# 3rd ANNUAL LAKE EFFECT INVITATIONAL

# Hosted by the Lake Effect Figure Skating Club April 30<sup>th</sup> and May 1<sup>st</sup>, 2004

# **USFSA Sanctioned**

The 3rd 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 April 30<sup>th</sup> and Saturday May 1st, 2004.

**RULES** – The 3rd Annual Lake Effect Invitational will be conducted in accordance with the rules of the USFSA as set forth in the 2004 USFSA Rulebook.

**ELIGIBILTY** - 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 March 10, 2004. 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 limited beginner or beginner events.

AWARDS - Medals will be awarded for 1st, 2nd, and  $3^{rd}$  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 March 10, 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 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 \$25.00 fee.

# **BASIC SKILLS**

## **ALL OTHER EVENTS**

\$35.00 per competitor (first event) \$15.00 per competitor/ each add. event \$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. **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 Ellen Siu 616-791-4437 616-942-8864 KLAdams323@msn.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.

<u>PRACTICE ICE</u> - 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 the referee provides it. 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.** 

<u>OFFICIAL ARENA</u> - 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.

<u>MUSIC</u> – 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 or CD's furnished by the competitor. **MUSIC 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 music available as back up during their event. Music left at the conclusion of the competition will not be returned.

<u>VIDEOTAPING & PHOTOGRAPHY</u> – 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.

<u>OFFICIAL NOTICES</u> – 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 <sup>1</sup>/<sub>2</sub>MINUTES – 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 1/MINUTES – 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.

**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 10, 2004.

**OPEN JUVENILE** – 2 1/4 MINUTES – Must be 13 years of age or older as of March 10, 2004 and passed the Juvenile F/S test and no higher.

INTERMEDIATE - 2 1/2MINUTES - Must have passed their Intermediate Free Skating test and no higher.

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

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

**SENIOR** – LADIES – 4 MINUTES; MEN 4 MINUTES – 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 10, 2004. 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 10, 2004. 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 10, 2004. 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 10, 2004

## 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

⅓Flip 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 <sup>1</sup>/<sub>4</sub> 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 Spiral Sequence (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 10, 2004

# **JUVENILE** – 1 MINUTE/40 SECONDS or less with music.

Skaters must be 12 years of age or younger as of March 10, 2004 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 2004-2005 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 2004-2005 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 2004-2005 competitive season.

PAIRS FREESKATE - 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 lifes

**JUVENILE** 2:15 duration. Highest leveled of the pair must have passed Juvenile Pair Tests

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

NOVICE 3:30 duration Highest leveled 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, and Canasta Tango

**PRE-BRONZE**; Skater may have passed all Pre-Bronzes but not all Bronze dances.

Dance events: Cha-Cha, Fiesta Tango, and Swing Dance.

**BRONZE**; Skater may have passed all Bronze dances but not all Pre-Silver dances.

Dance events; Willow Waltz, Ten Fox, and 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.

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 ½ce surface with no music. Spins must be skated exactly as stated, but may be skated in any order.

## **PRE-PRELIMINARY** – 1 ½MINUTE 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 – 1½ 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)
- 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 on 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 ½sheet of ice. All elements must be skated in the or der 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.

SNOW PLOW SAM (TOTS)

- 1. March followed by a two foot glide and dip.
- 2. Forward two foot swizzles 2-3 in a row
- 3. Snowplow stop
- 4. Backward wiggles 2-6 in row

BASIC 1

- 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

BASIC 2

- 1. Forward one foot glide either foot
- 2. Backward two-foot swizzles 6-8 in a row
- 3. Two-foot turn in place forward to backward
- 4. Moving snowplow stop
- 5. Forward alternating ⅓swizzle pumps, in a straight lin e across width of the ice.

BASIC 3

- 1. Forward stroking.
- 2. Forward 1/2 wizzle 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.

BASIC 4

- 1. Forward outside edge on a circle-clockwise or counterclockwise.
- 2. Forward crossovers 6-8 consecutive both directions
- 3. Forward outside 3-turn R and L from a T position.
- 4. Backward stroking
- 5. Backward snowplow stop R or L

BASIC 5

- 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 revolutions
- 4. Hockey stop.
- 5. Side toe hop either direction

BASIC 6

- 1. Forward inside 3-turn right or left from a T postition.
- 2. T-stop R or L
- 3. Bunny hop
- 4. Forward arabesque (spiral) on a straight line right or left
- 5. Lunge R or L

BASIC 7

- 1. Forward inside open Mohawk R to L and L to R
- 2. Ballet jump either direction
- Backward crossovers to a backward outside edge landing position-clockwise and counter clockwise
- 4. Forward inside pivot

BASIC 8

- 1. Moving forward outside or forward inside three turns right and left
- 2. Waltz iump
- 3. Mazurka either direction
- 4. 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 thatand that the test level indicated is true and correct.	_(skater)is in good standing of USFSA Club indicated
SIGNATURE OF CLUB OFFICER	
ΠΤLEDATE.	
CLUB	
WAIVER OF	CLAIMS FOR INJURY
I fully release, discharge, and covenant not to sue the U.S. It respective administrators, directors, agents, officers, volunted devertisers of any USFSA sanctioned event in which I partifrom all liability, claims, demands, losses, or damages, arising the wanton misconduct of Releasees. If I, or anyone on my not arise from the gross negligence of, or intentional, willfurthe Releasees, I will indemnify, defend, save, and hold harrdamage, or cost which any may incur as the result of such contents.	eers, and employees, and any sponsors and cipate (each considered one of the Releasees herein) and out of gross negligence of, or intentional, willful and/or minor child's behalf, makes a claim which does I or wanton misconduct of Releasees against any of nless each of the Releasees from any loss, liability,
I acknowledge that I have read this release, waiver of liabiliunderstand it.	ty and express assumption of risk agreement and fully
Signature of Parent/guardian or competitor if over 18	
	DATE

# **ENTRIES MUST BE POSTMARKED BY March 10, 2004**

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.

# 2004 Lake Effect Invitational ENTRY FORM

Name of Skater	Age	eBirthdate
Male_Female_USFSA#	Basic Badge Level	Home Club
Address	City	StateZip
Coach	Phone	
Name of Parent/Guardian	Home PhoneE-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 JuvenileJuvenileIntermediateNoviceJuniorSenior  SpinsPre-PreliminaryPreliminaryPre-JuvenileJuvenile/Open JuvenileIntermediate/Novice
Compulsory Events  Low Beginner High Beginner Pre-Preliminary Preliminary Limited Preliminary Pre-Juvenile  Solo Dance (write in dances to  1 2 4 5	3	Artistic ShowcaseBasic Skills BeginnerBeginnerPre-Pre/PreliminaryPre-Juv/JuvenileIntermediate/And above
ENTRY FEES \$60.00 Firs	t Event \$3	5.00 first event (Basic skills only) 5.00 each additional event (Basic skills)

MAKE CHECKS PAYABLE TO THE LAKE EFFECT FSC ENTRIES MUST BE POSTMARKED BY MARCH 10, 2004

including each add dance)

# 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 RATES \$79

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

AMERIHOST INN – WALKER ST EXIT OFF I-96 2171 HOLTON CT NW 616-791-8500 RATES \$71

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