



## Welcome to Bring ON the Fun! Home Edition

The Bring ON the Fun! series is a two-month Skate Ontario supported Performance & Development Opportunity (PDO) and an On and Off-Ice Event Video Performance Opportunity. BOTF focuses on providing team-based, fun experiences for skaters, clubs and individuals. With current COVID-19 restrictions and the awareness that many skaters are off the ice, we have created an accessible “Home Edition”!

It has been a difficult year and we have all worked hard to stay engaged and continue to train despite the many restrictions that have impacted us mentally, physically and emotionally. This edition of Bring ON the Fun! is meant to set all that aside and focus on fun!

Near the end of the two months, we will have a **Bring ON the Fun! Celebration**. The Bring ON the Fun! Celebration will be hosted on Facebook Live on Thursday, April 29 at 7:00pm ET. Athletes who upload their video will be entered into a random draw with the opportunity to be featured on our Facebook Live Celebration.

### How does it work?

We have created 3 unique options of fun and engaging opportunities to participate from March to April:

1. **Social media video challenges** – use #BOTF and tag us at @skateontario
2. **Off-ice challenges** – film, submit to receive fun/meaningful feedback (no restrictions on the number of submissions)
3. **On-ice challenges** - film, submit to receive fun/meaningful feedback (no restrictions on the number of submissions)

If you choose to submit a video for the off-ice or on-ice challenge, please feel free to post on social media using #BOTF and tag us @SkateOntario. The various challenges are outlined in the tables below. We encourage you to choose any combination of the challenges listed.

Here is all you need to do to get started:

1. Clubs/schools, teams, groups of skating friends and/or individuals may select a series of challenges.
2. Plan what you are going to do. Make it fun!



3. If you select a social media category you will create and share Bring on the Fun! on social. Share them with us! Using the #BOTF hashtag and tagging us at @skateontario.
4. If you choose off-ice or on-ice category you will film and submit a video and receive fun/meaningful feedback and a Bring On the Fun! certificate.

We will be awarding weekly prizes by random draw for each shared and submitted challenge!

## Who can participate?

This can be adapted to the situation in your club/school. If you are part of the skating community, we encourage you to join!

- Clubs/schools, teams
- Group of skating friends
- Individuals

## How can we participate at my Club/School?

Participating in the Bring ON the Fun! Home Edition has multiple options. Organizing at the club/school level is a great start. Try one of the following options:

- Book a date to run a series of challenges in your club/school.
- Schedule a few dates to host challenges.
- Select a weekly challenge for skaters to focus.
- Coaches can run challenges with their skaters.
- You can even select different groups of skaters to perform different challenges.

## What if we are not on the ice right now?

Many of us are not on the ice right now, we have challenges for you as well! There is an entire selection of social media and off-ice challenges that can be done from anywhere.

Clubs/schools, coaches and skaters are encouraged to work together to engage in challenges from home, at the park or even by Zoom!

## What types of challenges are available?

Below, you will find three tables of challenges for you to work with. The challenges are broken down into three categories: Social Media Video Challenges, Off-Ice Challenges and On-Ice Challenges.

Any number of challenges can be selected.



TABLE 1

<b>Social Media Video Challenges</b> **Don't forget to tag us with #BOTF and @skateontario	
<b>Fitness Challenge</b>	Challenge your skating friends to take part in our fitness challenge! Take a video and share on social media. Don't forget to tag #BOTF and add #SkateOntarioFitnesschallenge to your post. <a href="#">Example – Gabby Daleman</a>
<b>Tik Tok/Instagram Reels Video Challenge</b>	What is more fun than performing for the camera? Try one of these Tik Tok/Instagram Reels Challenges: <ol style="list-style-type: none"> <li>1. <b>Level up challenge</b> – Spin or Jump (Eg. Sit spin, camel spin, upright, or waltz, axel, double axel)  <a href="#">Example – Michelle Long</a></li> <li>2. <b>Pass the guard/toss the skate</b> – We might not be together in the rink, but we can connect through our love of skating. Try out this group challenge.  <a href="#">Example – York Simcoe Synchro Teams</a></li> <li>3. <b>#weeeeeeee</b> – Use this popular sound-clip to show off your favourite skating moves.  <a href="#">Example – Sharon Maki, Skate Ontario Sport Staff</a></li> <li>4. <b>Costume Challenge</b> – Show off your favourite skating outfit! <i>Example – coming soon</i></li> <li>5. <b>#Couldn'tWearIt</b> – Skaters have so many great outfits and costumes for skating. We didn't get to wear them all this year. Let's show them off!  <a href="#">Example – Corey Circelli</a></li> <li>6. <b>Dance Challenge</b> – Take any Tik Tok dance challenge and put it on the ice! <i>Example – coming soon</i></li> <li>7. <b>10 Challenge</b> – What can you do 10 of? Try 10 of your best jumps in a row or hold your favourite spin positions for 10 rotations. You can even grab 10 of your skating friends and hold a field move positions (physically distanced). Don't forget to tag 10 of your friends to challenge them.  <a href="#">Example – Lake Superior FSC</a>  <a href="#">Example – Lake Superior FSC</a>  <a href="#">Example – Lake Superior FSC</a></li> </ol>
<b>Team Cheer</b>	Send us a video of your team, club or skating friends performing a team cheer! This could be a skating themed rhyme or a cheer that represents your club. Be Creative! You can do this by video conference or in person, or both.
<b>Flash Mob</b>	We had such an amazing response to our LOVE themed synchro flash mob, that we wanted to extend it to BOTF! Gather your teammates, club members and skating friends to take on our flash mob! This can be done by video conference or in person. Don't forget to tag #BOTF and add #SkateOntarioFlashMob to your post. <a href="#">Example - NEXXICE Senior</a>



TABLE 2

<b>Off-Ice Challenges</b>	
<b>Off ice Element Program</b>	<p>In 30 seconds, create a mini off ice program. Include:</p> <ul style="list-style-type: none"> <li>○ 1 jump,</li> <li>○ 1 spin position,</li> <li>○ and 1 field move.</li> </ul> <p>Make it fun! Add music or even a costume.</p>
<b>Creative Movement</b>	<p>This is your chance to perform and express yourself through music. Select a piece of music or song (30–60 seconds), press play and go!</p>
<b>Group Jump Challenge</b>	<p>Select a friend or two. Pick 3 jumps of your choice. Perform them side by side socially distanced or on zoom.</p>
<b>1 foot - Spin Challenge</b>	<p>How many spin positions can you perform on one foot? Pick a foot, show us how many positions you can hold while staying on one foot. You can use all basic positions, spin variations, and even creative positions.</p>
<b>Off ice Program</b>	<p>Show us your favourite program off the ice. Examples:</p> <ul style="list-style-type: none"> <li>○ Artistic</li> <li>○ Showcase</li> <li>○ Free skate</li> <li>○ Dance</li> </ul> <p>Don't forget the music!</p>
<b>Field Move Challenge</b>	<p>Show us your favourite field move. Hold it as long as you can.</p>



TABLE 3

On-Ice Options	
<b>Team Elements</b>	<p>Make a team (2-4 skaters). Pick elements to perform!</p> <ul style="list-style-type: none"> <li>○ 1 jump</li> <li>○ 1 jump combo</li> <li>○ 1 spin</li> <li>○ 1 field move</li> </ul>
<b>Group Showcase</b>	<p>Find your skating friends. Select your favourite song (maximum 90 seconds). Make a fun creative program to showcase your skating!</p>
<b>Shadow Dance</b>	<p>Choose a partner. Select a dance of your choice. Perform 2 patterns of the dance side by side.</p>
<b>Creative Improv</b>	<p>This is your chance to perform and express yourself through music. Select a piece of music or song (30 – 60 seconds), press play and go!</p>
<b>Individual Element Program</b>	<p>Create a 30-60 second element program. Include:</p> <ul style="list-style-type: none"> <li>○ 1 jump,</li> <li>○ 1 jump combo</li> <li>○ 1 spin position,</li> <li>○ and 1 field move field move.</li> </ul>

## BOTF FAQ

### What if my club does not have ice right now?

No problem, the challenges in Table 1 (Social Media Challenges) and Table 2 (Off-Ice Challenges) do not require you to be on the ice.

### My skating friends are not available, can I still take part?

You certainly may! The challenges are designed for individuals, small groups, maybe 2-4 people or groups of 5 or more.

### Does my club have to organize something for me to participate?

Clubs are encouraged to organize participation for their skaters however it is not required. You may register yourself or you and your friends.

### Does it cost anything?

There is no cost for the Social Media Challenges in Table 1, just video the challenge and tag Skate Ontario #BOTF and @skateontario.

The cost to submit your video to receive fun/meaningful feedback for Off-Ice and On-Ice Challenges in Tables 2 and 3 are \$5 + H.S.T.



## What will I receive when I participate?

- Those who participate in challenges in Table 1 will have a chance to be featured on the Skate Ontario social media channels.
- Each video submission from Tables 2 & 3 will receive written feedback for each category. This feedback will be emailed directly to the registered participant.
- Remember we will be awarding weekly prizes by random draw for each shared and submitted challenge!

## When can I register and submit videos for Table 2 & 3?

Registration for this event will open at 12:00 PM EST on March 1, 2021 and will close at 11:59 PM EST on April 25, 2021.

## When will I receive the feedback for OFF and ON-ice categories in Tables 2 & 3?

Feedback will be sent every couple of weeks dependent on the number of submissions.

## Do I have to complete all the challenges in each table?

No, you may complete as few or as many challenges in any table as you would like. You may also choose to do any number of challenges from Table 1, Table 2 and/or Table 3.

## How do I register?

To register, please click [here](#).

Please have the following ready before registering:

- Skate Canada number
- Category(ies) information
- Credit card information
- Filmed program
- Registration Invoice Number

Registrants will need to complete two steps in the registration process.

**Step 1:** Register and pay on Uplifter [here](#).

**Step 2:** Upload video [here](#).

For any questions, please email [events@skateontario.org](mailto:events@skateontario.org).

