

**4th Annual
FRASER INVITATIONAL**

hosted by the Fraser Figure Skating Club
July 9-11, 2004

USFSA & CFSA Sanctioned

The 4th Annual Fraser Invitational Skating Competition (includes Basic Skills) will be held at Great Lakes Sports City located at 34400 Utica Road, Fraser, Michigan on Friday, July 9th, Saturday, July 10th and Sunday, July 11th, 2004.

RULES – The 4th Annual Fraser 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 and shall be eligible to enter events based on their test status as of April 30, 2004. The Basic Skills portion of the competition is open to all USFSA and ISI skaters in any Learn to Skate program.

EVENTS – Compulsories (Basic 1-8, Free skate 1-3, Low Beginner – Pre-Juvenile), Freestyle (Low Beginner – Novice), Short Program (Juvenile, Open Juvenile, Intermediate & Novice), Pairs Free Skating (Pre-Juvenile – Juvenile) Pairs Ice Dancing (Pre-Juvenile & Juvenile), Adult Freestyle (Pre-Bronze – Gold), Solo Dance (Preliminary –Silver), Team Compulsory and Artistic Showcase. 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 (up to 6 dances). 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 limited beginner or beginner events.

AWARDS – Medals will be awarded for first, second, third and fourth places. Ribbons will be awarded for fifth through tenth places. Awards will be presented off ice at scheduled times during the competition.

ENTRIES AND FEES – All entries must be postmarked no later than May 17, 2004. Late entries may be accepted at the discretion of the committee. **A \$25.00 fee will be charged for all late entries accepted.** Entry fees are per person, per event in U.S. Dollars. A \$25.00 service fee will be assessed for returned/NSF checks.

BASIC SKILLS /FREE SKATE 1-3

\$35.00 per competitor

ALL OTHER EVENTS

\$60.00 per competitor (first singles event)
\$30.00 per Competitor/per singles event (each add. event, including each add. dance)
\$40.00 per team (Team Compulsories-does not count as first event)
\$70.00 per couple (Pairs/ Pairs Dance event)

NO REFUNDS will be given after the closing date unless the event is cancelled for lack of participation. Two entries (three for dance and team compulsories) constitute a competition in any event. NO REFUNDS WILL BE GIVEN FOR ANY OTHER REASON. Medical withdrawal may be refunded if accompanied by an attending physician's excuse. Entry forms must be filled out COMPLETELY and mailed along with a check (**made payable Fraser FSC**) to:

FRASER INVITATIONAL
C/O Chris Bisby
48743 Kings Drive
Shelby Twp., Mi 48315

Contact persons: Chris Bisby
586-323-8907
Cbisby18@aol.com

Debbie Redding
586-286-8583
sred1017@aol.com

Be sure to include a self-addressed, stamped business size envelope with your entry form to receive your event schedule.

PRACTICE ICE – Practice ice will be available on Friday, July 9th, Saturday, July 10th and on Sunday, July 11th. All practice ice sessions will run a half hour 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. **PRACTICE ICE WILL NOT BE SOLD OVER THE PHONE OR BY FAX. No music will be played on practice ice.**

EVENTS AND PRACTICE ICE SCHEDULE – A tentative schedule of competition events will be posted on FFSC's web page (Fraserfsc.com) and 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. A practice ice schedule will also be posted on FFSC's web page (Fraserfsc.com). Please check for changes and exact times when you register.

REGISTRATION – The official registration desk will be located in the main lobby of Great Lakes Sport City and will be open one hour before the first practice ice session until the close of competition each day. **COMPETITORS MUST CHECK IN AT THE REGISTRATION DESK AT LEAST ONE HOUR PRIOR TO THEIR FIRST EVENT.** Please check the official bulletin board immediately upon arrival for any changes in event times.

OFFICIAL NOTICES – An official bulletin board will be maintained in the lobby of the arena. Posting of schedules and announcements thereon shall constitute sufficient official notice to competitors, coaches, and officials.

OFFICIAL ARENAS – All practice ice and competition events will take place at Great Lakes Sport City, 34400 Utica Road, Fraser, Michigan. All ice surfaces measure 85' X 200'. The facility has locker rooms, ample parking and a concession area.

MUSIC – Music must be turned in at the registration desk at the time of registration. Music will be reproduced through the arena sound systems on cassettes/CDS furnished by the competitor. **MUSIC IS PLAYED FROM CASSETTES/CDS AND CASSETTES MUST BE REWOUND. CASSETTES/CDS MUST BE MARKED CLEARLY WITH THE COMPETITOR'S NAME AND PLAY TIME ON THE SIDE TO BE PLAYED.** All competitors must have additional cassettes/CDS available as back up during their event.

COMPETITION EVENTS & ELIGIBILITY

FREESTYLE – Skaters may compete one level higher than their current test level.

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

HIGH BEGINNER – 1 ½minutes – Must not have 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. MAY NOT INCLUDE 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 (2) two different double jumps (maximum) which can be repeated in combinations, and any spins.

PRE-JUVENILE – 2 minutes – Must have passed the Pre-Juvenile F/S Test and no higher.

OPEN JUVENILE – 2 minutes – Must be 13 years of age or older and passed the Juvenile F/S Test and no higher.

JUVENILE – 2 minutes – Must be 12 years of age or younger and passed the Juvenile F/S Test and no higher.

INTERMEDIATE – 2 ½minutes – Must have passed the Intermediate F/S Test and no higher.

NOVICE - 3 minutes – Must have passed the Novice F/S Test and no higher

Note: Skaters will not be able to enter both the Restricted Free Style and Free Style events. Skaters must choose one or the other event.

RESTRICTED FREE STYLE EVENTS:

Restricted Pre-Juvenile: This event will be restricted to the jumps, spins and connecting steps from the Pre-Juvenile Freestyle test, TR42.03. The highest jump permitted is a Lutz – No Axel.

Restricted Juvenile: This event will be restricted to the jumps, spins and connecting steps from the Juvenile Freestyle test, TR42.04. The highest jump permitted is an Axel.

Restricted Intermediate: This event will be restricted to the jumps, spins, and connecting steps from the Intermediate Freestyle test, TR42.05. The highest jump permitted is a double Salchow and/or a double toe loop.

Restricted Novice: This event will be restricted to the jumps, spins and connecting steps from the Novice Freestyle test, TR42.06. The highest jump permitted is a double loop.

COMPULSORY EVENTS

Skaters may skate up one level. Field moves and connecting steps will be allowed between the required elements. All events will be held on half ice. No music. AXELS ARE CONSIDERED A SINGLE JUMP, UNLESS OTHERWISE NOTED. All times are maximum

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 ¼minutes or less – Must have passed the Pre-Preliminary F/S test.

Required elements: Flip Jump
Loop Jump
Single/single jump combination (**no axels**)
Forward sit spin (**min. 4 revolutions**)
Forward spiral

PRELIMINARY – 1 ½minutes or less – Must have passed the Preliminary F/S test.

Required elements: Single Jump
Single Jump– Single Jump combination
May do an axel as a single jump or in combination, but not both
Step Sequence (spiral, spread eagle or bauer)
Upright back spin (**min. 4 revolutions**)

PRE-JUVENILE – 1 ½minutes or less – Must have passed the Pre-Juvenile F/S test.

Required elements: Double Jump
Single/single jump combination (**must include a loop jump–axels are permitted**)
Combination spin with one change of foot and one change of position
Solo spin
Step Sequence (spiral, spread eagle or bauer)

SHORT PROGRAMS

OPEN JUVENILE – 1 minute/40 seconds or less with music

Must have passed the Juvenile F/S Test and no higher. Skaters must be 13 years of age or older.

JUVENILE – 1 minute/40 seconds or less with music

Must have passed the Juvenile F/S Test and no higher. Skaters must be 12 years of age or younger.

Required Elements:

1. Axle Jump
2. Lutz Jump
3. Jump combination consisting of one double and one single jump.
4. Solo spin – no flying spins or change of foot or position. Minimum 4 revolutions.
5. Combination spin with only one change of foot and one change of position. Minimum 4 revolutions on each foot.
6. Step sequence (straight line, circular, or serpentine) utilizing the full ice surface.

INTERMEDIATE – 2 minutes or less with music

Must have passed the Intermediate F/S Test and no higher.

Required Elements:

As stated in SSR 3.08 and SSR 3.09 of the USFSA 2002-2003 Rulebook

NOVICE - 2 minutes/15 seconds or less with music

Must have passed the Novice F/S Test and no higher.

Required Elements:

As stated in SSR 3.06 and SSR 3.07 of the USFSA 2002-2003 Rulebook

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. All skaters must include in their program one field element such as a spread eagle, bauer or spiral and one footwork sequence.

PRE-PRELIMINARY – 1 1/2 minutes or less

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

PRELIMINARY – 2 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, or 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 – 2 minutes or less

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

INTERMEDIATE – 2 minutes or less

1. Sit spin to change foot sit-spin
2. Layback
3. Flying camel
4. Footwork sequence of any pattern
5. Spiral, spread eagle or bauer

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.

PAIRS ICE DANCING

PRE-JUVENILE Both partners must **HAVE NOT** passed the Pre-Bronze Test
Canasta Tango and Rhythm Blues

JUVENILE Both partners **HAVE** completed the Preliminary Dance Test, but **HAVE NOT** completed the Pre-Silver Dance Test.
Cha-Cha and Ten-Fox

PAIRS FREE SKATE EVENTS

PRE-JUVENILE 1 ½minutes. Pair **MUST HAVE** passed the Preliminary Pair Test and no higher.

JUVENILE 2 minutes. Pair **MUST HAVE** passed the Juvenile Pair Test and no higher.

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.

GROUP 1:	Beginner	1 ½ minutes
GROUP 2:	Pre-Preliminary/Preliminary (no axels or double jumps)	1 ½ minutes
GROUP 3:	Pre-Juvenile/Juvenile (max 4 single jumps – one may be an axel)	1 ½minutes
GROUP 4:	Intermediate (max 4 jumps – one may be a double)	1 ½minutes

FINAL NOTE: The application and certification form are attached. Read them carefully and include all necessary information. Type or print plainly in black ink. If there are any questions call:

CoChairpersons:	Chris Bisby	586-323-8907 Cbisby18@aol.com
	Debbie Redding	586-286-8583 Sred1017@aol.com

Parent's/Guardian's Notes: Just a few helpful hints to make the application process a little easier.

- Please print plainly and fill out the entire application in black ink.
- You must include test level and USFSA number.
- If you are not certain of test level and events to be entered, check with your Pro.
- Certification must be signed by parent/guardian and Club Officer.
- Please include a stamped business sized envelope for each application.
- Remember there are **ABSOLUTELY NO REFUNDS** unless the event is cancelled.

CLOSING DATE: MAY 17, 2004

**2004 FRASER INVITATIONAL (July 9-11, 2004)
ENTRY FORM**

Name of Skater _____ Age (as of 05/17/04) _____ Birthdate _____

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

Address _____ City _____ State _____ Zip _____

Name of Coach _____ Phone _____ Email _____

Name of Parent/Guardian _____ Phone _____ Email _____

Highest Test Passed: Freestyle _____ Moves _____ Dance _____

Basic with Music

- _____ Basic 1&2
- _____ Basic 3 & 4
- _____ Basic 5 & 6
- _____ Basic 7 & 8
- _____ Freestyle 1
- _____ Freestyle 2
- _____ Freestyle 3
- _____ Freestyle 4

Individual Freestyle

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

Individual Short Program

- _____ Open Juvenile
- _____ Juvenile
- _____ Intermediate
- _____ Novice

Spins Event

- _____ Pre-Preliminary
- _____ Preliminary
- _____ Pre-Juvenile
- _____ Juvenile
- _____ Intermediate

Compulsory Moves

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

Restricted Freestyle

- _____ Restricted Pre-Juvenile
- _____ Restricted Juvenile
- _____ Restricted Intermediate
- _____ Restricted Novice

Pairs Dance

- _____ Pre-Juvenile
- _____ Juvenile

Pairs Freeskate

- _____ Pre-Juvenile
- _____ Juvenile

Artistic Showcase

- _____ Group 1 Beginner
- _____ Group 2 Pre-Preliminary/Preliminary
- _____ Group 3 Pre-Juvenile/Juvenile
- _____ Group 4 Intermediate

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

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

ENTRY FEES

\$60.00 First Event \$35.00 Per event (Basic Skills only)
\$30.00 each additional event, including each add. dance)
\$70.00 per couple (First Pairs F/S/Pairs Dance event)

MAKE CHECKS PAYABLE TO THE FRASER FSC.

Entries must be postmarked by May 17, 2004

Mail form & fees to:

**Fraser Invitational
C/o Chris Bisby
48743 Kings Drive
Shelby Twp., MI 48315**

Date received _____

Check # _____

Amount _____

CERTIFICATION OF CLUB OFFICER

I certify that the above named skater is a member in good standing of the USFSA Club indicated and that the test level indicated is true and correct.

SIGNATURE OF CLUB OFFICER _____

TITLE _____ DATE _____

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 on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees. This release waiver of liability and express assumption of risk agreement does not apply to any liability, claims, demands, losses, or damages, losses, or damages arising out of the gross negligence of, or intentional, willful or wanton misconduct of Releasees. If I, or anyone on my and/or my 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 age 18 _____

Date _____

Entries must be postmarked by May 17, 2004 Mail form & fees to:

**Fraser Invitational
C/O Chris Bisby
48743 Kings Drive
Shelby Twp., MI 48315**

HOTEL ACCOMODATIONS

FRASER INVITATIONAL

Sterling Inn
34911 Van Dyke
St. Hgts., MI 48312
586-979-1400

Courtyard by Marriott
46000 Utica Park Blvd.
Utica, Mi 48315
586-997-6100

Baymont Inn & Suites
45311 Utica Park Blvd.
Utica, MI 483150
586-731-4700

Amerisuites
45400 Utica Park Blvd.
Utica, MI 48315
586-803-0100

PLEASE TURN THIS PAGE OVER FOR MAP TO ARENA

**2004 FRASER INVITATIONAL
PROGRAM ADVERTISEMENT**

The Fraser Figure Skating Club invites you to submit an acknowledgement for the 4th Annual Fraser Invitational Program. In order for an acknowledgement to be included in this year's program, all camera-ready art should be submitted by June 1, 2004.

Remember – Personal messages are a wonderful way to say Thank You to your coach or wish your favorite skater "Good Luck".

1/8 PAGE OR BUSINESS CARD _____	\$50.00	FULL PAGE _____	\$150.00
¼PAGE _____	\$75.00	½PAGE _____	\$100.00
INSIDE COVER _____	\$200.00	BACK COVER _____	\$200.00
PATRON ACKNOWLEDGEMENT _____	\$10.00	PERSONAL MESSAGE _____	\$ 5.00

PERSONAL MESSAGES (\$5.00) HAVE A 20 WORD MAXIMUM

**ALL ADS MUST BE SUBMITTED WITH A COMPLETE LAYOUT AND THE CORRECT SIZE OF AD.
NO ALTERATIONS WILL BE MADE. ADS MUST BE TURNED IN "CAMERA READY"**

NAME OF BUSINESS OR INDIVIDUAL _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE NUMBER _____

SIGNATURE _____

**Mail to: Fraser Invitational
C/o Chris Bisby
48743 Kings Drive
Shelby Twp., MI 48315**

Please make checks payable to the Fraser Figure Skating Club

DATE RECEIVED _____

INITIALS _____

2004 FRASER INVITATIONAL

Team Compulsory

A figure skating club may enter no more than two teams in each level. Skaters may only skate for their home club. Both boys and girls may skate on the same team. The highest test level of one skater determines the team's level to compete. A skater may skate on one team only.

There are four skaters per team with one element being performed by each team member. Each team member will have one chance to execute the element. Three to four minutes will be allotted for each team. Should a skater be unable to compete due to illness or injury, a teammate may execute the element with proper notice to the referee of the event prior to the event start. No additional unnecessary moves will be allowed.

Each team is to name a team captain through whom any communication with the team and the event referee is handled. Each team should have a sign 28" X 12" which includes the team's name, level and club. If two teams from a club enter the same level, the team name must be different from each other. Full ice will be used for this event and quiet background music will be provided.

Levels and required elements

<u>Pre-Preliminary</u>	Must have passed the Pre-Preliminary F/S test. Flip jump Loop/loop jump combination One foot spin Forward outside spiral
<u>Preliminary</u>	Must have passed the Preliminary F/S test. Lutz/loop jump combination Flip jump One foot back spin Circular footwork sequence
<u>Pre-Juvenile</u>	Must have passed the Pre-Juvenile F/S test. Axel Double Salchow Camel/sit combination spin Circular footwork sequence
<u>Juvenile</u>	Must have passed the Juvenile F/S test. Axel/loop jump combination Double Salchow Layback spin Serpentine spiral sequence (may include spread eagles or bauers, but primarily spirals).
<u>Intermediate</u>	Must have passed the Intermediate F/S test. Double loop Double/double jump combination (no double axel) Camel/layback/back sit combination spin Serpentine spiral sequence (may include spread eagles or bauers, but primarily spirals).

Two marks will be awarded for each team: technical merit and presentation of the elements. The technical mark will break a tie.

PLEASE TURN THIS FORM OVER. ENTRY FORM IS ON REVERSE SIDE.

**2004 FRASER INVITATIONAL
TEAM COMPULSORY ENTRY FORM**

Name of team _____ level _____

Home club _____ Highest test passed of one skater _____

Team Captain/Contact Person _____ Phone _____

Address _____ City _____ State _____ Zip _____

Name of Team Members _____ (Team Captain) USFSA # _____

_____ USFSA # _____

_____ USFSA # _____

_____ USFSA # _____

Entry fee: \$40.00 per team (counts as 2nd event – 1st event (if only one is entered) is \$60.00)

Please mail this form and appropriate fee to:
 Fraser Invitational
 C/O Chris Bisby
 48743 Kings Drive
 Shelby Twp., MI 48315

CLOSING DATE: May 17, 2004

CERTIFICATION OF CLUB OFFICER

I certify that the above named skater is a member in good standing of the USFSA Club indicated and that the test level indicated is true and correct.

SIGNATURE OF CLUB OFFICER _____

TITLE _____ DATE _____

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 on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees. This release waiver of liability and express assumption of risk agreement does not apply to any liability, claims, demands, losses, or damages, losses, or damages arising out of the gross negligence of, or intentional, willful or wanton misconduct of Releasees. If I, or anyone on my and/or my 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.

Signatures of parents/Guardians for skaters named above.

_____ Date _____

_____ Date _____

_____ Date _____

_____ Date _____

Basic Programs (Snowplow Sam – Basic 1-8) with music

- The skating order of the required elements is optional
- The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spin, etc. unless otherwise stated
- Minimum number of connecting steps are allowed
- May use vocal music
- May use elements from a previous level. Deductions will be made if elements from a higher level are skated
- Time 1:00 +/- 10 seconds, to be skated on full ice

Required Elements

Snowplow Sam Program (Tots)

1. Forward Skating
2. Backward Wiggles
3. Glide forward and dip
4. Snowplow stop

Basic Program A (Basic 1 & 2)

1. Glide forward and dip
2. Moving Snowplow stop
3. Forward two-foot swizzles
4. Backward skating (wiggles or swizzles)

Basic Program B (Basic 3 & 4)

1. Backward $\frac{1}{2}$ swizzle pumps on a circle – clockwise or counter clockwise
2. Two foot spin
3. Forward crossovers – minimum 5 consecutive, clockwise or counter clockwise
4. Backward one-foot glide – R or L

Basic Program C (Basic 5 & 6)

1. Backward crossovers – minimum 5 consecutive, clockwise or counter clockwise
2. One-foot spin
3. Bunny hop
4. Forward spiral on a straight line – R or L

Basic Program (Basic 7 & 8)

1. Beginning one foot spring, optional free foot
2. Mazurka or ballet jump
3. Waltz jump
4. Combination move (Basic 8 curriculum)

Freestyle Program 1-4 – with music

- Groups must be divided by age
- Program duration 1:30 +/- 10 seconds
- Skated on full ice
- Deductions will be made if elements from a higher level are performed

Programs must contain the following required elements:

Freeskate level 1

1. Advanced forward stroking (4-6 consecutive strokes)
2. Basic forward outside edges or forward inside consecutive edges – 2-4 outside or 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

Freeskate level 2

1. Forward outside spiral – R or L
2. Waltz threes – R or L
3. Beginning back spin
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

Freeskate level 3

1. Forward crossovers in a figure 8
2. Advanced outside swing rolls – 4-6 consecutive
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

Freeskate level 4

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