



CanSkate Element Event - Pilot Technical Package

General

The purpose of this event is to provide skaters with the opportunity to showcase their skills in a fun and interactive environment. In support of Skate Canada's on-going implementation of the *Long Term Athlete Development Model*, the CanSkate element event has been formatted to recognize the philosophies of the *Learn to Skate* stage. This club level event ideally takes place after a 10 week CanSkate session so that skaters have had the chance to learn all the skills on their current stage. 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 hosting club ensures the event is run in compliance with their section's policies regarding invitationals.

Category Specifications

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

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.

Technical Information

The participants will complete elements according to their category. Each category will complete one round consisting for four elements. Within the round, skaters will execute each required element (in isolation) once. The required elements are defined as follows:

Stage 4:

- Fwd glide on curve, two-foot to one-foot (clockwise or counterclockwise)
- Bwd glide on curve, two-foot to one-foot (clockwise or counterclockwise)
- Turning on curve fwd to bwd and bwd to fwd (2 feet)
- Two-foot jump fwd to bwd and bwd to fwd on curve

Stage 5:

- Fwd crosscuts in figure 8 pattern (clockwise or counterclockwise)
- Bwd circle thrusts (clockwise or counterclockwise)
- One-foot side stop (left OR right)
- Fwd power jump

Stage 6* (Figure):

- Fast fwd perimeter stroking (draw for direction)
- Turning on a curve fwd to bwd changing feet (RFI-LBI or LFI-RBI) (Mohawk)
- One-foot spin with a FO spiraling edge entry (either the #4 style or corkscrew position)
- Rotating power jump (waltz jump)

Stage 6* (Hockey):

- 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)

*Stage 6 has been broken into two different groups to accommodate the different interests of the skaters. It is up to the coach to determine the appropriate assignment of these two groups.

Standards of performance

The desired performance standard for each element is defined by three levels: Gold, Silver and Bronze. Each performance level consists of three features. To achieve a Bronze, Silver or Gold award level on any element, the skater 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.

Performance standards are measured in proportion to the skater's age, size, and physical strength. Example: A smaller 6-year old skater and a taller 8-year old skater may each receive "Excellent" for the speed demonstrated in an element even though the 8-year old performed the skill at a much faster speed.



Conduct of the event

Warm-up groups: Skaters will complete the competition in warm-up groups of no more than six skaters. The skating order within each warm-up will be the order in which each skater will complete the four elements.

Warm-up Time: Each group is awarded a three-minute warm-up at the beginning of the competition. Between each element, skaters will return to the area designated as a warm-up space to work on the next requirement.

Execution of each element: Within each warm-up group, skaters execute one attempt at each element. All skaters in the group must complete their attempt at the element before the next element in the round is started for any skater.

Example: Stage 4

Element 1

Fwd glide on curve, two-foot to one-foot – one attempt by skater 1

Fwd glide on curve, two-foot to one-foot – one attempt by skater 2

:

Fwd glide on curve, two-foot to one-foot – one attempt by skater 6

Element 2

Bwd glide on curve, two-foot to one-foot – one attempt by skater 1

:

Then repeat.

Each warm-up group of competitors must complete all elements of the stage before the next warm-up group can begin.

Progression through the event: After each element attempt the skater must return to the designated warm-up area to begin practicing the next required element.

*Note: Two to three additional coaches or PAs should be stationed in the designated warm-up area to facilitate practice of the next skill and help move traffic in and out of the competition area ensuring the correct skating order is maintained. These individuals must remain conscious of the event schedule while rotating the skaters in and out of the practice area.

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.

Event Schedule

Any two warm-up groups can compete at the same time with different judging panels.

Every six attempts at an element for a group of six skaters takes approximately six minutes. Allowing for full warm-up time (three-minute initial warm-up), the time required for a six-participant group is approximately 30 minutes.

Sample Detailed Schedule:

Panel 1: North End		Panel 2: South End	
9:00 – 9:30 Stage 4 (Warm-up group 1)		9:00 – 9:30 Stage 4 (Warm-up group 2)	
9:00 – 9:03	Warm-up	9:00 – 9:03	Warm-up
9:04 – 9:11	Group 1: Element 1	9:04 – 9:11	Group 2: Element 1
9:11 – 9:17	Group 1: Element 2	9:11 – 9:17	Group 2: Element 2
9:17 – 9:23	Group 1: Element 3	9:17 – 9:23	Group 2: Element 3
9:24 – 9:29	Group 1: Element 4	9:23 – 9:29	Group 2: Element 4
9:30 – 10:00 Stage 5 (Warm-up group 1)		9:30 – 10:00 Stage 5 (Warm-up group 2)	
9:30 – 9:33	Warm-up	9:30 – 9:33	Warm-up
9:34 – 9:41	Group 1: Element 1	9:34 – 9:41	Group 2: Element 1
9:41 – 9:47	Group 1: Element 2	9:41 – 9:47	Group 2: Element 2
9:47 – 9:53	Group 1: Element 3	9:47 – 9:53	Group 2: Element 3
9:53 – 9:59	Group 1: Element 4	9:53 – 9:59	Group 2: Element 4
Flood (10 min)		Flood (10 min)	
10:10 – 10:40 Stage 6 (Warm-up group 1)		10:10 – 10:40 Stage 6 (Warm-up group 2)	
10:10 – 10:13	Warm-up	10:10 – 10:13	Warm-up
10:14 – 10:21	Group 1: Element 1	10:14 – 10:21	Group 2: Element 1
10:21 – 10:27	Group 1: Element 2	10:21 – 10:27	Group 2: Element 2
10:27 – 10:33	Group 1: Element 3	10:27 – 10:33	Group 2: Element 3
10:33 – 10:39	Group 1: Element 4	10:33 – 10:39	Group 2: Element 4

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.

Off-Ice Requirements

Two volunteers should be designated as ice captain and dressing room attendant to oversee the traffic between warm-up groups and help ensure the schedule remains on time.

One additional volunteer is required to act as “data specialist”. This individual must collect the individual scoring standards sheets after each warm-up group has finished. The overall achievement level must be confirmed based on the feature levels and resulting performance standards awarded for each element (as described in the “Results Calculation” section above”).

Event Officials

The event is officiated using a collaborative judging panel (like the technical panel, i.e. decisions are made based on discussion and consensus of the group). The determination of an award level for each element is determined by consensus of the officials and based on each element's three performance factors.

Each officiating panel will include three "officials" (Note: It is not necessary to bring in certified officials for this type of event. Coaches and PAs may take on the role of "official" for the purpose of the CanSkate competition). The panel must include at least one NCCP CanSkate certified coach or higher. One member of the panel is indicated as the referee and the other the scribe (see duties below). The individual identified as the referee must be a minimum of NCCP CanSkate coach certified.

Duties of Officials

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

Referee:

- Manage the communication with participants to ensure that the flow of element execution is maintained, lead any necessary discussion with other official(s) to determine the consensus decision on the success of the element
- Provide visual indication (where applicable) as to the success of the element attempted, verify and authorize the calculation of the interim and final results
- Be available to answer any questions following the event as to the assessment of the officiating panel

Scribe:

- Maintain written record of each element attempt and its assessment on each skater's performance standards sheet.

Publication of Results

The final results should be documented on each skater's individual scoring standards sheet. A certificate indicating the award level achieved is provided to each participant along with their individual scoring standards sheet.

*Result page set-up front to back: certificate of achievement on the front and individual scoring standards sheet used by the officials on-ice on the back. Certificates should be filled in electronically 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 "data specialist" will handwrite the award achieved on the certificate.

Feedback

In order to accurately evaluate the success of this pilot initiative, event organizers must complete the feedback form (posted on Members Only) within two weeks of the event completion date and send to coaching&programs@skatecanada.ca. The form should be reviewed prior to the event start date to ensure the most accurate information is provided post-event.