



NB Events
Événements

A Parent's/Guardian's Guide to Skating Competitions in New Brunswick

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Hello readers! Just a note to say that this document pertains to Skate Canada New Brunswick events. Some parts might transfer to other Sections, but do not assume that our neighbours function the same way in every aspect.

1. Before a competition

- Registration
 - Registration dates will be posted on the event web page.
 - These are usually at least 6 weeks before the competition.
 - In under no circumstance will late registrations be accepted.
 - Before you register, please **check with your coach to make sure that you have the right category(ies).**
 - During the registration process, you may be required to upload the music and verify your athlete's Skate Canada number.
 - If you need to upload music, make sure you have a copy (if not, reach out to your coach)
 - Please make sure you are registering in the correct age category. The age cut-off date is July 1st preceding the skating season (i.e. for the 2024-2025 season, the age cut-off date is July 1st, 2024).
- Planned Program Sheets (PPS) are required for most events.
 - The competition's announcement will include what categories require a PPS.
 - The deadline to submit the PPS is the Friday 2 weeks before the competition at 11:59pm. Check with your coach to confirm who is responsible for submitting the PPS.
- **Check with your coach** to see who is responsible for preparing the USB key with the back-up music.
 - The athlete/coach must have it rink side during the competition.
- Check out the Athlete Preparation for Competition resources in the Sportity app to help your athlete prepare successfully and be their 100% self on competition day.

2. Role of the coach(es)

As a parent, your main point of contact is your coach. They will instruct you on the following:

- the category they want you to register your athlete in,
- what time to be at the rink and what to do once you're there, etc.

It is important to have a plan in place with your coach prior to your arrival at the competition so that things run smoothly for all.



3. Schedule & Start Orders

The competition's schedule is made using many variables. For example, athletes doing multiple events, officials' availability, ice availability, etc come into play when a volunteer makes a competition schedule.

The schedule is usually available at the least 2 weeks prior to the competition and is subject to change.

- Please note that special requests (eg skate on X day) are not possible considering the multiple factors that are already in place.

Start orders will be posted once available. Again, these are done randomly, and changes can not be made.

4. Competition day

- Athletes must register at the competition **at the latest 30 minutes before the start of their event or else they will be considered withdrawn.**
- If necessary to the athlete, one (1) parent is allowed in the change/dressing room area to help with preparation (only for athletes under the age of 12 and Special Olympics athletes).
- Under no circumstances are parents allowed rinkside (at the boards).

5. Understanding the scoring

- STAR 1 Free and STAR 3 Synchro Elements

STAR 1 Free and STAR 3 Synchro are element assessment categories. With a panel of 3 judges, the athletes are evaluated individually according to the standard. Each athlete/team of the group goes one by one to do the elements and receives a report card with each element's grade and the final assessment (Gold, Silver or Bronze). Each athlete/team will receive a ribbon according to the final assessment they received. The standards used for assessment by the judges can be found on the Skate Canada Members website under Materials > Digital Materials Catalogue > Competition > STAR Competition > STAR Event Standards for Assessment Guide.

- STAR 2 Free, STAR 3 Free and STAR 2/3 Solo Pattern Dance

These categories are judged with a panel consisting of 3 judges and evaluated to standard. Each athlete performs their program and receives an assessment of each element. In addition, they will receive a grade for Skating Skills and Presentation. Athletes will receive a report card with each element's grade and the final assessment (Gold, Silver or Bronze). For Star 2/3 Solo Pattern Dance, each athlete performs their dance and the judges will determine if each focus



area is successful or unsuccessful. In addition, they will receive a grade for Timing, Carriage and Technique. Athletes will receive a report card with the final assessment (Gold, Silver or Bronze). Each athlete will receive a ribbon according to the final assessment they received. The standards used for assessment by the judges can be found on the Skate Canada Members website under Materials > Digital Materials Catalogue > Competition > STAR Competition > STAR Event Standards for Assessment Guide.

- STAR 4 Free and STAR 4 Synchro

These categories are judged with a panel consisting of 3 judges and evaluated to standard with ranking. Each athlete/team performs their program and receives an assessment of each element. In addition, they will receive a grade for Skating Skills and Presentation. Athletes/teams will receive a report card with each element's grade and the final assessment (Gold, Silver or Bronze). Each element is worth a specific point value. The value of elements may increase or decrease based on the quality (Bronze, Silver, Gold). The Data Specialists will tabulate the results and publish the results once authorized by the Referee. Athletes/teams placing in the top 3 will receive a medal (or ribbon – at the discretion of each section). The standards used for assessment by the judges can be found on the Skate Canada Members website under Materials > Digital Materials Catalogue > Competition > STAR Competition > STAR Event Standards for Assessment Guide.

- STAR 5 and up categories

These categories are evaluated using the Cumulative Point Calculation system (CPC). Each athlete/team will be assessed individually and will receive a final score. The scores will be ranked, and the top 3 athletes will be awarded medals. All athletes/teams will receive a report card with the judges' marks. Information about CPC can be found here:

[Scoring of Skate Canada Competitions](#)

6. Tips and Tricks (especially for first time competitors)

For Parents

- If this is your first competition you may want a little extra help from your coach (or another club member). Don't be afraid to ask questions!
- Good communication with your coach is key! They are there to help you!
- Be prepared, this will make it less stressful for you and the athlete.
- Make sure you have all the information you need before leaving for the competition – hotel reservations and address, rink address, event time(s), etc.
- Allow yourself plenty of time to arrive at your destination, particularly if you're not familiar with the route. Take into consideration the weather forecast.



- Arrive at the rink at least one hour before your scheduled event. Most coaches ask that the athlete arrives one hour before the competition with hair and makeup done and with costume on (check with your coach).

What to do when you arrive

- Firstly, register at the registration desk (**at the very latest 30 minutes before the start of the event or the athlete will be considered withdrawn**).
- Find your dressing room. If necessary to the athlete, one parent is allowed in the dressing room area to help with preparation (only for athletes under the age of 12 and Special Olympics athletes).
- Let your coach(es) know that you have arrived and ask if the competition is running ahead/behind schedule.
- If there are multiple ice surfaces, know their names and where you will skate.

For Athletes

- Refer to the Sportity Page of the competition. There are several resources for you (eg mental health, competition preparation from Skate Canada, etc)
- Set small goals with the help of your coach before each competition (giving your best effort, staying focused one element at a time, not falling on one specific element that is giving you a hard time, etc.)
- Have confidence and try your best.
- Use techniques such as visualization and positive self-talk.
- Smile at the judges and audience and have fun!

What to bring*

- **Your skates**, guards, soakers, towel
- **Competition costume and tights/socks**
- Spares (optional) – spare costume, extra laces, extra tights/socks
- Hair accessories (brush, comb, hairspray, gel, bobby pins, scrunchie, etc.) and makeup
- Gloves, warm up jacket, blanket
- Water bottle, running shoes, yoga mat, jump rope, etc. for off-ice warm up
- Bandages, tissues, medication (eg. inhalers, etc.)
- Thread and needle (in case of rips)
- Spare copy of music on a USB key (ask your coach who is responsible for the USB)
 - Make sure that there is only 1 music file per USB key.

*Please note that these are suggestions, and you may wish to bring a few extra items of your choosing.

Post-performance

- Stay in costume. Awards typically happen within an hour after the event; however, extenuating circumstances may delay the presentations.
- Find your coach to show them your results. They might be busy with another athlete hence you might want to send them a picture of the report card.