



**DETROIT METRO COUNCIL BASIC SKILLS COMPETITION
HOSTED BY:
THE KALAMAZOO FIGURE SKATING CLUB
APRIL 23, 2005**

US Figure Skating Sanctioned

The 7th annual Detroit Metro Council Skating Competition will be held at Twin Star Ice Arena at 5076 Sports Drive, Kalamazoo, MI 49009 on Saturday, April 23rd, 2005. The Basic Skills Competition is sanctioned by the USFS conducted in accordance with the rules of the 2004-2005 USFS Rulebook. The rink that will be utilized has a 200 x 85 foot surface. This facility offers ample parking, numerous dressing rooms, and both a concession stand and a full restaurant overlooking the rink.

ELIGIBILITY: This competition is open to all amateurs or reinstated amateurs who are USFS members, in good standing, and shall be eligible to enter events based on their test status as of March 25th, 2005. This Basic Skills competition is open to all USFS and ISI in any Learn to Skate Program. Skaters must belong to USFS or the ISI to compete.

Compulsory Moves will be skated without music, on ½ the ice surface, in a short program.

EVENTS: Compulsory Events (Snowplow Sam– Preliminary) and Freestyle (Snowplow Sam – Preliminary). A minimum of two entries will be required for all flights to be scheduled. 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 Low Beginner or High Beginner events. Age groups will be combined at the discretion of the Referee and/or Competition Chair.

AWARDS: all awards will be presented off ice, immediately following the completion of the event and posting of the results. ALL CONTESTANTS WILL RECEIVE AN AWARD.

ENTRIES & FEES: All applications must be postmarked no later than March 25th, 2005. Late applications may be accepted ONLY at the discretion of the competition chairperson and must be accompanied by a \$25.00 late fee. **NO REFUNDS WILL BE GIVEN FOR ANY REASON.** A \$25.00 service fee will be assessed for all returned/NSF checks.

BASIC SKILLS

\$35.00 per competitor (first event)
\$25.00 per competitor (each additional)

ALL OTHER EVENTS

\$60.00 per competitor (first event)
\$25.00 per competitor (each additional)

Entry forms must be completely filled out and mailed with a check (made payable to Kalamazoo FSC) to:

KALAMAZOO FIGURE SKATING CLUB
C/O Jessica LaPorte
2424 South 8th Street
Kalamazoo, MI 49009

Contact People:
Jessica LaPorte Amy Bauer
(269) 353-9668 (269) 598-9184

REGISTRATION: The official registration desk will open one hour prior to the first event of the day and remain open until the competition closes.

MUSIC: All music must be turned in at the registration desk upon arrival or one hour before their scheduled event. Music will be reproduced through the arena sound system on cassette or CD furnished by the competitor. Music must be rewound and marked clearly with the competitor's name and playtime on the side to be played. Skaters should have a spare tape or CD readily available. Please pick up your tape following your event. No tapes will be mailed after the competition.

SCHEDULE OF EVENTS: A self-addressed stamped envelope must accompany your application in order to receive your schedule of events! Schedules will be mailed to you approximately 1 week prior to the competition.

PRACTICE ICE: Practice ice will be available in 20-minute increments at a charge of \$10.00 pre-registered and \$13.00 walk on per session. No music will be played on practice ice. Practice ice will not be sold over the phone or by fax. No more than 25 skaters will be allowed on the ice at any time.

VIDEO TAPING AND PHOTOGRAPHS: These will be available and can be arranged for at the rink. You may furnish your own tape or purchase a tape at the rink. Photographs will be taken of all individual children upon request. Award pictures will also be taken.

COMPULSORY EVENTS – SNOWPLOW SAM THROUGH FREESTYLE 4

All elements shall be skated one at a time in rotation on ½ sheet of ice. The skater may raise their hand and request a second attempt. Only the second attempt will then be judged. No music.

Snowplow Sam (6 and under)

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

Basic 1

- 1) Forward two foot glide
- 2) Forward two foot swizzles – 6 to 8 in a row
- 3) Forward snowplow stop
- 4) Backward wiggles – 6 to 8 in a row

Basic 2

- 1) Forward one foot glide – either foot
- 2) Backward two foot swizzles – 6 to 8 in a row
- 3) Two foot turn – forward to backward (in place)
- 4) Moving snowplow stop
- 5) Forward alternating ½ swizzle pumps, in a straight line - across width of the ice.

Basic 3

- 1) Forward stroking
- 2) Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise - 6 to 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 to 8 consecutive – both directions
- 3) Forward outside 3 turn - R and L
- 4) Backward stroking
- 5) Backward snowplow stop – R or L

Basic 5

- 1) Backward outside edge on a circle, clockwise or counterclockwise
- 2) Backward crossovers – 6 to 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 – R and L
- 2) T-stop - right or left
- 3) Bunny hop
- 4) Forward arabesque spiral on a straight line – R or L
- 5) Lunge – R or L

Basic 7

- 1) Forward inside open Mohawk – R to L and L to R
- 2) Ballet jump – either direction
- 3) Backward crossovers to a backward outside edge landing position, clockwise and counterclockwise
- 4) Forward inside pivot

Basic 8

- 1) Moving forward outside or forward inside 3-turns – right and left
- 2) Waltz jump
- 3) Mazurka – either direction
- 4) Combination move – clockwise or counterclockwise (from Basic 8 curriculum)
- 5) Beginning one-foot upright spin, optional free foot position

Freestyle 1

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

Freestyle 2

- 1) Forward outside spiral and forward inside spiral – R or L
- 2) Waltz Three's – R or L
- 2) Beginning back spin – entry optional
- 3) Waltz jump, side toe hop, waltz jump series
- 5) Toe loop jump

Freestyle 3

- 1) Forward crossovers in a figure 8
- 2) Advanced forward outside swing roles – 4 to 6 consecutive
- 3) Back spin
- 4) Salchow jump
- 5) Waltz jump/toe loop or salchow/toe loop combination

Freestyle 4

- 1) Spiral sequence – forward inside spiral, forward inside Mohawk, backward outside spiral – clockwise or counterclockwise
- 2) Forward power 3's – 2 to 3 consecutive sets – R or L
- 3) Sit spin
- 4) Loop jump
- 5) Waltz jump/loop jump combination

COMPULSORY MOVES

All events shall be skated without music, in a program form using ½ the ice surface. Skaters may not exceed the stated time. Test requirements for compulsory moves are the same as the freestyle level indicated. Skaters may skate up one level but may not skate at more than one level. Axels are considered a single jump, unless otherwise noted.

Beginner --- (Time: 1 min or less)

- 1) Waltz jump
- 2) Salchow jump
- 3) ½ flip or ½ lutz jump
- 4) Upright scratch spin (min. 3 revolutions)
- 5) Forward spiral

Pre-Preliminary --- (Time: 1 ¼ min or less)

- 1) Flip jump
- 2) Single – single jump combination (no axel)
- 3) Spilt jump
- 4) Sit spin (min 3 revolutions)
- 5) Forward outside spiral

Preliminary--- (Time: 1 ¼ min or less)

- 1) Single jump of choice (axel permitted)
- 2) Combination jump consisting of any two single jumps (may not repeat single jump selected above)
- 3) Forward camel spin (min 3 revolutions)
- 4) Combination spin (no change of foot)
- 5) Footwork sequence – straight line or diagonal

FREESKATING EVENTS

All events will be skated on the full ice surface to the music of the skater's selection. There will be a ten second leeway in the specified time limit. Skaters may skate up one level but may not skate at more than one level. Program requirements for all levels are according to the USFS rulebook if not specified.

Snowplow Sam Program -- (Time: 1 minute) Includes forward skating, backward wiggles, glide forward and dip, and snowplow stop. Vocal music is allowed. Elements can be skated in any order.

Basic Program A -- (Time: 1 minute) Open to skaters in Basic 1 and 2. Includes glide forward and dip, moving snowplow stop, forward two-foot swizzles, and backward skating (wiggles or swizzles). Vocal music is allowed. Elements can be skated in any order.

Basic Program B -- (Time: 1 minute) Open to skaters in Basic 3 and 4. Includes backward ½ swizzle pumps on a circle clockwise or counterclockwise, two foot spin, forward crossovers – minimum of 5 consecutive clockwise or counterclockwise, and a back one foot glide, right or left. Vocal music is allowed. Elements can be skated in any order.

Basic Program C -- (Time: 1 minute) Open to skaters in Basic 5 and 6. Includes Backward crossovers – minimum of 5 clockwise or counterclockwise, one foot spin, bunny hop, and forward spiral in a straight line, right or left. Vocal music is allowed. Elements can be skated in any order.

Basic Program D -- (Time: 1 minute) Open to all skaters in Basic 7 and 8. Includes beginning one foot spin with optional free foot position, mazurka or ballet jump, combination move of 2 forward crossovers into FI mowhawk, cross behind, step into 1 back crossover and step to a FI edge in either direction, and a waltz jump. Vocal music is allowed. Elements can be skated in any order.

Freeskate Programs 1-4 – (Time: 1½ minutes) No vocal music is allowed. Elements are the same as Compulsory Events.

Limited beginner -- (Time: 1½ minutes) Open to skaters who have NOT passed any U.S. Figure Skating Freeskate tests. A well balanced program consisting of half jumps only, salchow and toe loops, combinations consisting of these jumps only, upright forward one and two foot spins, one step sequence and/or spiral sequence. **MAY NOT INCLUDE FLYING SPINS OR COMBINATION SPINS.**

Beginner -- (Time: 1½ minutes) Open to skaters who have NOT passed any U.S. Figure Skating Freeskate tests. Includes single jumps (no axels), at least one jump combination or series, a minimum of two spins of a different nature and one step or spiral sequence.

Pre-Preliminary A – (Time: 1½ minutes) Open to skaters who have passed the USFS Pre-Preliminary Freestyle Test and no higher. Includes single jumps, single combination jumps, single jump sequences, a minimum of two spins of a different nature, and one step or spiral sequence. Programs may NOT include axels, double jumps, or flying spins.

Pre-Preliminary B – (Time: 1½ minutes) Open to skaters who have passed the USFS Pre-Preliminary Freestyle Test and no higher. Includes single revolution jumps (axel permitted), single combination jumps, single jump sequences, and a minimum of two spins of a different nature. Programs may NOT include double jumps or flying spins.

Preliminary – (Time: 1½ minutes) Open to skaters who have passed the USFS Preliminary Freestyle Test and no higher. Includes single jumps, axels, two different double jumps which may be repeated as individual jumps, jumps sequences or jump combinations, a minimum of two spins of a different nature, and one step or spiral sequence.

**2005 Detroit Metro Basic Skills Competition
Held by Kalamazoo Figure Skating Club**

Name of Skater _____ Age _____ Birthdate _____

Male ___ Female ___ Home Phone _____

Address _____ City _____ State ___ Zip _____

Name of Parent/Guardian _____ E-mail _____

Home Club _____ US Figure Skating # _____

Highest test passed:

Basic Badge _____ Freestyle _____ Moves _____

Coach _____ Phone _____ Email _____

Please check event(s) entering:

Basic Compulsory

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

Basic Freestyle

- _____ Snowplow Sam
- _____ Basic Program A
- _____ Basic Program B
- _____ Basic Program C
- _____ Basic Program D
- _____ Freeskiate 1
- _____ Freeskiate 2
- _____ Freeskiate 3
- _____ Freeskiate 4

Compulsory Events

- _____ Beginner
- _____ Pre-Preliminary
- _____ Preliminary

Individual Freestyle

- _____ Limited Beginner
- _____ Beginner
- _____ Pre-Preliminary A
- _____ Pre-Preliminary B
- _____ Preliminary

ENTRY FEES:

\$60.00 First Event
\$25.00 Each additional event

\$35.00 Basic Skills Event
\$25.00 Each additional event

PRACTICE ICE

All sessions are \$10.00 if enclosed with competition application. Walk-in rate will be \$13.00. Practice ice will not be sold by phone, fax, or email. NO music will be played on practice sessions. A maximum of 25 skaters will be allowed per session.

Please enclose a separate check for practice ice. Checks payable to: KFSC

- _____ 9:00-9:20am (Low Beginner - Preliminary ONLY)
- _____ 9:20-9:40am
- _____ 9:40-10:00am

_____ # sessions x \$10.00 = Amount Enclosed \$ _____ Practice ice

**MAKE ALL CHECKS PAYABLE TO KALAMAZOO FSC
ENTRIES MUST BE POSTMARKED BY MARCH 25TH 2005**

CERTIFICATION OF CLUB OFFICER

I certify that _____ is in good standing of USFS
(skater)

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 USFS sanctioned event in which I participate (each considered one of the Release herein) from all liability, claims, demands, losses, or damages, arising out of gross negligence of, or intentional, willful or wanton misconduct of Releases. If I, or anyone on my and /or wanton misconduct of Releases against any of the Releases, I will indemnify, defend, save, and hold harmless each of the Releases 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 March 25th, 2005

MAIL FORM & FEES TO: KALAMAZOO FIGURE SKATING CLUB
C/O Jessica LaPorte
2424 South 8th Street
Kalamazoo, MI 49009

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