

# Springfield Skating Invitational 2005

## BASIC SKILLS COMPETITION

*Freeskate & Compulsory Events*

Open to all US Figure Skating Basic Skills Members!

**May 1, 2005**



The Nelson Center 1600 North Fifth Street Springfield, IL 62702

Sponsored by the SPRINGFIELD FIGURE SKATING CLUB

Sanctioned by US Figure Skating

**Deadline: March 21, 2005**

Referee: Rick Kern

Accountant: Rich Jones

**For More Information:**

**TERESA CHESSARE**

**(217) 323-2807**

**Chessare@casscomm.com**

**Check our web site for updated information:**

**[www.sfsc4u.com](http://www.sfsc4u.com)**

**SPRINGFIELD SKATING INVITATIONAL 2004**  
**BASIC SKILLS COMPETITION**  
**May 1, 2004**

**RULES AND ELIGIBILITY**

The purpose of this event is to promote a fun introduction to the competitive sport of figure skating. Skaters do not need to be members of the US Figure Skating. The competition is open to all beginner skaters who are either enrolled in a class program or receiving private instruction at the beginner level. Anyone who is entered in any of *2005 Springfield Skate Invitational* events at Low/High Beginner levels are NOT eligible to enter the Basic Skills Competitions. Groups may be combined by age and gender at the discretion of the competition committee.

**AWARDS**

Top four skaters will receive place medals; all other skaters will receive a participation medal.

**BASIC SKILLS COMPULSORY ELEMENTS PROGRAM**

Compulsory moves will be skated on ½ ice surface without music and must be skated in order listed in a program format. Additional elements will be penalized. Minimum connecting steps may be used between elements. Elements will be judged on quality, speed and control. **TIME:** Must not exceed 1 minute

LEVEL	ELEMENTS TO BE PERFORMED
Snowplow Sam (Tots)	Forward March, then glide on two feet Dip while moving Backward wiggles Two foot hop in place.
Basic 1	Forward swizzles – 6-8 in a row Rocking Horse - 2-3 Dip while moving Snowplow stop
Basic 2	Forward one foot glide - right or left foot Backward two foot swizzles – 6-8 in a row Forward alternating ½ swizzle pumps, in a straight line 2 foot turn in place – forward to backward Moving snowplow stop
Basic 3	Forward stroking Moving forward to backward two foot turn – clockwise or counter clockwise Forward ½ swizzle pumps in a circle - clockwise or counter clockwise Backward 1 foot glide – either foot Two-foot spin - min 2 revs.
Basic 4	Forward crossovers - clockwise or counter clockwise Forward outside 3-turn from a T-position Backward stroking Backward ½ swizzle pumps on a circle – clockwise or counter clockwise Backward snowplow stop – R or L
Basic 5	Backward crossovers - clockwise or counter clockwise 6-8 consecutive Backward outside edge on a circle – clockwise or counterclockwise Beginning one foot spin – optional entry and free foot position - min. 3 revs. Side toe hop – either direction Hockey stop
Basic 6	Bunny hop Forward lunge – right or left Forward spiral on a straight line – right or left Forward inside three-turn from a T-position – right or left T-stop R or L
Basic 7	Forward inside Mohawk – right to left and left to right Ballet jump – either direction Backward crossovers to a backward outside edge landing position – clockwise or counter clockwise Forward inside pivots – right or left
Basic 8	Moving forward outside or forward inside 3-turns – right and left Waltz jump Mazurka – right or left Combination move – Basic 8 curriculum Beginning one-foot spin, optional entry and free foot position – min. 3 revs.

## **BASIC SKILLS FREESKATE EVENT**

All basic skills requirements are in accordance with the USFSA Learn to Skate Program. The program time for Basic Skills Events is 1:00 minute. Program times are +/- 10 seconds. Program will be skated with music, vocal music is permitted. Program will be skated on full ice.

<b>LEVEL</b>	<b>ELEMENTS TO BE PERFORMED</b>
Snowplow Sam (Tots)	Must not have Passed higher than US Figure Skating Learn to Skate Snowplow Sam 3. All elements in Snowplow Sam 1 – 3 allowed.
Freestyle A: Basic 1 & 2	Must not have Passed higher than US Figure Skating Learn to Skate Basic 2. All elements allowed up to and including Basic 2.
Freestyle B: Basic 3 & 4	Must not have passed higher than US Figure Skating Learn to Skate Basic 4. All elements allowed up to and including Basic 4.
Freestyle C: Basic 5 & 6	Must not have passed higher than US Figure Skating Learn to Skate Basic 6. All elements allowed up to and including Basic 6.
Freestyle D: Basic 7 & 8	Must not have passed higher than US Figure Skating Learn to Skate Basic 8. All elements up to and including Basic 8 allowed.

**SPRINGFIELD INVITATIONAL 2005  
BASIC SKILLS COMPETITION  
DEADLINE: MARCH 21, 2005**

**PLEASE PRINT ALL INFORMATION:**

Name First: _____ Last: _____		Birth Date _____	Age _____	Sex: M or F _____
Address: _____		City: _____	State: _____	Zip: _____
Telephone ( ) - _____	<b>US Figure Skating</b> Basic Skills Number: _____	(Optional) Home Club _____		
Highest Basic Skills Test Passed: _____			Date Passed _____	
Coach's Name: _____			Coach's Telephone ( ) - _____	
Coach's Address: _____		City: _____	State: _____	Zip: _____

**Please circle the events you wish to enter:**

**FREESKATE:**

SNOWPLOW SAM  
FREESKATE A  
FREESKATE B  
FREESKATE C  
FREESKATE D

**COMPULSORY:**

SNOWPLOW SAM  
BASIC 1  
BASIC 2  
BASIC 3  
BASIC 4  
BASIC 5  
BASIC 6  
BASIC 7  
BASIC 8

**Make checks payable to : Springfield Figure Skating Club**

**Mail to:** Teresa Chessare  
515 W 5th  
Beardstown, IL 62618

<b>First Event</b>	1	@ \$35	= \$35.00	
<b>Additional Event</b>		@ \$20	= \$ _____	
		<b>TOTAL</b>	<b>\$ _____</b>	

Questions: Phone Teresa at (217) 323-2807 or email at Chessare@casscomm.com (e-mail is preferred)

Entries must be postmarked no later than March 21, 2005. A service charge of \$20 will be added to any returned check. No refunds for any reason.

**Signatures:**

I agree to hold harmless US Figure Skating, Springfield Figure Skating Club, and The Nelson Center and their employees and/or agents from any loss, damage, and/or injury that may be sustained in any manner while participating in any of the activities of the Springfield Skating Invitational.

Skater's Signature \_\_\_\_\_ Date \_\_\_\_\_, 2005

Parent / Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_, 2005



I have read this entry form and certify that the above skater is entering a division appropriate for his/her skating ability and is qualified.









Professional/ Skating School Signature \_\_\_\_\_ Date \_\_\_\_\_, 2005

**SURPRISE YOUR SKATER WITH A GOOD LUCK AD IN THE PROGRAM AND A SMALL SILK FLOWER GREETING OR "STRENGTH" SILICONE WRIST BAND UPON REGISTRATION!!**

The Springfield Figure Skating Club is pleased to offer you the opportunity to include a good luck message to your skater in our program. At registration your skater will be given a flower bouquet with your good luck wishes attached! Boys will receive a silicone "STRENGTH" wrist band with your good luck message attached.

**GOOD LUCK MESSAGES**

 <p><b>JESSICA JONES</b>  <b>Skate Great &amp; Have Fun!!</b>  <b>Lots of Love,</b>  <b>MOM &amp; DAD</b></p>		<p><b>Good Luck in your first Preliminary Competition!</b></p> <p><b>SUSAN MURRAY</b></p> <p><b>Love From,</b>  <b>Mom, Dad</b>  <b>Noah &amp; Whitney</b></p>
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"drawing"	"reach"	"black skate"	"cute boy"	"guy sit"	
					
"dream"	"cute girl"	"medal"	"spiral"	"layback"	"skate"

Please select a graphic:  drawing  reach  black skate  cute boy  guy sit  dream  cute girl  
 medal  spiral  layback  skate  
**AND CHOOSE**  FLOWER BOUQUET  SILICONE BAND  
 write your message below.....

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PLEASE MAKE CHECKS PAYABLE TO SPRINGFIELD FSC  
 GOOD LUCK AD & FLOWER WISH \$10

Mail to :  
 TERESA CHESSARE 515 WEST 5<sup>TH</sup> BEARDSTOWN IL 62618