

# QUEST EVENT

A skater development opportunity to prepare for the next level of performance

**QUEST** is an event created to offer a parallel development pathway for skaters who competed at their Sectional Championships and did not meet the criteria to qualify for the Challenge level of competition. This event allows the skaters to train and perform using the same training calendars of those athletes who are continuing through the national qualifying structure. **QUEST** is an enhancement tool to help push the level of performance, as well as skill acquisition, to empower skaters to reach the ultimate goal of qualifying for the Challenge event next season. Skaters will receive constructive feedback and encouragement to support this goal.

The **QUEST** event consists of 2 parts:

- PART 1: Short program
- PART 2: Element performance

**Dates:** December 21 and 22, 2016

Entries will be assigned to Dec. 21<sup>st</sup> first, with overflow assigned to Dec 22<sup>nd</sup>

**Location:** National Performance Center – Toronto

989 Murray Ross Parkways, North York, ON, M3J 3M4

**Fee:** \$100.00 per skater or \$150.00 per team

**Registration opens November 15<sup>th</sup> and closes December 1<sup>st</sup>.**

Visit [npc.skatecanada.ca](http://npc.skatecanada.ca) to register.

Open to all skaters from all sections. Sections may send a team of skaters.

**Coordinators:**

Monica Lockie: [mlockie@skatecanada.ca](mailto:mlockie@skatecanada.ca) 416-407-6790

Scott Rachuk: [technicaldirector@skateontario.org](mailto:technicaldirector@skateontario.org) 647-822-4048

Skaters will be provided with lunch on site. Sample schedule and designated elements per level provided below.

## PART 1: Short Program or 2 Pattern Dances

This component will include the following:

- 20 min on ice warm up session
- Short program or pattern dances performance
- Assessment by technical specialist and judge
- Feedback session with technical specialist and judge for skater, coach and parents

## PART 2: Element Performance

This component will include the following:

- Performance of skills that have been identified at the top level of each category
- Education/information session for coaches, parents and skaters

Please note, there are no negative consequences to this event. It is an opportunity to perform and practice elements for performance, experience and current completion percentage only. **If an athlete is not ready to perform a skill, they may choose to complete an easier version of that skill.**

Part 2: Element Performance List (per discipline)

Singles	Pre-Novice	Novice	Junior	Senior
<b>Jumps</b> Each jump will be performed 5 times	-Double axel -2 different triples -Jump combo of choice (double/double or higher)	-Double axel -3 different triples -Jump combo (must include a double axel)	-Double axel -4 different triples -Jump combo (must include at least one triple)	-Double Axel -4 different triples -Jump combo (must include at least one triple)
<b>Spins*</b> Each spin will be performed 3 times	<b>Females</b> Layback Flying sit or camel	<b>Females</b> Layback Flying sit or camel	<b>Females</b> Layback Flying sit or camel	<b>Females</b> Layback Flying sit or camel
	<b>Males</b> Camel/camel Flying sit or camel	<b>Males</b> Camel/camel Flying sit or camel	<b>Males</b> Camel/camel Flying sit or camel	<b>Males</b> Camel/camel Flying sit or camel
<b>Edge Power</b> Each exercise performed once, using the length of the rink from goal line to opposite end faceoff circle. This is a timed event.	<b>One-foot slalom</b> (Forward and backward, left and right foot) Skaters to start on the goal line, on one foot. With no push, they must initiate a one-foot slalom to the other end of the ice. Timing will be stopped once the skater reaches the face off circles at the opposite end of the ice.			
<b>*Spins to be performed executing the highest level of difficulty achievable by the skater</b>				

Dance	Pre-Novice	Novice
<b>Spin*</b> Each spin will be performed 3 times	Any dance spin	Any dance spin
<b>Lifts*</b> Each lift will be performed 3 times	2 lifts of choice	2 lifts of choice
<b>Twizzles*</b> Each twizzle sequence will be performed 5 times	Twizzle sequence	Twizzle sequence
<b>Steps*</b> Each step sequence will be performed 3 times	Closed hold step sequence	NtMiSt
<b>Stroking</b> Circle stroking min 2 rounds Perimeter stroking 1.5 rounds	Forward circle: hand to hand and Killian hold Backward circle: hand to hand Perimeter: FO edges: .5 round: Killian .5 round: waltz (lady backwards) .5 round: waltz (man backwards)	
<b>*To be performed executing the highest level of difficulty achievable by the team</b>		

Pairs	Pre-Novice	Novice	Junior	Senior
<b>Jumps</b>	-Any double (side by side) -Double axel (performed solo)	-Double axel (side by side) -Any triple (performed solo)	-Double axel (side by side) -Any triple (side by side) -Any other triple (performed solo)	-Any triple (side by side) -Any triple combo (side by side) -Any other triple (performed solo)
<b>Lifts*</b> Each lift will be performed 3 times	Basic group 3 Basic group 4 (no levels)	Group 3 or 4 (any level) Basic group 5 (no level)	Group 3 or 4 (any level) Group 5 (any level)	Group 3 or 4 (any level) 2 different group 5 (any level)
<b>Throws</b> Each throw will be performed 3 times	Any 2 doubles	Any double Any triple	Any 2 triples	Any 2 triples
<b>Spin*</b> Each spin will be performed 3 times	Any combo spin (side by side)	Any combo spin (side by side)	Any combo spin (side by side)	Any combo spin (side by side)
<b>Edge Power</b> Each exercise performed once, using the length of the rink from goal line to opposite end faceoff circle. This is a timed event.	One-foot slalom (Forward and backward, left and right foot) Skaters to start on the goal line, on one foot. With no push, they must initiate a one-foot slalom to the other end of the ice. Timing will be stopped once the skater reaches the face off circles at the opposite end of the ice.			
<b>*To be performed executing the highest level of difficulty achievable by the team</b>				