



Skate NL

ANNOUNCEMENT

2026 Atlantic Regional & Elizabeth Swan Memorial Synchronized Skating Competition

ATLANTIC REGIONAL SYNCHRO EVENT PHILOSOPHY

The Atlantic Regional Synchronized Skating Championships are part of the Regional Synchronized Skating Championships series as identified in the Skate Canada Competition Rule Book. These championships are to be held each year and serve as a qualifying event for the Canadian Figure Skating Championships or Skate Canada Cup. In selecting the host section, the Atlantic Regional Synchronized Skating Championships cycles across the 4 participating sections (NB, NS, NL, PEI).

The Atlantic Regional Synchronized Skating Championships will be conducted in accordance with Skate Canada rules and regulations for qualifying Synchronized Skating events.

LOCAL ORGANIZING COMMITTEE: Mount Pearl-Paradise Skating Club

DATE: January 31, 2026

LOCATION: Paradise Double Ice Complex, Paradise, NL (200ft x 85ft)

CONTACT INFORMATION:

Christina Morgan, Skate NL Events Director (morgan.christine@yahoo.ca)

Susan Thistle, Skate NL Synchronized Skating Coordinator (synchro.nl@hotmail.com)

Jennifer Osmond, Skate NL Section Office: (scnljennifer@sportnl.ca)

ENTRY FEES

Elizabeth Swan Invitational: ONE PROGRAM (STAR 4, STAR 6, STAR 8, Adult I, II, III)

\$200 per team + \$33 per skater

Atlantic Regional Championships: TWO PROGRAMS (Novice, Gold, Open)

In Person (NL TEAMS): \$400 per team + \$43 per skater

Virtual (NS, NB, PEI TEAMS): \$300 per team + \$43 per skater



Note: The per skater fee should be paid for all skaters, including alternates, for each team they skate on. Discounts are not given for skaters on multiple teams.

VIRTUAL SUBMISSION - Teams from NS, NB, PEI ONLY

Video submissions must be received not later than Wednesday, January 28, 2026. Please contact your Section for information on dates and filming requirements.

ONLINE REGISTRATION

Registration Opens: **Friday, December 19, 2025, at NOON (NL)**

Registration Closes: **Sunday, January 4, 2026, at 11:59PM (NL)**

Late entries will NOT be accepted

Registration will be available on the Skate NL registration website: <https://skatenf.uplifterinc.com>.

Methods of payment include: VISA, VISA Debit, Discover, and MasterCard. PrePaid

VISA/MasterCard gift cards are also accepted.

See Appendix A for detailed registration instructions. Registration will only be accepted from teams registered with Skate Canada for the current season. Clubs/Team Managers are responsible to ensure **ALL skaters and teams** are registered with Skate Canada before completing online registration.

REFUND POLICY

Registration fees will be refunded only if the Event is not held or if the entry is withdrawn before the registration deadline, **Sunday, January 4, 2026**. There will be a \$25.00 administration fee applied to all refunds. After the closing date of entries, there will be no refunds given, for any reason.

MUSIC

All music used must be legally obtained and covered by the collective societies who manage music performance rights, reprography, and mechanical reproduction rights in Canada. Competitors who have music composed specifically for their programs either wholly or in part, that has been significantly mixed or altered from the original recording, are also responsible for obtaining the appropriate licenses to create a derivative work for the compositions and sound recordings selected.

All music must be submitted electronically with online registration. Please ensure correct music files are uploaded. Music file changes and mislabeled music files will be charged a \$25 administrative fee. Teams/Coaches should have a USB copy of music available at ice level, during the Event. Phones or other personal devices will NOT be accepted.

Music Upload Information:

- Music files must be .mp3
- Music uploads must be named in the format: **Home Club-Category-Team Name**



TEAM SUMMARY FORMS

If teams have not already submitted a Team Summary Form, for the 2025-2026 season, forms must be submitted, using the link below, by the deadline for online registration, **Sunday, January 4, 2025**. <https://skatecanada.wufoo.com/forms/s1l8qz0x0ewr9bv/>

PLANNED PROGRAM CONTENT FORMS

Completed forms must be submitted, using the link below, **Wednesday, January 7, 2026**. There will be a \$25 fee for missing, incomplete, or incorrect forms.

<https://skatecanada.wufoo.com/forms/r1ybrjrr0if7y40/>

SCHEDULE

A detailed schedule will be posted on the Skate NL website following deadline for registration.

TECHNICAL REQUIREMENTS

As per the Skate Canada Synchronized Skating Technical Requirements.

RULES

All categories will follow the Synchronized Skating Eligibilities as outlined by Skate Canada. Teams are responsible to check the Skate Canada Info Centre for rule updates and changes.

ON-SITE REGISTRATION

All teams, coaches and team managers must register on-site. Registration will begin 1 hour prior to the start of the first scheduled category. Only those skaters whose names appear on the team registration form as team members/alternates will be permitted to skate. No substitutions or additions shall be allowed. The number of allowable alternates on each team is four.

COACH ACCREDITATION POLICY

Elizabeth Swan Invitational: To receive accreditation, all coaches must be registered Professional Coaches, in good standing with Skate Canada, throughout the Event, and must be NCCP Regional Coach In-Training or higher.

Atlantic Regional Championships: To receive accreditation, all coaches must be registered Professional Coaches in good standing with Skate Canada, throughout the event, and must meet the requirements as outlined in the [Skate Canada Accreditation for Events Policy](#).

Team Managers and Chaperones: All team managers and chaperones must be current Skate Canada registrants.

Two coaches, one team manager, and two chaperones, for a total of five people per team, will be accredited. The main coach and one alternate (skater) will stand at the entrance to the ice, and the team manager and other alternates in the exit area (Kiss & Cry). The chaperones will be allowed in the dressing rooms ONLY and will not have access to ice level during practice and competition (including Kiss & Cry).



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MEDALS/AWARDS

Elizabeth Swan Invitational: The top three placements in each category shall be awarded a prize. In a category where there are less than three entries, then the number of prizes shall equal the number of entries.

Atlantic Regional Championships: The top three placements in each category shall be awarded a prize. If there is only one team entered in a category, an exhibition skate shall be performed but no prize shall be awarded.

Awards will be presented to teams off ice following the official posting of results. Presentation times will be announced and posted at the Arena. Skaters should wear competition outfits and skates.

LIABILITY RELEASE:

Skate Canada, Skate NL, and the volunteer team undertake no responsibility for damages or injuries suffered by skaters. As a condition of and in consideration of their entries in the Event, 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 and to release any and all claims they may have against the officials, the association, the Section, Skate Canada, the volunteer team and against their officers and their entries shall be accepted only on these conditions.

APPENDICES:

1. Appendix A: **Online Registration Instructions.**

THIS ANNOUNCEMENT IS SUBJECT TO CHANGE



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Appendix A

Skate NL Synchronized Skating Registration Instructions

1. Set up an Account:

- Go to the Skate NL Registration website (<https://skatenf.uplifterinc.com>)
- Click "Login" at the top of the page.
- Follow the instructions under "First Time Registering?" OR login to an existing Skate NL Uplifter TEAM account.
- If creating a new account or adding a new team enter the following:
 - Email Address – Team managers will either:
 - Create a new profile with a unique email address for their team (RECOMMENDED) OR
 - Add the team as a new participant under an existing Skate Canada NL Uplifter profile (login and under "My Account" enter the team as a new participant)
 - NOTE: You should not add team members as individual participants
 - First Name – Enter the "Home Club"
 - Last Name – Enter the "Team Name"
 - If you have created a unique profile for your team, click on "I will be registering myself into programs".
 - At the bottom of the page click "Yes" to subscribe to all message lists to receive important information/updates regarding the competition.
- Once you have set up the account, you will be brought back to the main page.

2. Complete Team and Skater Registration:

- Click on the event name under the "Registration" tab
- Choose the category or under "Quick Search", enter your category (ie: STAR 3)
- Click the "Register" button. A box will appear asking you to choose the participant for this program. Ensure this is the team's name.
- Go to your "Shopping Cart" to complete the registration.
- Click on "Purchase Products" to add the Per Skater Registration.
- Under "Items for Purchase", choose Synchro Skater Registration enter the number of skaters on the team in the "QTY" box, click "Add".
- In your Shopping Cart, proceed with payment. Note: You must accept all associated policies to proceed with the registration.
- After you have successfully completed the payment process, you will receive an electronic invoice via email.

If you have any questions regarding online registration, please contact Jennifer Osmond at scnljennifer@sportnl.ca