

The ISU has officially announced the 2023/24 Jr Grand Prix Season. Canada is eligible to send entries to the following competitions:

Dates	Competition	Location	Men	Women	Pairs	Dance
24-26/08	JGP THA	Bangkok THA	2	1		2
30/08-2/09	JGP AUT	Linz AUT	1	1	2	2
6-9/09	JGP TUR	Istanbul TUR	2	1	2	2
13-16/09	JGP JPN	Osaka JPN	2	1		2
20-23/09	JGP HUN	Budapest HUN	1	1	2	2
27-30/09	JGP POL	Gdansk, POL	1	1	2	2
4-7/10	JGP ARM	Yerevan ARM	2			2
7-10/12	JGP FINAL	Beijing CHN	TBD	TBD	TBD	TBD

### **LONG-LISTING OF SKATERS**

To ease the process of quickly entering delegations (skaters, coaches, chaperone, etc.) into a Jr. Grand Prix via the ISU on-line system, Skate Canada will use a similar internal process as in previous skating seasons. All members of the NextGen Team will be considered “long-listed” entries for Jr. Grand Prix, which is a process similar to the registration process to the Olympic Games. “Long-Listed” does not mean a skater/team will be automatically named to a Jr. Grand Prix but rather there is a probability that you could be named. Therefore, all “long-listed” skaters will be asked to complete all the required entry forms for the Jr. Grand Prix.

In the next few weeks, Skate Canada staff will send NextGen Team members instructions regarding the appropriate documents which need to be completed. We ask that team members respond within 7 days unless given a shorter time period to respond.

### **PROCESS FOR SELECTION TO A JR GRAND PRIX**

Grand Prix assignment are not exclusive to the NextGen Team. **All skaters competing at the Junior level at select summer competitions who are age eligible according to ISU rules will be assessed along with members of the NextGen Team.** Those skaters showing the strongest potential based on the Jr Grand Prix and International selection guidelines will have greater chances to be named to a Jr Grand Prix.

### **STAGES OF SELECTION**

Stage 1 – Skaters/teams with medal performances at 2022 ISU Grand Prix and/or top 10 performance at 2023 World Junior Championships will be nominated to Jr Grand Prix starting in early July. Follow up monitoring sessions will take place from late-June to late-July to oversee the progress and preparedness of these nominated skaters/teams to ensure they are on track to achieving an optimal performance at the Jr Grand Prix in which they are assigned.

Stage 2 – Following the monitoring sessions in late June and early July, some additional skaters will be named to a Jr. Grand Prix in early July. These skaters will be required to compete in at the NextGen Competition/Camp in late July to ensure that the progress during the summer months is on track to achieving an optimal performance at a Jr Grand Prix. Such skaters may be asked to compete at an additional competition during the summer.

Stage 3 – During the competitions scheduled in August (AB, QC, ON, BC), all skaters competing in the Junior category will be assessed. Following these competitions, additional skaters may be named to represent Canada at a Jr Grand Prix.

Stage 4 (Named to a second Jr Grand Prix) – Some skaters/teams may be named to a second Jr Grand Prix. The likelihood of being named to a second Jr Grand Prix is based on several factors:

- Competitive performances which demonstrate a strong likelihood of qualifying to the Grand Prix Final. Such performances should be achieving the following total scores at domestic competitions:
  - o MEN 210
  - o WOMEN 170
  - o PAIRS 155
  - o ICE DANCE 155
- The number of available Canadian entries during the Junior Grand Prix Series versus the number of skaters achieving the scores and technical skills outlined in Appendix A.
- Achieving the best scores amongst NextGen skaters/teams within your discipline which show you have created a competitive gap amongst Canadian skaters/teams at the Junior level.

#### **“LONG-LISTING” PROCESS FOR NEW PAIR AND ICE DANCE TEAM**

Skate Canada is continuously working with various Sections to identify any new or existing teams who have shown respectable development during the spring months and are potentially on track to perform well at a Jr Grand Prix. All new teams will be monitored prior to being long-listed. Following the monitoring session, some new teams may be added to the “long-list” of Jr Grand Prix potential skaters. Prior to being named to a Jr Grand Prix, new teams will be required to compete at a summer competition to demonstrate they can achieve the required skating standard in a competitive environment.

#### **OFFICIALLY NAMED TO A JR GRAND PRIX**

Skaters/teams are officially named to a Jr Grand Prix once they have received and accepted the official invitation from Skate Canada. Once accepted, their name will appear on the Skate Canada website.

#### **NAMED TO A JR GRAND PRIX ON ISU WEBSITE BUT NOT SKATE CANADA WEBSITE**

In some rare instances, a skater’s name may appear on the ISU website as entered in a Jr Grand Prix but are not listed on the Skate Canada website. In this case, the skater has yet to receive an official invitation from Skate Canada and is still being considered for a Jr Grand Prix along with other skaters. This process will be used when Skate Canada needs to reserve the place for an entry. Failure to provide an entry to the ISU by the deadline will result in Skate Canada losing the entry spot which could go to another country.

#### **SELECTION GUIDELINES**

Skate Canada has developed Selection Guidelines which are based on current skating trends at the Jr. Grand Prix level. The guidelines are designed to ensure Canadian skaters have the success necessary at a Jr Grand Prix to ensure the smoothest transition to the Senior category

which will assist them to succeed international on a long-term basis. Success at a Jr Grand Prix is not necessarily measured by medals won, but by having Canadians skaters be competitive, performing at their personal best and self-identifying the factors which can contribute to personal best performances. Please refer to Appendix A for the Selection Guidelines

### **MONITORING SESSIONS IN A TRAINING ENVIRONMENT**

NextGen skaters will be monitored in their daily training environment. The purpose of these monitoring sessions is to provide feedback to the skaters on their development and to ensure that the skater is on track to performing well at upcoming competitions. Decisions with regards to selection to a Jr Grand Prix may be made following these monitoring sessions. These monitoring sessions will include some members of the Skate Canada High Performance Team. In some cases, a Section representative may also assist in the monitoring sessions. Skaters will be expected to perform a free program in which the technical content performed may be adjusted depending on the program's stage of development. Any technical elements which are not performed in the program must be performed in isolation with a few repetitions to demonstrate the consistency and quality of the elements.

### **MONITORING DURING SUMMER COMPETITIONS**

All NextGen Team members will be monitored at select summer competitions. Some benefits Skate Canada hope skaters achieve with this monitoring and debrief process are:

- Improved performances
- Increased motivation
- Clearer focus and direction
- Greater personal satisfaction which leads to greater confidence

Coaches of NextGen Team members will be asked to set up a meeting time following the event in order to have a brief discussion.

### **WORKSHOPS FOR PARENTS OF POTENTIAL JR GRAND PRIX SKATERS**

Skate Canada will conduct virtual workshops for parents of all NextGen Team Members and "Long-Listed" teams.

Dr. Judy Goss will conduct these virtual workshops. The focus of the workshop is for parents to share ideas, challenges, and successes when it comes to parenting an elite athlete. In addition, these workshops will provide an opportunity for parents to meet other parents and build a supportive community of parents of NextGen skaters.

At least one parent of each skater is required to attend a workshop. Should a parent of a skater not attend, Skate Canada will have the right to withdraw the skater from the Jr Grand Prix or International competition. In addition, this is an opportunity for Skate Canada High Performance staff to meet the parents and answer any questions. Please note that in order for an individual to receive a chaperone pass at an ISU Jr Grand Prix, they must attend this workshop.

### Appendix A - Selection to 2023 Jr Grand Prix and International Competitions

Skate Canada will take the following factors into consideration when making decisions with regards to the selection of skaters/teams to represent Canada at Jr Grand Prix and Jr International competitions:

- Selection will be based on those skaters who can best demonstrate the potential to achieve the skills outlined in this document which are based on World trends at Jr Grand Prix
- The number of years a skater/team is eligible in Junior
- The skater/team’s consistency of performances from one competition to the next
- The improvement and progress the skater/team has made from the previous season
- The number of available entries at the Jr Grand Prix
- Skate Canada budget

Below are the proposed domestic scores and skill levels skaters should be able to achieve at the select summer competitions to be considered for selection.

	Jr Eligible Years	Total Score	Technical Skill Level (Jumps with minors will be considered)
<b>MEN</b>	2 or less #	210	Skaters should be striving to be competitive with the top 6 skaters at the Jr Grand Prix and able to perform the following technical elements: SHORT PROGRAM: triple solo jump, triple + triple combo, triple Axel, all spins with a positive GOE FREE PROGRAM: 5 different triples, 7 triples in the free, at least one triple + triple, a triple Axel or quad, two spins with a positive GOE. PROGRAM COMPONENTS should be on average 6.5 or higher.
	3 or more #	170	Skaters should be striving to be competitive with the top 12 skaters at the Jr Grand Prix and able to perform the following technical elements: SHORT PROGRAM: triple solo jump, triple + triple combo or triple Axel, all spins with a positive GOE FREE PROGRAM: 4 different triples, 6 triples in the free, an attempt at a triple + triple or double Axel + triple combo, two spins with a positive GOE. PROGRAM COMPONENTS should be on average 5.5 or higher.

# As of July 1, 2023

### Appendix A - Selection to 2023 Jr Grand Prix and International Competitions (Cont.)

<b>LADIES</b>	Jr Eligible Years	Total Score	Technical Skill Level (Jumps with minors will be considered)
	2 or less #	170	<p>Skaters should be striving to be competitive with the top 6 skaters at the Jr Grand Prix and able to perform the following technical elements:</p> <p>SHORT PROGRAM: triple solo jump, triple + triple combo, all spins with a positive GOE</p> <p>FREE PROGRAM: 4 different triples, 5 triples in the free, at least one triple + triple or double Axel + triple combo, two spins with a positive GOE.</p> <p>PROGRAM COMPONENTS should be on average 6.5 or higher.</p>
	3 or more #	150	<p>Skaters should be striving to be competitive with the top 12 skaters at the Jr Grand Prix and able to perform the following technical elements:</p> <p>SHORT PROGRAM: triple solo jump, triple + triple combo or triple + double combo with triple loop or lutz, all spins with a positive GOE</p> <p>FREE PROGRAM: 3 different triples, 4 triples in the free, an attempt at a triple + triple or double Axel + triple combo, two spins with a positive GOE.</p> <p>PROGRAM COMPONENTS should be on average 5.5 or higher.</p>

# As of July 1, 2023

<b>PAIRS</b>	Jr Eligible Years #	Total Score	Technical Skill Level (Elements with minors will be considered)
	2 or less #	155	<p>Teams should be striving to be competitive with the top 4 teams at the Jr Grand Prix and able to perform the following technical elements:</p> <p>SHORT PROGRAM: Double Axel, plus triple twist and throw triple. All other elements should be performed with a positive GOE.</p> <p>FREE PROGRAM: Double Axel, plus achieve 3 of the 4 following elements: 1 triple twist, 1 triple jump, 1 triple throw jumps, 1 additional throw jump. All other elements should be performed with a positive GOE.</p> <p>PROGRAM COMPONENTS should be on average 6.5 or higher.</p>
	3 or more #	130	<p>Teams should be striving to be competitive with the top 8 teams at the Jr Grand Prix and able to perform the following technical elements:</p> <p>SHORT PROGRAM: Double Axel, plus triple twist or throw triple. All other elements should be performed with a positive GOE.</p> <p>FREE PROGRAM: Double Axel, plus achieve 2 of the 4 following elements: 1 triple twist Level 1, 1 triple jump, 1 triple throw jumps, 1 additional throw jump. All other elements should be performed with a positive GOE.</p> <p>PROGRAM COMPONENTS should be on average 5.5 or higher.</p>

# As of July 1, 2023

(Eligible years will be used as a guide should there be a large age difference between partners)

	Jr Eligible Years	Total Score	Technical Skill Level in the Short Dance and Free Dance
<b>ICE DANCE</b>	2 or less #	155	Teams should be striving to be competitive with the top 5 teams at the Jr Grand Prix and able to achieve the following technical elements: Rhythm Dance key points at a minimum Level 2, one step sequence at a minimum Level 3, another step at a minimum Level 2, at least one Twizzles Level 4 and an average GOE on all technical elements of <u>+1.0</u> or higher. PROGRAM COMPONENTS should be on average 6.5 or higher.
	3 or more #	130	Teams should be striving to be competitive with the top 10 teams at the Jr Grand Prix and able to achieve the following technical elements: Rhythm Dance key points at a minimum Level 2, both step sequences at a minimum Level 2, at least one Twizzles Level 3 and an average GOE on all technical elements of <u>+0.75</u> or higher. PROGRAM COMPONENTS should be on average 5.5 or higher.

# As of July 1, 2023

(Eligible years will be used as a guide should there be a large age difference between partners)