

# **The Summit at the Capital Centre First Annual Basic Skill Competition**



**Hosted by The Summit at the Capital Centre  
Figure Skating School**

At



The Summit at the Capital Centre  
9410 Davis Highway  
Dimondale, Michigan 48821  
(517) 319-1000

Events Approved by  
the USFSA Basic Skill Representative

**November 9, 2002**

### **Events Offered:**

- #1 Basic Skill "Elements" Event: *B1 through B8*
- #2 Basic Skill Program Event: *B5 through B8*
- #3 Basic Skill Freeskate Event: *1 through 6*
- #4 Freeskating Event: *Beginner through Preliminary*
- #5 Basic Synchronized Team Compulsories:
  - A) *Team 1 & 2*
  - B) *Team 3 & 4*
  - C) *Team 5 & 6*

### **Registration:**

The Registration Desk will be open throughout the competition. Competitors must register and turn in music prior to competing. Competitors must remember to pick up their music at the conclusion of each event; no tapes will be mailed. *Be sure all music is clearly labeled with skater's name & event.*

### **Awards:**

Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers. Ribbons will be awarded to the remaining places.

### **Competition Schedule:**

The official competition schedule will be determined after the close of entries by the Chief Referee. ***Please include a business size self-addressed, stamped envelope with your entry to receive a copy of the competition schedule when it is available.***

### **Practice Ice:**

Sessions of practice ice will be available upon receipt of request. The practice request form will be mailed with the ice skating schedule. ***Please include a self-addressed, stamped envelope to assure that you get your competition schedule and practice ice form.*** The fee for practice ice is \$5 per half-hour.

### **Bulletins & Notices:**

The official bulletin board will be located on the lower level near the Registration Desk. All updated information will be available on this board. Please review it to find any schedule changes and competition information.

**Lodging & Accommodations:** The following are a short distance from The Summit via I-96. This list is supplied for your convenience.

**Official Hotel: Country Inn & Suites**

6511 Centurion Drive  
Lansing, MI 48917  
517-327-0486

**Holiday Inn West**

7501 W. Saginaw Highway  
Lansing, MI 48917  
517-627-3211

**Hampton Inn**

525 N. Canal Road  
Lansing, MI 48917  
517-627-8381

**Best Western Midway Hotel**

7711 W. Saginaw Highway  
Lansing, MI 48917  
517-627-8471

**Hawthorne Suite Hotel**

901 Delta Commerce  
Lansing, MI 48917  
517-886-0600

**Sheraton Inn**

925 S. Creyts Road  
Lansing, MI 48917  
517-323-7100

**Location:** The Summit at the Capital Centre is conveniently located a short distance off I-96, exit 98B at 9410 Davis Highway, Dimondale, Michigan, 48821. Within a 10-15 minute drive on I-96, exit 103B is the business artery of West Lansing/Delta Township where lodging, restaurants, shopping centers and the Lansing Mall are located. Within a 5 minute drive on Lansing Road (south) is the Summit's official restaurant, the Windsor Mountain Grille. Refer to the map provided for directions to the Capital Centre.

**Arenas:** The Summit at the Capital Centre has two ice surfaces. The Olympic Rink is 200 x 100 with seating for approximately 1,500. The Professional Rink is 200 x 85 with seating for approximately 800.

**Eligibility:** The competition is open to ALL skaters who are currently eligible members of the USFSA Basic Skills Program and/or are full members of the USFSA.

To be eligible, skaters must have submitted a USFSA membership application or be a member in good standing. Skaters who have passed no higher than the Preliminary Free Skate and are currently enrolled in either a USFSA Basic Skills Program or are full USFSA members are eligible to compete.

All Basic Skills skaters, Levels 1 through 8 must skate at their current level.

Skaters in other events may skate at current level or one level higher.

**Entries:** All entries must be submitted on the Official Entry Form and postmarked no later than midnight, October 5, 2002. This announcement may be copied and distributed as necessary. Late entries may be accepted at the discretion of the Competition Committee and will carry a \$20 late fee.

**Entry Fees:**

\$25 for Basic Skills Events  
\$60 for Basic Program & Freestyle Events  
\$50 for Synchronized events for 8 members; \$5 for each additional skater

All checks should be made payable to ***The Summit***.  
Completed entry forms with payments, USFSA member number, and appropriate signatures should be mailed to:

David &/or Pat Miller  
The Summit at the Capital Centre  
9940 Davis Highway  
Dimondale, MI 48821

E-mail address: [Befree1@msn.com](mailto:Befree1@msn.com)

Fax: (517) 694-2951

Phone: Karin Straub (Summit Figure Skating Director) (517) 319-1000 x 107

**Refund Policy:** There are no refunds. Entry fees paid for Summit cancelled events will be refunded at or following the completion of the competition.

**#1 BASIC SKILLS “Elements” EVENT:** All Basic Skill events will be skated on half-ice.  
No music.

**BASIC 1** (Skaters who are working on or have passed Basic 1 or Pre-Alpha)

1. Forward two-foot glide
2. Forward two-foot swizzles
3. Forward snow plow stop
4. Backward wiggles/skating
5. May choose one:
  - a) Forward one-foot glide
  - b) Backward two-foot sculling
  - c) Backward two-foot glide

**BASIC 2** (Skaters who are working on or have passed Basic 2 or Pre-Alpha)

1. Backward skating
2. Backward two-foot glide
3. Backward two-foot sculling/swizzles
4. Forward one-foot glide
5. May choose one:
  - a) Forward stroking
  - b) Forward two-foot sways (slalom)
  - c) One-foot snow plow stop, L or R

**BASIC 3** (Skaters who are working on or have passed Basic 3 or Alpha)

1. Forward stroking, showing neat footwork
2. Forward one-foot swizzle pumps on a circle (either direction) 6-8 consecutive
3. Forward to backward turn on a circle (both directions)
4. Backward one-foot glide – L or R foot
5. May choose one:
  - a) Forward crossovers (either direction – minimum of 5)
  - b) Two-foot spin
  - c) Backward stroking

**BASIC 4** (Skaters who are working on or have passed Basic 4 or Beta)

1. Forward crossovers, clockwise (minimum of 5)
2. Forward crossovers, counter-clockwise (minimum of 5)
3. Forward outside three turn – L & R
4. Backward stroking
5. Backward snow plow stop – L or R
6. May choose one:
  - a) One-foot spin
  - b) Backward crossovers – either direction
  - c) Side toe hop or mazurka

Basic Skills Continued .....

## **#1 BASIC SKILLS “Elements” EVENT (continued)**

### **BASIC 5** (Skaters who are working on or have passed Basic 5 or Beta)

1. Backward crossovers, clockwise (minimum of 5)
2. Backward crossovers, counter-clockwise (minimum of 5)
3. One-foot spin (3 revolutions)
4. Hockey stop
5. Side toe hop or mazurka
6. May choose one:
  - a) Spiral
  - b) Lunge
  - c) Bunny hop

### **BASIC 6** (Skaters who are working on or have passed Basic 6 or Gamma and Delta)

1. Forward inside three-turn – L & R
2. T-stop – L or R
3. Bunny hop
4. Forward arabesque (spiral) on a straight line – L or R
5. Lunge – L or R
6. May choose one:
  - a) Ballet jump – either direction
  - b) Waltz jump
  - c) Forward inside pivot

### **BASIC 7** (Skaters who are working on or have passed Basic 7)

1. Forward inside open Mohawk – L or R
2. Ballet jump – either direction
3. Backward crossovers to a backward outside edge landing position – both directions
4. Forward inside pivot
5. May choose one:
  - a) Waltz jump
  - b) Spiral on an edge
  - c) Scratch spin

### **BASIC 8** (Skaters who are working on or have passed Basic 8)

1. Moving forward outside three turns – L & R
2. Moving forward inside three turns – L & R
3. Waltz jump
4. Combination move
5. Beginning one-foot upright spin
6. May choose one:
  - a) Ballet jump
  - b) Half flip
  - c) Spiral on an edge

## **#2 BASIC SKILL PROGRAM EVENT:**

All Basic Skill events will be skated on full-ice. Programs are skated to non-vocal music at a length of one (1) minute. Extra elements are not allowed. Elements can be skated in any order. Specified elements may be repeated within the program.

### **BASIC 5** (Skaters who are working on or have passed Basic 5 or Beta)

1. Backward crossovers, clockwise (minimum of 5)
2. Backward crossovers, counter-clockwise (minimum of 5)
3. One-foot spin (3 revolutions)
4. Hockey stop
5. Side toe hop or mazurka
6. May choose one:
  - a) Spiral
  - b) Lunge
  - c) Bunny hop

### **BASIC 6** (Skaters who are working on or have passed Basic 6 or Gamma and Delta)

1. Forward inside three-turn – L & R
2. T-stop – L & R
3. Bunny hop
4. Forward arabesque (spiral) on a straight line – L or R
5. Lunge – L or R
6. May choose one:
  - a) Ballet jump – either direction
  - b) Waltz jump
  - c) Forward inside pivot

### **BASIC 7** (Skaters who are working on or have passed Basic 7)

1. Forward inside open Mohawk – L or R
2. Ballet jump – either direction
3. Backward crossovers to a backward outside edge landing position – both directions
4. Forward inside pivot
5. May choose one:
  - a) Waltz jump
  - b) Spiral on an edge
  - c) Scratch spin

### **BASIC 8** (Skaters who are working on or have passed Basic 8)

1. Moving forward outside three turns – L & R
2. Moving forward inside three turns – L & R
3. Waltz jump
4. Combination move
5. Beginning one-foot upright spin
6. May choose one:
  - a) Ballet jump
  - b) Half flip
  - c) Spiral on an edge

### **#3 BASIC SKILL FREESKATE EVENTS:**

All Basic Skill events will be skated on full-ice. Programs are skated to non-vocal music at a length of one and one-half (1 ½) minutes. Extra elements are not allowed. Elements can be skated in any order. Specified elements may be repeated within the program.

#### **Freestyle 1 & 2** (Skaters must have passed Basic 8, but not Freestyle 2 in the USFSA)

1. Waltz jump
2. Scratch spin
3. Spiral – in a straight line or on an edge
4. Toe loop jump
5. Half flip

#### **Freestyle 3 & 4** (Skaters must have passed Free Skate 2 but not Freestyle 4 in the USFSA)

1. Salchow
2. Back spin
3. Jump combination: waltz jump/toe loop
4. Forward inside spiral
5. Sit spin (minimum of 3 revolutions)

#### **Freestyle 5 & 6** (Skaters must have passed Free Skate 4 but not Freestyle 6 in the USFSA)

1. Camel spin
2. Loop
3. Flip
4. Camel/Sit spin combination
5. Waltz jump, ½ loop, salchow combination



## **#4) FREESKATING**

### **BEGINNER THROUGH PRELIMINARY**

**Beginner Level, 1- ½ minutes:** This BASIC level is designed for the beginning competitive skater. Must have passed four (4) USFSA Basic Skills Freeskate badges or the ISI Freeskate 4 test, but must NOT have passed the USFSA Pre-Preliminary Freeskating test. A Freeskate program skated to music of the skater's choice, not to exceed one and one-half minutes on the full ice surface. Skaters may select the moves of their choice but must not include any full revolution jumps. (Toe loop and Salchow permitted)

**Pre-Preliminary A, 1- ½ minutes:** Open to skaters who have passed the USFSA Pre-Preliminary Freeskating test and no higher. A program skated to the music of the skater's choice, not to exceed one and one-half minutes on the full ice surface. Skaters may select moves of their choice. **No Axles and no Double Jumps allowed.**

**Pre-Preliminary B, 1- ½ minutes:** Open to skaters who have passed the USFSA Pre-Preliminary Freeskating test and no higher. A program skated to the music of the skater's choice, not to exceed one and one-half minutes on the full ice surface. Skates may include Axles but not Double Jumps. SSR 4.07c

**Preliminary 1- ½ minutes:** Open to skaters who have passed the USFSA Preliminary/Pre-Juvenile Freeskating test and no higher. A program skated to music of the skater's choice, not to exceed one and one-half minutes on the full ice surface. Skaters may include Axles and up to two (2) different Double Jumps which may be repeated. SSR 4.07b

## **#5 BASIC SYNCHRONIZED TEAM COMPULSORIES:**

Programs must be skated using full ice, with music (vocals allowed), and utilize the required elements. The total program length will be one and one-half (1 ½) minutes.

### **A) Teams 1 & 2**

**Team 1) Circle:** Forward skating clockwise and counterclockwise.  
**Line:** Forward skating, 10-15 steps covering the length of ice.  
**Block:** Shoulder hold.  
**Wheel:** Two spoke.  
**Intersection:** Single line.  
**Holds:** Shoulder to shoulder, hand to hand, waist, basket weave, hand to elbow (teapot), elbow to elbow.

**Team 2) Circle:** Forward skating clockwise and counterclockwise.  
**Line:** Forward with 1 step sequence.  
**Block:** One change of axis.  
**Wheel:** Four spoke.  
**Intersection:** Two or more lines.  
**Transition:** Combine two elements of choice from Levels 1 and 2.

### **B) Teams 3 & 4**

**Team 3) Circle:** Large circle to small circle.  
**Line:** Backward skating covering the length of the ice.  
**Block:** One change of axis and 2 step sequences.  
**Wheel:** Parallel wheel.  
**Intersection:** Backward intersection.  
**Transition:** Combine two elements of choice from Levels 1 through 3.

**Team 4) Circle:** One large circle transitioning to a circle within a circle.  
**Line:** Forward transitioning to backward with 2 step sequences.  
**Block:** Two changes of axis, and 2 step sequences, and 1 change of hold.  
**Wheel:** Backward "S" wheel.  
**Intersection:** Backward double line.  
**Transition:** Combine three elements of choice from Levels 1 through 4.

Basic Synchronized continued .....

## **#5 BASIC SYNCHRONIZED TEAM COMPULSORIES (continued):**

### **C) Teams 5 & 6**

**Team 5) Circle:** Forward circle transitioning to a backward circle, 1 change of hold and 2 step sequences.

**Line:** One line to two lines, 2 step sequences and 1 change of hold.

**Block:** 3 changes of axis, 2 changes of hold, 2 step sequences.

**Wheel:** Variation with a circle

Egg beater

**Intersection:** 3 consecutive intersections.

**Transitions:** Circle, four spoke wheel, two or more circles

Line, block, circle

Two spoke wheel, intersection, circle

**Team 6) Circle** Traveling circle

**Line:** Forward transitioning to backward with 2 step sequences, 2 changes of hold.

**Block:** 3 changes of axis, 3 changes of hold, 3 step sequences.

**Wheel:** 3 geometric shapes

**Intersection:** 3 consecutive intersections, each point of intersection must be executed on one foot.

**Transitions:** combine the following elements:

1 circle, 1 line, 1 block, 1 wheel, 1 intersection