

# GARDEN CITY BASIC SKILLS COMPETITION

## MARCH 9<sup>th</sup> – 12<sup>th</sup> , 2006

**QUALIFICATION REQUIREMENTS FOR BASIC SKILL ENTRIES:** This Basic Skills competition is open to all skaters in any Learn to Skate Program. Basic Skills skaters **DO NOT** need to belong to a USFSA Club and may not have passed any formal USFSA freestyle tests. Compulsory Moves and Free Skate events will be offered. Skaters may choose the events in which they wish to compete, based on their test level and ability. **IF YOU COMPETE IN A BASIC SKILLS LEVEL EVENT, YOU ARE NOT PERMITTED TO SKATE IN ANY LOW BEGINNER, HIGH BEGINNER, PRE-PRELIMINARY OR PRELIMINARY EVENTS.** Basic Skills skaters should skate at current level only.

All events will be divided into groups according to age. Age groups will be combined at the discretion of the Referee and/or Competition Chair. Two entries will constitute an event. This is a co-ed competition. **Pre-Preliminary and Preliminary skaters MUST be members of the USFSA.**

**ENTRY FEES:** The entry fee is \$35.00 for the first event and \$15.00 for any additional events. Fees are to be made payable to the Garden City Figure Skating Club and are to accompany the application. **Applications must be postmarked no later than January 13, 2006.** Late applications will be **accepted ONLY** at the discretion of the competition chairpersons and must be accompanied by a \$25.00 late fee. No refunds for any reason, including medical. A \$25.00 charge will be assessed for all returned checks due to insufficient funds. All fees must be settled in order to compete.

**AWARDS:** All awards will be presented off ice immediately following the posting of results. First through eighth place will receive medals for their placement.

**MUSIC:** Music will be played from cassette/CD and should be turned in at the registration desk upon arrival. All tapes/CD should be marked with the skaters name and event. All tapes should be rewound and ready to play. Competitors must have a suitable back -up tape/CD at rink side during his/her event. Please pick up your tape/CD following your event.

**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 one week prior to the competition.

**REGISTRATION DESK:** The registration desk will be located just inside the front entrance of the arena. Skaters must check in at least one hour before their event.

**ENTRY DEADLINE: JANUARY 13, 2006.**

**NO TELEPHONE ENTRIES. NO METERED MAIL. NO REFUNDS** (unless event is cancelled)

Mail Check and self addressed stamped envelope to:

Garden City Figure Skating Club  
c/o Kim Raby  
P.O. Box 114  
Garden City, MI 48135

# BASIC SKILLS EVENTS

## ***BASIC SKILLS (TOTS THROUGH BASIC 8) COMPULSORY MOVES***

All elements shall be skated one at a time in rotation on ½ sheet of ice. A second attempt may be requested by the skater with a raise of a hand. Only the second attempt will then be judged.

**NO MUSIC**

### **Required Elements:**

#### **Snowplow Sam (Tots)**

1. March forward followed by a two-foot glide and dip.
2. Forward two-foot swizzles \*2-3 in a row
3. Forward snowplow stop
4. Backward wiggles -2-6 in a 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 1/2 swizzle pumps, in a straight line- across width of ice

#### **Basic 3**

1. Forward stroking
2. Forward 1/2 swizzle pumps on a circle, either clockwise or CCW 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
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 - 6-8 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 - R or L
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 counter clockwise
4. Forward inside pivot

## **Basic 8**

1. Moving forward outside or forward inside 3-turns - R and L
2. Waltz jump
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

## ***BASIC PROGRAMS (Snowplow Sam - Basic 1-8) - WITH MUSIC***

- \* The skating order of the required elements is optional
- \* The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions in a spin, etc. unless otherwise stated.
- \* Minimum number of connecting steps are allowed
- \* May use vocal music
- \* May use elements from a previous level. Deductions will be made if elements from a higher level are skated
- \* Time 1:00 +/- 10 seconds, to be skated on full ice

## **Required Elements**

### **Snowplow Sam Program (Tots)**

1. Forward skating
2. Backward wiggles
3. Glide forward and dip
4. Snowplow stop

### **Basic Program A (Basic 1 & 2)**

1. Glide forward and dip
2. Moving snowplow stop
3. Forward two-foot swizzles
4. Backward skating (wiggles or swizzles)

### **Basic Program B (Basic 3 & 4)**

1. Backward 1/2 swizzle pumps on a circle - clockwise or counter clockwise
2. Two-foot spin
3. Forward crossovers - minimum 5 consecutive, clockwise or counter clockwise
4. Backward one-foot glide - R or L

### **Basic Program C (Basic 5 & 6)**

1. Backward crossovers - minimum of 5 consecutive, clockwise or counter clockwise
2. One-foot spin
3. Bunny hop
4. Forward (arabesque spiral) on a straight line - R or L

### **Basic Program D (Basic 7 & 8)**

1. Beginning one foot spin, optional free foot
2. Mazurka or ballet jump
3. Waltz jump
4. Combination move – Complete this in either direction: 2 forward crossovers into FI Mohawk,  
cross behind, step into 1 back crossover and step to a FI edge.

## ***COMPULSORY MOVES BASIC FREESTYLE 1 THROUGH 6***

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skater order of the required elements is optional
- To be skated on ½ ice – no music permitted
- In program form, using a limited number of connecting steps
- Time 1:00 or less
- Deductions will be made if elements from a higher level are performed.

### **Compulsory Freestyle Level 1**

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

### **Compulsory Freestyle Level 2**

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

### **Compulsory Freestyle Level 3**

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

### **Compulsory Freestyle Level 4**

1. Spiral sequence, FI spiral, FI Mohawk, BO spiral - clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets – R or L

2. Sit spin
3. Loop jump
4. Waltz jump/loop jump

### **Compulsory Freeskate Level 5**

1. Spiral Sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel Spin
3. Forward upright spin to back upright spin
4. Loop/loop jump
5. Flip jump

### **Compulsory Freeskate Level 6**

1. Five step Mohawk sequence – 1 set alternating pattern
2. Camel, sit spin combination – minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, Salchow combination
5. Lutz jump

## ***FREESKATE PROGRAM - Level 1 through 6 (with music)***

- \* Groups will be divided by age
  - \* Program duration 1:30 +/-10 seconds
  - \* Vocal music is not permitted in Freeskate program
  - \* Skated on full ice
  - \* Deductions will be made if elements from a higher level are performed

### **Programs must contain the following required elements:**

#### **Freeskate Level 1**

1. Advanced forward stroking (4 - 6 consecutive strokes)
2. Basic forward outside edges or forward inside consecutive edges - 2-4 outside or 2 - 4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

#### **Freeskate Level 2**

1. Forward outside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

#### **Freeskate Level 3**

1. Forward crossovers in a figure 8
2. Advanced outside swing rolls - 4-6 consecutive
3. Back spin
4. Salchow
5. Waltz jump/toe loop or Salchow/toe loop

#### **Freeskate Level 4**

1. Spiral sequence: FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets, - R or L
3. Sit Spin
4. Loop jump
5. Waltz jump/loop jump

#### **Freeskate Level 5**

1. Spiral Sequence: FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop combination jump
5. Flip jump

#### **Freeskate Level 6**

1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills curriculum Freeskate level 6)
2. Camel, sit spin combination – minimum 4 revolutions total.
3. Split or stag jump
4. Waltz jump/ ½ loop/ salchow combination
5. Lutz jump

# GCFSC BASIC SKILLS COMPETITION March 9<sup>th</sup> – 12<sup>th</sup>, 2006

## ENTRY FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: M / F  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone( ) \_\_\_\_\_ Home Club \_\_\_\_\_  
 USFSA# \_\_\_\_\_

**Last Test Passed as of January 17, 2006:**

Freestyle \_\_\_\_\_ ISI# \_\_\_\_\_ Moves \_\_\_\_\_

Coaches Information:

Name: \_\_\_\_\_ Phone: ( \_\_\_\_\_ )  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Please check the event (s) you are entering:**

**Elements:**

\_\_\_\_\_ Snowplow  
 \_\_\_\_\_ Basic 1      \_\_\_\_\_ Basic 5  
 \_\_\_\_\_ Basic 2      \_\_\_\_\_ Basic 6  
 \_\_\_\_\_ Basic 3      \_\_\_\_\_ Basic 7  
 \_\_\_\_\_ Basic 4      \_\_\_\_\_ Basic 8

**Freeskate Compulsory**

\_\_\_\_\_ Freeskate 1      \_\_\_\_\_ Freeskate 5  
 \_\_\_\_\_ Freeskate 2      \_\_\_\_\_ Freeskate 6  
 \_\_\_\_\_ Freeskate 3  
 \_\_\_\_\_ Freeskate 4

**Basic Program (with music)**

\_\_\_\_\_ Snowplow  
 \_\_\_\_\_ Basic Program 1 & 2 (A)  
 \_\_\_\_\_ Basic Program 3 & 4 (B)  
 \_\_\_\_\_ Basic Program 5 & 6 (C)  
 \_\_\_\_\_ Basic Program 7 & 8 (D)

**Freestyle Program: (with music)**

\_\_\_\_\_ Freeskate Level 1  
 \_\_\_\_\_ Freeskate Level 2  
 \_\_\_\_\_ Freeskate Level 3  
 \_\_\_\_\_ Freeskate Level 4  
 \_\_\_\_\_ Freeskate Level 5      \_\_\_\_\_ Freeskate Level 6

ENTRY FEE IS \$35.00 PER EVENT, \$15 PER EACH ADDITIONAL EVENT

First Event      \$ \_\_\_\_\_      Additional Event: \$ \_\_\_\_\_  
 Additional Event      \$ \_\_\_\_\_      Additional Event: \$ \_\_\_\_\_

The completed entry form, with fees, must be **postmarked no later than January 13, 2006.**

Make Check or money order payable to "**Garden City Figure Skating Club**" and mail to:

Garden City Figure Skating Club  
 c/o Kim Raby  
 P.O. Box 114  
 Garden City, MI 48135

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE, UNLESS THE EVENT IS CANCELLED.**

Certification of the Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Garden City Figure Skating Club and the Garden City Ice Arena harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Club Officer/Program Director:** \_\_\_\_\_ **Date:** \_\_\_\_\_