



**THE SUDBURY SKATING CLUB**  
is pleased to host



# LET'S SKATE 2023

**APRIL 14-16, 2023**

**Gerry McCrory Countryside Sports Complex**

**Canskate, StarSkate, Competitive, Adult, Special Olympics, & FUN Events**

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 and 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 your program is being evaluated.

**This is how it works:**

1. Indicate your package or event.
2. Tell us your level.
3. Choose any creative opportunities or fun events to add to your weekend.
4. Start planning for a great weekend!

<b>Registration</b>	<a href="#">Registration link here</a>
<b>Payment</b>	Transfers can be sent to: <a href="mailto:fees@sudburyskatingclub.com">fees@sudburyskatingclub.com</a> Please include skaters name and events in the e-transfer message.
<b>Awards</b>	All skaters will receive feedback and a participation medal.
<b>Music</b>	MP3 submission to: <a href="mailto:info@sudburyskatingclub.com">info@sudburyskatingclub.com</a> Music file should be labeled with the skater's name and category. Skaters are required to have their music on a memory stick for back up at the event.
<b>Admission</b>	Coin donation at the door.

All entry forms must be received by: **March 12<sup>th</sup>, 2023**

Questions may be directed to: [info@sudburyskatingclub.com](mailto:info@sudburyskatingclub.com)

## **STARSKATE & COMPETITIVE OPPORTUNITIES**

**Star 1 Element Assessment:** \$35 per skater

- Includes written evaluation and feedback

**Future Stars: Entry level Star 2 skaters** (1.5 - 2 min solo) \$50 per skater

- Includes feedback

**StarSkate Package: Star 2-10 and Gold** \$85

Package includes:

1. Freeskate program performance - written evaluation and feedback
2. Element event (per Skate Canada Starskate elements) - on-ice feedback session

**Additional Starskate Short program (Star 7 or 9):** \$30

- Includes written evaluation and feedback

**Team Elements: Star 2-Gold** \$10 per skater

- Includes on-ice feedback session

**Competitive Package:** \$85

Package includes:

1. Freeskate program performance - written evaluation and feedback
2. Element event - on-ice feedback session (per skater's chosen elements).

**Additional Competitive Short Program (any level)** \$30

Includes written evaluation and feedback.

**Adult Package: Intro Open to Masters** \$85

Package includes:

1. Freeskate program performance - written evaluation and feedback
2. Element event - on-ice feedback session (per skater's chosen elements)

**Special Olympics Package: All levels** \$85

Package includes:

1. Freeskate program performance - written evaluation and feedback
2. Element event - On-ice feedback session (per skater's chosen elements)

## **CREATIVE OPPORTUNITIES**

Include written evaluation and/or feedback.

**Artistic Program Assessment:** \$45 (\$30 if in addition to an above package)

**Creative Improv:** \$45 (\$30 if in addition to an above package)

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

# **CANSKATE EVENTS**

**Canskate Events:** \$35 per skater

Half-ice elements event; elements are performed in isolation; skaters must not have passed any part of a Star 1-5 test in this event.

Includes written evaluation and feedback.

## **Canskate elements are as follows:**

**STAGE 2:** must be working on Stage 2 but no higher than Stage 3

1. Forward 2 foot to 1 foot glide
2. Forward sculling
3. Forward two foot jump moving
4. Backward skating
5. Forward sit glide

**STAGE 3:** 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 2 foot jump moving
4. Backward sculling
5. 2 foot spin

**STAGE 4:** working on Stage 4 but no higher that Stage 5

1. Forward spiral
2. Forward cross cuts, both directions
3. Forward to backward 2 foot jump
4. Backward circle thrusts, both directions
5. 1 foot spin

**STAGE 5:** working on Stage 5 and 6

1. Forward spirals, one on each foot
2. Forward inside edges
3. Waltz jump
4. Backward cross cuts, both directions
5. 1 foot spin