

Skate - Perform - Excellence Academy

SPE ACADEMY

is pleased to announce our first annual
summer STARSkate SIMULATED Competition
to be held at the Thornhill Community Center
on
Friday, August 21, 2015

ENTRY DEADLINE: Monday, August 10, 2015

NO PULLOUT: ONLY medical withdrawals with a written doctor's note will receive a full refund.

ENTRY FEE: \$50 - For SPE registered skaters
\$70 - For non-SPEA skaters

FEES PAYABLE: By cash or cheque to "SPE Academy"

MARKING: Feedback will be given by judges for STAR 1-5 categories

PRACTICE ICE: Practice ice will be available from 7-8 AM on Friday,
August 21, 2015.
Cost: \$10

FREESKATE CATEGORIES

STAR 1

May not have passed any part of the Senior Bronze Free Skating Test
Feedback given to standard (Gold, Silver, Bronze or Merit);

8 Elements

- 1) Circle Stroking Exercise: Stroking in same direction on a circle starting at a standstill. 1 round forward, 1 round backward. (Draw for direction)
- 2) Three Jumps: a) Waltz Jump b) Single Salchow c) Single Toe Loop
- 3) Two Spins: a) Forward Upright Spin b) Backward Upright Spin
- 4) Forward Spiral Circles Sequence: Two spirals, one on each foot executed on a circle in the same direction. Skater chooses direction.
- 5) Creative Expression Routine (30 seconds - music provided by the SPEA, selection randomly chosen at competition - each flight to have a different music selection) - assessed as "completed" only.

STAR 2

May not have passed any part of the Senior Bronze Free Skating Test.
One program of 2:00 minutes in length (+/- 10 seconds); vocals not permitted. Individual elements plus Skating Skills and Performance/Execution evaluated to standard (Gold, Silver, Bronze or Merit);

9 Elements

- 1) Five jump elements: a) Single Salchow b) Single Toe Loop c) Waltz Jump + Single Toe Loop Combination d) Single Loop e) Single Flip or Single Lutz
- 2) Two spins: a) Backward Upright Spin. b) Forward entry Sit Spin or Camel Spin with no change of foot, no flying entry, no variations of positions. A Forward Upright Spin is not permitted.
- 3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 8 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.
- 4) Forward Turn Sequence: Forward Outside Three turn + backward crosscut + backward inside choctaw (i.e. stepforward); repeated four times.

STAR 3 & 4

May not have passed any part of the Senior Bronze Free Skating Test.
One program of 2:00 minutes in length (+/- 10 seconds); vocals not permitted. Individual elements plus Skating Skills and Performance/Execution evaluated to standard (Gold, Silver, Bronze or Merit);

8 Elements

- 1) Five jump elements: a) All single jumps permitted including single Axel*. No double jumps permitted. b) Must include at least one Axel type jump (waltz or single Axel). c) Must include at least 5 different types of single jumps (note: waltz and Axel are considered the same type). d) Must include a single loop + single loop combination. e) Maximum 1 additional jump combination. Jump combinations may not include more than two jumps. f) Jump Sequences are not permitted. g) If a jump is repeated it must be in combination. No jump may be included more than twice.
- 2) Two spins: a) Must include Backward Upright Spin b) Must include a combination spin that must include at least one camel and one sit position and commence with a forward entry. No flying entry, no variations of positions. Change of foot optional.
- 3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge.

STAR 5

May not have passed any part of the Junior Silver Free Skating test.
One program of 2:00 minutes in length (+/- 10 seconds); vocals not permitted.

Star 5 will receive **written feedback only**. Four Program Components will be assessed: Skating Skills, Transitions, Performance/Execution and Interpretation. Spins will be called no higher than Level B.

8 Elements

- 1) Maximum five jump elements: a) Maximum two double jumps. Double jumps cannot be included in combinations and cannot be repeated. b) Must include at least one Axel type jump (waltz or single Axel). d) Maximum 2 jump combinations. Jump combinations may not include more than two jumps. e) Jump Sequences are not permitted. f) If a jump is repeated it must be in combination. No jump may be included more than twice.
- 2) Maximum 2 spins: a) One Sit Spin or Camel Spin. Flying entry optional; no change of foot, no variations of positions. b) One Combination Spin. No flying entry and no variations of positions; change of foot optional. All three basic positions must be attempted.
- 3) Forward Spiral Sequence: A sequence of two forward spirals with no more than 4 steps in between; one spiral on each foot, unsupported position; on either inside or outside edge. Each spiral must be held for a minimum three seconds.

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STARSkate SIMULATED Competition Registration Form

Skater's name: _____
Skate Canada #: _____
Phone number: _____
E-mail: _____
Coach's name: _____

Category:

Star 1	<input type="checkbox"/>
Star 2	<input type="checkbox"/>
Star 3	<input type="checkbox"/>
Star 4	<input type="checkbox"/>
Star 5	<input type="checkbox"/>

Fees:

Registered Skaters: \$50
Non-Registered \$70
Skaters:

Payments can be made by cash or cheque (written SPE Academy)

Entries with payments must be received at the office by Monday,
August 10, 2015.

The applicant agrees that SPE Academy and/or its proprietors will not be held responsible for any accidents or losses, however caused, and agrees to release the proprietors from all claims or damages which may arise as a result of, or by means of, such accident or loss.

_____	_____
Signature of Competitor	Signature of Parent/Guardian