



PATINAGE
QUÉBEC

TEAM QUÉBEC ATHLETE AND COACH GUIDE

2026-2027

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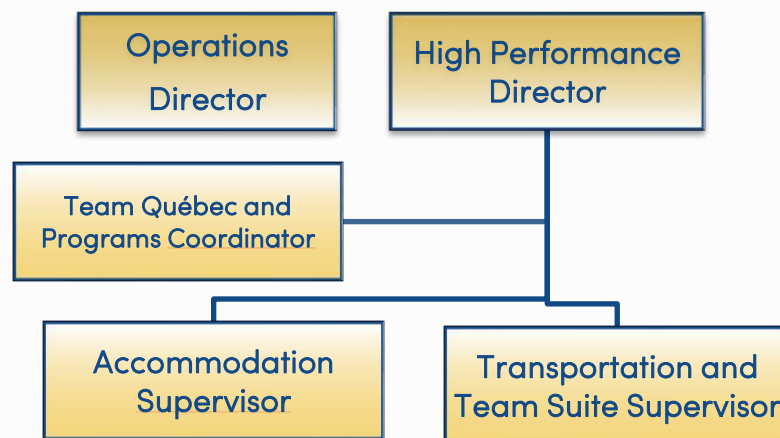


1. TEAM QUÉBEC

Team Québec is made up of skaters who proudly represent Québec at competitions across Canada and around the world. Patinage Québec provides support and guidance throughout the registration process and as athletes prepare for and participate in their events.

This guide provides key information for Team Québec athletes. All procedures, decisions and regulations related to Team Québec activities are governed by Team Québec Policy 26.

Organigram



2. TEAM QUÉBEC REGISTRATION

Athletes who qualify for Team Québec must complete their registration on the day of qualification, according to the schedule posted on the Patinage Québec website. Please note that only one parent or accompanying adult per athlete will be permitted in the registration area.

Athletes under 18 years of age: Athletes under the age of 18 must be accompanied by a parent or legal guardian to complete the medical questionnaire and waiver.

IMPORTANT: Please allow for 1 – 1.5 hours to complete the registration process.





Registration Procedure

1. Welcome – Confirmation of qualification
2. Team Clothing – Fitting and selection of Team apparel
3. Official photo – Official Team Québec photo
4. Online registration and payment
 - a. UpLifter: athlete information, program content, music upload
 - b. Splex: Team Québec registration, policies and regulations, required forms, authorizations and payment
5. Accommodation – reservation and confirmation
6. Transportation – flight or bus arrangements

Team Apparel Requirements

The Team Québec training jacket and winter coat are mandatory. Athletes competing in singles, pairs, ice dance or solo ice dance must purchase their required team apparel at the time of registration for Team Québec.

For synchronized skating, the winter coat is mandatory.

Athletes who have a winter coat with the previous logo may be provided with a Team Québec patch. For the 2026–2027 season, the training jacket featuring the new logo is mandatory.

The winter coat and training jacket must be worn at all times during national events, including during travel and competition. At national competitions, athletes who have participated in international competitions **may not wear Skate Canada apparel under any circumstances.**

Please refer to Team Québec Policy 26 for the complete requirements governing team apparel.

Price list – Team Québec apparel

Winter coat:	\$200 (plus tax and administrative fee)
Training jacket:	\$71 (plus tax and administrative fee)
Legging/Pants:	\$55 (plus tax and administrative fee)
Tank top:	\$39 (plus tax and administrative fee)
Long-sleeved shirt:	\$65 (plus tax and administrative fee)
Short-sleeved shirt:	\$40 (plus tax and administrative fee)





Official Photo

Athletes must wear their Team Québec training jacket for the mandatory official photo.

Online Registration and Payment

Please have the following on hand in order to complete registration:

- ⇒ Skate Canada membership number;
- ⇒ Health card number;
- ⇒ Program content for both programs;
- ⇒ Music details;
- ⇒ Program music in MP3 format saved on a USB key;
- ⇒ Your photo (from the waist up) saved on a USB key;
- ⇒ Your contact information (address, telephone, email);
- ⇒ Your doctor's contact information;
- ⇒ SPLEX and UPLIFTER log in details (password and associated email address);
- ⇒ Names of coaches who will accompany you to the national competition.

UpLifter

National event registration (Challenge or Trophy)

- Athlete profile
- Program content
- Music upload

Splex

Team Québec registration

- Team Québec
- National competition
- Apparel
- Authorization form

Payment

The payment covers the Team Québec registration fee, national competition registration and required team apparel.





An athlete who qualifies in two different categories will pay the Team Québec fee only once, based on the higher applicable fee. However, Patinage Canada fees must be paid separately for each category.

Before leaving the registration area, please confirm with Patinage Québec staff that all required steps have

Accommodation

Athletes must arrange their accommodation for the national competition in accordance with the accommodation requirements outlined in Team Québec Policy 26.

Patinage Québec works to provide athletes with appropriate accommodation arrangements and the best possible conditions during the competition. Athletes are encouraged to discuss their accommodation needs with their coach in advance, including roommate preferences and the number of athletes per room.

Transportation

By plane: Airfare is included in the Team Québec registration fee. The ticket will be reserved at time of registration.

In accordance with the accommodation requirements outlined in Team Québec Policy 26, if an athlete is required to travel with a parent (designated priority parent), the parent's travel arrangements must be purchased on-site through Patinage Québec on the day of registration.

Team Québec chaperones will provide athletes with their travel tickets at departure. Additional information will be shared closer to the event.

By bus: For travel by bus, transportation arrangements will be confirmed on the day of registration.

In accordance with Team Québec Policy 26, if an athlete is required to travel with a parent (designated priority parent), the parent must purchase a seat on the bus directly through Patinage Québec on the day of registration.

2027 Canadian National Skating Championships

Athletes who qualify at Skate Canada Challenge must report to the Team Québec registration area to confirm their accommodation and transportation arrangements and complete their registration for the Canadian National Skating Championships through SPLEX and UpLifter.





Athletes competing under an exemption will receive registration instructions by email. They must complete their Team Québec and event registration through SPLEX. Competition registration through UpLifter will be completed once the registration link becomes available.

3. FEES DUE UPON REGISTRATION

Team Québec registration

The fees collected by Patinage Québec cover, among other things, the athlete's accommodation and transportation, unofficial practice sessions at select competitions, access to the Team Québec lounge, snacks and refreshments, and the support provided by the dedicated team of chaperones accompanying the athletes.

Note: Information regarding access to the Team Québec hospitality suite and applicable procedures will be provided to athletes before each competition.

Pre-Novice and Novice categories

A fee of \$575.00, plus applicable taxes and administrative fees, is payable at the time of registration. Payment can be made by credit card or cheque.

Junior and Senior categories

A fee of \$850.00, plus applicable taxes and administrative fees, is payable at the time of registration. Payment can be made by credit card or cheque.

Skate Canada competition registration fees

2026-2027 Skate Canada Challenge

Competition registration fees are paid to Patinage Québec at the time of Team Québec registration.

- Singles: \$375
- Pairs and Dance: \$550 (\$275 per partner)

2027 Canadian National Skating Championships

Competition registration fees are paid to Patinage Québec at the time of qualification.

- Singles: \$375





- Pairs and Dance: \$550 (\$275 per partner)

Competition registration fees for synchronized skating teams are paid to Patinage Québec upon receipt of the invoice.

- \$400 per team + \$50 per skater

2027 Skate Canada Trophy

Competition registration fees are paid to Patinage Québec at the time of Team Québec registration.

- Singles: \$375
- Solo dance: \$375
- Pairs and Dance: \$550 (\$275 per partner)

2027 Skate Canada Cup

Competition registration fees for synchronized skating teams are paid to Patinage Québec upon receipt of the invoice.

- \$400 per team + \$50 per skater

Senior National Team

Members of the Senior National Team are not required to pay Team Québec registration fees or national competition registration fees. They must still complete all registration steps but should proceed without making a payment.

4. TRANSPORTATION– INSTRUCTIONS

For **air travel**, the meeting point is at the Air Canada terminal. Athletes must arrive 3 hours before the scheduled departure time.

Athletes are responsible for monitoring Air Canada updates for any schedule changes. Patinage Québec will also post updates, as needed, on the website and Facebook page used to communicate with athletes during events.

Team Québec chaperones will be on site and provide instructions throughout the travel process. Please remain attentive and punctual. It is essential that the chaperones can locate you at all times while at the airport.





We strongly recommend keeping your skates, costumes and music in your carry-on luggage.

Packing tips

- Remove all previous airline baggage tags from your luggage.
- Place identification tags **inside and outside** each piece of luggage, including both your permanent address and your destination address.
- Keep the following items in your carry-on luggage: **medications, valuables** (cameras, jewellery, electronic devices, cash, etc.), competition costumes, music and skates.

You are responsible for carrying your skates **both to and from the competition**. Skates are permitted in carry-on luggage. If you choose to pack them in your checked baggage, be mindful of weight restrictions and available space.

Baggage Requirements

Please refer to the [Canadian Air Transport Security Authority \(CATSA\)](#) website for the latest information on baggage requirements and permitted items.

[Air Canada – Baggage Information Guide](#)

The same rules apply when travelling by bus.

Other: When an event is held in Québec, athletes are responsible for making their own way to the competition venue. Details regarding the meeting time and location will be provided during Team Québec registration.

5. ACCOMMODATION

Patinage Québec is responsible for booking the rooms required for athletes. If **a coach** wishes to stay at the official competition hotel, they must notify Patinage Québec before the registration deadline.

- 2026-2027 Skate Canada Challenge: November 9, 2026
- 2027 Canadian National Skating Championships: November 30, 2026
- 2027 Skate Canada Trophy: December 14, 2026

To request a room, coaches must complete the accommodation request form available on the Patinage Québec website.

Team Québec Policy applies at all times.





Payment and Reimbursement Terms and Conditions

Sharing a Room with Another Athlete: If an athlete chooses to share their room with another athlete, they must provide the roommate's name at the time of Team Québec registration. Patinage Québec will cover the full cost of the room.

Sharing a Room with a Family Member: If an athlete chooses to share their room with a family member, Patinage Québec will reimburse **50% of the room cost**. Depending on the hotel's arrangements, you may either be required to pay the full room cost upon arrival and submit the hotel invoice after the competition to receive the 50% reimbursement, or Patinage Québec will cover 50% of the room cost directly through the master account.

Note: Any charges on the hotel bill other than accommodation are the responsibility of the parent or family member.

6. OTHER IMPORTANT INFORMATION

Pre-departure checklist

Before leaving for the competition, we recommend preparing a checklist to make sure you have everything you need. Your list should include, but not be limited to:

- Team Québec training jacket, winter coat and leggings/pants;
- Skates, guards and towels or chamois;
- Music in MP3 format on a USB drive;
- Practice and competition costumes;
- Sufficient funds for meals (three full meals per day for the duration of the competition);
- Québec health insurance card (RAMQ);
- A valid Skate Canada number for the current season.

Nutrition and Healthy Eating

Good nutrition plays an important role in maintaining both physical and mental well-being. The snacks and other food items available in the Team Québec lounge are not intended to replace meals. They are provided as a supplement, particularly for athletes with early-morning and/or late-evening practice sessions.





Helpful tips:

- Avoid trying new foods during the competition.
- Eat at regular times, following the same schedule you would at home.
- Don't skip meals. If you have a reduced appetite, it is better to eat a light meal than nothing at all.
- Choose restaurants you know and trust, or establishments that appear clean and reputable.
- Stay well hydrated by drinking plenty of water.
- Maintain your usual eating habits while travelling as much as possible.

Team Québec: One team, One pride!

Bring your best self and support your teammates!

As a member of Team Québec, you represent not only your club, but the entire province of Québec, both on and off the ice. Take pride in representing your province and being part of the team.

I respect my sport, my teammates and my delegation, both on and off the ice.

Media interviews

Ensure that you are accompanied by the Patinage Québec High Performance Director, a Team Québec chaperone or your coach when speaking with the media.

Before and during the interview

- Wear your Team Québec apparel.
- Be polite, professional and respectful.
- Stay calm and composed.
- Listen carefully to each question.
- Keep your answers concise, clear and complete.
- Focus on what you know best: your skating, performance, training and experience.
- If you don't know the answer, say so. If appropriate, offer to find the information for the journalist.
- Always tell the truth.
- Answer questions directly while staying focused on your key messages.
- If you are unsure what is being asked, don't hesitate to ask the journalist to repeat or clarify the question.
- Use clear, accessible language and avoid unnecessary jargon.
- Stick to the facts and speak from your own experience.
- Keep a positive attitude and smile.





Keep in Mind

Everything you say before, during or after an interview may be quoted and attributed to you. Always assume that you are on the record and choose your words accordingly.

- Avoid commenting on judges' decisions.
- Avoid making negative or personal comments about disappointing results.
- Speak about your own performance, rather than commenting on other competitors.
- Don't be sarcastic or try to be clever at someone else's expense.
- Keep your comments respectful and constructive.

Remember: Media opportunities are an important part of your experience as an athlete. Approach them as a chance to share your story, represent Team Québec and contribute positively to your sport

Doping control

Most doping controls are conducted without advance notice. This means athletes may be selected at any time and in any location to provide a urine sample, a blood sample, or both. A Doping Control Officer (DCO) will explain the athlete's rights and responsibilities and guide them through the process.

During competitions, athletes selected for doping control must report to the doping control station. Once notified, they will be accompanied by an official escort at all times. An athlete may request to delay reporting to the station for a reasonable period—for example, to recover from competition or participate in a medal ceremony—but must remain accompanied by the escort.

Athletes may be required to provide a urine and/or blood sample, whether or not they are currently competing. For a urine sample, athletes must wash their hands or wear gloves before providing the sample under the direct observation of the DCO or chaperone.

Once an athlete has provided a sample that meets the requirements for analysis, the DCO will guide them through the process of securely sealing the sample and completing the required documentation.

Athletes may have a representative accompany them throughout the process.

For more information on doping:

Canadian Centre for Ethics in Sport (CCES)

Toll-free: 1-800-672-7775

Website: [Anti-doping | CCES](#)

Email: info@cces.ca





Best Practices for Parents in Sport – supporting your athlete

The guide for parents: [In Between 2 Plays: Overview of Best Practices and Pitfalls to avoid as Parents in Sport](#) offers practical advice on how parents can support their child and help create a positive sport experience.

We encourage you to consult the guide for helpful tips and ideas on how to support your child throughout their athletic journey.

7. CONTACT INFORMATION

Head office

Nathalie Martin Telephone: 514-349-9245
Email: nmartin@patinage.qc.ca

Maryse Riopel Telephone: 514-402-7994
Email: mriopel@patinage.qc.ca

When required, contact information for Patinage Québec employees involved with Team Québec will be made available.

2026-2027 Team Leaders

Nathalie Martin, High Performance Director

Micheline Barthe
Marthe Beaudoin
Carole Bellerose
France Bisson
Marina Capistran
Ginette Charbonneau
Hélène D'Amour
Lyne Desgagnés

Patricia Fournier
Suzanne Giasson
Rémi Gibara
Linda Guérin
Claudette Larouche
Janet Racine
France Renaud
Jean-François Touchette





Website

All relevant information, including athlete guides, codes of conduct and other resources, is available on the Patinage Québec website under [Membres/Athlètes/Équipe du Québec](#).

Information specific to transportation and accommodation is also available on the website through the following links:

[Skate Canada Challenge - Patinage Québec](#)

[Canadian National Skating Championships - Patinage Québec](#)

[Skate Canada Trophy - Patinage Québec](#)

