

## 2024 GSC CanSkate Club Competition



**When:** Saturday, April 20<sup>th</sup>, 2024 from 8:30 – 9:30 am

**Where:** Manley Rink, Bob MacQuarrie Recreation Facility

**Registration Fee:** \$15 per skater / **Registration Period:** Friday March 22<sup>nd</sup> to Friday April 5<sup>th</sup>!!!

The purpose of the GSC CanSkate Club Competition is to provide **2023-24 GSC CanSkaters A/B and up, who are working on Stage 3 and Up** with the opportunity to showcase their skills in a fun and interactive environment. In support of Skate Canada's Athlete Development Model, this event has been formatted to recognize the philosophies of the "Learn to Skate" stage. **Participation is optional!**

The focus of the event is on individual skill improvement, performances are not ranked and all skaters will receive a GSC medal. Skaters are assessed to a standard of gold, silver or bronze level on the skills performed. The skills will be incorporated on a circuit similar to what the skaters practice each day in their skating lessons. The following are the skills to be performed by badge level. **To confirm your skater's badge passed, check in Amilia under "Skills" or on your skater's name tag, the last badge passed is indicated by a "yellow dot":**

- **Working on Stage 3:**

- Fwd circle thrusts (CW or CCW - skater's choice)
- Bwd 2-ft jump
- 2-ft quick turn fwd to bwd and bwd to fwd\* (CW or CCW - skater's choice)
- Bwd 2-ft sculling

- **Working on Stage 4:**

- Bwd circle thrusts (CW or CCW - skater's choice)
- Bwd 360° step turn (CW or CCW - skater's choice)
- 2-ft jump fwd to bwd and bwd to fwd\* (CW or CCW - skater's choice)
- Fwd inside slalom

- **Working on Stage 5:**

- Fwd 2-ft side stop (CW or CCW - skater's choice)
- Bwd push/glide sequence, full perimeter (CW or CCW - skater's choice)
- Fwd power jump
- Fwd crosscuts - figure-8

- **Working on Stage 6:**

- Fwd 1-ft side stop (L or R - skater's choice)
- Bwd perimeter skating with crosscuts (CW or CCW - determined by draw)
- Fwd 180° step turn (mohawk) (RFI-LBI or LFI-RBI - skater's choice)
- Fwd outside edges

Go to <https://www.gloucesterskatingclub.ca/online-registration> go to the CanSkate 2023-24 Jan-April section, once you've opened your account. **Please register your child for the current Stage event they are currently working on.** Our coaches will be practicing the competition skills in the coming weeks and will be on the ice with our skaters during the competition.

If you have any questions regarding the CanSkate Club Competition, **please email Cindy at [info@gloucesterskatingclub.ca](mailto:info@gloucesterskatingclub.ca)**

We hope to see you there!