

Skating Knowledge Spotlight: What is Regionals?

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The East Coast Regional Non-Qualifying Competition and the South Atlantic Regional Singles Challenge together make up what is commonly referred to around the ice rink as “Regionals”. This competition marks the end of the season for most skaters and is a great chance to compete with skaters from all over the South Atlantic area. The South Atlantic region includes Florida, Georgia, South Carolina, North Carolina, Virginia, West Virginia, Maryland, Delaware, and Pennsylvania. The location of these competitions changes to a different place within the region each year. In order to compete in these events your skater must have passed the Moves in the Field and Free Skate test that coincides with their level before the registration deadline. For the Well-Balanced Juvenile level, they must also be younger than 13. If competing at Regionals is one of your skater’s goals, let me know so that I can help guide you to move towards or stay on a competitive track.

East Coast Regional Non-Qualifying Competition

Previously known as the South Atlantic Regional Non-Qualifying Competition, this competition has expanded for the 2019-2020 season and will now include skaters from all over the East Coast! This competition includes all skaters competing in all Compete USA levels, all Excel Free Skate levels, and Well Balanced levels Pre-Preliminary, Preliminary, Pre-Juvenile, and Open Juvenile. This competition is not a qualifier for any more advanced competitions, but is a great chance to get used to competing on the regional stage. Groups will often be larger than at more local competitions, and skaters can expect to be competing against some of the most competitive skaters in the area, sometimes even the country, at their level. There is also often times the ability to watch skaters competing in the South Atlantic Regional Challenge, where you have the chance to not only cheer on teammates, but also watch some extremely talented skaters, some of which may end up competing at the US National Championship!

South Atlantic Regional Singles Challenge

Previously known as the South Atlantic Regional Championship, this competition is for skaters competing at Well Balanced Juvenile (age 12 and under only), Intermediate, Novice, Junior, and Senior in singles. Skaters at this competition have the chance to qualify for the Eastern Sectional Singles Final- the top 4 at each level are sent on to this event where skaters then compete against qualifiers from the North Atlantic and New England Regional Challenges. Then, the top 4 from the Sectional Singles Final compete in the US National Championship or participate in the National High Performance Development Team, depending on their level. As you can see, the road to Sectionals and Nationals is highly competitive, but that shouldn’t keep your skater from participating at Regionals! Competing in a Regional Singles Challenge is an accomplishment in and of itself, indicating that a skater is on a competitive track in the sport. It is something that can

be put on college admissions applications or coaching resumes. The Regional Singles Challenge is the highest level of competition a skater can compete in without an invitation, and I recommend skaters at the applicable levels compete when it is possible.