

**First Annual**  
**Southwest Michigan Basic Skills Competition**  
**August 19, 2006**  
**Hosted By**  
**Southwest Michigan Skating Club**  
**3600 Vanrick Dr.**  
**Kalamazoo, MI 49001**

The First Annual Southwest Michigan Basic Skills Competition, sponsored by the Southwest Michigan Skating Club will be held at the Wings Stadium complex (**home of The Kick off Classic**) located at 3600 Vanrick Dr, Kalamazoo, MI 49001. The arena offers dressing rooms, concession stand, restaurant, pro shop and ample parking.

**ELIGIBILITY-** The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either a US Figure Skating Basic Skills program and/or full members of the USFSA and in good standing. Eligibility will be based on skill level as of the closing date of entry. All skaters must compete at the highest level passed as of the closing date of entry. Skaters may not have passed any official US Figure Skating tests including MIF or individual dances. Any event with a large number of entries will be divided into smaller groups. Events may be boys and girls combined.

**ENTRIES AND FEES – All entries must be postmarked no later than July 15, 2006.** No entry requests will be accepted by telephone or email. Late entries will be accepted only if space allows and at the discretion of the competition chairpersons. All late entry requests must include a \$15 late fee. Entry fees for the first event are \$35 and \$15 for a second event. No refunds for any reason, after closing date unless event is cancelled due to insufficient entries. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with a check made payable to “Southwest Michigan Skating Club.” There will be a \$25.00 fee for any check returned by your bank. All fees must be settled in order to compete.

**REGISTRATION-** All skaters must register for their event(s) no later than one hour prior to the start of their event. The registration desk will open one hour before the beginning of the competition.

**MUSIC –** Please turn in Music to the registration desk upon checking in. Music can be either a CD or cassette tape and clearly marked with your name and event. CDs should contain only one track and tapes must be rewound and ready to play. Please have a backup copy of your music.

**AWARDS-** Everyone will receive an award. All events will be final rounds. Medals will be awarded to first – third places. All others will receive ribbons. The presentation of awards will take place immediately after each event’s results have been posted.

**PRACTICE ICE –** Practice Ice will be available for purchase for a nominal fee and will begin approximately one hour before the start of the events. See enclosure for details.

**OFFICIAL NOTICES -** The official bulletin board will be located in the front lobby of the ice arena throughout the competition. Any and all changes to times and events will be posted there. The posting of such notices constitutes official notice to all competitors, coaches, parents, and officials. Please check the board upon your arrival. **Please enclose a self addressed stamped envelope if you wish for a copy of your schedule.**

**PROGRAM –** Take an opportunity to wish your skater “Good Luck” by purchasing an ad in the souvenir program. See enclosure for details.

**PICTURE/VIDEO –** No flash photography is permitted. Personal video tapping may be done of your skater only. No parents/spectators will be allowed on the judges’ side of the rink.

**ENTRIES MUST BE POSTMARKED OR RECEIVED NO LATER THAN JULY 15, 2006.**

# BASIC SKILLS COMPULSORY EVENTS

## ELEMENT EVENT – BASIC SKILLS CURRICULUM

- To be skated on ½ ice
- No music
- All Elements must be skated in the order listed
- Each skater performs one element at a time and will perform the next element only when directed by a judge or referee.
- A second attempt may be requested by the skater with a raise of a hand. Only the second attempt will be judged.
- Skater must skate at the highest level passed by July 15, 2006.

## REQUIRED ELEMENTS:

### Snowplow Sam (Tots)

1. March 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 -3 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 ½ swizzle pumps, in a straight line- across width of ice

### Basic 3

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, *either* clockwise or counter clockwise – 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. Back 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-turn – R *and* L
2. Waltz jump
3. Mazurka – *either* direction
4. Combination move – clockwise or counterclockwise (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge)
5. Beginning one-foot upright spin, optional free foot position

## **Basic Program – Music Supplied by Skater – Basic Skills Level**

Skaters must not have passed any official US figure Skating tests including MIF and individual dances. Skater may not have competed in any competition at the “Beginner or No Test” category. Skating order of elements is optional. Elements are not restricted as to the number of times executed, length of glides, or number of revolutions. Vocal music is allowed. May use elements from a previous level, deductions will be taken for elements from a higher level. Full Ice, 1 Minute +/- 10 seconds.

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

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

### **Basic Program A (Basic 1 and 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 and 4)**

1. Backward ½ swizzle pumps on a circle – either direction
2. Two foot spin
3. Forward crossovers – min 5 consecutive – either direction
4. Backward one foot glide, right or left

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

1. Backward crossovers – min 5 consecutive – either direction
2. One foot spin
3. Bunny hop
4. Forward spiral in a straight line, right or left

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

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

## COMPULSORY PROGRAMS – REQUIRED ELEMENTS

- Skater may skate at the highest level past or one higher, but not both
- The skating 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

### Required Elements for Compulsory Programs:

Skaters must not have passed any official US Figure Skating Tests beyond Pre-Preliminary MIF.

Skater may not have competed in any competition at the “Beginner or No Test” Category.

### Free skate Level 1 Compulsory

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

### Free skate Level 2 Compulsory

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

### Free skate Level 3 Compulsory

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

### Free skate Level 4 Compulsory

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

### Beginner Compulsory Program

Must not have passed any official US Figure Skating test beyond Pre-Preliminary MIF.

1. Waltz Jump
2. Salchow Jump
3. Half flip or half lutz jump
4. Upright scratch spin (Min. 3 revolutions)
5. Forward Spiral

### Pre-preliminary Compulsory Program

Must have passed no higher than US Figure Skating Pre-Preliminary Free Skating test.

1. Flip jump
2. Combination jump consisting of any two single jumps (No Axel)
3. Split jump
4. Sit spin (min. 3 revolutions)
5. Forward outside spiral

### Preliminary Compulsory Program

Must have passed no higher than US Figure Skating Preliminary Free Skating test. Time: 1:15 max

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

## **FREESKATE PROGRAM – with music**

Skaters must not have passed any official US Figure Skating tests beyond Pre-Preliminary MIF. Skater may not have competed in any competition at the Beginner or No Test category. Skating order of elements is optional. Program must contain all required elements listed. **Vocal music in not allowed.** May use elements from a previous level, deductions for elements from a higher level. Time limit: 1:30 +/- 10 seconds.

Programs must contain the following required elements:

### **Free skate 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

### **Free skate 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

### **Free skate Level 3**

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

### **Free skate 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

## **Free Skating Program – Music Supplied by Skater – No test to Pre-Preliminary**

Skaters may skate at the highest level passed or one level higher, but not both levels. A well balanced program skated on full ice to the music of the skater's choice (vocal music is not permitted).

**Limited Beginner Free Skate Program-** Must not have passed any official US Figure skating Free skating test. A well balanced program consisting of half revolution 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. No flying spins or combination spins permitted. Maximum Time: 1 minute 40 seconds.

**Beginner Free skate Program-** May not have passed any official USFS free skating test. A well balanced program consists of single (no axels) jumps only, at least one combination or series, a minimum of two spins of a different nature and one step or spiral sequence. See USFSA Rule 3721. Maximum time: 1 minute 40 seconds.

### **Pre-preliminary Free skate Program A:**

Must have passed no higher than USFS Pre-Preliminary Free Skating Test. A well balanced program consists of all single revolution jumps (no axels or double jumps permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature and one step or spiral sequence. Maximum Time: 1 minute 40 seconds.

### **Pre-preliminary Free skate Program B:**

Must have passed no higher than US Figure Skating Pre-preliminary Free Skating test. A well balanced program consists of all single revolution 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 or spiral sequence. See USFSA Rule 3711. Maximum Time: 1 minute 40 seconds.

**Preliminary Free skate Program-** Must have passed no higher than USFSA Preliminary Free skate Test. A well balanced program may include all single jumps, axels and two different double jumps which may be repeated as individual jumps, jump sequences or jump combinations. A minimum of two spins of a different nature. One step or spiral sequence. See USFSA Rule #3701.

**FIRST ANNUAL SOUTHWEST MICHIGAN BASIC SKILLS COMPETITION ENTRY FORM**

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ SEX      F      M

E-MAIL ADDRESS: \_\_\_\_\_

PRIVATE INSTRUCTOR: \_\_\_\_\_

HIGHEST LEVEL PASSED AS OF JULY 15, 2006: \_\_\_\_\_

HOME CLUB: \_\_\_\_\_

USFSA NUMBER \_\_\_\_\_

**PLEASE CHECK THE EVENT(S) YOU WILL BE ENTERING:**

**BASIC COMPULSARIES**

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

**FREESKATE COMPULSARIES**

\_\_\_\_\_ Freeskate 1      \_\_\_\_\_ Beginner  
\_\_\_\_\_ Freeskate 2      \_\_\_\_\_ Prepreliminary A  
\_\_\_\_\_ Freeskate 3      \_\_\_\_\_ Prepreliminary B  
\_\_\_\_\_ Freeskate 4      \_\_\_\_\_ Preliminary

**BASIC PROGRAMS**

\_\_\_\_\_ Snowplow  
\_\_\_\_\_ Program A  
\_\_\_\_\_ Program B  
\_\_\_\_\_ Program C  
\_\_\_\_\_ Program D

**FREESKATE PROGRAM**

\_\_\_\_\_ Freeskate 1      \_\_\_\_\_ Limited Beginner  
\_\_\_\_\_ Freeskate 2      \_\_\_\_\_ Beginner  
\_\_\_\_\_ Freeskate 3      \_\_\_\_\_ Prepreliminary A  
\_\_\_\_\_ Freeskate 4      \_\_\_\_\_ Prepreliminary B  
\_\_\_\_\_ Preliminary

**ENTRY FEE IS \$35.00 FOR THE FIRST EVENT AND \$15.00 FOR THE SECOND.**

First Event	\$ _____
Additional Event	\$ _____
Ad	\$ _____
Practice Ice	\$ _____
Total	\$ _____

**The completed entry form, with fees must be postmarked no later than July 15, 2006.**

Make check or money order payable to Southwest Michigan Skating Club (SWMSC) and mail to: **Kelli Forden, Competition Chair 6870 S. 1<sup>st</sup> Street Kalamazoo, MI 49009.**  
For more information you may phone us at (269)345-5777.

**FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE FOR ANY REASON  
UNLESS THE EVENT IS CANCELLED!**

**This form must accompany each entry form!**

**Certification of Competitor:** The competitor is eligible to enter the event(s) checked. It is agreed that the competitor and family hold the Southwest Michigan Skating Club and Wings Stadium 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**\_\_\_\_\_

**Instuctor/Coach Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

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

**Competitor Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

**First Annual Southwest Michigan Basic Skills Competition Practice Ice Form**

August 19, 2006

Entry deadline: Postmarked by July 15, 2006

If you would like to sign up for a practice ice, ***simply fill out the following and return with your entry form and \$7.00 payment.*** Practice ice will be available approximately one hour before the start of the competition in twenty minute blocks. You will need to enclose a self addressed stamped envelope to receive a schedule of all your events. Advanced Registration is suggested. Drop-ins will be permitted if space allows. No refunds will be given for missed practice sessions.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

First Competition Event: \_\_\_\_\_

Additional Event: \_\_\_\_\_

- Practice ice will be sold on a first-come-first-served basis upon receipt of payment and this form.
- Practice ice will NOT be sold over the phone or by e-mail.
- There are no refunds unless the session is cancelled by the Competition committee.
- Competition committee reserves the right to cancel any session due to lack of participants.
- You will be contacted if your request can not be fulfilled.
- For the safety of the skaters, the committee reserves the right to limit the number of skaters on any session.
- You will need to enclose a self addressed stamped envelope to receive the time for your practice ice session.
- Practice Ice is \$7.00 for a 20 minute session.

Please make checks payable to SWMSC (do not send cash). You may include practice ice payment in with your entry fee. Mail payment and form(s) to:

Kelli Forden  
6870 S. 1<sup>st</sup> Street  
Kalamazoo, MI 49009

If you have any questions please feel free to contact us at (269) 345-5777.



# Southwest Michigan Skating Club

## 2006 Competition Program Advertisement

Wish your skater(s) good luck with their own person message!  
Just complete the information below, enclose proper payment and  
mail by **August 1, 2006**. You may enclose this with your entry  
form and add payment into check or money order. Each ad will  
cost just \$5.00.

### Advertisement Information

**Contact Name:**\_\_\_\_\_

**Skater's Name:**\_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:**\_\_\_\_\_

**Phone Number:**\_\_\_\_\_

**E-mail address:**\_\_\_\_\_

**Message:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Please return this form with check payable to Southwest Michigan Skating Club to:  
Kelli Forden  
6870 S. 1st Street  
Kalamazoo, Mi 49009