

Morden FSC Club Presentation

Agenda

- Introduction
- Governance & Safe Sport
- Uplifter – Registering for a Skate Manitoba Competition
- Skate Canada Membership Site & Resources
 - eLearning
 - Skating Development Video Library
 - Long Term Development (LTD)

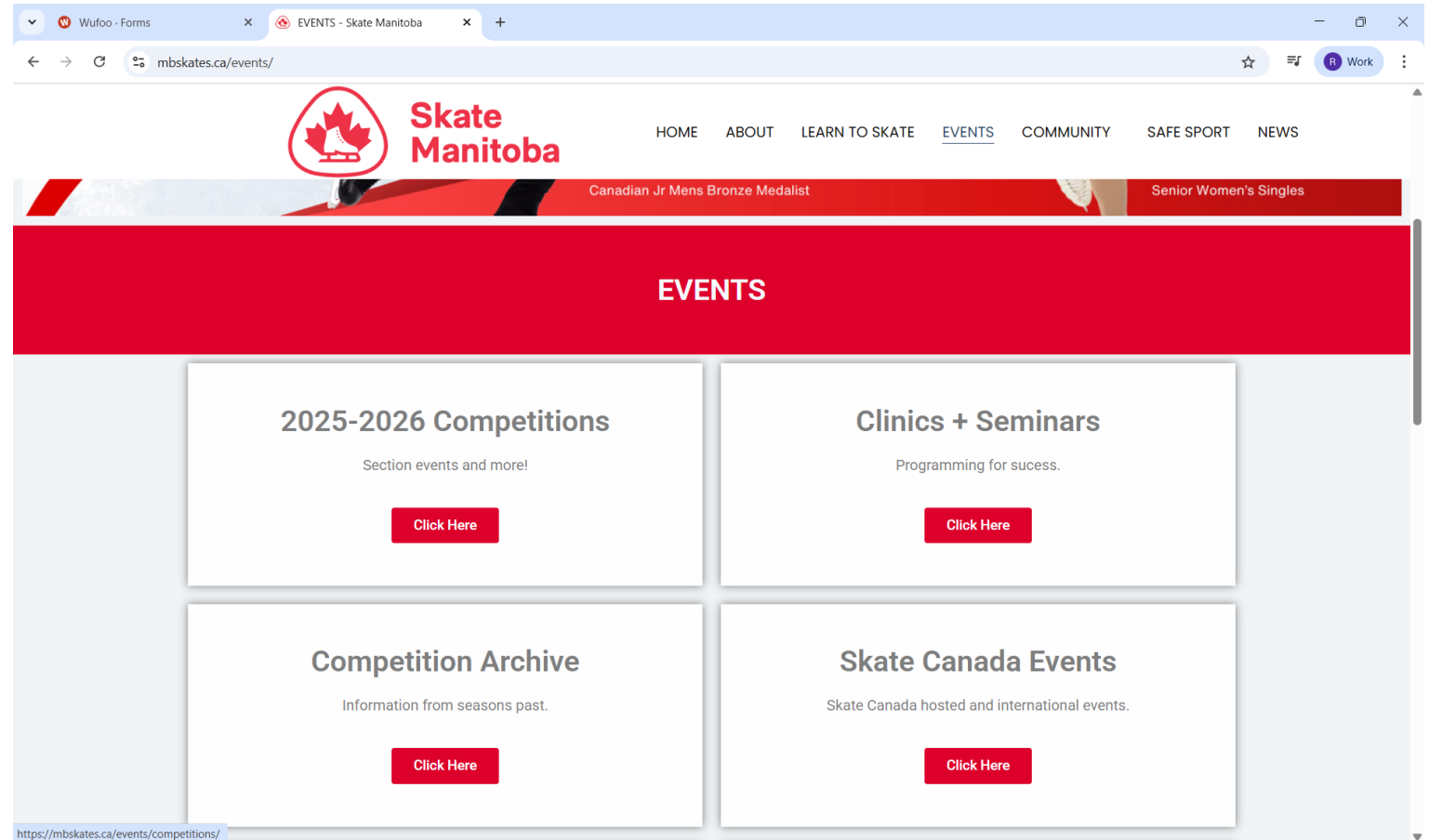
Governance & Safe Sport

Bylaws adopted

Complaint Management
policies adopted

Protecting Youth in Sport
Act

Competitions: Where to find on Skate MB Website



Add New Competitor

* = Required Fields

Competitor Details		
First Name *	Last Name *	Gender *
<input type="text"/>	<input type="text"/>	<input type="text" value="--"/>
Birthdate (DD / MMM / YYYY) *	Coach	Skate Canada Number
<input type="text" value="--"/> / <input type="text" value="--"/> / <input type="text"/>	<input type="text" value="Select Coach"/>	<input type="text"/>
Home Club *	Region *	Primary Coach
<input type="text" value="--"/>	<input type="text" value="--"/>	<input type="text" value="Coach Email ..."/>

[CANCEL](#) [ADD COMPETITOR](#)

My Account

- Find invoices
- Edit competitors

Before
registering
make sure
you have:

List of all elements, for each program STAR 5+

- Free skate, artistic, synchro

Music in MP3

- Labelled correctly (Lydia_Bauer_STAR3 or Cindy_Smith_STAR5Artistic)

Coach name to put on registration

- Which coach is coming with you to the event (you can list up to two people)

Credit card

Skate Manitoba Competitions 2025-2026

Having technical difficulties or receiving an error message during registration? Contact skate.admin@sportmanitoba.ca and include a screenshot





Skate Manitoba

David Howes
Canadian Jr Mens Bronze Medalist

Breken Brezden
Senior Women's Singles

<https://skateuplifter.com/registration/sectional-championships/sex/>

Women's Singles

Men's Singles

Star 5 + Up

Showcase

Adult

Artistic

Elements

PPC

Improv

[+] New Page

Jr Sr Sectionals & Fall Open

[Provincial Championships - hidden]

[Winter Blast - hidden]

[PN/N Sectionals + Gordon Linney Open - hidden]

[+] New Page

PPC

PPC

[+] New Page

Navigating Uplifter – PPC’s

Competition Registrations

Quick Search:

Find Competition

Filter the competition in the main area by selecting options from the dropdowns below.

Category Levels

--

Show

All Competition

Sort Competition In Each Category Level by:

Start Date

Competition Description	Fees	
PPC 2025 Fall Open STAR SHORT PROGRAM PPC - 6 elements » View Details	\$0.00	REGISTER
PPC 2025 Fall Open Free Skate ARTISTIC PPC - 3 elements » View Details	\$0.00	REGISTER
PPC 2026 PRE-NOVICE/NOVICE/JR/SR PPC Singles Short » View Details	\$0.00	REGISTER
PPC 2025 Fall Open Pre-Juv/Juv PPC Free Skate - 8 elements » View Details	\$0.00	REGISTER
PPC 2025 Fall Open Free Skate ADULT PPC » View Details	\$0.00	REGISTER
PPC 2025 Fall Open STAR FREE SKATE PPC » View Details	\$0.00	REGISTER
PPC 2026 PRE-NOVICE/NOVICE/JR/SR PPC Singles Free program » View Details	\$0.00	REGISTER

Choosing the right PPC

2025 Fall Open STAR FREE SKATE PPC

\$0.00

📅 September 8, 2025 - October 4, 2025 ⌚ ALL DAY

Which competitor is to be enrolled in this competition?

1.

--

Category

--

Discipline ? *

--

Program Music Duration (M:SS) *



Primary Coach *



Secondary Coach



Singles Free Element 1

--



Singles Free Element 2

--



Singles Free Element 3

--



Singles Free Element 4

--



Singles Free Element 5

--



Singles Free Element 6

--



Singles Free Element 7

--



+ New Competitor

CANCEL

OK

Free Skate PPC

Singles Free Element 1

--

--

Jump

Jump Combination

Jump Sequence

Spin

Spiral / Step / Choreographic Sequence

Turns / Glides / Spirals

Special Olympics Level 1 / Level 2 Jump

Special Olympics Spin

Artistic Element

Singles Free Element 1

Jump

Salchow (S)

--

Waltz (W)

Salchow (S)

Toeloop (T)

Euler (Eu)

Loop (Lo)

Flip (F)

Lutz (Lz)

Axel (A)

--

--

1

2

3

4

Free Skate continued

Singles Free Element 1

Jump Combination

--

--

--

Singles Free Element 1

Spiral / Step / Choreographic Sequence

--

--

Choreographic Step Sequence (ChSq)

Step Sequence (StSq)

Spiral Sequence (SpSq)

Upright Spin (USp)

Layback Spin (LSp)

Camel Spin (CSp)

Sit Spin (SSp)

Flying Upright Spin (FUSp)

Flying Layback Spin (FLSp)

Flying Camel Spin (FCSp)

Flying Sit Spin (FSSp)

Change Foot Upright Spin (CUSp)

Change Foot Layback Spin (CLSp)

Change Foot Camel Spin (CCSp)

Change Foot Sit Spin (CSSp)

Flying Change Foot Upright Spin (FCUSp)

Flying Change Foot Layback Spin (FCLSp)

Flying Change Foot Camel Spin (FCCSp)

Flying Change Foot Sit Spin (FCSSp)

Combination Spin (CoSp)

Change Foot Combination Spin (CCoSp)

Flying Combination Spin (FCoSp)

--

Artistic

Singles Free Element 1

Artistic Element ▼

-- ▼

--

Choreographic Step (AChSt)

Artistic Spin (ASp)

Field Move Sequence (FMSq)

Spiral Sequence (SpSq)

360 Degree Field Move (360FM)

Transition Spin (TrSp)

Transition Field Move (TrFM)

Transitional Steps (TrSt)

Choreographic Step (ChSt) [DEPRECATED]



Events where you are registering more than 1 skater, or where you don't need a PPC

Quick Search:

area
vns

2025 Fall Open Group Showcase Level 3 \$93.75


📅 September 8, 2025 - October 4, 2025 ⌚ ALL DAY


Which competitors are to be enrolled in this competition?

1. --

0 competitors selected. You must select between 2 and 6 competitors. [+ Add Competitor](#)

Upload Program Music * No file...hosen

Primary Coach * 

Secondary Coach 

[+ New Competitor](#) [CANCEL](#) [OK](#)

0 Events

Common Errors & FAQ

Incorrect PPC

Missing PPC

Incorrect skater added to PPC or Group

Missing Skate Canada Registration

Coach not updated

- Coach name not in uplifter
- Coach not changed from previous club/coach

Registering for Dance instead of Free Skate – watch for this in your cart ***hint, not asking for music is a sign

Warnings & Errors

Item Added



Your item has been added to your cart, but you may not be able to proceed with your checkout because:

- 2025 Fall Open Women STAR 5 U10 (25FALLOPEN:STARSK:WOMEN:STAR 5:U10)
 - Lydia Bauer has met none of the following requirements (1 required)
 - Competitor has purchased / enrolled in 2025 Fall Open STAR FREE SKATE PPC

[VIEW CART](#)[CLOSE](#)

1. Your Cart (3 items)

✕ Empty Cart

Competition

2025 Fall Open Women STAR 5 U10

📅 Women's Singles

📅 Sep 8, 2025 - Oct 4, 2025

🕒 ALL DAY

\$135.25

▶ Lydia Bauer

✎

🗑

Products and Subscriptions

2026 JRSR + FALL OPEN Officials Dev Fee -STARFREE

\$3.00

▶ Applies to: Lydia Bauer

2026 JRSR + FALL OPEN Technology Fee

\$5.00

▶ Applies to: Lydia Bauer

Comments regarding invoice

🕒 ALL DAY

Invoice Summary

🕒 23:59:49

Competition (1)	\$135.25
Products and Subscriptions (2)	\$8.00
Subtotal	\$143.25
GST (5%)	\$7.16
Total	\$150.41

*All prices are in CAD.

BILLING INFORMATION



▼ Lydia Bauer

2025 Fall Open Women STAR 5 U10 (25FALLOPEN:STARSK:WOMEN:STAR 5:U10)

◦ Lydia Bauer has met none of the following requirements (1 required)

▪ Competitor has purchased / enrolled in 2025 Fall Open STAR FREE SKATE PPC

✎

🗑

Start to Finish

- Website – where to find competitions
 - <https://mbskates.ca/>
- Registering for a STAR 1-4 program and a STAR 5+ program
- Navigating a free skate PPC
- Reading error messages

Trouble Registering



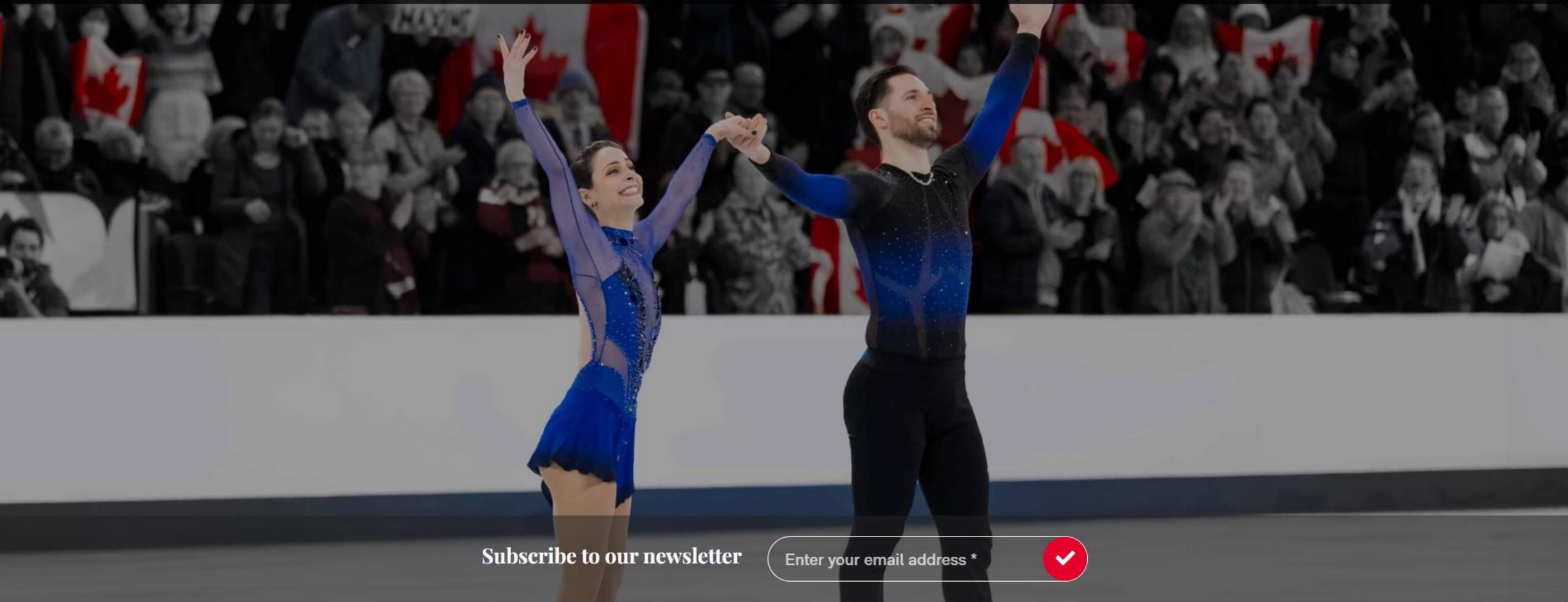
#1 – Email skate.admin@sportmanitoba.ca to notify of the challenges BEFORE the registration deadline

-don't email your coach first, tell us! Your coach cannot get you in after the deadline has passed, but if we know there is an issue and the deadline passes, we can still get you in.



#2 – Cart only active for 24 hours then it clears. Have everything you need prepared before you start the registration process:

- List of all elements
- Music in MP3
- Coach name to put on registration
- Credit card



Subscribe to our newsletter

Enter your email address *





Skate
Canada

🏠 | English ▾ | Sign in

ENHANCED BY Google



No username or password? To create a username and password for this site you must request and redeem an invitation code using the links below.

[Request Invitation Code](#)

Have access to an invitation code? [Redeem it here](#)

* User name

Sign in

Forgot Your Username?

Gaining Access for the first time

Request an Invitation Code

Invitation codes are specific to Skate Canada registrants. Email addresses and birth dates (MM/DD/YYYY) must match the information found in a registrant's profile.

E-mail Address *

Birth Date *

Submit

 Sign in

Register

Redeem invitation

Sign up with an invitation code

* Invitation code

Register



Skate
Canada



English ▾

Sign in

ENHANCED BY Google



Welcome!

Thank you for visiting the Skate Canada Membership Website. This site houses the information and resources needed to make the most out of your membership with Skate Canada and to assist all our community members in experiencing the joy of skating.



Support

Skate Canada Membership Site

My Profile

- General Information – update email, address or other information
- My Achievement – can see every achievement (Assessment, coaching or officiating, elearning completed)

Elearning


- Open to everyone, lots of information here
- High level information, more for coaches, but older skaters or parents might be interested


Safe Sport

- Submitting an injury benefit claim

LTD

Youtube – Skating Development Library






Skating Development Video Library

@skatingdevelopmentvideolib9302 · 4.63K subscribers

This video library has been created to offer our stakeholders the opportunity to view videos...[more](#)

[skatecanada.ca](#) and 3 more links

[Subscribe](#)

[Home](#) [Playlists](#) 

LTD Introduction



Long-Term Development



Podium Pathway



Star

LTD exploration

Skills based approach
Not a linear pathway
Benchmarks for both pathways are
set at the transition phase from
one stage of development to
another

Active for Life ▶

Train to Win ▶
(NCCP National Coach)

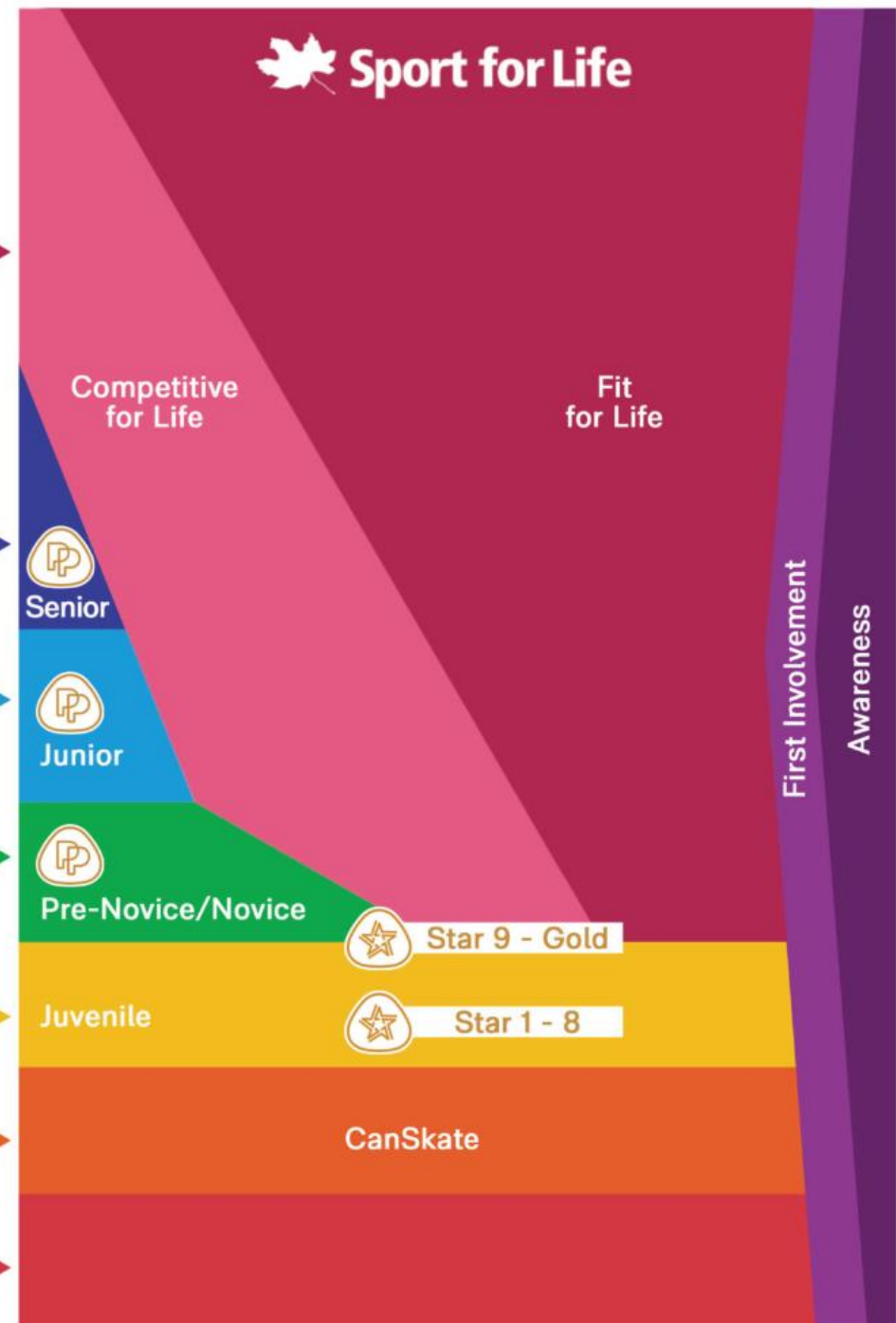
Train to Compete ▶
(NCCP National Coach)

Train to Train ▶
(NCCP Provincial Coach)

Learn to Train ▶
(NCCP Regional Coach)

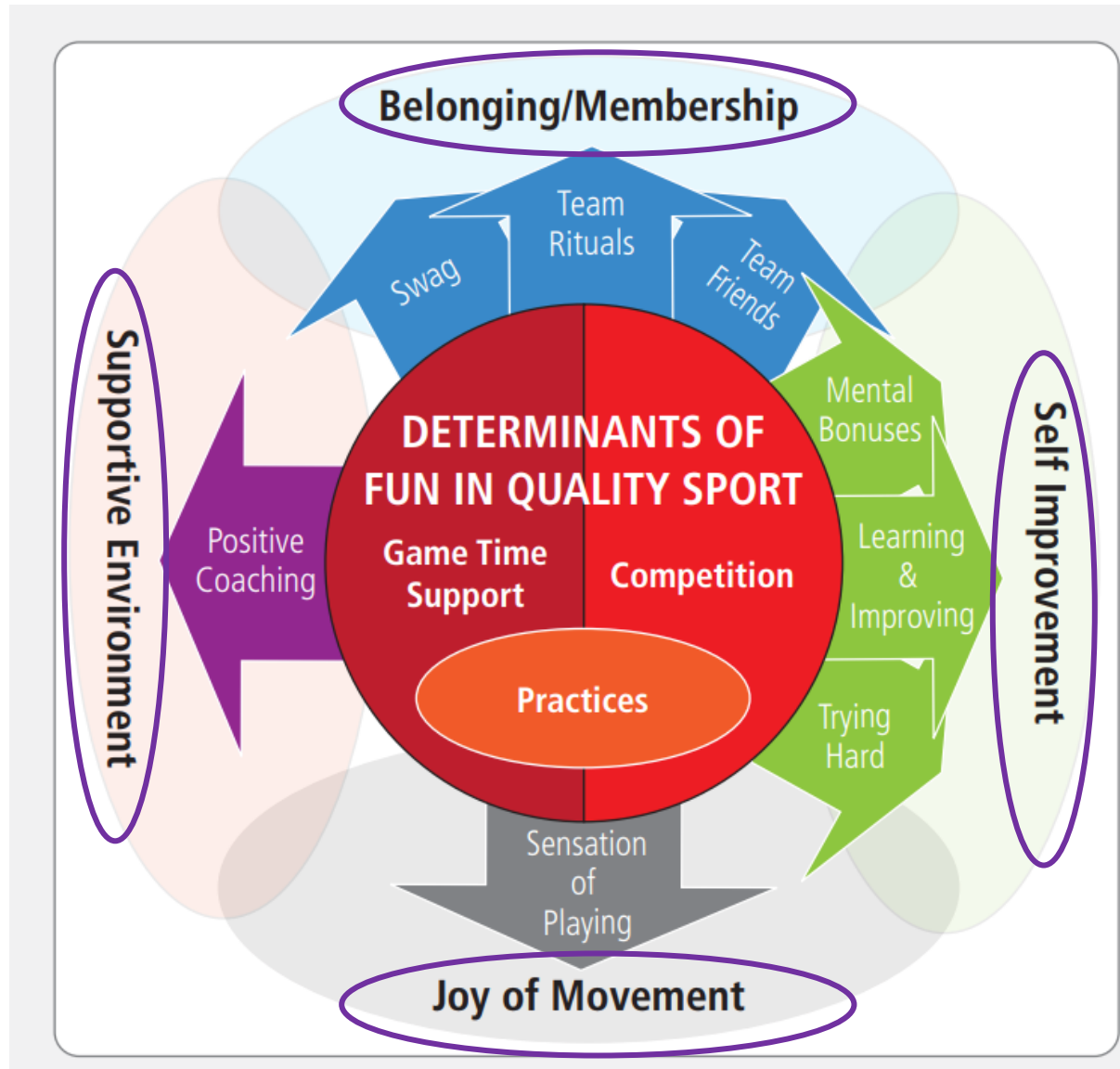
FUNDamentals ▶
(NCCP CanSkate Coach)

Active Start ▶



FUN!

A “must have”
at all stages of
development!



LTD ADM Exploration

- Technical, Mental & Self Skills and Physical ADMS
 - Go through the different areas
 - [STAR 4 Axel compared to STAR 10 Axel](#)
 - Everything works together to support the whole athlete at each development stage

STAR Pathway

- No age requirements – sometimes event separated by age groupings (exception Pre-Juvenile and Juvenile have age restrictions)
- Movement through pathway is based on skill acquisition
 - Skaters can compete in a different level during the season (for example competed STAR 4 last season, can compete STAR 3 this season) It's about what is best for the skater.
- Video examples – fun for skaters to check out, great for parents to learn:
 - Artistic programs
 - Jumps and spins
 - Dance
 - Skills
 - Synchro (element assessments)

Podium Pathway

- Age requirements + [Skill acquisition](#)
 - A look at Juvenile: Must be under the age of 14 as of July 1st , have completed their STAR 5 free skate, bonuses for 2A or higher jumps.
 - At the **exit** of Juvenile, a skater should have obtained ALL double jumps including a 2A – WHY?
 - Pre-Novice is the start of Podium Pathway. Expectation is that at the **exit** of Pre-Novice skaters have obtained at least 2 triples, and can do a triple in combination.
- No requirement to compete Juvenile – Pre-Novice-Novice – can go from STAR 8 to Pre-Novice, or Gold to Novice
- Qualifying stream – leads to National Events, National Ranking
 - Team MANITOBA
- Training and Competition recommendations

LTD STAR Pathway – Training & Competition Guidelines

Developmentally Appropriate Training

Stages of Development – **Learn to Train (L2T)** and **Train to Train (T2T)**

	L2T: STAR 1-5			L2T: STAR 6-8			T2T: STAR 9-Gold	
	On/Off-Ice	Sport Science*		On/Off-Ice	Sport Science*		On/Off-Ice	Sport Science*
Free Skate / Ice Dance / Synchronized Skating / Skills / Artistic	Technical	Physical	Free Skate (6-9 months / year)	Technical	Physical		Technical	Physical
	60-90 minutes	1-4		60-120 minutes	2-5		60-120 minutes	2-5
		Mental			Mental			Mental
		1		1			1	
	Total Weekly Training 2-4 days (4-9 months / year)			Total Weekly Training 3-5 days			Total Weekly Training 3-5 days	

LTD Podium Pathway – General Training & Competition Guidelines

Developmentally Appropriate Training

Stages of Development: **Train to Train-T2T**, **Train to Compete-T2C**, **Train to Win-T2W**

	T2T: Pre-Novice / Novice		T2C: Junior	T2W: Senior
	On-Ice	Off-Ice	On-Ice (J/S)	Off-Ice (J/S)
Singles / Pairs / Dance	5 days / week 10-12 hours / week	4 to 13 hours / week	5 days / week 12-15 hours / week	7.5 to 14 hours / week

Stage Appropriate Events/Competitions

LTD STAGE	L2T: STAR 1-5		L2T: STAR 6-8		T2T: STAR 9-Gold	
Disciplines	Pre-Season	Season	Pre-Season (optional) *	Season	Pre-Season (optional)*	Season
Free Skate		Local (club) or Invitational 1-2*	1	Local (club) or Invitational	1-2	Local (club) or Invitational
		*STAR 5 1-3 Provincial STAR 5		2-4 Provincial STAR 5		2-4 Provincial STAR 5

Stage Appropriate Provincial/National/International Competitions – July 1 calendar

LTD STAGE	T2T: Pre-Novice / Novice		T2C: Junior	T2W: Senior
Age Limits	Refer to <u>Rulebook</u>		Refer to <u>Rulebook</u>	Refer to <u>Rulebook</u>
Disciplines	Pre-Season	Season	Pre-Season	Season
Singles / Pairs / Dance	Summer 1-2 competitions	Fall/Winter 2-4 competitions	Summer 1-2 competitions	Fall/Winter 4-8 competitions
	Notes: <ul style="list-style-type: none"> 65% of the season focuses on developing technical/tactical skills, mental and self-skills, and physical capacities. 35% of the season is dedicated to preparing for competition. 		Notes: <ul style="list-style-type: none"> 50% of the season focuses on developing technical/tactical skills, mental and self-skills, and physical capacities. 50% of the season is dedicated to preparing for competition. 	

Helpful resources for parents

- Parent Guide: http://ltd.skatecanada.ca/wp-content/uploads/2025/03/LTD_ParentsGuide-EN.pdf
- [Daily Training Environment – resources and pdf](#)
 - Nutrition during competitions

Questions

