



# **Skate Canada Manitoba Performance Day Resource Guide**

# Resource Guide Content

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# INTRODUCTION & RATIONALE

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## Introduction

Skaters learn best when they are engaged, challenged, motivated, and having fun. The purpose of Performance Day is to provide skaters with the opportunity to showcase their skills in a safe, fun and interactive environment. The focus of Performance Day is on individual skill improvement, building competence, confidence, character and connection. Performance Day is an enhancement to add to pre-existing lessons and club/school programming. As an enhancement, Performance Day is essentially a performance-based mock competition and simulates a funskate or competition. Clubs/schools should ensure that the session continues to run in compliance with standard program or event guidelines. Please note that moving forward the guide only references clubs, but that schools are included interchangeably.

## Rationale

Skate Canada Manitoba has created a meaningful Performance Day Resource Guide for all clubs and coaches to utilize within their season planning. Skate Canada Manitoba would love coaches and clubs to utilize the Performance Day guidelines to keep our sport filled with meaningful moments, memories and opportunities to showcase skaters' successes and support continued growth. This guide was created to share ideas and planning tools. Please note that each Performance Day will look different from club to club, as each club's needs are different. We thank all stakeholders for their continued support, time and dedication to the sport of skating and our Skate Canada Manitoba Athletes.

Performance Day is the perfect opportunity to train participants for events, assessments, feedback and nerves. Performance Day should encourage skaters to build spirit, connections and bonds with coaches, skating parents, peers, and feel a sense of belonging hearing club members cheer from the stands. Performance Day should build; confidence, in the belief of success; competence, in the ability to master skills; and character such as integrity, empathy, and sportspersonship; the characteristics that sport builds in all participants!

## COVID 19 Disclaimer

We are grateful to have our skaters currently on the ice and continuing their training and passion for skating. As we navigate through the COVID-19 Pandemic and do our best to remain safe and follow the Return to Play Protocols and rules, we still need to move forwards albeit cautiously and deliberately. During the COVID-19 pandemic, clubs must continue to adhere to all Skate Canada Manitoba Return to Play Protocols and continue to follow protocols put in place at your individual facility. For more information please review the most recent protocol at <https://mbskates.ca/covid-19-response-page/>.

Careful considerations must be given when planning for spectators if permitted in the facility, and the maintenance of physical distancing. Working with your facility to coordinate spectator seating, knowing

maximum occupancy within your stands/bleachers, dressing rooms, etc... to ensure that all public health orders are adhered to is required.

Ensure when planning the event that any additional volunteer positions (such as a photographer, ice captain, etc...) are included in your participant counts for occupancy limits for the dressing rooms, stands, on/near the ice, etc...

Skate Canada Manitoba strongly advises that any fundraising is done it should be virtual with no transactions occurring in person, such as money or prizes on site that can be touched or cause people to gather. It is strongly recommended to utilize small bins to keep skater personal items (jackets, guards, mitts, masks, etc...) separated during warm-ups and performances. Bins must be wiped between users. All highly touched areas (door/gate handles, boards, benches, etc... must be cleaned between every warmup group/flight of skaters.

# PERFORMANCE DAY CATEGORIES

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1. CanSkate Stage 1-6 Element Performances
2. STARSkate Element Performances
3. STARSkate Freeskate Program Performances
4. Open Performances (ex: artistic, dance, etc.)
5. FunZone/ Challenge Zone

## CanSkate Stage 1-6 Performances

### TECHNICAL INFORMATION

CanSkate participants execute elements according to their stage level. Coaches / PAs may choose elements that the skater will perform or use the specific elements indicated in the CanSkate Element Event Technical package. The Conduct of the Session section will provide ideas on delivery styles.

CanSkate Element Event Technical Package

[https://program.skatecanada.ca/?s=Canskate+Element+Event&post\\_type=product](https://program.skatecanada.ca/?s=Canskate+Element+Event&post_type=product)

## STARSkate Element Performances

### TECHNICAL INFORMATION

STARSkate participants execute elements according to their level. Coaches may choose elements that the skater will perform; use elements indicated in the Skate Canada Freeskate Elements Assessments; or Skate Canada STARSkate Elements Event Requirements. The Conduct of the Session section will provide ideas on delivery style.

Skate Canada STARSkate Elements Requirements

<https://info.skatecanada.ca/index.php/en-ca/rules-of-sport/265-star-competition-program-requirements.html#h7-1-individual-elements>

## STARSkate Freeskate Performance

Skaters experience a clear ice situation. Encourage spectators to cheer to simulate an event. This is the perfect moment for skaters to practice their competition warm-up routine, perhaps experience nerves while they wait off ice until their turn, and ultimately, perform like in an event. This category can include all STAR 1-Gold freeskate performances. During planning, some clubs may choose to schedule STAR 1 Freeskate Elements with the other STAR Freeskate Elements and then schedule the STAR 1 Creative Expression Routine during the clear ice segment.

## Open Performance

This category can include events such as Artistic, Dance, Pairs, etc.

## FunZone / Challenge Zone

This category can include Team Event, Creative Expression or Creative Improv, Obstacle Courses, CanSkate Level Figure Skating Specific Elements, Hockey/Ringette Specific Drills, etc.

# PLANNING A PERFORMANCE DAY

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Start your planning by deciding what programs will be offered and the format you will deliver. This will determine who will be in charge of planning and how much work will be needed to deliver the Performance Day. For example, a club and coaches may decide to run the Elevated STARSkate Session only. They plan for skaters to wear their competition attire for a clear ice session and run their freeskate programs. Performance Day Certificates are handed out afterwards for a group picture. This will require little planning to produce and the coach may be fully in charge. If a club and coaches decide they would like all Canskaters and STARSkaters to participate in a traditional “event-style” format, this will require more people to plan and produce. A committee member may be appointed to be in charge of the day. The specific logistics of planning and who is in charge will depend on how coaches and coordinators decide to execute their own Performance Day.

Clubs and coaches planning a Performance Day should pick a session and date that works for all stakeholders; the club, coaches and skaters. For sessions with multiple STAR group lessons and/or hybrid sessions with private skaters; clubs and coaches should work together to schedule and map out an ice format that suits each club's uniqueness. The most sensitive scheduling item will be the clear ice performances, as they will utilize the full ice. Please note that this is an opportunity for clubs and coaches to introduce STARSkaters to freeskate programs and for STAR 2+ athletes to experience clear ice. It is an opportunity for skaters to cheer on their friends, aligning with our focus of Performance Day; competence, confidence, character and connection.

## Choose What Programs will Participate

Performance Day ideally takes place on a regular session once skaters have had the chance to learn all the skills in their current CanSkate stage or STAR level, or once they are ready to perform their freeskate program. The Performance Day session plan has been created to be implemented with skaters currently skating on that session.

Choose what programs will participate in your Performance Day, for example;

- 1) Only CanSkate
- 2) Only STARSkate
- 3) CanSkate and STARSkate
- 4) Stage 4-6 CanSkate and STAR 1-3 STARSkate

## Choose a Format

Choose which format fits the needs of your club.

1. Elevated CanSkate Session- This format is implemented into your regular CanSkate session, at its regular time and day. (See Conduct of the Session for more details).
2. Elevated STARSkate Session- This format is implemented into your regular STARSkate session, at its regular time and day. (See Conduct of the Session for more details).
3. “Event-Style” - This format would be set up like an in-house competition simulation, using coaches and PA’s to officiate. Clubs may need to book additional ice times for this specific format. Plan ahead to book extra

ice if you are expecting many categories or participation. A sanction from Skate Canada Manitoba is required for additional events outside regular training sessions. To implement this format please refer to Skate Canada Manitoba Event Hosting Guidelines. <https://mbskates.ca/local-organizing-committee-guidelines/> For this format, there are important considerations to identify. During the COVID-19 pandemic, clubs must continue to adhere to all Skate Canada Manitoba Return to Play Protocols. Careful considerations must be given when planning and ensuring that all public health orders are adhered to is required.

### Choose a Date and Session Time

Choose a date and session time that will be utilized for the performances. Ensure the date and time works with all coaches if choosing a shared or private session. Canskate and STARSkate sessions can be scheduled on different days. You may run more than one Performance Day in a season.

### Choose On/Off-Ice Details

Clubs and coaches should decide on-ice details such as the conduct of the session (see below). Decide which coaches will give feedback and if any extra coaches or PA's will be needed to help. Consider coaches monitoring skaters while they await their turn. Consider if volunteers will be needed.

Additional details to consider;

- Group lesson or group activity to promote sportspersonship
- Group photo
- Set up a backdrop or podium
- STARSkater individual photos
- Live-streaming the performances for family and friends to watch at home
- Utilize the “event-style” format to collect an entry fee or fundraiser (The rationale behind the entry fee is that it simulates the feeling of an event or competition)
- Off-ice session with a special instructor
- Group snack and treat to celebrate a job well done

### Send a Performance Day Announcement

See appendix for a Performance Day announcement template

### Finalizing the Plan and the Schedule

After participants are confirmed, create a schedule and finalize the on-ice plan. When building a schedule, consider allowing more time than necessary. For STARSkate Elements plan for a 3-minute warm-up time with a minimum of 2-3 minutes per skater to perform. For STARSkate Freeskate Programs plan for a 3-6 minute warm-up time with a minimum of 1 minute extra on top of the program time.

### Materials You May Need

Items to be prepared in advance include;

- **Schedule**
- **Music**
- **On-Ice Equipment:** CanSkate teaching aids/props, station signs, clipboards, pencils, etc.

- **Performance Day Participation Certificate:** Participation Certificates can be filled in before the session. Coaches may choose to add their signature or make general comments on the participation certificate in advance. (see appendix for certificate)
- **Performance Day Sticker Tool Kit:** Clubs can order Performance Day Participation Stickers from Skate Canada Manitoba Section to enhance and unify their Performance Day Certificates. Apply stickers to certificates immediately after the performance and directly at the stations. Clubs and coaches may also choose to apply stickers in advance if time is limited.
- **Assessment Sheets:** Coaches can utilize the simulated event to do a mock assessment or hold a paid assessment.
- **Extra Incentives:** candy, suckers, dollar store stickers or trinkets, etc.

## CONDUCT OF THE SESSION

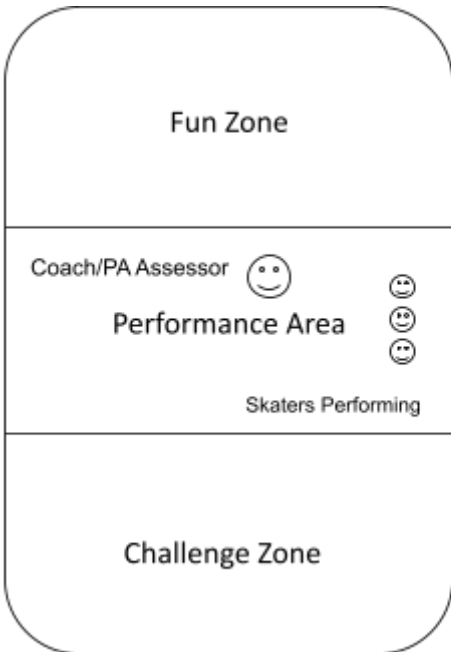
The Conduct of the Session is a guide to share delivery ideas and planning considerations for each format. Please note that each Performance Day will look different from club to club, as each club's needs are different.

### Choose a Format: Planning Ideas

#### 1. Elevated CanSkate Session

##### A. Three Station Format

The ice is divided into three areas; a Performance Station, Fun Zone Station and Challenge Zone Station. The skaters rotate between the stations as they would a regular CanSkate session with a music signal to rotate. More than one group can be in a station at once. Ideally, only one group is in the Performance Station at a time.





- **Performance Station:** the Coach or PA give skaters elements to practice that are appropriate for their level; either on a circuit or in isolation. After a short practice, each skater is allowed to perform the element(s) individually. Non-performing skaters can be either lined up to watch and cheer on the skater performing or be supervised by another coach/PA in a designated area within the station. After each skater has completed performing their element(s), skaters are encouraged to take a curtsy or bow as a full group towards any spectators.

The number of elements performed reflects the number of participants in the group and the time allocated in the station. The elements chosen can be from the CanSkate Element Event Tech Package or chosen by the coach/PA. Coaches and PAs are encouraged to make time and space for the individual performance of the element in isolation or on a circuit to simulate an event atmosphere.

Participation stickers can be attached to each skater's participation certificate before the session or a designated person could attach the stickers as skaters complete the Performance station.

In alignment with the Performance Day rationale, there are no official ratings (gold, silver, or bronze) given for the elements performed. Certificates can be handed out at the end of the session to all skaters.

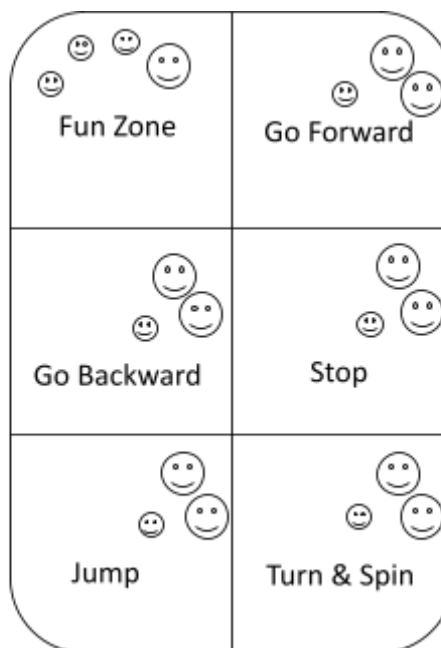
- **Funzone Station:** the Coach or PA incorporates extra special activities or teaching aids to create a fun, playful station during the session.
  - Play a game
  - Follow a theme day
  - Create an obstacle course that may include;
    - "Penguin slide" under a hockey stick on pylons
    - Hula hooping
    - Bean bag toss
    - "Dizzy Bat" - hold a stick on the ice and put your head on the top and spin around 5 times
- **Challenge Zone Station:** Coach or PA challenges skaters with elements from higher stages such as
  - How long can you hold a 1-foot sit glide
  - Who can get the most rotations in a 2-foot or 1-foot spin
  - Perform the most rotating waltz jumps in a row
  - Create a "hockey skills competition" using fun categories like;
    - "best celly" (victory dance),
    - "fastest feet" (running start)
    - "shootout moves" (skaters can perform a higher level skating skill before they score a goal with a ball or mini stick)

## B. Station to Station Format

In this format, the ice can be divided into as many stations as suitable for the number of participants and coaches/PA's available to help. With their certificates, skaters will rotate from station to station at their own pace. Skaters receive a small sticker or checkmark on their certificate at each station.

Station ideas may include;

- Fun Zone
- Challenge Zone
- Obstacle Course
- Go Forward
- Go Backward
- Stop
- Turn
- Jump
- Spin



Coaches/PAs have skaters perform a specific element(s) in the element stations. (eg. Jump Station – skaters may be asked to perform a 2-foot jump) . Coaches/PAs will have an activity planned for the fun stations.

It is recommended to have a minimum of two people running each station. One to run the station and one person to reward the skater with a sticker or checkmark. Skaters should have a reward for each station. 8 stations, 8 rewards. Coaches and PAs can use dollar store-type stickers or checkmarks. Consider giving a sucker or treat for completing the Fun Zone stations.

Designate a space on the ice or set up a table off-ice to for skaters to receive their final Skate Canada Manitoba Performance Day sticker. Set up a space for families to have a photo opportunity with the Performance Day certificate.

## 2. Elevated STARSkate Session

The following are delivery ideas and planning considerations for an Elevated STARSkate Session. Coaches will choose to include these delivery ideas or may choose to plan their own structured session. Please note that each Performance Day will look different from club to club, as each club's needs are different.

### Warm-Up

Warm-up skaters together or, for STARSkate Freeskate Programs consider planning a 3 -6 minute warm-up for each category. This is an opportunity to simulate a competition warm-up.

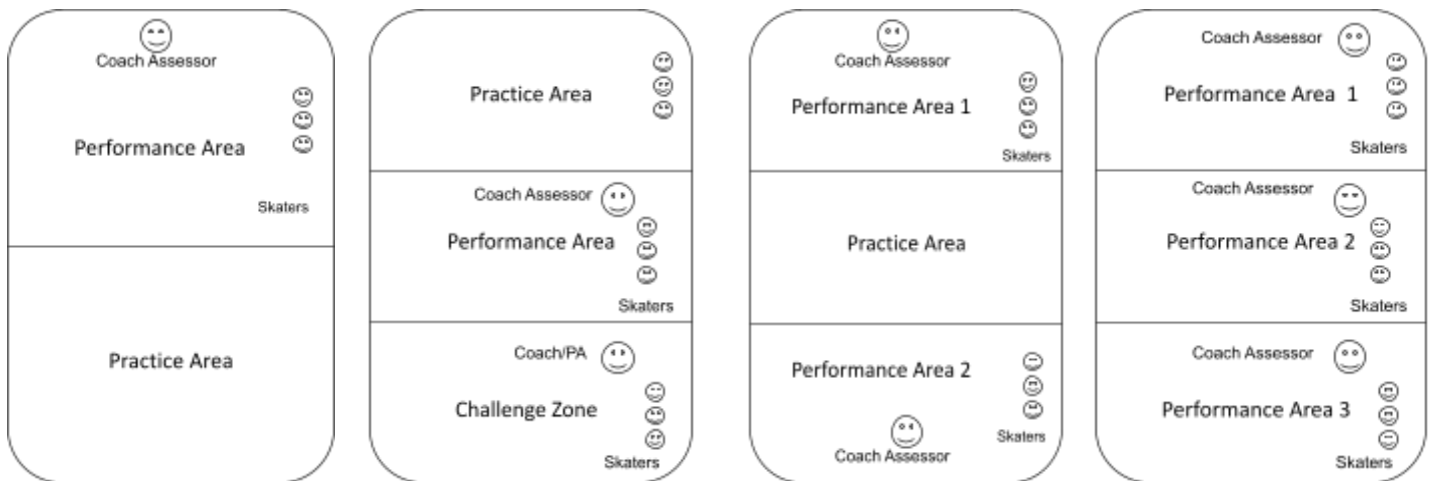
## STARSkate Elements Performances

STARSkate Elements Performance Area, Practice Area, Challenge Zone, or Fun Zone are scheduled during this time.

### Example On-Ice Formats

#### One/Two Coach Set-Up

#### Two/Three Coach Set-Up



## Clear Ice Performances

STARSkate FreeSkate, Open Performances and Creative Expression are scheduled during this time. Grouped by category; skaters will be given a 3-6 minute warm-up. Skaters perform their program on clear ice.

## Group Activity & Cool-Down

Plan a fun activity for the end of the session to bring all skaters back on the ice together. Group Activities could include; creative movement class, jump exercises, spin class, field movement challenges, creative improv, utilize fun teaching aids and/or synchronized skating skill (kickline, blocks or intersection). Allow time for skaters to have some fun together and play. If you have more than one coach, this is a good time for other coaches to complete any feedback for certificates or (mock) assessments and hand out certificates for a picture before the session is over.

# PERFORMANCE DAY FEEDBACK

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The objective of this session is to create a meaningful performance experience. Skate Canada Manitoba has created a Canskate Performance Day Certificate and StarSkate Performance Day Certificate that celebrates the courage of performing.

Coaches may choose to use the Canskate Event Performance Standards Chart or Skate Canada Assessment Sheets to give positive feedback and may consider a mock assessment to maximize learning opportunities.

Consider utilizing your Canskate Program Assistants to help run Canskate Performance Day.

**Performance Day Sticker Kit:** Clubs can order Performance Day Participation Stickers from Skate Canada Manitoba Section to enhance and unify their Performance Day Certificates. There are 4 different stickers in the kit.

1. Canskate Performance Sticker
2. STARSkate Element Performance Sticker
3. STARSkate Freeskate Performance Sticker
4. "Great Skate" Sticker (For any additional events)

Apply stickers to certificates immediately after the performance and/or directly at the stations. Clubs and coaches may also choose to apply stickers in advance if time is limited.

## APPENDIX

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- + Performance Day CanSkate Participation Certificate
- + Performance Day STARSkate Participation Certificate
- + Performance Day Invitation Example
- + Planning a Performance Day Checklist

# Performance Day



**STARSKATE**

This certificate is proudly presented for the honorable achievement to

INSERT SKATER NAME

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Congratulations on a successful Skate Canada Manitoba Performance Day!

**Date:**

**Coach:**

# Performance Day



**CANSKATE**

This certificate is proudly presented for the honorable achievement to

INSERT SKATER NAME

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Congratulations on a successful Skate Canada Manitoba Performance Day!

**Date:**

**Coach:**

# You are invited to a Skate Canada Manitoba Performance Day !

Host Club:

Location:

Date:

## **EVENT PHILOSOPHY AND GENERAL INFORMATION**

The Skate Canada Manitoba Performance Day is an initiative developed by Skate Canada Manitoba to create a meaningful performance opportunity Skate Manitoba CanSkaters, CanPowerSkaters and STARSkaters. Performance Day has been formatted to introduce participants to the “competition” component of sport or simulate a competition atmosphere. Performance Day allows skaters the opportunity to showcase their skills in a fun, safe and interactive environment. The focus of Performance Day is on the recognition of individual skill development and performance.

All skaters will receive a certificate celebrating their achievement for the level and categories/stations they participated in.

(Insert Additional Club Specific Information)

- Skaters are encouraged to wear proper skating attire
- Professional Photos will be available
- More ideas....



# Planning a Performance Day Checklist

The timeline may vary, depending on your local needs and resources.

## 2-6 Months Prior

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- Plan a meeting to discuss the event & budget
- Confirm Performance Day location and book facility (including ice)
- Identify tasks and assign duties
- Identify on-ice structuring/event day plan
- Identify coaches needed

## 2 Months Prior

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- Complete Performance Day Announcement/Invitation
- Create a Registration Form (if needed)
- Calculate an approximate participant list for each event
- Register your Performance Day with the SCMB Section Office to receive your Performance Day Sticker Kit.
- Complete Sanction (if needed)

## 1 Month Prior

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- Send out Performance Day Announcement/Invitation Reminder
- Send out Registration Form (if needed)
- Fill Volunteer duties: (if needed)
  - Registration
  - Schedule
  - Ice Captain
  - Music Player
  - Hospitality
  - Awards

## 2 Weeks Prior

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- Receive Registrations (if needed)
- Create Schedule
- Send on-ice structure/event day plan, schedule, resource package, circuits & duties to participating coaches to review & prepare

## 1 Week Prior

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- Send out Welcome Letter/Schedule to all skaters/coaches/volunteers
- Print Performance Day Certificates or any additional feedback forms the coaches wish to utilize.

### **Performance Day**

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- Set up the arena to simulate a competition on and off-ice
- Plan a coaches technical meeting before the session starts
- Be on-site and ensure the session is running smoothly
- Walk-through arena, checking on athletes and coaches, thank coaches and volunteers, and welcome visitors
- Manage issues, the schedule and answer any questions from athletes, volunteers or coaches

### **2-3 Weeks After**

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- Hold wrap-up and evaluation meeting; finalize any reports and discuss recommendations for next time