



**THE SUDBURY SKATING CLUB
IS PLEASED TO HOST
LET'S SKATE 2019
TO BE HELD AT COUNTRYSIDE ARENA**

APRIL 12-14, 2019

SANCTIONED BY SKATE ONTARIO

Join us for **LET'S SKATE 2019!**

This performance and development opportunity will be used as an enhancement tool to help push the level of performance and skill acquisition in skaters of all levels. Perform in front of family and friends without the pressure of competition. We will also have fun doing it!

All skaters will receive constructive feedback to help prepare for their future goals.

You may also be tested at the same time as your program is being evaluated.

CanSkate, StarSkate and Competitive packages as well as FUN events.

This is how it works.

1. Indicate your package.
2. Tell us your level.
3. Send us a couple of your goals for your program or elements. This will help us focus on the areas you would like reviewed.
4. Choose any creative opportunities or fun events to add to your weekend.
5. Start planning for a great weekend!

REGISTRATION:

Clubs must submit registration forms as well as one club summary sheet for all entrants.

Payment must be one club cheque made out to Let's Skate 2019.

Mail Entry forms to:

Let's Skate 2019

Box 40087

Sudbury, ON

P3E 0B2

All entry forms must be received by March 15th, 2019.

For more information contact info@sudburyskatingclub.com

ACCOMODATIONS:

We have included some hotel options to help with your planning.

Lexington Hotel: 705-675-5602

Super 8: 705-522-7600

Comfort Inn: 705-522-1101

Travelodge: 705-522-1100

Travelway Inn: 705-522-1122

Holiday Inn 705-522-3000

Hampton Inn: 705-523-5200

AWARDS:

All skaters will receive feedback and a participation medal.

MUSIC:

Two (2) clearly labeled (Master and Copy) compact discs in cases must be registered at the music registration desk at least one hour prior to the event. Music is to be picked up approximately 30 minutes after the event. We are unable to mail out forgotten music.

1. Music on CD must be burned in CD Audio in "WAV" format only to ensure playback. (NOT mp3, acc, DVD or AVI)
2. Music should be burned on CD-R discs of good quality that provide legible space for the skater information to be printed on.
3. It is recommended that CDs be burned at speeds 16xs or less
4. The start of the music shall be recorded on the CD with less than two seconds of lead.

ADMISSION:

Children under 5 years and seniors (65 plus): Free

General Admission: \$5.00 per day or \$10.00 weekend pass

PROGRAMS: \$3.00 each

MEALS AND SNACKS:

The arena canteen will be open throughout the competition

Packages:

StarSkate package Star 1,2,3,4,5,6,8,10,Gold – Freeskate Program performance evaluation, Jump evaluation, Spin evaluation, and Feedback Session \$75

Additional Short program (Star 7 or 9) \$25

Competitive package- Freeskate Program performance evaluation , Jump evaluation, Spin evaluation, and Feedback Session \$75

Additional Short Program (any level) \$25

CANSKATE package – CanSkate Element assessment \$25

Creative Opportunities.

Interpretive Program Assessment \$45 (\$25 if in addition to an above package)

Creative Improv \$45 (\$25 if in addition to an above package)

Team Creative Improv (Minimum 4 skaters on a team) \$10 per skater

Fun Even (with Fun Prizes for Winners) **\$10 per skater**

(Skaters grouped by skating level and club)

Highest Spiral, longest shoot the duck, most revs in spins, fastest lap around the ice.

Most consecutive Waltz jumps (for skaters at Canskate level),

Most consecutive loop jumps, axels, walleyes

Other contests to be determined!

Mini Olympics included in above fee:

Skaters **of all skating levels** will be divided into teams and will circulate to various stations where they will participate in team-oriented challenges and games. A point-scoring system will reveal the top three teams!

OTHER EVALUATIONS:

JUMP EVALUATIONS \$10 per skater

Star 1 Jumps	Waltz Jump, Salchow, Toe Loop, Waltz Jump-toe loop combo
Star 2 Jumps	Waltz/Toe Combo, Salchow, Toe Loop, Loop Jump,
Star 3 Jumps	flip, loop-loop combo, Salchow-toe loop combo, lutz
Star 4 Jumps	axel, lutz-loop combo, Flip-toeloop combo, another jump element of your choice
Star 5 Jumps	Axel, Double Salchow, jump combination (no doubles), another jump element of your choice.
Star 6 and up Jumps	Any 4 jumps that you would like feedback on from a Technical Specialist regarding entry edge rotation etc.

SPIN EVALUATIONS \$10 per skater

Star 1	2 foot spin, fwd 1 foot spin, bwd 1 foot spin
Star 2	fwd 1 foot spin, bwd 1 foot spin, sit spin
Star 3	bwd 1 foot spin, sit spin, camel spin
Star 4	sit spin, camel spin, combo spin
Star 5	sit ch sit spin, combo spin, flying spin
Star 6 and up	any 3 spins that you would like feedback on.

FIELD MOVE Evaluations \$10 per skater

Star 1 to 10 plus Gold – 3 field moves of your choice
(Star 1 to 4 half ice only Star 5 and up get full ice.)

FOOTWORK SEQUENCE Evaluations \$10 per skater

A Technical Specialist will review your footwork and discuss levels with you.

CANSKATE Package : \$25 per skater (assessment and feedback)

½ ice event, elements must be done in order stated, no music for these Events Skaters are not allowed to have any part of a star 1-5 test in these categories

Ankle Biter : must be working on stage 2 but no higher than stage 3

1. Forward two foot to one foot glide
2. forward sculling
3. bunny hop
4. forward two foot jump moving
5. Forward two foot turn, backward 2 foot sit glide, Backward push glide sequence

Hip Swinger : must be working on Stage 3 but on higher than stage 4

1. Forward 2 foot to 1 foot glide on a curve
2. Forward circle thrusts both directions
3. Backward push glide sequence
4. Backward 2 foot to 1 foot glide
5. 2 foot sit spin

Knee Benders : working on stage 4 but on higher that stage 5

1. Forward cross cuts both directions
2. Forward inside and outside slalom (two FO edges, one on each foot, then two FI edges one on each foot)
3. Forward one foot turns FO and FI
4. Forward to backward two foot jump followed by a backward to forward two foot jump
5. Two foot spin (2 rotations)

Ice Gliders : working on stage 5 and 6

1. Forward cross cuts in one direction, , one foot forward slalom between circles, then backward cross cuts in the other direction on new circle
2. Forward spirals, one on each foot
3. Rotating Power Jump (waltz jump)
4. Forward Shoot the duck
5. 1 foot spin

Test Day: In conjunction with this event we will be offering a high test day; dances may be partnered with James Callan. For more information please contact test@sudburyskatingclub.com