

Sixth Annual Basic Skills Competition  
Sanctioned through the Lansing Skating Club  
Sponsored by IceSports East Lansing, East Lansing, Michigan  
2810 Hannah Boulevard  
East Lansing, Michigan 48823  
517-336-4272  
www.LansingSC.com

The Lansing Skating Club and IceSports East Lansing invite you to participate in the Sixth Annual Basic Skills Competition, March 20, 2004. The IceSports Arena has two NHL surfaces that measure 200 X 85 each. This is a United States Figure Skating (US Figure Skating) approved Basic Skills Competition. The sanction will be posted on the official competition bulletin board.

**ELIGIBILITY:** Skaters who have passed no higher than the Preliminary Free Skating Test **and are currently enrolled in either a US Figure Skating Basic Skills Program or are a full US Figure Skating Member are eligible to compete.** Eligibility will be based on skill level as of February 21, 2004. **ALL BASIC SKILLS SKATERS that are LEVELS 1 THROUGH 8 MUST SKATE AT CURRENT LEVEL.** Skaters in other events may skate at current level or one level higher but not both levels. Males and females may, or may not, be placed in the same group. If there is only one competitor in a group (there will be no exhibitions), the competitor will be asked if they wish to skate up.

**RULES:** The competition will be conducted under the rules set forth by the US Figure Skating's "Compete with Us" and US Figure Skating.

**ENTRIES AND FEES:** All entries must be postmarked no later than February 21, 2004. Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U. S. dollars. The first event is \$35.00 and each additional event is \$15.00. No refunds will be made after closing date unless the event is cancelled. There will be a \$20.00 fee for returned checks. **NO ADMISSION WILL BE CHARGED.** Please make checks payable to the Lansing Skating Club and mail to:

Mrs. Maureen Murphy, Treasurer LSC  
12617 Airport Road  
DeWitt, Michigan 48820

**AWARDS:** All competitors will receive an award. All events are final rounds. Medals will be awarded to first, second and third places. All other places will receive ribbons. All awards will be made at appropriate times throughout the competition.

**REGISTRATION:** The registration table will be open 1 hour before the competition starts. Skaters will be not be allowed to compete until they have registered. **PLEASE REGISTER AT LEAST ONE HOUR BEFORE YOUR COMPETITION TIME.**

**PRACTICE ICE:** Practice ice will be available in 30 minute sessions prior to the competition, 10:00am to 11:30am The cost will be \$6.00 per session. Advanced registration is suggested. Dropins will be permitted if space allows. See page 5 for times available. No refunds will be given for missed practice sessions.

**MUSIC:** The music for all freestyle programs must be provided by the skater on 10 minute cassette tapes. The tape is to be turned in at Registration. Competitors must have a spare tape to be used in case of technical difficulties. Tapes must be rewound and positioned ready to play.

**PHOTOGRAPHY (Award Photos and Video Taping):** This service will be available and arranged for at the rink. You may furnish your own tape or purchase a tape at the rink. Awards photographs will be taken. Individual photographs can be arranged for with the photographer. **NO FLASH PHOTOGRAPHY OR LIGHTED VIDEO TAPING WILL BE PERMITTED.** No power is available for individual videotaping.

## THE FOLLOWING EVENTS WILL BE OFFERED:

**Basic Skills Events:** (No Music) From Tots (6 years of age and under)- to Basic 8 (See table for level requirements) Skaters must be Basic Level Skaters. Skaters must NOT have passed the USFSA Pre-Preliminary moves. To be skated on  $\frac{1}{2}$  ice surface. All elements must be skated in the order listed. Each Skater performs one element at a time. Each skater will perform the next element only when directed by a judge or referee.

**Compulsory Moves Programs** (No Music) 1:15 or Less. Basic Skills Freeskate 1-4, plus Low Beginner, High Beginner, Pre Preliminary, Preliminary A and Preliminary B. Should be treated as required elements skated in program form, in any order, using limited connecting steps. To be skated on  $\frac{1}{2}$  ice surface. Test requirements same as freestyle level.

**Freestyle Events:** (With Music) All freestyle programs will be skated on the full ice surface to the music of the skater's choice.

**Low Beginner:**(1:30 min) Open to skaters who have NOT passed the US Figure Skating's Pre - Preliminary FS Test and no higher. Program may include any  $\frac{1}{2}$  revolution jumps plus salchows, toe loops, and  $\frac{1}{2}$  loops. Program may NOT include flying spins, combination spins or Back spins.

**High Beginner:**(1:30 min) Open to skaters who have NOT passed the US Figure Skating's Pre Preliminary freestyle test. Program may include any  $\frac{1}{2}$  revolution jumps plus salchows, Toe-loops,  $\frac{1}{2}$  loops and loops. Program may NOT include flying spins.

**Pre Preliminary:**(1:30 min) Open to skaters who have passed the US Figure Skating's Pre Preliminary freestyle test and no higher. Program may NOT include axels, Double jumps or flying spins.

**Preliminary A:**(1:30 min) Open to skaters who have passed the US Figure Skating's Preliminary Freestyle test and no higher. Program may include an axel but may NOT Include double jumps. Flying spins are allowed. (*similar to Preliminary Limited*)

**Preliminary B:**(1:30 min) Open to skaters who have passed the US Figure Skating's Preliminary Freestyle test and no higher. Program may include axels, double jumps, and Flying spins. Only two (2) different double jumps are allowed, but may be repeated either as individual jumps or in a sequence combination. (*similar to Preliminary Unlimited*)

**Spins Events:** this is an event to encourage and reward good spins. Test requirements are the same as listed for freeskating events. Boys and girls may be grouped together. All levels will be skated on  $\frac{1}{2}$  ice surface - WITHOUT MUSIC. Spins must be skated exactly as stated, but may be skated in any order. Connecting moves may be included, such as short sequences of footwork and are for the sole purpose of maneuvering between spins and will be not be judged.

**Pre Preliminary Spins:** (3 revolutions each position)

(1) 1 Foot spin (2) Sit Spin (3) Back Spin

**Preliminary Spins:** (3 revolutions each position)

(1) Sit Spin (2) One Foot Spin (3) Upright Backspin (4) Footwork Sequence (5) Field Move - Consisting of either spiral, bauer, or spread eagle (limit one)

## COMPULSORY MOVES PROGRAMS

Basic Skills Freeski 1-4, Low & High Beginner, Pre Preliminary, Preliminary A & B

Should be treated as required elements skated in program form, in any order, using limited connecting steps. Half Ice Surface. Test requirements same as freestyle level. No Music.

- |                    |  |
|--------------------|--|
| Freestyle 1        | <ol style="list-style-type: none"><li>1. Advanced forward stroking - 4 - 6 consecutive strokes</li><li>2. Basic forward outside edges and forward inside consecutive edges - 2 - 4 outside and 2-4 inside edges.</li><li>3. Scratch spin from backward crossovers</li><li>4. Waltz jump from backward crossovers</li><li>5. Half flip jump</li></ol> |
| Freestyle 2        | <ol style="list-style-type: none"><li>1. Forward outside spiral - R or L, and a forward inside spiral - R or L</li><li>2. Waltz Three's - R or L</li><li>3. Beginning back spin - entry optional</li><li>4. Waltz jump, side toe hop, waltz jump series</li><li>5. Toe loop jump</li></ol>   |
| Freestyle 3        | <ol style="list-style-type: none"><li>1. Forward crossovers in a figure 8</li><li>2. Advanced forward outside swing rolls - 4 - 6 consecutive</li><li>3. Back spin</li><li>4. Salchow jump</li><li>5. Waltz jump / toe loop or Salchow / toe loop</li></ol>  |
| Freestyle 4        | <ol style="list-style-type: none"><li>1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li><li>2. Forward power 3's, 2 - 3 consecutive sets, R or L</li><li>3. Sit Spin</li><li>4. Loop jump</li><li>5. Waltz jump / loop jump</li></ol>  |
| Low Beginner       | <ol style="list-style-type: none"><li>1. <math>\frac{1}{2}</math> revolution jump</li><li>2. Toe loop</li><li>3. Two foot spin (Minimum 3 revolutions)</li><li>4. Forward three turn sequence</li></ol>  |
| High Beginner      | <ol style="list-style-type: none"><li>1. Waltz jump / toe loop combination</li><li>2. Loop or Salchow jump</li><li>3. Forward scratch spin (Minimum 3 revolutions)</li><li>4. Forward spiral</li></ol>   |
| Pre Preliminary 1. | <ol style="list-style-type: none"><li>1. Single jumps (no axel, may not be repeated in combination)</li><li>2. Single-single jump combination (no axel)</li><li>3. Sit spin (Minimum 3 revolutions)</li><li>4. Forward spiral sequence (3 or more spirals)</li></ol>   |
| Preliminary A      | <ol style="list-style-type: none"><li>1. Flip Jump</li><li>2. Lutz-loop combination</li><li>3. Forward camel spin (minimum 4 revolutions)</li><li>4. Any forward spiral, bauer or spread eagle (limit one please)</li><li>5. Back Scratch Spin</li></ol>   |
| Preliminary B      | <ol style="list-style-type: none"><li>1. Axel.</li><li>2. Lutz-loop combination</li><li>3. Flying camel spin (minimum 4 revolutions)</li><li>4. Split jump - falling leaf combination</li><li>5. Back spin (minimum 3 revolutions, position optional, may not be commenced with a jump).</li></ol>   |

## BASIC SKILLS EVENTS

To be skated on  $\frac{1}{2}$  ice surface. NO MUSIC. All elements must be skated in the order listed. Each skater performs one element at a time. Skaters perform one at a time. Each skater will perform the next element only when directed by a judge or referee. Maximum Time: 1:00 minute.

### Snowplow Sam (TOTS - age 6 and under)

March followed by a two foot glide and dip  
Forward two foot swizzles (2-3 in a row)  
Forward snowplow stop  
Backward wiggles (2-6 in a row)

### Basic 1

Skate forward and glide on two feet  
Forward two foot swizzles (6-8 in a row)  
Forward snowplow stop  
Backward wiggles (6 - 8 in a row)

### Basic 2

Forward skating to a one foot glide (either foot)  
Backward two - foot swizzles (6 - 8 in a row)  
Two foot turn in place (forward to backward)  
Moving snowplow stop  
Continuous forward (6 in a row) alternating  $\frac{1}{2}$  swizzle pumps, in a straight line

### Basic 3

Forward stroking  
Forward  $\frac{1}{2}$  swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive.  
Moving forward to backward two foot turn (either direction)  
Backward one foot glide (either foot)  
Two foot spin (Minimum of 2 revolutions)

### Basic 4

Forward crossover (4-5 consecutive) to a forward outside edge (clockwise or counter clockwise)  
Forward crossovers (4-5 consecutive) to a forward inside edge (clockwise or counter clockwise)  
Forward outside 3 turn (right and left)  
Backward stroking  
Backward snowplow stop (right or left)

### Basic 5

Backward crossovers (4-5 consecutive) to a backward outside edge (clockwise or counter clockwise)  
Backward crossovers (4-5 consecutive) to a backward inside edge (clockwise or counter clockwise)  
One foot spins (Minimum of 3 revolutions)  
Hockey stop  
Side toe hop (either direction)

### Basic 6

Forward inside 3 turn (right and left)  
T stop (right or left)  
Bunny Hop  
Forward Arabesque (spiral) on a straight line (right or left)  
Lunge (right or left)

### Basic 7

Forward inside open mohawk (right and left)  
Ballet jump (either direction)  
Backward crossovers to a backward outside edge landing position (both clockwise and counter clockwise)  
Forward inside pivot

### Basic 8

Moving forward outside or forward inside three-turns (right and left)  
Waltz jump  
Mazurka (either direction)  
Combination move (clockwise or counter clockwise)  
Beginning one foot upright spin, optional free foot position

**HOTEL INFORMATION**

Towne Place Suites by Marriott  
(across the street from IceSports East Lansing)  
2855 Hannah Boulevard  
East Lansing, Michigan 48823  
517-203-1000 or 517-203-1234

Comfort Inn & Suites  
2209 University Park Drive, Okemos, Michigan  
Interstate 96 at Okemos Exit #110  
1-517-349-8700

Clarion Hotel  
3600 Dunckel Road (Where 96, 27 and 496 come together)  
Lansing, Michigan (at the Jolly Road Exit)  
1-517-351-7600

Holiday Inn Express  
2187 University Park Drive, Okemos, Michigan  
2187 University Park Drive (Interstate 96 at Okemos Exit #110)

\*Most hotels are just 10-15 minutes from the rink. The IceSports facility is walking distance from the Michigan State University Campus. Restaurants nearby - Applebys, Bennigans, Damons Chi Chi's, Buddies Pub & Grill, Hershey's Steak and Seafood, Cappucino Cafe, many others and all kinds of fast food locations located within minutes of the rink.

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Practice Ice Sessions Available:

10:00am \_\_\_\_\_ \$6.00  
10:30am \_\_\_\_\_ \$6.00  
11:00am \_\_\_\_\_ \$6.00

Please check desired sessions and send payment and entry form to:  
Mrs. Maureen Murphy, Treasurer LSC  
12617 Airport Road  
DeWitt, Michigan 48820

TOTAL ENCLOSED: \_\_\_\_\_

Name of Skater \_\_\_\_\_ Birthday and (AGE) \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Coaches Name \_\_\_\_\_ Coaches Phone \_\_\_\_\_ Email: \_\_\_\_\_

Sixth Annual Basic Skills Competition ENTRY FORM  
 March 20, 2004  
 (Form may be duplicated)

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Home Club \_\_\_\_\_ USFSA # \_\_\_\_\_

Or  
 Registered in Basic Skills Program at \_\_\_\_\_

Last Basic Skills Level Passed (as of February 21, 2004) \_\_\_\_\_

USFSA Tests Passed (as of February 21, 2004) \_\_\_\_\_

Certification of Contestant: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Lansing Skating Club or IceSports East Lansing harmless from any and all liability for injuries either during practice ice or during the competition, and from any and all liability for damages to or loss or property.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor (Coach) Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer Signature \_\_\_\_\_ Date \_\_\_\_\_

COMPETITOR SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

DEADLINE February 21, 2004

**Checks payable to Lansing Skating Club**

Mail to: Mrs. Maureen Murphy, 12617 Airport Road, DeWitt, Michigan 48820

EVENTS ENTERED (please mark with an "x")

Compulsory Moves:	Compulsory Moves Program	Freestyle Program	Spins
_____ Snowplow Sam (Tots)	_____ Freeskate 1	_____ Low Beginner	_____ Pre Preliminary
_____ Basic 1	_____ Freeskate 2	_____ High Beginner	_____ Preliminary
_____ Basic 2	_____ Freeskate 3	_____ Pre Preliminary	
_____ Basic 3	_____ Freeskate 4	_____ Preliminary A	
_____ Basic 4		_____ Preliminary B	
_____ Basic 5	_____ Low Beginner		
_____ Basic 6	_____ High Beginner		
_____ Basic 7	_____ Pre Preliminary		
_____ Basic 8	_____ Preliminary A		
	_____ Preliminary B		

FEES: \$35.00 First Event - \$15.00 each additional event.

Make Checks Payable to: Lansing Skating Club

Mail to: Mrs. Maureen Murphy, Treasurer  
 2004 Sixth Annual Basic Skills Competition  
 12617 Airport Road, DeWitt, Michigan 48820

First Event:	\$35.00
Additional Events	_____

\*Don't forget to include monies for your practice ice! Thank you!

TOTAL: \$ \_\_\_\_\_