto Pembroke Street and proceed approx 1 km to Christie Street. Turn right (at lights) onto Christie Street and proceed 1 block to Arena on right. Ample parking available at entrance.

COMPETITION SCHEDULE

Schedule of Events will be posted on our website www.pembrokeskatingclub.ca by approximately January 1st, 2012.

AMENITIES

Pembroke has several restaurants. PSC will also have a canteen available for skaters and families at the arena

Flowers will be for sale at the event. Valley Skate will also have a raffle table with many great prizes.

Accommodations:

Best Western

1 International Drive, Pembroke, On 613 735-0131

Comfort Inn

959 Pembroke St. E., Pembroke, On 613 735-1057

Travelodge

900 Pembroke St. E., Pembroke, On 1-800-461-7896

Econo Lodge

1218 Pembroke St. E. Pembroke, On 613 732-4222

TECHNICAL INFORMATION – SECTION “A”

CANSKATE CHALLENGE ELEMENT EVENT

This CanSkate Challenge Element Event pilot initiative was developed by Skate Canada in support of the organization’s on-going implementation of the *Long Term Athlete Development Model*. The event has been formatted to recognize the philosophies of the *Learn to Skate* stage which aims to provide skaters 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 first, second and third, all skaters will receive a certificate indicating their overall performance level award (Gold, Silver, Bronze or Merit). The award level will be based on the assessment of four individual elements. Each element is evaluated using three pre-determined performance standards. Your skater will receive a full overview of their performance on the scoring standards chart which will be provided along with their award certificate.

Event#	Event Name	Description
1	Stage 4: Skaters must have passed the complete Stage 3 badge, but not the complete Stage 4 badge.	<ul style="list-style-type: none"> Fwd glide on curve, two-foot to one-foot (clockwise or counter clockwise) Bwd glide on curve, two-foot to one-foot (clockwise or counter clockwise) Turning on curve fwd to bwd and bwd to fwd (2 feet) - Two-foot jump fwd to bwd and bwd to fwd on curve
2	Stage 5: Skaters must have passed the complete Stage 4 badge, but not the complete Stage 5 badge.	<ul style="list-style-type: none"> Fwd crosscuts in figure 8 pattern (clockwise or counter clockwise) Bwd circle thrusts (clockwise or counter -clockwise) One-foot side stop (left OR right) Fwd power jump
3	Stage 6* (Figure): Skaters must have passed the complete Stage 5 badge, but not the complete Stage 6 badge.	<ul style="list-style-type: none"> Fast fwd perimeter stroking (draw for direction) Turning on a curve fwd to bwd changing feet (RFI-LBI or RFI-RBI)(Mohawk) One-foot spin with FO spiralling edge entry (either the #4 style or corkscrew position) Rotating power jump (waltz jump)
4	Stage 6* (Hockey): Skaters must have passed the complete Stage 5 badge, but not the complete Stage 6 badge.	<ul style="list-style-type: none"> Fast fwd perimeter stroking (draw for direction) Fast bwd perimeter stroking (draw for direction) Turning on a curve fwd to bwd changing feet (RFI-LBI or LFI-RBI)(Mohawk) Fwd two-foot side stop with speed (skater’s choice of direction)
<p><u>*Stage 6 has been broken into two different groups to accommodate the different interests of the skaters</u></p>		

TECHNICAL INFORMATION – SECTION “B”

The events offered in this Section of the Announcement will be run as in previous years, with a judging panel and Technical Representative – either medals and or /ribbons will be given for a skater’s placement in each event.

CANSKATE INDIVIDUAL ELEMENTS

All skaters in each flight will be on the ice at the same time. Each skater in turn will perform each element in rotation with the other skaters in the order listed below. Coaches will be permitted to work with their skaters only during warm-up. No re-skates will be permitted.

Event #	Event Name	Description
5	Stage 4 Individual Elements – Women Must not have passed Stage 4.	<ul style="list-style-type: none"> • Two-foot jump forward to backward on a curve • Two foot sit spin • Backward glide on a curve (two feet to one-foot) • One-foot turn forward to backward (forward outside three turn)
6	Stage 4 Individual Elements – Men Must not have passed Stage 4.	<ul style="list-style-type: none"> • Two-foot jump forward to backward on a curve • Two foot sit spin • Backward glide on a curve (two feet to one-foot) • One-foot turn forward to backward (forward outside three turn)
7	Stage 5 Individual Elements – Women Must not have passed Stage 5.	<ul style="list-style-type: none"> • Forward power jump (bunny hop) • Forward one-foot spin (more than 1 rev.) • Forward spiral • Turning on a curve backward to forward changing feet (LBO-RFO or RBO-LFO, backward Mohawk)
8	Stage 5 Individual Elements – Men Must not have passed Stage 5.	<ul style="list-style-type: none"> • Forward power jump (bunny hop) • Forward one-foot spin (more than 1 rev.) • Forward spiral • Turning on a curve backward to forward changing feet (LBO-RFO or RBO-LFO, backward Mohawk)
9	Stage 6 Individual Elements – Women Must not have passed Stage 6.	<ul style="list-style-type: none"> • Turning on a curve forward to backward changing feet (forward Mohawk) • One foot backspin • Rotating power jump (Waltz jump) • Backward cross-cuts in a figure 8 pattern
10	Stage 6 Individual Elements – Men Must not have passed Stage 6.	<ul style="list-style-type: none"> • Turning on a curve forward to backward changing feet (forward Mohawk) • One foot backspin • Rotating power jump (Waltz jump) • Backward cross-cuts in a figure 8 pattern
11	Introductory Individual Elements – Women Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Salchow • Backward outside full edges • Backward Spiral • Forward one-foot spin with backward crosscut entry (minimum two (2) rotations).
12	Introductory Individual Elements – Men Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Salchow • Backward outside full edges • Backward Spiral • Forward one-foot spin with backward crosscut entry (minimum two (2) rotations).

CANSKATE PROGRAM FORMAT ELEMENTS

Movements are confined to those listed and can be done in any order. Movements must be continuous using connecting moves necessary to link the various elements. No music will be used. Judging will be based on technical merit only. If necessary, only half the ice surface will be used and these events will be double-paneled. Maximum time for the completion of the required elements is 1 minute. Coaches may work with their skaters during the warm-up. Skaters will be divided into age categories when numbers warrant.

Event #	Event Name	Description
13	Stage 4 Individual Elements - Women Must not have passed Stage 4.	<ul style="list-style-type: none"> • Two-foot jump forward to backward on a curve • Two foot sit spin • Backward glide on a curve (two feet to one-foot) • One-foot turn forward to backward (forward outside three turn)
14	Stage 4 Individual Elements - Men Must not have passed Stage 4.	<ul style="list-style-type: none"> • Two-foot jump forward to backward on a curve • Two foot sit spin • Backward glide on a curve (two feet to one-foot) • One-foot turn forward to backward (forward outside three turn)
15	Stage 5 Individual Elements - Women Must not have passed Stage 5.	<ul style="list-style-type: none"> • Forward to backward 3 turn (edge optional) • Forward spiral • Forward power jump • Forward one-foot spin
16	Stage 5 Individual Elements - Men Must not have passed Stage 5.	<ul style="list-style-type: none"> • Forward to backward 3 turn (edge optional) • Forward spiral • Forward power jump • Forward one-foot spin

17	Stage 6 Individual Elements - Women Must not have passed Stage 6.	<ul style="list-style-type: none"> • Turning on a curve forward to backward changing feet (edge optional, Mohawk) • Forward one-foot spin • Rotating power jump (Waltz jump) • Forward Crosscuts
18	Stage 6 Individual Elements - Men Must not have passed Stage 6.	<ul style="list-style-type: none"> • Turning on a curve forward to backward changing feet (edge optional, Mohawk) • Forward one-foot spin • Rotating power jump (Waltz jump) • Forward Crosscuts
19	Introductory Individual Elements - Women A (8 years or younger) Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Waltz jump • Toe Loop • One-foot spin (forward) • Forward spiral
20	Introductory Individual Elements - Women B (9 years or older) Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Waltz jump • Toe Loop • One-foot spin (forward) • Forward spiral
21	Introductory Individual Elements - Men A (8 years or younger) Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Waltz jump • Toe Loop • One-foot spin (forward) • Forward spiral
22	Introductory Individual Elements – Men B (9 years or older) Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Waltz jump • Toe Loop • One-foot spin (forward) • Forward spiral

CANSKATE TEAM ELEMENTS

Elements will be done in isolation. Coaches may work with their teams during warm-up only for Introductory Team Elements. Coaches may work with the Stage Team Elements during the competition. There will be NO re-skates allowed. All teams will be out on the ice for warm up. All skaters skate one lap around the rink then take position by the boards. The announcer will then call the elements one by one to be practiced. When all elements have been practiced, the competition will begin. Teams must have 2 skaters minimum and 4 maximum. Elements skated in order shown.

Event #	Event Name	Description
23	Stage 4 Team Elements Must not have passed Stage 4.	<ul style="list-style-type: none"> • Two-foot jump while gliding backwards (remain backwards) • One foot turn forward to backward (forward outside three turn) • Backward one-foot glide • Two foot spin picking up alternating feet
24	Stage 5 Team Elements Must not have passed Stage 5	<ul style="list-style-type: none"> • Two foot jump forwards to backwards and backwards to forward • Forward one-foot spin • Forward spiral • Forward two foot side stop
25	Stage 6 Team Elements Must not have passed Stage 6.	<ul style="list-style-type: none"> • Backwards spiral • One foot side stop • Rotating power jump (Waltz jump) • Forward cross-cuts in a circle (1 full circle)
26	Introductory Team Elements Must not have passed any complete Skate Canada Test or any part of the Preliminary Freeskate Test.	<ul style="list-style-type: none"> • Waltz jump • Upright 1 foot spin • Forward spiral • Toe loop/toe loop jump combination

ENTRY FORM – VALLEY SKATE – CANSKATE CHALLENGE, JANUARY 7, 2012

DEADLINE FOR ENTRIES – DECEMBER 5TH, 2011

www.pembrokeskatingclub.ca

Name: _____ Male / Female (circle)

Phone# _____ Email: _____

Mailing Address: _____ City/Town _____ Postal Code: _____

Skate Canada #: _____ Date of Birth: _____ (YYY/MM/DD)

Home Club: _____

Eligibility Information:

Highest Badge/Test Passed as of (December 1, 2011) _____

Coaches Name: _____ Phone # _____ Email: _____

Valley Skate – CanSkate Challenge may use photos for publicity, such as the club website to generate awareness of our sport and acknowledge skater’s achievements. Unless you circle OPT OUT, we may include the skater’s name and image.

“OPT OUT”

For CanSkate Challenge (Section A) & Element Events (Section B) – please indicate here :

EVENT #	EVENT NAME

For Team Event in “Schedule B” - please complete the team event form

Entry Fees

Individual Elements (\$20.00) _____

Program Elements (\$20.00) _____

CanSkate Challenge: (\$20.00) _____

TOTAL: _____

Please send completed form and cheques to:

Valley Skate – c/o Pembroke Skating Club

Box 523, Pembroke, ON K8A 6X7

www.pembrokeskatingclub.ca

Make cheques payable to: Pembroke Skating Club - No Post Dated cheques please

Payment & Authorization

Skate Canada Event Management Handbook rule 7000.B.1.11 will apply. Organizers of the competition undertake no responsibility for damages or injuries suffered by skaters. As a condition and in consideration of the acceptance of their entries, skaters and their parents or guardians thereby agree to assume all risks of injury to the skater’s person and/or damage to the skaters property, and release all persons in any way connected with the management and/or conduct of this competition from any and all liability in connection herewith, whether caused by negligence or otherwise

I have read and understand Rule 7000.B.1.11 referred to above

Parent Signature

Home Club Approval



CANSKATE
VALLEY SKATE - JANUARY 7TH, 2012
DEADLINE FOR ENTRIES - DECEMBER 5TH, 2012
TEAM ELEMENT ENTRY FORM

Please complete one entry 1 form per team.

TEAM EVENT # _____ **TEAM EVENT NAME** _____

Team Club _____ **Contact Name:** _____

All competitors waive all claims as to accidents, etc. during the course of this competition (SC Rule 7000B 1.11).

Contact Signature _____

Team Event Fees: Team Elements: \$30.00/team

	<i>Team Members</i>	CANSKATE STAGE OR HIGHEST TEST PASSED as of : December 1, 2011	Parent/Guardian Signature
1.	Name of Skater		
	Address		
	Skate Canada #		
2.	Name of Skater		
	Address		
	Skate Canada #		
3.	Name of Skater		
	Address		
	Skate Canada #		
4.	Name of Skater		
	Address		
	Skate Canada #		

Name of Team Coach: _____

Address _____

Skate Canada # _____

Email _____

Please send completed form and cheque to:

Valley Skate – c/o Pembroke Skating Club, Box 523, Pembroke, ON, K8A 6X7

Make cheques payable to: Pembroke Skating Club - NO POST-DATED CHEQUES PLEASE