

2004 MLK Day Basic Skills Competition
Lincoln Center Figure Skating Club
January 19, 2004



2004 MLK Day Basic
Skills Competition



The Lincoln Center Figure Skating Club invites you to participate in the fourth annual MLK Day Basic Skills Competition on January 19, 2004 at the Hamilton Center Ice Arena. The competition is sponsored by the Columbus Area Visitor's Center. **Visit them on the web at www.columbus.in.us**. The rink is located at 2501 Lincoln Park Drive, Columbus, Indiana, 47201.

Eligibility: Skaters may compete in events qualified by their U.S.F.S.A. Basic Skills test level or their ISI test level as of December 20, 2003 or one level higher. Skaters may compete in only one level of basic skills. Males and females may be placed in the same group when necessary.

Entries & Fees: All entries must be postmarked by **December 20, 2003**. No refunds will be made unless the event is cancelled due to lack of entries. Entry fees are \$35.00 for first event (non Basic Skills Event)
\$25.00 for first Basic Skills event
\$15.00 for each additional event

Late entries will be accepted at the discretion of the competition committee with a \$15.00 late fee. Returned checks will have a \$15.00 fee. Please include a **self addressed stamped envelope** or your **email** address in order to receive a copy of the competition schedule and any practice ice information.

Make checks payable to **Lincoln Center F.S.C.** and mail to: Jenni Cashen
1187 Emerald Lakes Drive, #206
Greenwood, IN 46143

Questions can be directed to Jenni Cashen at (812) 376-2588 (Daytime) or (317) 887-9401 (Evening) or by email at jcskate@hotmail.com.

Facilities: The competition will be held at Hamilton Center Ice Arena. The ice surface is 85' x 200' with slightly rounded corners. A snack bar, skate shop, and dressing rooms will be made available during the competition. There will be a registration desk located in the lobby where skaters should check in 45 minutes before their event.

Music: The Lincoln Center F.S.C. will provide music for Tiny Tots through Basic Freestyle 3 & 4. Coaches who are coming should contact Jenni Cashen to receive music by December 20th in order for the tapes or CD's to be mailed to your rink. **This is new music for the 2004 year!** Skaters must provide their own music for Beginner-Pre Juvenile Freestyle, Adult Freestyle, Synchronized, and Showcase. Tapes or CDs will be accepted and should be clearly marked with the skater's name. Please turn one copy in at the registration desk and bring a back up as well.

Awards: All skaters will receive an award immediately following their event. Please leave your skates and costumes on for the photographs. Photos will be available for purchase, but we will not have a video tape service available for the event. A team trophy will be awarded to the club/rink who earns the most combined points for all events excluding the host club.

Test Session: The Lincoln Center FSC, will also be hosting a test sessions for Pre-Preliminary through Juvenile tests on Sunday, January 18, 2003. Test applications will be accepted on a first come, first serve priority. The test session will run from 8:00 a.m. until 1:45 p.m. that day. Applications are included in this packet.

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Practice Ice: Practice ice will be available for purchase before the competition after the competition schedule is complete. To be notified of the schedule, please include a **self addressed stamped envelope** or your **email address** with your application. A studio rink is also available to purchase warm up time on before your event at the rink that day.

Accommodations: The Sleep Inn is the official hotel for the Lincoln Center FSC and is holding rooms for the MLK Competition at a rate of \$55.00 for standard rooms. All rooms have internet access, coffee makers, hair dryers, and irons & ironing boards. It also has an indoor pool with sauna and fitness center. Please mention the Lincoln Center Figure Skating Club when making you reservations.

**Sleep Inn & Suites Lakeside
2335 Jonathan Moore Pike
Columbus, IN 47201
(812) 372-7200**

Any questions, feel free to call or email either of the competition chairpersons. **No calls after 9:30 p.m. please!**

Jenni Cashen
(812) 376-2686 (Daytime)
(317) 887-9401 (Evening)
jcskate@hotmail.com

Kim Burgess
(812) 526-7242
gakburgess@tls.net

BASIC SKILLS EVENTS:

All Basic Skills events will be skated on half ice and will be skated to the music provided by the Lincoln Center F.S.C. It is the same music that will be used for the 2004 competitions. Extra elements are not allowed in programs and will result in deductions. Specified elements may be repeated within the program.

Tiny Tots: (Skaters who are five years old or younger and who have not passed Basic 1 or Pre Alpha)

1. Skate forward
2. Dip
3. Backward wiggles
4. Forward two foot glide
5. Forward swizzles/sculling

Basic 1: (Skaters who are working on or have passed Basic 1 or Pre Alpha only)

1. Forward two foot glide
2. Forward two foot swizzles/sculling
3. Snow plow stop (one or two foot)
4. Backward Wiggles
5. Choose one: a) Forward one-foot glide, b) Backward two-foot sculling, or c) Backward two-foot glide

Basic 2: (Skaters who are working on or have passed Basic 2 or Pre Alpha only)

1. Backward skating
2. Backward two-foot glide
3. Backward two-foot sculling/swizzles
4. Forward one-foot glide, right or left foot
5. Choose one: a) Forward stroking, b) Forward two-foot sways (slalom), or c) Backward one-foot glide

Basic 3: (Skaters who are working on or have passed Basic 3 or Alpha only)

1. Forward stroking, showing neat footwork
2. Backward one foot glide, right or left foot
3. Forward one-foot swizzle pumps on a circle, either direction
4. Forward to backward two-foot turn on a circle, both directions
5. Choose one: a) Forward crossovers, either direction, minimum of 5, b) Two foot spin, or c) Forward outside edge on a circle, right and left foot

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Basic 4: (Skaters who are working on or have passed Basic 4 or Beta only)

1. Forward crossovers, clockwise (minimum of 5)
2. Forward crossovers, counter clockwise (minimum of 5)
3. Forward outside three turns, right and left
4. Backward snow plow stop
5. Choose one: a) Forward outside edge on a circle, right and left foot, b) Side toe hop (mazurka), or c) Two foot spin

Basic 5: (Skaters who are working on or have passed Basic 5 or Beta only)

1. Backward crossovers, clockwise (minimum of 5)
2. Backward crossovers, counter clockwise (minimum of 5)
3. Beginning one foot spin
4. Side toe hop (mazurka)
5. Choose one: a) Backward outside edges on a circle, right and left, b) Bunny hop, or c) Lunge

Basic 6: (Skaters who are working on or have passed Basic 6 or Gamma only)

1. Forward inside three turn, right and left foot
2. T-stop, left or right foot
3. Straight line spiral, left or right foot
4. Bunny Hop
5. Choose one: a) Lunge, b) Waltz jump, or c) Ballet jump

Basic 7: (Skaters who are working on or have passed Basic 7 or Gamma only)

1. Forward inside open Mohawk, right and left foot
2. Ballet jump, either direction
3. Backward crossovers to a backward outside edge landing position, both directions
4. Forward inside pivot
5. Choose one: a) Waltz jump, b) Beginning scratch spin, or c) Moving outside three turns on a circle, right and left foot

Basic 8: (Skaters who are working on or have passed Basic 8 or Delta only)

1. Moving forward inside or outside three turns on a circle, right and left foot
2. Waltz jump
3. Beginning scratch spin
4. Combination move: Two forward crossovers into forward inside Mohawk, cross behind, step into backward crossover and step to forward inside edge, repeat (either direction)
5. Choose one: a) Half Flip, b) Forward edge spiral, or c) Mazurka

Basic Freestyle 1 & 2: (Skaters who have passed Basic 8, but not Free Skate 3)

1. Waltz jump
2. Half Flip
3. Toe loop
4. Forward spiral, straight line or on an edge
5. One foot or scratch spin

Basic Freestyle 3 & 4: (Skaters who have passed Free Skate 2, but not Free Skate 4)

1. Salchow
 2. Waltz jump/toe loop combination
 3. Sit Spin
 4. Scratch spin
 5. Forward outside or inside spiral
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Beginner I Free Skate: (Music Length is 1:30) Open to all skaters who have passed Basic Freestyle 4 or ISI Freestyle 4, but **not** passed the U.S.F.S.A. Pre-Preliminary freestyle test. Only half revolution jumps permitted as well as salchow and toe loop.

Beginner II Free Skate: (Music length is 1:30) Open to all skaters who have passed Basic Freestyle 4 or ISI Freestyle 4, but **not** passed the U.S.F.S.A. Pre-Preliminary freestyle test. All single jumps permitted, but **no** axels or double jumps.

Pre-Preliminary A Freestyle: (Music length is 1:30) May have passed Pre-Preliminary FS test and no higher. All single jumps permitted, **no** axels permitted, **no** double jumps permitted.

Pre-Preliminary B Freestyle: (Music length is 1:30) May have passed Pre-Preliminary FS test and no higher. All single jumps including axel are permitted. **No** double jumps. See SSR 4.12.

Preliminary A Freestyle: (Music length is 1:30) May have passed Preliminary FS test and no higher. All single jumps including axel are permitted. **No** double jumps.

Preliminary B Freestyle: (Music length is 1:30) May have passed Preliminary FS test and no higher. May include axels and up to 2 different double jumps which may be repeated. See SSR 4.10.

Pre-Juvenile Freestyle: (Music length is 2:00) May have passed Pre-Juvenile FS test and no higher. May include axels and up to 4 different double jumps which may be repeated. See SSR 4.09

Adult Pre Bronze Free Skate: (Music length is 1:30) Open to all skaters who have not passed the USFSA Bronze Free Skate test. A program will be skated to music of the skater's choice on the whole ice surface and may include any half revolution jumps including toe loops and salchow's

Adult Bronze Free Skate: (Music length is 1:30) Open to skaters who have not passed the USFSA Silver Free Skate Test. A program will be skated to music of the skater's choice on the whole ice surface and may include any single jumps, but NO AXELS.

Adult Silver Free Skate: (Music length is 2:00) Open to skaters who have not passed the USFSA Gold Free Skate Test. A program will be skated to music of the skater's choice on the whole ice surface and may include any single jumps (including axels).

Pre-Preliminary Moves in the Field : (Skaters who have not passed the USFSA Pre-Preliminary MIF Test)

1. Forward inside edges
2. Backward outside edges
3. Waltz Eight

Preliminary Moves in the Field : (Skaters who have not passed the USFSA Preliminary MIF Test)

1. Power 3 turns
2. Backward crossovers to alternating backward outside edges.

Pre-Juvenile Moves in the Field: (Skaters who have not passed the USFSA Pre Juvenile MIF Test)

1. Forward inside to Backward outside Three turns
2. Five step Mohawk sequence

Adult Pre Bronze Moves in the Field: (Skaters who have not passed the USFSA Pre Bronze MIF test)

1. Forward inside edges
2. Backward outside edges
3. Alternating forward outside and forward inside three turns

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Adult Bronze Moves in the Field: (Skaters who have not passed the USFSA Bronze MIF test)

1. Forward power crossover stroking
 2. Five step Mohawk sequence
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Compulsory Moves Events: All compulsory moves events will be skated with no music on half of the ice surface. Minimal connecting steps are allowed. Moves may be skated in any order and no additional elements are permitted. Elements may not be repeated.

Beginner I Compulsory Moves: (1 Minute or less)

1. Forward Crossovers, 5 each direction
2. Half Flip
3. Forward Lunge
4. Two foot spin

Beginner II Compulsory Moves: (1 minute or less)

1. Back Crossovers, 5 each direction
2. Waltz jump/toe loop combination
3. Forward spiral, straight line or outside edge
4. One foot spin (free foot position optional)

Pre Preliminary Compulsory Moves: (1 minute or less)

1. Forward inside spiral
2. Salchow
3. Jump combination consisting of two single jumps, NO AXELS
4. Scratch spin

Preliminary Compulsory Moves: (1:15 or less)

1. Loop Jump
2. Jump combination consisting of two single jumps, may include axels
3. Sit spin
4. Straight line footwork sequence

Pre Juvenile Compulsory Moves: (1:15 or less)

1. Camel Spin
2. Lutz
3. Jump combination consisting of two single jumps, may include axels
4. Circular footwork sequence

Adult Pre Bronze Compulsory Moves: (1:00 or less)

1. Forward crossovers, 5 each direction
2. Forward spiral, straight line or outside edge
3. Waltz jump
4. One foot spin

Adult Bronze Compulsory Moves: (1:00 or less)

1. Salchow
2. Waltz jump/toe loop combination
3. Back spin
4. Forward edge spiral

Adult Silver Compulsory Moves: (1:15 or less)

1. Loop jump
 2. Jump combination consisting of two single jumps, NO AXELS
 3. Sit spin
 4. Straight line footwork sequence
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Dance I: (Open to skaters who have not passed all of the USFSA Preliminary Dances)

1. Dutch Waltz (2 patterns)
2. Rhythm Blues (2 patterns)

Dance II: (Open to skaters who have not passed all of the USFSA Pre Bronze Dances)

1. Cha Cha (2 patterns)
2. Fiesta Tango (2 patterns)

Showcase Events

Skated to music of the skater's choice (vocal music is permitted) on the whole ice surface. Programs should stress creativity, musical interpretation, and overall artistic performance. Hand held props are allowed.

Showcase I: (Music length is 1:30): Open to Basic Skills and Beginner I FS skaters. Skaters may do half jumps, including toe loops and salchows.

Showcase II: (Music length is 1:30): Open to Beginner II –Pre-preliminary skaters. Skaters may do single jumps only (NO AXELS).

Showcase III: (Music length is 1:00-2:00): Open to Preliminary & Pre-Juvenile skaters. Skaters may do single jumps including axels only.

Showcase IV: (Music length is 1:30-2:00) This level is open to adults only. Single jumps only (no axels).

Similar Pairs: (Music length 2:00) Neither skater may have passed higher than the pre-juvenile FS test.

Solo Original Dance (Music length 2:00) Skaters may not have passed all their pre silver dances. See couples SSR 8.01. Swing combo: any two of the three: swing, jive, lindy boogie, jitterbug, rock n roll, blues.

Synchronized Team Events:

Team events shall be skated on full ice, and teams shall select their own music.

Youth Introductory: This team may be comprised of 8-20 skaters. The majority of skaters must be eleven years or younger on July 1, 2002. Program should not exceed two minutes. Vocal music is allowed. The program must include the 5 basic maneuvers: line, circle, wheel, block, and only one forward intersection. Maneuvers other than the intersection may be repeated. A two minute warm up will precede the program.

Teen Introductory: This team may be comprised of 8-20 skaters. The majority of skaters must be eighteen years or younger on July 1, 2002. Program should not exceed 2 ½ minutes. Vocal music is allowed. The program must include the 5 basic maneuvers: line, circle, wheel, block, and intersection. Maneuvers may be repeated. A 2 ½ minute warm up will precede the program.

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ENTRY FORM**

Name: _____ Sex: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Club/Rink: _____ Birth Date: _____

USFSA Number (if skating Pre Preliminary or higher): _____

Coach's Name: _____ Coach's Phone: _____

Coach's Signature: _____ Coach's email: _____

Waiver of Claims for Injury: The competitor and competitor's family hereby waive all claims for injury arising from or during this competition, practice time, or any other time spent at the Hamilton Center Ice Arena. Hamilton Center, Columbus Parks and Recreation, and the Lincoln Center Figure Skating Club are held harmless from any and all damages due to injury and/or loss of property.

Signature of Parent or Guardian

Entry Fee is \$25 for the first event and \$15 for each additional event. Please make checks payable to *Lincoln Center F.S.C.* Please check events entered:

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

Beginner I Freestyle _____
Beginner II Freestyle _____
Pre-Preliminary A Freestyle _____
Pre-Preliminary B Freestyle _____
Preliminary A Freestyle _____
Preliminary B Freestyle _____
Pre-Juvenile Freestyle _____
Adult Pre Bronze Freestyle _____
Adult Bronze Freestyle _____
Adult Silver Freestyle _____

Pre-Preliminary MIF _____
Preliminary MIF _____
Pre Juvenile MIF _____
Adult Pre Bronze MIF _____
Adult Bronze MIF _____

Dance I _____
Dance II _____
Solo Original Dance _____

Similar Pairs _____
Partner's Name _____

Beginner I Compulsory Moves _____
Beginner II Compulsory Moves _____
Pre Preliminary Compulsory Moves _____
Preliminary Compulsory Moves _____
Pre Juvenile Compulsory Moves _____
Adult Pre Bronze Compulsory Moves _____
Adult Bronze Compulsory Moves _____
Adult Silver Compulsory Moves _____

Showcase I _____
Showcase II _____
Showcase III _____
Showcase IV _____

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Entry Form-Synchronized Teams

Name of Team: _____ Number of Skaters: _____

Name of Club/Rink: _____

Team Contact: _____ Phone: _____

Coach's Name: _____ Phone: _____

Check Event: Youth Introductory: _____ Teen Introductory: _____

Waiver of Claims for Injury: The competitor and competitor's family hereby waive all claims for injury arising from or during this competition, practice time, or any other time spent at the Hamilton Center Ice Arena. Hamilton Center, Columbus Parks and Recreation, and the Lincoln Center Figure Skating Club are held harmless from any and all damages due to injury and/or loss of property.

Please complete the following:

Team Member Name	Birth Date	Signature of Parent/Guardian Agreeing to waiver above
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____
17.	_____	_____
18.	_____	_____
19.	_____	_____
20.	_____	_____

Application and entry fees: Entry fee is \$5 per team member. Please make checks payable to the Lincoln Center F.S.C. and mail by December 20, 2003 to:

Jenni Cashen
1187 Emerald Lakes Drive, #206
Greenwood, IN 46143