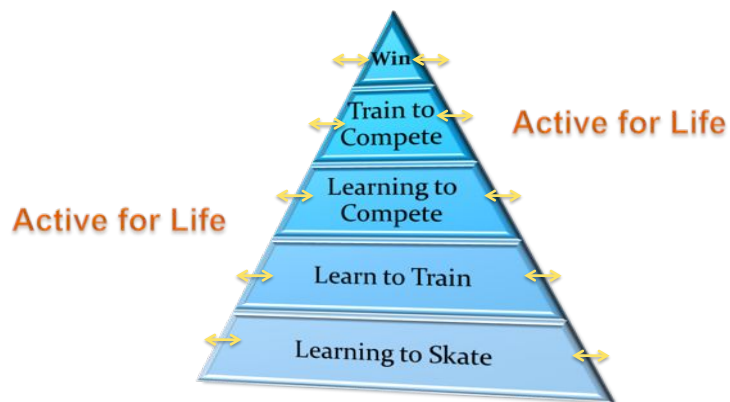




2009-2010  
SYNCHRONIZED  
SKATING  
STRUCTURE

Skate Canada's  
LTAD Model:



| Level                   | Current Category   | New Category                         |
|-------------------------|--|--------------------------------------|
| Learning to Skate       | CanSkate<br>Pre-Juvenile   | Beginner                             |
| Learning to Train       | Festival Juvenile<br>Festival Pre-Novice                                   | Elementary<br>Juvenile<br>Pre-Novice |
| Learning to Compete     | Festival Junior<br>Comp/ Fest. Novice<br>Festival Open<br>Comp/Fest. Adult | Novice<br>Intermediate<br>Open       |
| Training to Compete     | Competitive Junior<br>Competitive Senior                                   | Junior<br>Senior                     |
| Learning/ Living to Win | n/a  | Structure to be determined           |
| Active for Life         | Festival Masters<br>Festival Adult   | Adult I<br>Adult II<br>Adult III     |

## Role of Competition in LTAD

- Ultimately the goal is to create athletes with the skills necessary to compete but competition should not interfere with skill and athlete development.
- Generally in sport it has been noted that “Competition is a good servant but a poor master” in athlete development.

## Ages & Team Sizes

| LEVEL           | Team Size* | Under 10  | 10-12     | 12 - 15   | 15 - 19            | 19 - 25   | 25 - 35   | 35 and Over |
|-----------------|------------|-----------|-----------|-----------|--------------------|-----------|-----------|-------------|
| Beginner        | 8 – 16     | 75+%      | Up to 25% | 0         | 0                  | 0         | 0         | 0           |
| Elementary      | 8 - 16     | 75+%      |           | Up to 25% | 0                  | 0         | 0         | 0           |
| Juvenile        | 8 – 16     | 100%      |           |           | 0                  | 0         | 0         | 0           |
| Pre-Novice      | 8 – 16     | Up to 25% | 75+%      |           |                    | 0         | 0         | 0           |
| Novice          | 12-16      | 0         | 75+%      |           | Up to 25%          | 0         | 0         |             |
| Intermediate    | 12-16      | 0         |           | 100%      |                    |           | 0         | 0           |
| Open            | 12-16      | 0         |           | 100%      |                    |           |           |             |
| Junior          | 16         | 0         | 0         | 100%      |                    | 0         | 0         | 0           |
| Senior          | 16         | 0         | 0         |           | 100% (14 or older) |           |           |             |
| Adult Class I   | 8 – 20     | 0         | 0         | 0         | 0                  | 100%      |           |             |
| Adult Class II  | 8 – 20     | 0         | 0         | 0         | 0                  | Up to 25% | 75+%      |             |
| Adult Class III | 8 – 20     | 0         | 0         | 0         | 0                  | 0         | Up to 50% | 50+%        |

## ELEMENT PER LEVEL

| <b>ELEMENTS</b>                          |                      | Block   | Wheel | Circle | Line | Inters'n | MII | NHB | MIF | PROGRAMS |
|--|----------------------|---|-------|--------|------|----------|-----|-----|-----|----------|
| <b>Learn to Skate<br/>(1 category)</b>   | <i>restrictions:</i> | Beginner level: Forward approach to Intersection only (Backward Intersections not allowed)  |       |        |      |          |     |     |     |          |
|  | <i>Beginner</i>      | 1   | 1     | 1      | 1    | 1        |     |     |     | FP: 2.5  |
| <b>Learn to Train<br/>(3 categories)</b> | <i>restrictions:</i> | Elementary: No Features or Additional Features; Same as above for Learn to Skate levels<br>Juvenile & Pre-Novice: Features and Additional Features allowed as specified in Technical document;<br>Simple Variations allowed in Block, circle, line & wheel.<br>Moves in Isolation- Individual skating only with FM or FE from Group 1<br>Elementary, Juvenile & Pre-Novice: forward approach to Intersection only<br>(Backward Intersections not allowed) |       |        |      |          |     |     |     |          |
|  | <i>Elementary</i>    | 1   | 1     | 1      | 1    | 1        |     |     |     | FP: 2.5  |
|  | <i>Juvenile</i>      | 1   | 1     | 1      | 1    | 1        | 1   |     |     | FP: 3.0  |
|  | <i>Pre-Novice</i>    | 1   | 1     | 1      | 1    | 1        | 1   |     |     | FP: 3.0  |

## ELEMENT PER LEVEL

| ELEMENTS                                   |                       | Block  | Wheel | Circle | Line | Inters'n | MII | NHB | MIF                       | Select 1 element from:    | Programs |
|--|-----------------------|--|-------|--------|------|----------|-----|-----|---------------------------|---------------------------|----------|
| <b>Learn to Compete</b><br>(3 categories)  | <i>restrictions:</i>  | Novice: Simple and Difficult Variations allowed up to Group 3 (no Group 4) except NHB limited to Simple Variations & NHS Group 1 only. MI – FM or FE up to Group 3 allowed, Step Sequences up to Group 3<br>Intermediate: This category will follow the ISU Junior Well Balanced Free program Guidelines with only 1 Intersection<br>Open: This category will follow the ISU Senior Well Balanced Free program Guidelines with only 1 Intersection |       |        |      |          |     |     |                           |                           |          |
|  | <i>Novice</i>         | 1  | 1     | 1      | 1    | 1        | 1   | 1   |                           |                           | FP: 3.5  |
|  | <i>Intermediate</i>   | 1  | 1     | 1      | 1    | 1        | 1   | 1   |                           | Spin or MIF               | FP: 4.0  |
|  | <i>Open</i>           | 1  | 1     | 1      | 1    | 1        | 1   | 1   | 1                         | MII, Pair Element or Spin | FP: 4.0  |
| <b>Train to Compete</b><br>(2 categories)  | <i>restrictions:</i>  | all elements and programs as per ISU definitions   |       |        |      |          |     |     |                           |                           |          |
|  | <i>Junior</i>         | short and free program always as defined by the ISU  |       |        |      |          |     |     | Spin or MIF               |                           | SP/ FP   |
|  | <i>Senior</i>         | short and free program always as defined by the ISU  |       |        |      |          |     |     | MII, Pair Element or Spin |                           | SP/ FP   |
| <b>Learn/Live to Win</b><br>(2 categories) | <i>National Teams</i> | short and free program always as defined by the ISU  |       |        |      |          |     |     |                           |                           | SP/ FP   |
|  | <i>restrictions:</i>  | all elements as per ISU definitions  |       |        |      |          |     |     |                           |                           |          |
| <b>Active for Life</b><br>(3 categories)   | <i>Adult I</i>        | 1  | 1     | 1      | 1    | 1        | 1   |     |                           |                           | FP: 3.5  |
|  | <i>Adult II</i>       | 1  | 1     | 1      | 1    | 1        | 1   |     |                           |                           | FP: 3.5  |
|  | <i>Adult III</i>      | 1  | 1     | 1      | 1    | 1        |     |     |                           |                           | FP: 3.5  |

## DEVELOPMENT MODEL

| LEVEL                   | CLUB | INVITATIONAL | REGIONALS | CANADIANS | INTERNATIONAL               | ADULT NATIONALS |
|-------------------------|------|--------------|-----------|-----------|-----------------------------|-----------------|
| <b>LEARN TO SKATE</b>   |      |              |           |           |                             |                 |
| Beginner                | ✓    | ✓            | Optional  |           |                             |                 |
| <b>LEARN TO TRAIN</b>   |      |              |           |           |                             |                 |
| Elementary              | ✓    | ✓            | ✓         |           |                             |                 |
| Juvenile                | ✓    | ✓            | ✓         |           |                             |                 |
| Pre-Novice              | ✓    | ✓            | ✓         |           |                             |                 |
| <b>LEARN TO COMPETE</b> |      |              |           |           |                             |                 |
| Novice                  | ✓    | ✓            | ✓         | ✓         |                             |                 |
| Intermediate            | ✓    | ✓            | ✓         | ✓         |                             |                 |
| Open                    | ✓    | ✓            | ✓         | ✓         |                             |                 |
| <b>TRAIN TO COMPETE</b> |      |              |           |           |                             |                 |
| Junior                  | ✓    | ✓            | ✓         | ✓         | ✓ (NT only)                 |                 |
| Senior                  | ✓    | ✓            | ✓         | ✓         | ✓ (NT only)                 |                 |
| <b>ACTIVE FOR LIFE</b>  |      |              |           |           |                             |                 |
| Adult Class I           | ✓    | ✓            | ✓         |           | (according to ISU calendar) | ✓               |
| Adult Class II          | ✓    | ✓            | ✓         |           | (according to ISU calendar) | ✓               |
| Adult Class III         | ✓    | ✓            | ✓         |           | (according to ISU calendar) | ✓               |

# REGIONALS

## 5 REGIONS

- **Mountain:** British Columbia/Yukon Section, Alberta/NWT/Nunavut Section
- **Prairie:** Saskatchewan Section, Manitoba Section
- **Ontario:** Northern Ontario Section, Western Ontario Section, Central Ontario Section, Eastern Ontario Section
- **Quebec:** Quebec Section
- **Atlantic:** New Brunswick Section, Prince Edward Island Section, Nova Scotia Section, Newfoundland & Labrador Section

## HOW TO QUALIFY FOR CANADIANS

- The final result in each Regional event shall determine the competitors eligible to enter the equivalent Canadian qualifying competition.
- Each Region is eligible to enter **one** team into each category at the Canadian qualifying event.
- For every **15,000** registered associate members in the Sections included in the Region, an additional team may be entered into each category at the Canadian qualifying event. The number of sustaining members shall be determined by the membership year September 1 to August 31 of the year preceding the Canadian qualifying event.
- Teams placing in the **top five** at the Synchronized National event will grant their Region an additional entry (or entries) into the respective Canadian qualifying round the following year.

## TRANSITION YEAR

- Since the categories are changing from the 2008-2009 season to 2009-2010, it would be impossible to allow the top five Regions an extra spot at Canadians.
- For the 2009-2010 season only, each Region will be allowed 2 team entries as a base (instead of the 1) into each category at the Canadian qualifying event.

## REGIONALS DATES

### ATLANTIC

|           |               |              |
|-----------|---------------|--------------|
| 2009-2010 | New Brunswick | Jan 29-31    |
| 2010-2011 | Newfoundland  | Jan 28-30    |
| 2011-2012 | PEI           | Jan 27-29    |
| 2012-2013 | Nova Scotia   | Jan 25-27    |
| 2013-2014 | Newfoundland  | Jan 31-Feb 2 |

### QUEBEC

|           |        |           |
|-----------|--------|-----------|
| 2009-2010 | Québec | Feb 5 -7  |
| 2010-2011 | Québec | Feb 4 – 6 |
| 2011-2012 | Québec | Feb 3 – 5 |
| 2012-2013 | Québec | Feb 1 - 3 |

## **NATIONALS – DATES AND LOCATIONS**

| <b>Year</b> | <b>Location</b> |
|-------------|-----------------|
| 2010        | Corridor        |
| 2011        | Corridor        |
| 2012        | East            |
| 2013        | Corridor        |
| 2014        | Corridor        |
| 2015        | West            |

Corridor - CO, EO, WO, QC

East - NB, NS, PEI, NL

West - NO, MB, SK, AB, BC