



UPPER CANADA SKATING CLUB
CANSKATE CHALLENGE FOR STAGES 3 TO 6
Saturday February 24, 2018, 9:00 to 11:00 a.m.

All CanSkaters up to and including Stage 5 must wear a CSA approved hockey helmet on the ice. CanSkaters in Stage 6 have the option to NOT wear a hockey helmet during the competition; those choosing to wear a helmet during the competition will not be subject to any deductions in relation to use of the helmet.

DEADLINE FOR COMPLETED APPLICATION FORMS: Saturday, 3 February 2018.

Completed entry forms must be dropped off at the office with payment no later than 11:00 am on SATURDAY February 3, 2018.

CANSKATE INDIVIDUAL ELEMENTS

Skaters perform elements in *isolation* from the CanSkate Stages. Skaters are permitted a **total of one re-skate** in the category if necessary. Skaters will be divided into groups and perform the elements in a specific area of the ice. These categories are open to CanSkate members only and reflect the Stage the skater is in as of **January 27, 2018**.

CanSkate Stage 3 (must not have passed Stage 3)

1. Forward two foot quick turn
2. Backward one foot glide
3. Forward two foot slalom
4. Backward two foot jump

CanSkate Stage 4 (must not have passed Stage 4)

1. Backward two foot slalom
2. Forward to backward two foot jump
3. Forward spiral
4. Two foot spin

CanSkate Stage 5 (must not have passed Stage 5)

1. Forward crossovers on a circle eight
2. Forward power jump
3. One foot spin
4. Backward push/glide sequence

CanSkate Stage 6 (must not have passed Stage 6)

1. Backward crossovers on a circle eight
2. Forward spiral on a curve
3. Rotating power jump (waltz jump)
4. One foot spin from a spiraling edge