

### 2025-2026 PARENT INFO PACKAGE

Welcome to the PreStar and Starskate program! In this package you will find helpful information and handouts on the following topics:

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# **Important Dates**

## Sessions & No Skating Dates

Fall Session: September 2, 2025 - December 20, 2025

No skating

September 30: Truth and Reconciliation Day

o October 13: Thanksgiving

November 11: Remembrance Day

o December 21- January 5 : Christmas/Winter Break

Winter Session: January 5, 2025 - March 28, 2025

No skating

February 16: Family Day

o March 29- April 6 : Spring break

**Spring Session:** April 7, 2026 - June 13, 2026

No Skating

May 18: Victoria Day

### **Events**

Rising Star Event: November 22 and March 14 @ 12:45pm

Christmas Family Fun Skate: December 20, 2025

Winter Gala: December 20, 2025

Ice Show: June 13, 2026

Assessment Days Star 6- Gold: December 11, 2025 from 4:00 pm - 5:30 pm, March 26, 2026

and May 18, 2026 (Time TBD)

Awards Banquet: May 2026 (Date and Time TBD)

#### Simulations:

For skaters with Star 2 and Up freeskate programs to give skaters the opportunity to perform and receive feedback from coaches and officials. Simulations will be held. November 22nd and January 17th. Simulations will be scheduled during regular practice time.

### **Competitions:**

### **Star 1-3 Club Competitions:**

The Skate Canada: AB NWT/NUN Star 1-3 Club Competitions can be found here: https://skateabnwtnun.ca/events/canskate-elements-events-star1-3-competitions/



### Star 4-Gold and Adult StarSkate Competitions:

#### AB | NT | NU

Date	Competition	Location	Host
August			
August 1-4, 2025	Wild Rose Invitational - Summer Combined Invitational (Star 4 - Gold/Podium Pathway)	Leduc	Alberta Figure Skating Foundation
September			
September 26-28, 2025	Podium Pathway Fall Invitational	Leduc	Sherwood Park FSC
October			
October 30- November 2, 2025	Skate AB I NT I NU Sectional Championships	Edmonton	Skate AB I NT I NU & Derrick SC
November			
November 21-23, 2025	Star Series #1 (Star 4-Gold, AB Games Run-Offs Zones 1-4)	Calgary	Calalta FSC
November 27-30, 2025	Skate Canada Challenge	Calgary	Skate Canada
December			
December 5-7, 2025	Star Series #2 (Star 4-Gold, AB Games Run-Offs Zones 5-8/NWT Arctic Games Run-offs)	St. Albert	St. Albert Skating Centre
December 13, 2025	Rose Bowl - Synchronized Skating Invitational	Calgary	Calgary Synchronized SC
January			
January 5-11, 2026	Skate Canada - Canadian National Championships	Gatineau, QC	Skate Canada
January 16-18, 2026	Mountain Regional Synchronized Skating Championships	Spruce Grove	Skate AB I NT I NU
January 23-25, 2026	Star Series #3 (Star 4 - Gold, Synchro 3 & 4, Team AB North Arctic Games Run-Offs)	Grande Prairie	Grande Prairie SC
February			
February 5-8, 2025	Skate Canada Trophy	Dartmouth, NS	Skate Canada
February 13-16, 2026	Alberta Winter Games	Lakeland Region	
February 20-22, 2026	Star Series #4 (Star 4 - Gold & Synchro 3 & 4)	Lethbridge	Lethbridge SC
February 27 - March 1, 2026	Combined Winter Invitational (Star 5 - Gold/Podium Pathway)	Airdrie	Airdrie SC
March			
March 6 - 8, 2026	Skate Canada Cup	Waterloo, ON	Skate Canada
March 7, 2026	Ice Fest - Synchronized Skating Invitational	Carstairs	Carstairs FSC
March 8-15, 2026	Arctic Winter Games	Whitehorse, YK	
March 20-22, 2026	Skate AB I NT I NU StarSkate & Adult Championships (Star 5 - Gold)	Calgary	Skate AB I NT I NU
April			
April 17-19, 2026	Sunsational - Combined Spring Invitational (Star 5 - Gold/Podium Pathway)	Edmonton	Ice Palace FSC

<sup>\*</sup>View the Section Technical Package for categories offered at respective competitions

https://skateabnwtnun.ca/wp-content/uploads/2025/07/2025-2026-Competition-Calendar-July-25-2025.pdf

## **StarSkate Program**

StarSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Competitions are also held throughout the season for all levels of StarSkate skaters.

<u>Private Lessons:</u> Skaters will receive 15 minute semi private or private lessons that are scheduled by the Skating Director or their base coach. Skaters are grouped according to level and will vary throughout the season as skaters progress.

**Group Development:** During group development classes, skaters work on posture, speed, technique, and knee bend. Each class will have a focus of either power, cardio, strength, performance, or edges. Skaters will work on a variety of disciplines in group classes such as spins, jump technique, field movements, skills, dance and creative movement.



# **Skating Skills**

Skills are a combination of fundamental skating movements, executed on a pattern and skated solo. The basic components of all disciplines of figure skating are incorporated into the program. The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

### Ice Dance

The Dance Test program teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison. The dances in the StarSkate Program can be tried in any order but a candidate must pass the required number of dances in a dance test before proceeding to the next level.

### Free Skate

Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music. Beginning at the Star 2 level, skaters will have a program to music that they will use for competitions and assessments.

### **Artistic**

The objective of the artistic is to encourage and develop skaters' creativity, expression, musicality, movement, interpretation of music, as well as the use of space, rhythm, line and style. The program provides skaters with the opportunity to explore the performance aspect of skating without focusing on technical elements. Artistic is available beginning at the Star 5 level.

### Off-Ice

Off-ice is an integral part of figure skating training. Off-ice training will optimize a skaters' progression and performance on the ice.

### • Off Ice Classes:

 Dryland Warm-Up: StarSkaters are STRONGLY encouraged to participate in a 10 minute dryland warm-up prior to skating on the ice. Dryland warm-up helps skaters with injury prevention, flexibility and saves time on the ice as they are



already warmed up. Additionally, these exercises can be used for competition warm-ups.

- At the beginning of the season, the dryland warm-up will be coach led to ensure exercises are properly being done. Throughout the season, skaters will begin transitioning to a self-directed dryland warm-up
- **Fitness and Jump:** Our certified club coaches will also be incorporating fitness training into the classes focusing on cardio, strength and injury prevention. The jump portion will focus on the jump technique, specifically the positioning needed in each section of the jump (set up, take off, in-air and exit positions).
- **Dance:** This program will be focused on various types of dance styles. Body line, posture, flexibility, as well as musicality will all be a part of the dance program.
- Stretch: Stretching and flexibility are incorporated into every off-ice class.
   Flexibility is an essential part of figure skating and skaters are encouraged to stretch at least 4 days a week.

## **PreStar and StarSkate Levels**

The club has revised the requirements for PreStar and StarSkate levels as follows:

- 1. **PreStar-** Coming out of CanSkate (by invitation)
- 2. **Jr A StarSkate** Must have passed at least one Star 1 assessment (freeskate, dance or skills)
- 3. **Jr B StarSkate-** Star 2+. Skaters must be able to practice independently and begin working on a Star 2 freeskate program.
- 4. Int StarSkate- Star 4 and Star 5
- 5. Sr StarSkate- Star 6- Gold and/or Pre-Juvenile to Senior

## **Training and Practicing**

Training Frequency: The suggested quantity and frequency of On-Ice training (Off-ice is additional) from Skate Canada

Entry Level Star 1-2			By Star 5			
On Ice Session Length	Days per week	Weeks per year	On Ice Session Length	Days per week	Weeks per year	
45-60 minutes on ice, with a 15 minute warm up prior	2 to 4	Minimum: 20 weeks Ideal: 30-40 weeks	45-60 minutes on ice, with a 15 minute warm up prior	4 to 5	Minimum: 40 weeks Ideal:44 weeks	



These recommendations have been developed so that skaters receive the minimum amount of training for proper athlete development and timely advancement to their respective level. These recommendations are based off of skaters participating in on-ice and off-ice training.

PreStar - 2 to 3 days per week

Jr A StarSkate- 2 to 3 days per week

<u>Jr B StarSkate-</u> 2 to 4 days per week

Int StarSkate- 3 to 4 days per week

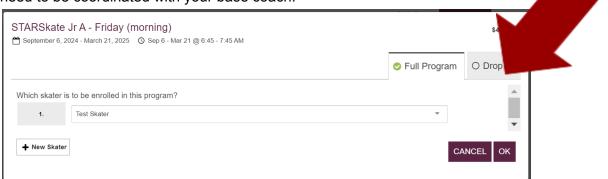
<u>Sr StarSkate/Competitive-</u> 4 to 5 days per week

The schedule for the 2025-2026 skating season has been created to focus on balanced development in all skating disciplines (freeskate, skills and dance). It is recommended that skaters skate more than the recommended minimum to ensure faster development.

Please consider when picking days of skating that all disciplines are covered in your minimum. For example: Dance and skills are only offered on Mondays, Thursdays and Saturdays so choosing one of those days is essential for developing these disciplines. Specific group development classes are scheduled throughout the week. Please try to select days to get a variety of group development classes (edges, stroking, spins, jump technique). Season planning can be discussed with your coach or the skating director.

## **Drop-In Classes**

StarSkaters may purchase drop-in tickets for additional days (space permitting). Drop in classes are \$16/day and include group classes and off-ice classes. Private/semi-private lessor will need to be coordinated with your base coach.





### **Assessments**

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Skills	Elements	Program	Dance			Artistic	Synchro
STAR 1	STAR 1	STAR 1	STAR 1				
STAR 2	STAR 2	STAR 2	STAR 2A	STAR 2B			STAR 2
STAR 3	STAR 3	STAR 3	STAR 3A	STAR 3B			STAR 3
STAR 4	STAR 4	STAR 4	STAR 4A	STAR 4B			STAR 4
STAR 5	STAR 5	STAR 5	STAR 5A	STAR 5B		STAR 5	
STAR 6	STAR 6	STAR 6	STAR 6A	STAR 6B	STAR 6C		
STAR 7	STAR 7	STAR 7	STAR 7A	STAR 7B	STAR 7C	STAR 7	
STAR 8	STAR 8	STAR 8	STAR 8A	STAR 8B	STAR 8C		
STAR 9	STAR 9	STAR 9	STAR 9A	STAR 9B	STAR 9C	STAR 9	
STAR 10	STAR 10	STAR 10	STAR 10A	STAR 10B	STAR 10C		
Gold		Gold	STAR Gold A	STAR Gold B	STAR Gold C	STAR Gold	
Diamond	Diamond Dances (4 of 6)						
Dances	Rhumba, Ravensburger Waltz, Austrian Waltz, Golden Waltz, Tango Romantica, Yankee Polka						

 Skaters may progress through each discipline at a different rate (ex: Star 2 Dance and Star 5 Freeskate and Skills may be what a skater is working on). <u>Skaters will progress</u> <u>at their own rate</u>, with many factors to be taken into consideration, such as amount of <u>time they practice</u>, natural ability, off ice training, etc.

Star 1-5 are coach assessed and may be done at any point during the season or session. Star 6-Gold assessments are assessed by officials and are done at an assigned test day. Coaches are able to assess Skills Star 6 to Gold if assessor training has been completed.

Coach assessment of the skater is a very important part of a skater's development

- It measures their progress and allows them to see the results of their hard work
- It allows the coach, parent and skater to plan the season ahead
- Assessments may be done at any time throughout the season
- Your coach will decide which assessment your child is prepared for and will advise you
  when an assessment will be done

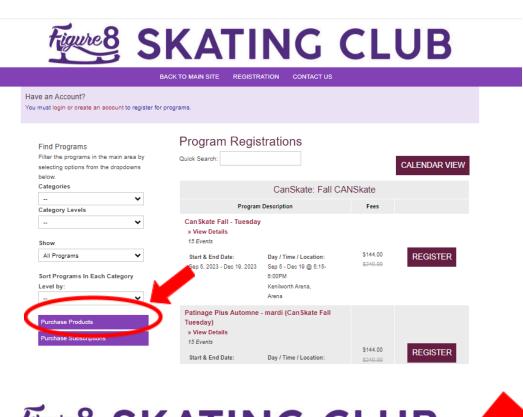
Skaters will be assessed on their regular scheduled session time. The only exception to this may be some Star 5 assessments that require clear ice. Your skater's coach will provide you with the appropriate dates and times if the assessment requires "clear ice".

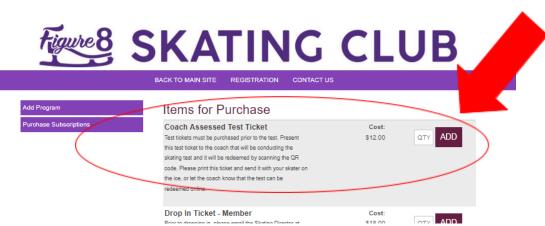


# Purchasing a Coach Assessed Test Ticket

After your coach has notified you that your skater is ready for an assessment you must purchase a coach assessed test ticket before coaches can complete an assessment (regardless if skaters pass or fail the assessment). Assessments will be built into private lesson time and therefore charged a private lesson rate by the coach for the duration of the assessment.

### **How to Purchase in Uplifter:**







## Assessment day

Each skater will get time to warm up prior to their assessment. Skaters will need to obtain an overall rating of Silver or better to be successful on the assessment. Once the coach has completed his/her evaluation, the result will be given to the skater and be recorded by the club for submission to Skate Canada.

## **Assessment Day Attire**

This helps the coach to assess your posture as well as present a tidy appearance.

Star 1 & 2: Regular practice attire acceptable

**Star 3- 5:** Performance attire required.

**Star 6-Gold:** Performance attire is mandatory with the exception of skills, where activewear is acceptable (no hoods, baggy clothes, preferable to have all black). Artistic tests must be done in all black attire.

Gloves and jackets may be worn for warm-up, but should be removed for the assessment (if temperature provides).

Hair should be neat and pulled back away from the face.

Skates and laces should be clean and tidy.

## **Assessment Day Fees**

The Skate Canada fee for all Star 1-5 assessments is \$12. The assessment fee must be paid prior to the skater being assessed.

Star 6-Gold assessments are a minimum of \$22.00 per test. This varies by club and fees include admin, ice time, and Skate Canada fees.

If a Coach is assessing Star 6-Gold skills test, the test fee will be \$12 and completed on normal practice times.



# **Competition Structure**

## **Local Club Hosted Competitions**

Club hosted competitions are for skaters Star 1-3.

**Example: F8SC Rising Stars Element Event-** This event is for our PreStar, Adult/Teen LTFS and StarSkate Junior skaters. Skaters demonstrate various elements and/or their solo, and a panel of coach judges assess their performance. This is a great way to introduce skaters to competitions in a fun environment. All skaters will receive a certificate for their performance and an opportunity for a picture on the red carpet. This event is included in your registration fees.

### **Section Competitions**

### Section competitions are for skaters Star 4 and Up, Competitive, and Adult Star

### Star 4

- Star 4 category will only be offered at Star Series #1-4 competitions, and Combined Summer Invitational (Wild Rose)
- Star 4 is no longer offered at Combined Winter Invitational, Spring Combined Invitational (Sunsational) or the StarSkate Championships

Competitions are held throughout the season. Your primary coach will communicate with you regarding which events your skater may attend.

#### **Star Series Restriction of Entry:**

- Skaters may enter a maximum of two competitions choosing from the Star Series competitions and the Combined Winter Invitational.
  - The Spring Combined Invitational (Sunsational) and Summer Combined Invitational (Wild Rose) are not included in the restricted number of competitions requirement. Skaters may enter as space permits.
- Star 5 and Up are required to qualify for the StarSkate Championships

Registration fees vary per competition and event. It is important to take into account the total cost of competing as there will be registration fees, coach fees and possibly travel fees. Please direct any questions or concerns to your primary coach.



Skaters must arrive at each competition **90 min prior to their scheduled event.** Skaters should have their hair and makeup (makeup is optional) done prior to going to the rink.

## **Competition Checklist**

- 1. Skates (extra laces in bag)
- 2. Solo music
- 3. Dress/Tights (extra pair in bag)
- 4. Water bottle
- 5. Running shoes
- 6. Skipping rope
- 7. Competition warm up sheet (provided by their primary coach)

## **Equipment & Attire Recommendations**

### Skates

Figure skates are mandatory. Skaters at this level should be in a sturdy boot with a quality blade. Sharpening should be performed by a trained professional.



We highly recommend purchasing figure skates and getting them sharpened from ProSkate. We have found they have the most experienced and knowledgeable staff there. As a second option, United Cycle also sells and sharpens figure skates.

How to Tie Figure Skateshttps://youtu.be/p9mpKDn-Kul?feature=shared



### On-ice attire

Skaters should wear athletic clothing on the ice. Clothes should be form fitting or close to it, to allow coaches to see the body line for proper execution of technique. Baggy, loose fitting attire is not acceptable. Hoods are also not acceptable. Gloves should be worn versus mittens, if temperature permits, to allow for more articulation of the hands and fingers. Hair must be pulled back.

### Off-ice attire

- Appropriate activewear
- Hair must be pulled back
- Yoga mat (there are a limited number of club mats available in the office)
- Running shoes are required for all off-ice classes. Please note that street wear sneakers
  are not the same as running shoes. <u>Style vs Sport Shoes</u>. It is recommended for skaters
  to leave appropriate running shoes in their skate bag so they don't forget them. Skaters
  may not be able to participate in all activities if they do not have the appropriate
  footwear.





**Dance classes-** ballet slippers or jazz oxfords are highly recommended. Here are a few local dance stores that sell ballet slippers.

- All 4 Dance https://www.all4dance.ca/shop/shoes/ballet/?limit=24&sort=asc
- On Stage -https://www.onstageedmonton.com/search?q=ballet+slippers&options%5B
   prefix%5D=last
- All That Jazz https://andallthatjazz.ca/search?q=ballet+slippers



### Additional

### Skate care and storage:

Skates should be transported in a bag that allows for the following: gloves, extra laces, skate guards, small towel to dry skate blades, blade protectors, Band-Aids, extra socks or tights, hair elastics, hair brush, water bottle, tissues, etc.

### Proper care of the skates should include:

- drying the blade after each use ensuring all snow and ice have been removed. This includes the sole of the boot.
- Placing dry blades into a cloth blade protector for storage. Do not put blades back into the skate guards, as trapped water could form rust on the edges of the blade.
- Skates should be aired out each day after practice to allow the leather to dry.
   Skater's feet sweat inside their skates. Damp leather could rot and weaken the boot.
- Blades should be sharpened approximately 20 40 hours of use, depending on quality of blade.
- Blades should always be protected when walking to and from the ice surface by skate guards. NEVER walk on floors with unprotected blades.

Providing your child with appropriate skating equipment will help them improve their skating skills more quickly and will make their on-ice experience more enjoyable.

# **How To Support Your Skater**

Here are a few key parent/guardian behaviors to keep in mind as you navigate through our sport with your child:

- Being supportive: It is important and healthy to constantly reassure your child that you support their efforts and are proud of them. Make time to watch their skating session or competitive performance when possible and invest your time in their development.
- Being encouraging: Being present and encouraging following a good and/or difficult sport experience will provide opportunities for your child to recognize their strengths and allow them to grow. Tone, body, and facial expression tell so much more of our truth than the words that we use. When things don't go as planned, your role is to not only help your child deal with the disappointment—but also learn from it. Empathy, along with encouragement and adaptability can result in positive change and building resilience, which is a skill your child can use both on and off the ice, and for years to come.
- Being informed and knowledgeable: Take time to educate yourself by accessing the resources available to you and by establishing a good communication line and relationship with your child's coach.
- **Being a role model:** Children need to adopt and maintain a healthy lifestyle to perform well and reduce the risk of injury. As a parent/guardian, you can help them achieve these goals. Serve healthy foods, stress the importance of good nutrition and proper sleep. By leading the way, your child may follow along.



### Skate Canada Parent Code of Conduct

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect

Parents shall always model positive responsible behavior and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.

Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

Skate Canada has developed a resource for parents: <u>Long-Term Development (LTD) in Sport & Physical Activity Parent Resource Guide</u>

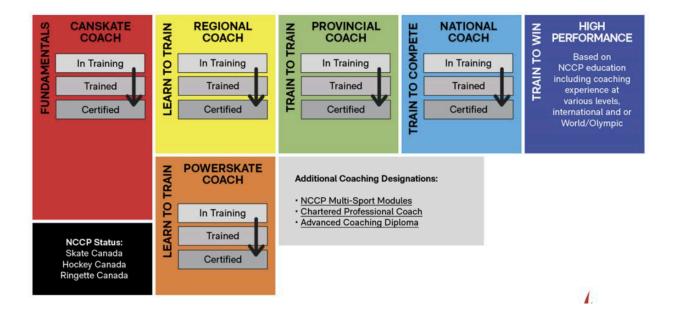
- How to support your skater at different stages of development
- Stage specific objectives
- Physical Capacities and Mental Skills



### **2025-2026 Coaches**

Get to know our Coaching Team on our website

<u>Skate Canada National Coaching Certification Program</u>. This graph shows you how coaches progress through Skate Canada's National Coaching Certification program.



**Base coaches:** Skaters Star 2 and Up are assigned a base coach as their primary point of contact. You will work with your base coach to communicate goals for your skaters, schedule lessons, discuss competitions, etc. Base coaches are assigned based on skater/coach's availability, skater's budget and coach's experience and skater's level.

### **Abby Kozma**

National In-Training

skatingcoachabby@gmail.com

\$14/15 minute lesson

### **Brittany Forsyth**

Provincial In-Training

skatecoachbrittany@gmail.com

\$11.75/15 minute lesson

### Sandra Goplin

**National Certified** 

sandra.goplin@yahoo.ca

\$16.00/15 minute lesson



#### Danielle Fitz

Provincial In-Training danielle.fitz7751@gmail.com \$10.00/15 minute lessons

#### **Kendra Stewart**

Provincial In-Training kendrayellow1@gmail.com \$10.00/15 minute lesson

**Supplemental coaches:** These coaches are available for additional lessons. Lessons with supplemental coaches can be scheduled through your base coach. Please discuss with your base coach or the skating director to set up lessons.

Kim Hutchison

Lana Bezik

Claire Slauenwhite

Ariana Filipic

Elleah Maurer

Chloe Gauvreau

Rochelle Beekman

Charlotte Prokopuk

# **Coaching Fee Guidelines**

Private and Semi-Private Lessons are available for all StarSkaters. Each skater will have a base coach with the option of additional supplementary coaches.

Private Lesson Fees are paid monthly directly to the coaches. Each month, an invoice will be sent out with the previous month's lessons.

\*Please notify your skater's coaches at least 24 hours in advance if your skater will not be able to attend their lesson. If an emergency comes up less than 24 hours in advance, please contact your coach as soon as possible. Any missed lessons without notice will be billed for.

## 2025/2026 Skating Season Lesson Fees

\*These rates may vary by coach. If you would like exact fees and rates, please contact your coach directly.

<sup>\*</sup>Rates should be confirmed with coaches as these may change throughout the season.



Private: Coach Rate/15min- Can vary from \$7-\$15 per 15 minutes

Semi Private/Group: Coach Rate+\$2.00/15min divided by amount of skaters in

lessons.

#### In Club Tests

**COACH EVALUATED TESTS** (Star 1-5 All Disciplines, Star 6-Gold Skills): Normal lesson fees apply. (Amount of time to evaluate is the amount of time charged for.)

#### OFFICIAL EVALUATED TESTS

#### Freeskate Star 6-Gold

Part I - 2X private lesson fee
Part II - 2X private lesson fee
Part I & II (same day) - 3X private lesson fee

### Dance Star 6-Diamond or Skills Star 6-Gold

2X private lesson fee

\* If dance is being partnered by your coach, there will be an additional charge of 1X private lesson fee

### **Competitions/ Out of City Tests**

4X 15min private lesson fee per event

Plus expenses:

Mileage - \$0.52/kilometer as per Skate Canada rule 2.7 (1) \*

Accommodations \*

Meals \*

Divided equally among all coaches' private skaters attending \*

### **Music Editing**

\$20/min \*Fee varies by coach

### Notes:

Please be advised that this document is a guideline only. If your coach's fees work differently, they will advise you at the start of the season.

Invoices will be sent monthly and must be paid by the due date. Late fees will apply if invoices are not paid on time and lessons will be paused until payment is received.



# **Contact Information**

Questions or Concerns can be directed to one of the following:

Skating Director- Abby Kozma: <a href="mailto:skating.director@figure8skating.ca">skating.director@figure8skating.ca</a>

Club President- Erin Turnell: <a href="mailto:president@figure8skating.ca">president@figure8skating.ca</a>

Office Manager- Jacklyn Blades: info@figure8skating.ca

# **Additional Resources**

Long-Term Development (LTD)- Parent Guide: <a href="http://figure8skating.ca/wp-content/uploads/2023/10/LTD">http://figure8skating.ca/wp-content/uploads/2023/10/LTD</a> ParentsGuide.pdf

2023-2024 Skate AB Competition Restructure Announcement:

https://skateabnwtnun.ca/wp-content/uploads/2023/05/For-Immediate-Release\_-Competition-Restructure-May-12-2023.pdf