

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

The Lansing Skating Club and Suburban Ice East Lansing invite you to participate in the Seventh Annual Basic Skills Competition, March 19, 2005. The Suburban Ice 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 19, 2005. 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 19, 2005. 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:

Gina DeWitt
6544 Aurelius Rd
Lansing, Michigan 48911

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 20 minute sessions prior to the competition, 9:00am to 10:20am. The cost will be \$5.00 per session. Advanced registration is suggested. Drop ins will be permitted if space allows. See page 7 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.

Limited Beginner:(1:30 min) Open to skaters who have NOT passed the US Figure Skating's Pre - Preliminary FS Test and no higher. A well balanced program consisting of $\frac{1}{2}$ jumps only, salchow and toe-loops, combinations consisting of these jumps only. Upright forward one foot and two foot spins, one step sequence and/or spiral sequence. No flying spins, back spins or combinations spins permitted.

Beginner:(1:30 min) Open to skaters who have NOT passed the US Figure Skating's Pre Preliminary freestyle test. A well balanced program consisting of single jumps (no axel or double jumps permitted), at least one jump combination or sequence. A minimum of two spins of a different nature and one step sequence and/or spiral sequence.

Pre Preliminary A:(1:30 min) Open to skaters who have passed the US Figure Skating's Pre-Preliminary freestyle test and no higher. A well balanced program consisting of single jumps (no axel or double jumps permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature and one step sequence and/or spiral sequence.

Pre Preliminary B:(1:30 min) Open to skaters who have passed the US Figure Skating's Preliminary Freestyle test and no higher. A well balanced program consisting of all single jumps (axel permitted), single combination jumps, single jump sequences. NO double jumps permitted. A minimum of two spins of a different nature and one step sequence and/or spiral sequence.

Preliminary :(1:30 min) Open to skaters who have passed the US Figure Skating's Preliminary Freestyle test and no higher. A well balanced program consisting of all single jumps, axels and two different double jumps which may be repeated as individual jumps, jump combination or jump sequences. A minimum of two spins of a different nature and one step sequence and/or spiral sequence.

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 (4) Footwork Sequence

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 Freeskiate 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">1. Advanced forward stroking - 4 - 6 consecutive strokes2. Basic forward outside edges and forward inside consecutive edges - 2 - 4 outside and 2-4 inside edges.3. Scratch spin from backward crossovers4. Waltz jump from backward crossovers5. Half flip jump
Freestyle 2	<ol style="list-style-type: none">1. Forward outside spiral - R or L, and a forward inside spiral - R or L2. Waltz Three's - R or L3. Beginning back spin - entry optional4. Waltz jump, side toe hop, waltz jump series5. Toe loop jump
Freestyle 3	<ol style="list-style-type: none">1. Forward crossovers in a figure 82. Advanced forward outside swing rolls - 4 - 6 consecutive3. Back spin4. Salchow jump5. Waltz jump / toe loop or Salchow / toe loop
Freestyle 4	<ol style="list-style-type: none">1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise2. Forward power 3's, 2 - 3 consecutive sets, R or L3. Sit Spin4. Loop jump5. Waltz jump / loop jump
Beginner	<ol style="list-style-type: none">1. Waltz jump2. Salchow jump3. Half Flip or Half Lutz jump4. Forward scratch spin (Minimum 3 revolutions)5. Forward spiral
Pre Preliminary	<ol style="list-style-type: none">1. Flip jump2. Single-single jump combination (no axel)3. Split jump4. Sit spin (Minimum 3 revolutions)5. Forward outside spiral
Preliminary	<ol style="list-style-type: none">1. Single jump (axel permitted)2. Combination of two single jumps (may not repeat jump selected above)3. Forward camel spin (minimum 3 revolutions)4. Combination Spin (no change of foot)5. Footwork Sequence- Straight Line or Diagonal

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

Forward two foot glide
Forward two-foot swizzles (6-8 in a row)
Forward snowplow stop
Backward wiggles (6 - 8 in a row)

Basic 2

Forward 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
Forward alternating swizzle pumps, in a straight line across the width of the ice

Basic 3

Forward stroking
Forward 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

Basic 4

Forward outside edge on a circle clockwise or counter clockwise
Forward crossovers (6-8 consecutive) both directions
Forward outside 3 turn (right and left)
Backward stroking
Backward snowplow stop (right or left)

Basic 5

Backward outside edge on a circle- clockwise or counterclockwise
Backward crossovers (6-8 consecutive) - both directions
One foot spin (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 (R to L & L to R)
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

Fifth Annual Basic Skills Competition ENTRY FORM
 March 19, 2005
 (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 19, 2005) _____

USFSA Tests Passed (as of February 19, 2005) _____

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 19, 2005

Checks payable to Lansing Skating Club

Mail to: Gina DeWitt 6544 Aurelius Rd. Lansing, Michigan 48911

EVENTS ENTERED (please mark with an "x")

Compulsory Moves: _____ Snowplow Sam (Tots) _____ Basic 1 _____ Basic 2 _____ Basic 3 _____ Basic 4 _____ Basic 5 _____ Basic 6 _____ Basic 7 _____ Basic 8	Compulsory Moves Program _____ Freeskate 1 _____ Freeskate 2 _____ Freeskate 3 _____ Freeskate 4 _____ Beginner _____ Pre Preliminary _____ Preliminary	Freestyle Program _____ Low Beginner _____ High Beginner _____ Pre Preliminary _____ Preliminary A _____ Preliminary B	Spins _____ Pre Preliminary _____ Preliminary Adult _____ Pre-Bronze Compulsory _____ Bronze Compulsory _____ Pre-Bronze FreeStyle _____ Bronze FreeStyle
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FEES: \$35.00 First Event - \$15.00 each additional event.

Make Checks Payable to: Lansing Skating Club

Mail to: Gina DeWitt

2005 Seventh Annual Basic Skills Competition

6544 Aurelius Rd. Lansing, Michigan 48911

First Event: \$35.00

Additional Events: _____

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

TOTAL: \$_____

Practice Ice Sessions Available:

9:00am _____ \$5.00
9:20am _____ \$5.00
9:40am _____ \$5.00
10:00am _____ \$5.00

Please check desired sessions and send payment and entry form to:
Gina DeWitt
6544 Aurelius Rd
Lansing, Michigan 48911

TOTAL ENCLOSED: _____

Name of Skater _____ Birthday and (AGE) _____

Address: _____

Phone: _____ Email _____

Coaches Name _____ Coaches Phone _____ Email: _____

Please be sure to make a copy of the practice ice you have requested as you will not be contacted unless the session you have requested is cancelled. The Lansing Skating Club reserves the right to cancel any session. There will be no refunds except for events cancelled by the organizing committee.

Lansing Skating Club
2810 Hannah Blvd
East Lansing, Mi 48823