

2ND ANNUAL LAKE EFFECT INVITATIONAL

Hosted by the Lake Effect Figure Skating Club
March 28th and 29th 2003

USFSA Sanctioned

The 2nd Annual Lake Effect Invitational Skating Competition (includes Basic Skills) will be held at Griff's Ice House at Belknap Park located at 30 Coldbrook, Grand Rapids, MI on Friday and Saturday March 28th and 29th 2003.

RULES – The 2nd Annual Lake Effect Invitational will be conducted in accordance with the rules of the USFSA as set forth in the 2003 USFSA Rulebook.

ELIGIBILITY - This competition is open to all amateurs or reinstated amateurs who are USFSA members, in good standing, and shall be eligible to enter events based on their test status as of February 1, 2003. The Basic Skills portion of the competition is open to all USFSA and ISI skaters in any Learn to Skate program.

EVENTS - Compulsory Events (Basic Programs – Snowplow Sam – Basic 1-8, Low Beginner – Pre-Juvenile), Freestyle (Low Beginner – Senior), Short Program (Juvenile – Senior), Adult Freestyle (Pre-Bronze – Gold), Pairs Free skate Solo Dance (Preliminary – Silver), and Artistic Impression. A minimum of two entries will be required for all flights to be scheduled. Entrants may “skate up” a level but may not skate more than one level in any one event except dance. Artistic Showcase is a ladies/men-combined event. Compulsory events may be ladies and men combined. If you compete in a basic level event, you are not permitted to skate in any of the other compulsory or freestyle events.

AWARDS - Medals will be awarded for 1st, 2nd, and 3rd places. Ribbons will be awarded for 4th through 9th places. Awards will be presented off ice at scheduled times during the competition.

ENTRIES & FEES -All entries must be postmarked no later than February 1, 2003. Late entries may be accepted at the discretion of the committee. **A \$15.00 fee will be charged for all late entries accepted.** Entry fees are per person, per event in US dollars. A \$25.00 service fee will be assessed for all returned/NSF checks. Any changes requested after the deadline will be subject to a \$20.00 fee. **Space is limited, so please mail your entry early.**

BASIC SKILLS

\$35.00 per competitor (first event)
\$15.00 per competitor/ each add. event

ALL OTHER EVENTS

\$60.00 per competitor (first event)
\$25.00 per competitor/per event
Each add. event, including each add dance

No refunds will be given after the closing date unless the event is cancelled for lack of participation. Due to time constraints, the referee and/or competition committee reserves the right to limit entries and/or events of the competition in the order received. **NO REFUNDS WILL BE GIVEN FOR ANY REASON.** Medical withdrawal may be refunded if accompanied by an attending physician's statement. Entry forms must be filled out completely and mailed along with a check (made payable to Lake Effect FSC) to:

LAKE EFFECT INVITATIONAL

C/O Nancy Adams
1385 Benning NW
Grand Rapids, MI 49504

Contact People: Nancy Adams

616-791-4437

KLAdams323@msn.com

Ellen Siu

616-331-2243

siue@gvsu.com

Be sure to enclose a self-addressed, stamped business size envelope with your entry form to receive you event schedule, and practice ice information. Space is limited, so please mail your entry early.

PRACTICE ICE - Practice ice will be available. All practice sessions will run 25 minutes at a charge of \$8.00 per session /per person. Practice ice will be sold on a first come, first serve basis. A complete practice ice schedule will accompany each competitor's confirmation and reservations can be mailed in, with appropriate fees at that time. **No music will be played on practice ice. PRACTICE ICE WILL NOT BE SOLD OVER THE PHONE OR BY FAX.**

EVENTS AND PRACTICE ICE SCHEDULES – A tentative schedule of competition events will be mailed to each competitor as soon as it is provided by the referee. All times are approximate. Please check with the registration desk for changes and exact times.

REGISTRATION - The official registration desk will open one hour prior to the first event of the day and remain open until the competition closes. **Competitors must check in at the registration desk at least one hour prior to their first event.**

OFFICIAL ARENA - All practice ice and competition events will take place at Griff's Ice House at Belknap Park, 30 Coldbrook NE, Grand Rapids, Michigan. The dual ice surfaces measure 85 feet by 200 feet. The facility has locker rooms, ample parking and a concession area. The arena phone number is 616-235-0303.

MUSIC – All music must be turned in at the registration desk at the time of registration. Music will be reproduced through the arena sound system on cassettes furnished by the competitor. **MUSIC IS PLAYED FROM CASSETTES ONLY AND MUST BE REWOUND AND MARKED CLEARLY WITH THE COMPETITOR'S NAME AND PLAY TIME ON THE SIDE TO BE PLAYED.** All competitors must have additional cassettes available as back up during their event. Tapes left at the conclusion of the competition will not be returned.

VIDEOTAPING & PHOTOGRAPHY – Videotaping and photographs will be available through Ledin Photography. Tapes may be purchased or you may supply your own. No power is available for individual videotaping. Award pictures will be taken at designated times. Flash photography is **NOT** permitted, as it is a distraction and danger to the skaters.

OFFICIAL NOTICES – All official notices will be posted in the arena lobby. Skaters, coaches, and officials are responsible for checking the official bulletin board for pertinent information.

COMPETITION EVENTS & ELIGIBILITY

FREESTYLE – SKATERS MAY COMPETE ONE LEVEL HIGHER THAN THEIR CURRENT TEST LEVEL

LOW BEGINNER – 1 ½MINUTES – Must have not passed their Pre-Preliminary F/S test or its equivalent. May include any half revolution jumps plus salchow, toe loops, and half-loops. **MAY NOT INCLUDE FLYING SPINS, COMBINATION SPINS OR BACKSPINS.**

HIGH BEGINNER – 1 ½MINUTES – Must have not passed the Pre-Preliminary F/S test or its equivalent. May include any half revolution jumps plus salchow, toe loops, half-loops, and loops. **MAY NOT INCLUDE FLYING SPINS.**

PRE-PRELIMINARY – 1 ½MINUTES – Must have passed the Pre-Preliminary F/S test and no higher. **MAY NOT INCLUDE AXELS, DOUBLE JUMPS OR FLYING SPINS.**

PRELIMINARY LIMITED – 1 ½MINUTES – Must have passed the Preliminary F/S test and no higher. **MAY INCLUDE AXELS, BUT NO DOUBLE JUMPS OR FLYING SPINS.**

PRELIMINARY – 1 ½MINUTES – Must have passed the Preliminary F/S test and no higher. **MAY INCLUDE AXELS, AND UP TO TWO DOUBLE JUMPS.**

PRE-JUVENILE – 2 MINUTES – Must have passed the Pre-Juvenile F/S test and no higher. **MAY INCLUDE AXELS; AND UP TO 4 DIFFERENT DOUBLE JUMPS WHICH CAN BE REPEATED IN COMBINATION OR SEQUENCE.**

JUVENILE – 2 1/4 MINUTES – Must have passed the Juvenile F/S test and no higher. Must be 12 years of age or younger as of March 1, 2003.

OPEN JUVENILE – 2 1/4 MINUTES – Must be 13 years of age or older as of March 1, 2003 and passed the Juvenile F/S test and no higher.

INTERMEDIATE – 2 ½MINUTES – Must have passed their Intermediate Free Skating test and no higher.

NOVICE – LADIES – 3 MINUTES; MEN 3 ½MINUTES – Open to skaters who have passed their Novice Free Skating Test and no higher.

JUNIOR – LADIES – 3 ½MINUTES; MEN 4 MINUTES – Open to skaters who have passed their Junior Free Skating Test and no higher

SENIOR – LADIES – 4 MINUTES; MEN 4 ½MINUTES – Open to skaters who have passed their Senior Free Skating Test and no higher.

ADULT PRE-BRONZE – 1 MINUTE 40 SECONDS – Must have passed the Adult Pre-Bronze F/S test. Skaters must be at least 25 years of age as of March 1, 2003. **NO AXELS OR DOUBLE JUMPS**

ADULT BRONZE – 1 MINUTE 40 SECONDS – Must have passed the Adult Bronze F/S test or the Preliminary F/S test. Skaters must be at least 25 years of age as of March 1, 2003. **NO AXELS OR DOUBLE JUMPS.**

ADULT SILVER – 2 MINUTES 10 SECONDS – Must have passed the Adult Bronze F/S test or the Juvenile F/S test. Skaters must be at least 25 years of age as of March 1, 2003. **NO DOUBLE JUMPS. AXELS ARE PERMITTED.**

ADULT GOLD – 2 MINUTES 40 SECONDS – Must have passed the Adult Silver F/S test or the Intermediate F/S test. Skaters must be at least 25 years of age as of March 1 2003

COMPULSORY EVENTS

Skaters may skate up one level. Field moves and connecting steps will be allowed between the required elements.

All events will be skated on half ice. No Music. **AXELS ARE CONSIDERED A SINGLE JUMP, UNLESS OTHERWISE NOTED.**

LOW BEGINNER – 1 MINUTE OR LESS – NO TEST REQUIREMENT

Required elements: Waltz Jump
½Flip Jump
Two foot spin
Lunge

HIGH BEGINNER – 1 MINUTE OR LESS – NO TEST REQUIREMENT

Required elements: Waltz jump/toe loop combination
Loop jump or Salchow jump
One-foot forward upright scratch spin
Forward Spiral

PRE-PRELIMINARY – 1 ¼ MINUTE OR LESS – Must have passed the Pre-Preliminary F/S test.

Required elements: Single jump
Single/Single jump combination (**no axels**)
One-foot upright scratch spin (min 4 revolutions)
Forward SpiralSequence (min 2 different spiral positions)

PRELIMINARY LIMITED – 1 ½MINUTES OR LESS – Must have passed the Preliminary F/S test.

Required elements: Lutz jump
Single/single jump combination (**no axels**)
Step sequence
One foot upright back spin (**min 4 revolutions**)

PRELIMINARY – 1 ½MINUTES OR LESS – Must have passed the Preliminary F/S test.

Required elements: Axel
Lutz-Loop combination
Forward camel spin (**min 4 revolutions**)
Step sequence
Upright back spin (**min 4 revolutions**)

PRE-JUVENILE – 1 ½MINUTES OR LESS – Must have passed the Pre-Juvenile F/S test.

Required elements: Single Jump (**May not be repeated in the combination**)
Single/single jump combination (**must include a loop jump-axels are permitted**).
Combination spin with only one change of foot, no change of position (may not commence with a jump, minimum 4 revolutions)
Camel spin (may not commence with a jump, minimum 4 revolutions)
Step sequence

SHORT PROGRAMS

OPEN JUVENILE - 1 MINUTE/40 SECONDS or less with music Requirements same as Juvenile
Must have passed the Juvenile F/S test. Skaters must be 13 years of age or older as of March 1, 2003

JUVENILE – 1 MINUTE/40 SECONDS or less with music.
Skaters must be 12 years of age or younger as of March 1, 2003 and passed the Juvenile F/S test.

REQUIRED ELEMENTS:

1. Axel jump
2. Lutz jump
3. Single/single or single/double combination (no axel)
4. Spin with one change of foot and one change of position. Minimum 4 revolutions each foot
5. Step sequence (straight line, circular, or serpentine) utilizing the full ice surface
6. Solo spin – min 4 revolutions in position. May not commence with a jump.

INTERMEDIATE – 2 minutes As stated by the 2003 USFSA Official Rulebook (SSR 3.00)

NOVICE – 2min 15 seconds As stated by the 2003 USFSA Official Rulebook (SSR 3.00) Elements to be skated will be for the 2003-2004 competitive season.

JUNIOR - 2 MIN. 40 SECONDS

As stated by the USFSA Official Rulebook (SSR 3.00) Elements to be skated will be for the 2003-2004 competitive season

SENIOR – 2 min. 40 seconds

As stated by the USFSA Official Rulebook (SSR 3.00) Elements to be skated will be for the 2003-2004 competitive season.

PAIRS FREES KATE - A pair will compete no higher than the highest level skater. All events are final round.

PRELIMINARY 1:30 duration. No pair test passed. No lifts

JUVENILE 2:15 duration. Highest level of the pair must have passed Juvenile Pair Test

INTERMEDIATE 3:00 duration Highest level of the pair must have passed Intermediate Pair Test

NOVICE 3:30 duration Highest level of the pair must have passed Novice Pair Test

SOLO DANCE EVENTS

Each dance is a separate event. Solo dance will be two patterns only and is open to men and ladies. The dance you wish to enter may be selected from those listed in your present level and/or from one level higher. Awards will be presented for each individual dance event.

PRELIMINARY; Skater may have passed all Preliminary dances but not all Pre-Bronze dances.
Dance events: Dutch Waltz, Rhythm Blues, Canasta Tango

PRE-BRONZE; Skater may have passed all Pre-Bronzes but not all Bronze dances.
Dance events: Cha-Cha, Fiesta Tango, Swing Dance.

BRONZE; Skater may have passed all Bronze dances but not all Pre-Silver dances.
Dance events; Willow Waltz, Ten Fox, Hickory Hoedown

PRE-SILVER; Skater may have passed all Pre-Silver dances but not all Silver dances.
Dance events; Fourteen-Step, European Waltz, Foxtrot

SILVER; Skater may have passed all Silver dances but not all Pre-Gold dances.

Dance events; American Waltz, Rocker Foxtrot, Harris Tango

ARTISTIC SHOWCASE

Open themes for each level. Skaters will provide their own music. Vocal music is allowed. A certain amount of jumping is permitted, but no credit is given unless the jumps contribute to the overall aesthetic value of the program. Skaters will be judged according to how well they interpret their theme. Artistry, originality, and creativity are emphasized. Props may be used to accentuate the performance. The skater is responsible for transporting the props on and off the ice. Thirty seconds will be allowed for this. Costumes are encouraged!!!

NOTE: PROPS WILL NOT BE ALLOWED ON THE WARM UP.

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|----------|------------------|-------------------------------|
| Group 1: | Time: 1-1/4 min. | Basic Skills Beginner |
| Group 2: | Time: 1-1/4 min. | Beginner |
| Group 3: | Time: 1-1/2 min. | Pre-Preliminary - Preliminary |
| Group 4: | Time: 1-1/2 min. | Pre-Juvenile – Juvenile |
| Group 5 | Time 2 min | Intermediate and above |

SPINS EVENTS

Skaters may compete one level higher than their test level. Skaters will create a compulsory spin program according to the requirements for their level. All levels will be skated on $\frac{1}{2}$ ice surface with no music. Spins must be skated exactly as stated, but may be skated in any order.

PRE-PRELIMINARY – 1 ½ MINUTE OR LESS

- 1 One foot spin (**min 3 revolutions**)
- 2 Sit spin (**min 3 revolutions**)
- 3 Back spin (**min 3 revolutions**)
- 4 Footwork sequence of any pattern
- 5 Spiral, spread eagle or bauer

PRELIMINARY – 1 ½ MINUTES OR LESS

1. . Sit spin (**min 4 revolutions**)
- 2 Camel spin (**min 4 revolutions**)
- 3 Back spin (**min 4 revolutions**)
- 4 Footwork sequence of any pattern
- 5 Spiral, spread eagle, bauer

PRE-JUVENILE – 2 MINUTES OR LESS

1. Camel spin (**min 4 revolutions**)
2. Spin with only one change of foot – no change of position (**min 4 revolutions each foot**)
3. Layback spin (**min 4 revolutions**)
4. Footwork sequence of any pattern
5. Spiral, spread eagle or bauer

JUVENILE/OPEN JUVENILE

2 MINUTES OR LESS

1. Forward sit spin (**min 4 revolutions**)
2. One Combination spin with only one change of foot (**min 4 revolutions**)
3. Layback spin (**min 5 revolutions**)
4. Footwork sequence of any pattern
5. Spiral, spread eagle or bauer

INTERMEDIATE /NOVICE

2 MINUTES OR LESS

- 1 Spin combination with 1 change of foot and 3 changes of position (**5 revs e**)
2. Flying spin (**5 revs each foot**)
3. Layback spin (**ladies -5rev**) or camel spin (**men-5revs**)
4. Footwork sequence
5. Spiral, spread eagle or bauer

COMPULSORY EVENTS - SNOWPLOW SAM BASIC 1-8

All elements shall be skated one at a time in rotation on $\frac{1}{2}$ sheet of ice. All elements must be skated in the order listed. Each skater performs one element at a time and will perform the next element only when directed by a judge or referee. Skaters are “allowed one retry element”. If the skater would like a retry, they should raise their hand immediately. If the skater attempts a retry, “only the retry will count that element” No music. Skaters should dress warmly under their skating dresses as they will be standing for long periods of time on the ice. Elements may be skated on either foot or in either direction unless otherwise specified./

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|----------------------|--|
| SNOW PLOW SAM (TOTS) | <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 row3. Snowplow stop4. Backward wiggles – 2-6 in row |
| BASIC 1 | <ol style="list-style-type: none">1. Forward two-foot glide2. Forward two foot swizzles – 6-8 in a row3. Forward snowplow stop4. Backward wiggles – 6-8 in a row |
| BASIC 2 | <ol style="list-style-type: none">1. Forward one foot glide – either foot2. Backward two-foot swizzles – 6-8 in a row3. Two-foot turn in place – forward to backward4. Moving snowplow stop5. Forward alternating $\frac{1}{2}$swizzle pumps, in a straight line – across width of the ice. |
| BASIC 3 | <ol style="list-style-type: none">1. Forward stroking.2. Forward $\frac{1}{2}$swizzle pumps on a circle, either clockwise or counter clockwise 6-8 consecutive.3. Moving forward to backward two-foot turn – either direction4. Backward one-foot glide either foot5. Two-foot spin. |
| BASIC 4 | <ol style="list-style-type: none">1. Forward outside edge on a circle-clockwise or counterclockwise.2. Forward crossovers 6-8 consecutive – both directions3. Forward outside 3-turn – R and L from a T position.4. Backward stroking5. Backward snowplow stop R or L |
| BASIC 5 | <ol style="list-style-type: none">1. Backward outside edge on a circle, clockwise or counter clockwise.2. Backward crossovers – 6-8 consecutive, both directions.3. One foot spin – minimum of 3 revolutions4. Hockey stop.5. Side toe hop – either direction |
| BASIC 6 | <ol style="list-style-type: none">1. Forward inside 3-turn – right or left from a T position.2. T-stop R or L3. Bunny hop4. Forward arabesque (spiral) on a straight line – right or left5. Lunge – R or L |
| BASIC 7 | <ol style="list-style-type: none">1. Forward inside open Mohawk – R to L and L to R2. Ballet jump – either direction3. Backward crossovers to a backward outside edge landing position-clockwise and counter clockwise4. Forward inside pivot |
| BASIC 8 | <ol style="list-style-type: none">1. Moving forward outside or forward inside three turns – right and left2. Waltz jump3. Mazurka – either direction4. Combination move – clockwise or counter clockwise(from Basic 8 curriculum)5. Beginning one-foot upright spin, optional free foot position |

CERTIFICATION OF CLUB OFFICER

I certify that _____(skater)is in good standing of USFSA Club indicated and that the test level indicated is true and correct.

SIGNATURE OF CLUB OFFICER. _____

TITLE. _____ DATE. _____

CLUB _____

WAIVER OF CLAIMS FOR INJURY

I fully release, discharge, and covenant not to sue the U.S. Figure Skating Association, its Member Clubs, their respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any USFSA sanctioned event in which I participate (each considered one of the Releasees herein) from all liability, claims, demands, losses, or damages, arising out of gross negligence of, or intentional, willful or wanton misconduct of Releasees. If I, or anyone on my and/or minor child's behalf, makes a claim which does not arise from the gross negligence of, or intentional, willful or wanton misconduct of Releasees against any of the Releasees, I will indemnify, defend, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Signature of Parent/guardian or competitor if over 18

_____ DATE _____

ENTRIES MUST BE POSTMARKED BY FEBRUARY 1, 2003

**MAIL FORM & FEES TO: LAKE EFFECT INVITATIONAL
C/O NANCY ADAMS
1385 BENNING NW
GRAND RAPIDS, MI 49504**

YOU MUST INCLUDE A SELF ADDRESSED STAMPED ENVELOPE IF YOU WISH TO RECEIVE A COPY OF THE SCHEDULE AND PRACTICE ICE FORMS.

**2003 Lake Effect Invitational
ENTRY FORM**

Name of Skater _____ Age _____ Birthdate _____

Male _____ Female _____ USFSA# _____ Basic Badge Level _____ Home Club _____

Address _____ City _____ State _____ Zip _____

Name of Pair Partner (if appropriate) _____

Coach _____ Phone _____

Name of Parent/Guardian _____ Home Phone _____ E-Mail _____

Highest test passed: Freestyle _____ Moves _____ Dance _____

Basic Compulsory

_____ Snowplow Sam
_____ Basic 1
_____ Basic 2
_____ Basic 3
_____ Basic 4
_____ Basic 5
_____ Basic 6
_____ Basic 7
_____ Basic 8

Pairs Free Skate

_____ Preliminary
_____ Juvenile
_____ Intermediate
_____ Novice

Individual Freestyle

_____ Low Beginner
_____ High Beginner
_____ Pre-Preliminary
_____ Preliminary Limited
_____ Preliminary
_____ Pre-Juvenile
_____ Open Juvenile
_____ Juvenile
_____ Intermediate
_____ Novice
_____ Junior
_____ Senior

Individual Short Program

_____ Open Juvenile
_____ Juvenile
_____ Intermediate
_____ Novice
_____ Junior
_____ Senior
Spins
_____ Pre-Preliminary
_____ Preliminary
_____ Pre-Juvenile
_____ Juvenile/Open Juvenile
_____ Intermediate/Novice

Compulsory Events

_____ Low Beginner
_____ High Beginner
_____ Pre-Preliminary
_____ Preliminary Limited
_____ Preliminary
_____ Pre-Juvenile

Adult Freestyle

_____ Adult Pre-Bronze
_____ Adult Bronze
_____ Adult Silver
_____ Adult Gold

Artistic Showcase

_____ Basic Skills Beginner
_____ Beginner
_____ Pre-Pre/Preliminary
_____ Pre-Juv/Juvenile
_____ Intermediate/And above

Solo Dance (write in dances to be skated (maximum of 6))

1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____

ENTRY FEES

\$60.00 First Event

\$25.00 each additional event,
including each add dance)

\$35.00 first event (Basic skills only)

\$15.00 each additional event (Basic skills)

**MAKE CHECKS PAYABLE TO THE LAKE EFFECT FSC
ENTRIES MUST BE POSTMARKED BY FEBRUARY 1, 2003**

HOTELS AND ACCOMODATIONS

THERE ARE HOTELS LOCATED RELATIVELY CLOSE TO THE ARENA

DAYS INN – DOWNTOWN, PEARL ST EXIT OFF US-131
310 PEARL ST NW 616-235-7611

HAMPTON INN – ALPINE AVE EXIT OFF I-96, BEHIND CRACKER BARREL RESTAURANT
500 CENTER DR NW 616-647-1000

RADISSON INN – ANN ST EXIT OFF US-131
270 ANN ST NW

BAYMONT INN – WALKER ST EXIT OFF I-96, BEHIND BOB EVANS RESTAURNT
2151 HOLTON CT NW 800-301-0200

AMERIHOTEL INN – WALKER ST EXIT OFF I-96
2171 HOLTON CT NW 616-791-8500

HOLIDAY INN EXPRESS – ALPINE AVE EXIT OFF I-96, BEHIND CRACKER BARRELL RESTAURANT

SPRINGHILL SUITES BY MARRIOTT - ALPINE AVE EXIT OFF I-96 , NEXT TO HOLIDAY INN EXPRESS