



Champions Skating Center

6 Progress Drive, Cromwell, CT 06416 (860-632-0323)

11th Annual Basic Skills Competition

Sunday April 26, 2009

US Figure Skating Approved **MM042609**



Eligibility:

The competition is open to all skaters who are current eligible (ER 1.00) members of either the Basic Skills program and/or are full members of US Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills program/club or any other Basic Skills program/club.

Eligibility will be based on skill level as of the closing date of entries. All snowplow sam and Basic skills skaters through basic 8 must skate at the highest level passed and NO official US Figure Skating tests may have been passed (excluding moves).

Skaters in other events may skate at the highest test level passed OR one level higher BUT not both levels in the same event during the same competition and may have passed moves in the field. For events that are 'Beyond the Basics' (beginner, pre-pre, and preliminary) the US Figure Skating rulebook #1032 applies. Skaters may NOT have passed Pre-Juvenile Freestyle Test.

Entries and Fees:

All entries must be postmarked no later than **4/4/09**. Late entries will be accepted at the discretion of the organizers and any late entry accepted will be charged an additional \$10.00 late entry fee. Entry fees are per person. The first event is \$30.00 and each additional event is \$10.00 per additional event. There will be a \$20.00 fee for any returned checks. No refunds after the closing date. ALL REGISTRATIONS must be filled out completely with a check made payable to CHAMPIONS SKATING CENTER.

Groups:

Skaters will be broken into groups of approximately three skaters by birth date. Males and females may be placed in the same group.

Awards:

Every participant will receive an award/medal. All events are final rounds. Awards will be done periodically throughout the day

Schedule of events:

The schedule of events will be posted approximately 1 week prior to the event on the website www.championsskatingcenter.com. The schedule will be emailed to all skaters who provide an email address. For those skaters who do not provide an email, a self addressed stamped envelope must be provided to receive the schedule by mail.

Music:

The music for all programs must be provided on CD (standard format). Music must be clearly marked with the name of the skater, event, and length of music. Each CD must only have ONE TRACK on it. Competition music is to be turned in at the time of registration. All skaters should also bring a back-up for all programs.

Facility Information:

The competition will be held on an Olympic sized ice surface. A concession area serving snacks and beverages will be open. Directions are on the website www.championsskatingcenter.com

Information:

For more information please contact Tiesha Coale or Kathleen Genovese at 860-632-0323 x26 or email sk8champions@yahoo.com

Mail to: Champions 6 Progress Drive Cromwell, CT 06416



Champions Skating Center

6 Progress Drive, Cromwell, CT 06416 (860-632-0323)

11th Annual Basic Skills Competition Sunday April 26, 2009 USFS Approved MM042609



Competitor Name _____ Sex: _____
 Address _____ City _____ State _____ Zip _____
 Area Code/Phone _____ Date of Birth _____

Email address _____ (complete to receive schedule)

USFS Membership Number _____ Highest Basic Skills Test Passed _____
 Highest USFS Test Passed: Basic Skills _____ FS _____ (no higher than PRE) Dance _____
 Program Affiliation _____ Instructor Name _____

Please check the event(s) you are entering:

Element/Compulsory Programs (no music)

Basic Elements:

- | | |
|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Snowplow | <input type="checkbox"/> Basic 5 |
| <input type="checkbox"/> Basic 1 | <input type="checkbox"/> Basic 6 |
| <input type="checkbox"/> Basic 2 | <input type="checkbox"/> Basic 7 |
| <input type="checkbox"/> Basic 3 | <input type="checkbox"/> Basic 8 |
| <input type="checkbox"/> Basic 4 | |

FreeSkate Elements

- | |
|---------------------------------------|
| <input type="checkbox"/> Free Skate 1 |
| <input type="checkbox"/> Free Skate 2 |
| <input type="checkbox"/> Free Skate 3 |
| <input type="checkbox"/> Free Skate 4 |
| <input type="checkbox"/> Free Skate 5 |
| <input type="checkbox"/> Free Skate 6 |

Compulsory (Test Track and Well Balanced Program)

- | |
|---|
| <input type="checkbox"/> Limited Beginner |
| <input type="checkbox"/> Beginner |
| <input type="checkbox"/> No Test |
| <input type="checkbox"/> Pre-Preliminary |
| <input type="checkbox"/> Preliminary |

Basic / FreeSkate / Showcase Programs (with music)

Basic Program

- | |
|-----------------------------------|
| <input type="checkbox"/> Snowplow |
| <input type="checkbox"/> Basic 1 |
| <input type="checkbox"/> Basic 2 |
| <input type="checkbox"/> Basic 3 |
| <input type="checkbox"/> Basic 4 |
| <input type="checkbox"/> Basic 5 |
| <input type="checkbox"/> Basic 6 |
| <input type="checkbox"/> Basic 7 |
| <input type="checkbox"/> Basic 8 |

Free Skate Program

- | |
|---------------------------------------|
| <input type="checkbox"/> Free Skate 1 |
| <input type="checkbox"/> Free Skate 2 |
| <input type="checkbox"/> Free Skate 3 |
| <input type="checkbox"/> Free Skate 4 |
| <input type="checkbox"/> Free Skate 5 |
| <input type="checkbox"/> Free Skate 6 |

Test Track

- | |
|---|
| <input type="checkbox"/> Limited Beginner |
| <input type="checkbox"/> Beginner |
| <input type="checkbox"/> Pre-Preliminary Test |
| <input type="checkbox"/> Preliminary Test |

Well Balanced Program

- | |
|---|
| <input type="checkbox"/> No Test Free Skate |
| <input type="checkbox"/> Pre-Preliminary Free Skate |
| <input type="checkbox"/> Preliminary Free Skate |

Showcase Indicate test level: _____

Entry fee is \$30.00 for first event and \$10.00 for each additional event.

First Event	\$	30.00
# _____ Additional Events @ \$10.00	\$	_____
Late Fee (\$10.00 if applicable)	\$	_____

TOTAL \$ _____

Office Use Only
Amount Paid _____
Type _____
Date Rec'd / /

The completed entry form, with fees, **must be postmarked no later than April 4, 2009**

Make a check or money order payable to **CHAMPIONS** and mail to 6 Progress Drive, Cromwell, CT 06416.

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Champions Skating Center, LLC harmless from any and all liability either during practice or the event and from and all liability for damages or loss of property.

Competitor Signature (parent/guardian if minor) _____	Date _____
Instructor Signature _____	Date _____
Program Director/Club Officer _____	Date _____

EVENTS: Events are being offered for: Basic Elements (Snowplow Sam to Basic 8), Basic Programs (Snowplow Sam to Basic 8), Free Skate Elements (FS 1-6 Compulsory), Free Skate (FS 1-6 w/Music), Compulsory (Test Track and Well Balanced Levels), Beyond the Basic (Test Track and Well Balanced Levels).

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- Each skater will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p>Snowplow Sam - Tots:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 3</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p>Snowplow Sam - Tots:</p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p>Basic 1</p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside 3-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p>Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p>Basic 7:</p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p>Basic 3</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p>Basic 8:</p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREE SKATE ELEMENTS EVENT: FREE SKATE 1-6

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice
- No music is allowed
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels**
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 or less

<p>Free skate level 1 Compulsory</p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Free skate level 4 Compulsory</p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets-R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p>Free skate level 2 Compulsory</p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p>Free skate level 5 Compulsory</p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p>Free skate level 3 Compulsory</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4 - 6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p>Free skate level 6 Compulsory</p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6) 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

SHOWCASE EVENTS

Duration: 1:30 or less - may divide into age and level categories

1. Theme of skater's choice or designated by the organization
 2. May have music with words
 3. Judging to emphasize interpretation of music rather than technical skills
 4. Costumes that complement music
- May use hand props or any items that skater can get on and off ice without assistance.

FREE SKATE EVENT: FREE SKATE 1-6

- The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated.
- **Vocal music is not allowed.**
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels**
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

<p>Freeskate 1</p> <ol style="list-style-type: none"> 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	<p>Freeskate 4</p> <ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p>Freeskate 2</p> <ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop 	<p>Freeskate 5</p> <ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
<p>Freeskate 3</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop 	<p>Freeskate 6</p> <ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

Suggested Compulsory Event/Test Track and Well Balanced Levels

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests	Time: 1:00
Beginner Compulsory	1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests	Time: 1:00
No Test Compulsory	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests, no official U.S. Figure Skating Free Skate tests passed	Time: 1:00
Pre- Preliminary Compulsory	1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauer's, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary Free Skate test	Time: 1:00
Preliminary Compulsory	1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skate test but may not have passed tests higher than the Preliminary Free Skate test	Time :1:15

BEYOND THE BASICS EVENTS

Descriptions of Additional Events

The Test Track and the Well-Balanced Free Skate events can be included in approved Basic Skills Competitions. If levels beyond Preliminary and Adult Bronze are included, a sanction must be filed.

Test Track

NOTE: Skaters may enter EITHER the new test track or the well-balanced free skate track but NOT both.

Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skating badge tests	Time: Up to 1:30 +/- 10
Beginner	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills Free Skating badge tests	Time: 1:30 +/- 10
Pre-Preliminary Test	At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary Free Skate test	Time :1:30 +/-10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skate test but may not have passed tests higher than the Preliminary Free Skate test	Time :1:30 +/-10

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
No Test Free skate	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	<p>May not have passed any official U.S. Figure Skating Free Skate tests.</p>	<p>Time: 1:30+/-10</p>
Pre-Preliminary Free skate	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Pre-Preliminary Free Skate test.</p>	<p>Time: 1:30+/-10</p>
Preliminary Free skate	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one must be an axel or waltz jump type plus up to two different double jumps as individual jumps, jump sequences or jump combinations are allowed Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary Free Skate test.</p>	<p>Time: 1:30+/-10</p>