

**2<sup>nd</sup> Annual  
Living Skies SynchroSkate  
Invitational**

**March 9<sup>th</sup> and 10<sup>th</sup> 2012**

**Regina, Saskatchewan Canada**

**Co-operators Centre - Evraz Place**



**SYNCHROSKATE**

Hosted by: Regina Synchronized Skating Teams  
Sanctioned by Skate Canada &  
USFSA.

## Hosted by Regina Synchronized Skating Teams

**Event Name: Living Skies SynchroSkate Invitational**

**Event Dates: March 9<sup>th</sup> and 10<sup>th</sup> 2012**

**Competition Chairperson:**

Peter Nokonechny

[peter.nokonechny@isc.ca](mailto:peter.nokonechny@isc.ca)

**Registration Information:**

Regina Synchronized Skating Teams Website:

[www.reginasynchroskate.ca](http://www.reginasynchroskate.ca)

**Registrar:**

Any registration inquiries can be directed to Susan Waldal at [rsst@accesscomm.ca](mailto:rsst@accesscomm.ca)

**Technical Representative:**

Jason Whiting

[Jason.whiting@sasktel.net](mailto:Jason.whiting@sasktel.net)

584-1545

**Arena Details:**

**Co-operators Centre Arena- Evraz Place**

1700 Elphinstone Street

306-781-9292

[www.cooperatorscentre.com](http://www.cooperatorscentre.com)

Ice Surface Dimensions: 185ft x 100ft

**Accommodation Information:**

**Host Hotel: Chateau Regina Hotel & Suites**

Address: 1110 Victoria Avenue East Regina, SK S4N 7A9

Phone: 306-565-0455 Fax: 306-569-0012

Toll Free: 1-866-937-1131

Website: [www.chateaureginahotel.com](http://www.chateaureginahotel.com)

Email: [reserve@chateaureginahotel.com](mailto:reserve@chateaureginahotel.com)

Room Rate: **\$108**/night Standard Room- Quote "SKATE"

**\$168**/night Family Suite

- includes continental breakfast for each guest

**Other Hotel**

Regina Inn – Ashley Donald  
1975 Broad St.  
Regina, Sk S4P 1Y2  
Phone: 306-525-6767 Fax: 306-352-1858  
Toll Free: 1-800-667-8162  
Email: [adonald@silverbirchhotels.com](mailto:adonald@silverbirchhotels.com)  
Room Rates: \$121.00 Standard Room

## GENERAL INFORMATION

### 1. GENERAL RULES

The Event is being held under the current rules of the Skate Canada 2009 Official Rulebook and any amendments thereto which became effective after that date. The nature of the Event is defined in the Skate Canada Technical Handbook, Section 6000, and Synchronized Skating Program. The Association reserves the right to alter the overall procedures to be followed during any part of the Event, if such alteration is considered to be in the best interest of the skaters or the Association. The Technical Representative, Chief Referee, or Senior Referee present will be the agent of the Association in such an instance.

### 2. COACH ACCREDITATION:

All coaches must be minimally certified NCCP Level I and wear their accreditation/Photo ID card at all times and hold a valid First Aid Certificate. Coaches will register in person and show their section photo ID card. Failure to comply with the above will result in: they will not be permitted into any restricted or designated Coaching Areas (including dressing rooms).

Coaches can contact the section office if they have any questions about their photo ID.

Note: The main coach and one alternate (skater) will stand at the entrance to the ice. The chaperones will be allowed in the dressing rooms ONLY and will not have access to ice level during the practice and the competition.

### 3. CATEGORY TEAM EVENTS

#### **Novice**

A team of 12 to 16 skaters. Skaters must have reached the age of 10 as of July 1<sup>st</sup> preceding the competition. 75% of skaters must not have reached the age of 15, and up to 25% must not have reached the age of 19 as of July 1<sup>st</sup> preceding the competition.

#### **Intermediate**

A team of 12 to 16 skaters. Skaters must have reached the age of 12 as of July 1<sup>st</sup> preceding the competition but must not have reached the age of 25 as of July 1<sup>st</sup> preceding the competition.

#### **Open**

A team of 12 to 16 skaters. Skaters must have reached the age of 12 as of July 1<sup>st</sup> preceding the competition.

#### **Junior**

A team of 16 skaters. Skaters must have reached the age of 12 as of July 1st preceding the competition but must not have reached the age of 19 as of July 1st preceding the competition.

### **Senior**

A team of 16 skaters. Skaters must have reached at least the age of 14 as of the July 1<sup>st</sup> preceding the competition.

### **Beginner I USFSA- Basic Skills Beginner 1**

8 – 16 skaters, maximum music time 2:10 minutes (program times may be shorter and will receive no penalty). No age limit (recommended skaters working on CanSkate Stage 4 or higher).

### **Beginner II USFSA- Preliminary**

8 – 16 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty). Skaters must not have reached the age of 12 as of July 1st preceding the competition. At least 75% of the skaters must not have reached the age of 10 as of July 1st preceding the competition.

### **Elementary USFSA-Pre- Juvenile**

8 – 16 skaters, maximum music time 2:40 minutes (program times may be shorter and will receive no penalty). Skaters must not have reached the age of 15 as of July 1st preceding the competition. At least 75% of the skaters must not have reached the age of 12 as of July 1st preceding the competition.

### **Juvenile USFSA- Juvenile**

8 – 16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must not have reached the age of 15 as of July 1st preceding the competition.

### **Pre-Novice USFSA- Open Juvenile**

8 – 16 skaters, maximum music time 3:10 minutes (program times may be shorter and will receive no penalty). Skaters must not have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 10 as of July 1st preceding the competition.

### **Adult SYS Class I USFSA- Open Adult**

8 – 20 skaters, maximum music time 3:40 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 19 as of July 1st preceding the competition.

### **Adult SYS Class II USFSA- Adult**

8 – 20 skaters, maximum music time 3:40 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 25 as of July 1st preceding the competition.

### **Adult SYS Class III USFSA- Masters**

8–20 skaters, maximum music time 3:40 minutes (program times may be shorter and will receive no penalty). Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 50% of the skaters must have reached the age of 35 as of July 1st preceding the competition.

#### **4. SYSTEM OF MARKING:**

The Cumulative Points Calculation (CPC) will be used.

#### **5. PRACTICE ICE:** Please note that every effort will be made to book practices on official ice surface.

- Each team will be allowed to purchase 1- 10minute block of ice. Please fill out practice Ice portion of registration.
- 10 minute block- \$40
- 15 minute block- \$50

Please note that Junior and Senior teams only are able to purchase 1- 15minute block for short and long program practice.

6. **SCHEDULE OF PRACTICE TIMES AND EVENT SCHEDULE:**

All confirmation packages will be emailed out only.

**ENTRIES:**

Entrants in Events shall be:

- Eligible persons as defined in Skate Canada Rule Book Section 2100
- Be Associate members in good standing of the Association
- Registration forms **must be completed in FULL** or they may not be processed!
- Proof of age may be requested at registration for entries with age restrictions.

7. **CLOSING DATE OF ENTRIES:**

All entries must be received no later than **February 13<sup>th</sup> 2012**. In the event of a postal disruption it is the responsibility of the team to ensure that their entry is in to the Host Committee Registration person by the closing date, at their own expense.

8. **ENTRY FEES:**

\$200.00 per team and \$20.00 per skater (including alternates). Team entry fees shall accompany the registration form. Cheques or money orders must be made payable in Canadian Funds to **Regina Synchronized Skating Teams (RSST)**. Entry fees will be refunded only if the event is cancelled or the entry is refused. If an entry form is incomplete, the organizing committee will inform the contact person responsible for that entry and reserves the right to surcharge for reprocessing that particular entry. The organizing committee also reserves the right to limit the number of entries. Late entries will ONLY be accepted at the discretion of the Technical Representative/Chief Referee.

PLEASE NOTE: CHEQUES POSTDATED AFTER THE CLOSE OF ENTRIES WILL BE RETURNED AND REGISTRATION WILL NOT BE PROCESSED.

THERE WILL BE A \$20.00 CHARGE FOR ANY NSF CHEQUES RECEIVED.

***Mail completed Registration Forms, Waivers and Payment by Feb. 13<sup>th</sup> to:***

**RSST  
6 Palmer Cres.  
Emerald Park, Sask.  
S4L 1A3**

**CONFIRMATION:** Confirmation of registration will be forwarded via email the week of February 20<sup>st</sup> 2012.

- a) Tentative event schedule
- b) Practice Ice time schedule
- c) Photography Information
- d) Arena Map

9. **MUSIC REGISTRATION:**

Each team will provide **2 CDs. TWO COPIES MUST BE HANDED IN AT REGISTRATION**. One for competition (marked as 'Master') and one for back up (marked 'Copy'). The competition Master will be played during practices and competition. **Please no cassette tapes.**

Team Manager/Coach is responsible for the recovery of their CDs at the completion of the Event.

### **Standard Specifications for CDs:**

- 1) Only one (1) program shall be recorded on each CD.
- 2) The start of the music shall be recorded on the CD at least 3 seconds following the head leader and not more than 5 seconds
- 3) Music shall be recorded at equal levels on both left and right channels in stereo.
- 4) Team name followed by event, program length and coaches name must be clearly printed on the CD.
- 5) CD's shall be enclosed in their integral containers.
- 6) Music recording levels shall be a maximum of 0VU and a minimum of -8VU.
- 7) Music on CD must be in wav format (not mp3, itunes or DVD format).

### 10. **ACCIDENTS:**

The Association and Committee of the Host Club undertake no responsibility for damages or injuries suffered by the skater. As a condition of and in consideration of their entries in these Championships, all competitors and their parents or guardians shall be deemed to agree to assume all risks or injuries to the competitor's person and property resulting from, or caused by, or connected with the conduct and management of the competitions. An agreement must also be deemed to release any and all claims they may have against the officials, the Association, the Host Club, and their officers. Entries shall be accepted only in accordance with these conditions.

### 11. **REFUND OF ENTRY FEES:**

- No refunds shall be issued after February 13<sup>th</sup> 2012.

### 12. **ON-SITE REGISTRATION:**

- Teams must register at least one hour prior to their scheduled Event Category or practice. Music CD's must be turned in at the time of registration. (**2 copies of music must be registered**). Teams must report to the Ice Captain one hour prior to their scheduled Category.

### 13. **ALTERNATES:**

- Once a program has started, no substitutions of personnel will be permitted. Registered alternates may be substituted only if the program is stopped by the referee due to injury or equipment failure. Rule 5910 applies. Each team may have up to 4 alternates. One (1) alternate must remain with the Ice Level Referee during performance.

### 14. **CANCELLATION OF EVENTS:**

- The host club reserves the right to cancel events.

### 15. **WARM UP PERIOD/ ENTRY AND EXIT:**

- Each team shall be allowed one (1) minute of warm up on the competition ice surface immediately prior to the performance (all categories). A team must not take more than thirty (30) seconds to enter the ice prior to the warm up (this time will begin from the moment the first skater enters the ice surface) and thirty (30) seconds to exit the ice after the program has ended. No music will be played.

### 16. **AWARDS:**

- Further information will come in the confirmation package.

### 17. **Clothing:**

- Clothing shall be according to the Technical Handbook 6000 D3.0 (1)

18. **Photography**

- Professional Team Photography is available through Inspiration Photography.
- Photography order form at the end of information package. Pre-orders are welcome.

19. **Meals:**

- We have planned meals for Friday Supper and Saturday Lunch for our competitors. It isn't always convenient to find somewhere for your teams and spectators to eat so we have looked after that for you, conveniently right at the arena.
- Although this is optional, we must have your commitment with your registration Feb. 10<sup>th</sup>. We will consider additions if possible after that date but not guaranteed.

**Pasta Buffet**

Friday, March 9<sup>th</sup> 4-6 pm (subject to change depending on final schedule)

Caesar Salad

Choice of 2 pastas and Sauces

Garlic Toast

Dessert

Beverages

Although we do not yet have the schedule confirmed, we have planned to have food served over a 2 hour period tentatively and will adjust if necessary to accommodate final schedules.

**Lunch Buffet**

Saturday March 10<sup>th</sup> 11:00 am- 1:00 pm (subject to change depending on final schedule)

Soup

Sandwiches on Assorted Breads

Fresh Veggies and Dip

Relish and Pickle Platter

Dessert

Beverages

**Meal Order forms attached in package.**

**Please fill out the separate ticket form in this package and send it in with your Registration form along with a cheque made out to RSST.**

<b>Registration Form</b> Living Skies SynchronoSkate March 9/10, 2012 Regina, Sask.		
Team Name:	Team Skate Canada#:	
Name of Club Sponsoring:	Skate Canada Club #:	
Club Address:		
City/Town:	Province:	Postal Code:
Club Contact:	Position:	
Team Manager's Skate Canada #:		
Phone:	Fax:	Email:
Regina Contact Info:		
Coach's Name:	Coach's Certification:	Year:
Coach's Skate Canada #:	Coach's Email:	
<b>Event Entered</b> (Circle one): Beginner I    Beginner II    Elementary    Juvenile    PreNovice Novice    Intermediate    Open    Junior    Senior    Adult SYS I    Adult SYS II    Adult SYS III		
<b>Signature of Club Official:</b>		
Team Fee:	= \$ <u>200.00</u>	
Skater Fee:	Number of competitors and alternates _____ X 20.00 each = \$ _____	
Practice Ice:	\$40.00 for 10 min. /\$50.00 for 15 min. = \$ _____ <i>(15 min. applies to Junior &amp; Senior only)</i>	
<b>Total Fees Owning:</b> = \$ _____		
<b>ACCIDENT WAIVER</b>		
PLEASE NOTE: Skate Canada EM B1.11 applies. All competitors, coaches and guests waive all claims as to accidents, loss of personal property, etc. against the <b>Regina Synchronized Skating Teams, Skate Regina, Evraz Place, the City of Regina</b> and Skate Canada during the course of this competition.		
<b>Date:</b>	<b>Signature:</b>	

\*\*\* Team skater listing and information attached in separate Spreadsheet for completion.

**Mail completed Registration Forms, Waivers and Payment by Feb. 10<sup>th</sup> to:**

**RSST**  
**6 Palmer Cres.**  
**Emerald Park, Sask.**  
**S4L 1A3**

**COMMENTARY FORM**

*This information will be used in our Program and when the Master of Ceremonies is introducing your team.*

TEAM NAME:

CATEGORY:

HOST CLUB:

TOWN/CITY:

NAME OF MUSIC or THEME OF PERFORMANCE:

COACH'S NAME:

Thank you for your co-operation in this request for information. Please complete this and return it with your registration forms.

**2nd Annual Living Skies SynchroSkate**

**Tickets**

March 9/10, 2012

Cooperators Centre – Evraz Place, Regina, Sask.

*Order forms must accompany registration,  
along with a **SEPARATE cheque made out to RSST.***

Admission Fees:

Daily Pass: \$ 8.00

Weekend Pass: \$15.00

Children ages 10 & under Free

<b><u>Admission Ticket Order Form</u></b>			
Team Name:			
Club Contact:		Phone:	
Email:			
Admission Fee: \$ 8.00 per day \$15.00 weekend pass			
Number of Tickets:	\$ 8.00	X _____	= \$
	\$15.00	X _____	= \$
		Total	= \$
Comments/Requests:			

Order Form March 2012 Regina  
www.inspirationbylinell.com  
306-527- 2448  
Linell Grudnitzki  
Minimum 80% team participation required to  
qualify for Platinum and Gold Packages.

**\*\*PLATINUM PACKAGE**

1 8X10 TEAM PHOTO

1 5X7 TEAM PHOTO

1 5X7 FUN TEAM PHOTO

CD OF ACTION SHOTS (one per team)  
(will include podium pictures)

\$50 X \_\_\_\_\_ #PKG = \$ \_\_\_\_\_

**\*\* GOLD PACKAGE**

1 8X10 TEAM PHOTO

1 5X7 FUN TEAM PHOTO

CD OF ACTION SHOTS

\$45 X \_\_\_\_\_ #PKG = \$ \_\_\_\_\_

Contact info:

Team Name \_\_\_\_\_

Contact Person \_\_\_\_\_

Phone Number \_\_\_\_\_

Mailing Address \_\_\_\_\_



**\*\* SILVER PACKAGE**

1 8X10 TEAM PHOTO

1 5X7 FUN TEAM PHOTO

\$35 X \_\_\_\_\_ #PKG = \$ \_\_\_\_\_

**\*\* BRONZE PACKAGE**

1 X10 TEAM PHOTO

\$30 X \_\_\_\_\_ #PKG = \$ \_\_\_\_\_

Team Action shots / podium CD with  
50 picture minimum \$275 \_\_\_\_\_

SUBTOTAL \$ \_\_\_\_\_  
+ \$10 shipping

**TOTAL \$** \_\_\_\_\_

VISA & Mastercard welcome.

Account # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Name on the Card \_\_\_\_\_

Team checks accepted only. Make checks  
payable to Inspiration Photography.

**\*\*\* Please order directly from Inspiration Photography if pre-ordering.**