

**First Annual
USFS Michigan Basic Skills Series
Hosted by the following:**

Lansing Basic Skills Competition
March 17, 2007
Suburban Ice – East Lansing
6544 Aurelius Road
Lansing, Michigan 48911
Contact: Gina DeWitt
517-393-2636
philandginadewitt@sbcglobal.net
Deadline for Entries: February 3, 2007

Arctic Basic Skills Competition
April 1, 2007
Arctic Edge Ice Arena
46615 Michigan Avenue
Canton, Michigan 48188
Contact: Theresa McKendry
734-487-7777
Tmck316@yahoo.com
Deadline for Entries: February 16, 2007

Mountain Town Classic
Mt. Pleasant Basic Skills Competition
April 21, 2007
The I.C.E. Arena
5165 East Remus Road
Mt. Pleasant, Michigan 48858
Contact: Ginni Phillips
989-773-6188
gphillips@DELFIELD.com
Deadline for Entries: March 20, 2007

Farmington Hills Basic Skills Competition
June 16, 2007
Farmington Hills Ice Arena
35500 Eight Mile Road
Farmington Hills, Michigan 48335
Contact: Nora Helwig
248-442-1446
nhelwig@sbcglobal.net
Deadline for Entries: May 15, 2007

Skating Club of Novi Basic Skills Competition
July 14, 2007
Novi Ice Arena
42400 Arena Drive
Novi, Michigan 48375
Contact: Suzy Malloure
248-661-1640
Malkidsx4@aol.com
Deadline for Entries: June 2, 2007

Southwest Michigan Basic Skills Competition
August 18, 2007
Wings Stadium
3600 Vanrick Drive
Kalamazoo, Michigan 49001
Contact: Kelli Forden
269-372-2168
jkforden@att.net
Deadline for Entries:
July 15, 2007

Midland Basic Skills Competition
November 3, 2007
Midland Civic Arena
405 Fast Ice Drive
Midland, Michigan 48642
Contact: Ann Ward
989-773-6188
Abward6@yahoo.com
Deadline for Entries: October 1, 2007

MISSION STATEMENT

To give Michigan skaters a chance to develop their USFS Basic Skills in a fun, competitive environment. During the competition season – skaters will have the chance to compete at eight (8) different clubs and arenas and earn points for a final standing.

Awards will be presented to skaters with the highest point totals who compete in at least 4 out of the 8 scheduled competitions. These awards will take place – on the ice - at the Midland Competition - November 3, 2007.

Series Point System

The Freeskating events and the Compulsory/Elements events in each of the 8 Series Competitions will be eligible for accumulating points. The system for scoring points for the final award will be as follows:

Each event will have a maximum of 6 skaters:

1 st place	6 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1 point

*If an event has less than 6 skaters, the points will be adjusted (i.e., for a group of 3 skaters, first place would receive 3 points, 2nd place 2 points, and 3rd place 1 point).

All skaters who participate in the Snowplow Sam, Basic 1-8 Elements and Basic Programs with Music – as well as Compulsory Programs Freeskate 1-6 No Music and Freeskate Programs 1-6 with music – in at least 3 of the 8 competitions in the series will be eligible to win an award with an overall placement. Skaters will receive additional points for moving up to the next level during the course of the Series.

Please note: Spins, Dance, Pairs, and Showcase Events will **not** be counted in the final standings. Adult events and beginner, Pre-Pre & Preliminary events will also be excluded **for this year.**

Summer Swizzle 2007

Hosted by
FARMINGTON HILLS FIGURE SKATING CLUB
35500 W. 8 Mile
Farmington Hills MI 48335

The Basic Skills Competition, Summer Swizzle, sponsored by Farmington Hills Figure Skating Club, 35500 W. 8 Mile, Farmington Hills MI 48335 will be held at The Farmington Hills Ice Arena, located at 35500 W. 8 Mile, Farmington Hills MI 48335 on June 16, 2007.

ELIGIBILITY RULES FOR PARTICIPANTS

The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills program/club or any other Basic Skills program/club.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition and may have passed pre-preliminary moves in the field. For events that are "Beyond the Basics" (beginner, pre-preliminary and preliminary) the U.S. Figure Skating rulebook # 1032 applies (*Basic Skills Competitions may include events for skaters who have passed no higher than the preliminary moves in the field, preliminary free skate, preliminary dance or adult bronze free skate tests without applying for a U.S. Figure Skating sanction. However, an approval number is required from the appointed Basic Skills representatives, Basic Skills Committee chair, or U.S. Figure Skating director of skating programs*).

Please note: If a skater competes at a nonqualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

ENTRIES AND FEES -All entries must be postmarked no later than May 15, 2007. Late entries will be accepted at the discretion of the organizers. Entry fees are per person, U.S. dollars. The first event is \$40.00 (entry fees determined by organizing group) and each additional event is \$20.00. NO refunds after closing date unless event is canceled by FHFSC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to Farmington Hills Figure Skating Club (FHFSC). There will be a \$20.00 fee for returned checks.

AWARDS - Everyone will receive an award. All events will be 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.

SCHEDULE OF EVENTS - Will be posted on the official bulletin board, as well as SK8stuff.com, no later than June 10, 2007. Information regarding groups and skating times will be mailed out prior to the beginning of competition, either via USPS or electronic mail.

PRACTICE ICE - Practice Ice will be available in 20 minute increments at \$7 per session. A Practice Ice registration form will be sent to the skaters with their competition event schedule approximately two weeks prior to the competition. Advanced registration is recommended. Drop-in will be available if space permits. A maximum of 20 skaters will be allowed on the ice during any one session, except for Basic Skills skater sessions. No music will be played. No refunds will be given for missed practice sessions.

MUSIC - The music for all free skating programs and showcase must be provided on cassette tapes/CDs by the skater. Tapes/CDs should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always \pm 10 seconds.

VIDEO TAPING AND PHOTOGRAPHS - This will be available and can be arranged for at the rink. You may furnish you own tape or purchase same. Photographs will be taken of individual children and award pictures will also be taken.

OFFICIALS: Chief Referee - Don Korte; Chief Accountant - Maureen Dalton

INFORMATION: If you have questions, contact Nora Helwig at email: nhelwig@sbcglobal.net

EVENTS OFFERED:

ELEMENTS EVENT -BASIC SKILLS CURRICULUM

- To be skated on 1/3 to 1/2 ice
- No music
- 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. Skaters are allowed one retry per element. If skaters want to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element. Skaters should dress warmly as they will be standing on the ice while the others are skating
- Time 1:00 or less

<p><u>Snowplow Sam - TOTS:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle - clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles - 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles - 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position - clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 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 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 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 – (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
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 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 	

COMPULSORY PROGRAMS FREE SKATE 1-6 - NO MUSIC

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- 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

<p><u>Free skate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 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
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 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 	<p><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 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
<p><u>Free skate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 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 	<p><u>Free skate level 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. Five step mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6) 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

MUSIC PROGRAM EVENTS

Basic Programs 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, etc. unless otherwise stated.

Vocal music is allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time is 1:00+/- 10 sec., to be skated on full ice.

<p><u>Snowplow Sam - TOTS:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle - clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles - 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles - 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position - clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 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 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 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 – (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
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 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 	

Free Skate Programs 1-6 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, etc. unless otherwise stated.

Vocal music is not allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated.

Time 1:30+/-10sec

<p>Free skate 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	<p>Free skate 4</p> <ol style="list-style-type: none"> 1. Spiral sequence:FI spiral, FI mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p>Free skate 2</p> <ol style="list-style-type: none"> 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 5. Toe loop 	<p>Free skate 5</p> <ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
<p>Free skate 3</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop 	<p>Free skate 6</p> <ol style="list-style-type: none"> 1. 5 step mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

ELEMENTS TEST LEVEL CHART		
Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic 1 ONLY	NONE
Basic 2	Basic 2 ONLY	NONE
Basic 3	Basic 3 ONLY	NONE
Basic 4	Basic 4 ONLY	NONE
Basic 5	Basic 5 ONLY	NONE
Basic 6	Basic 6 ONLY	NONE
Basic 7	Basic 7 ONLY	NONE
Basic 8	Basic 8 ONLY	NONE
Free skate 1	Free skate 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 2	Free skate 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 3	Free skate 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 4	Free skate 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 5	Free skate 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 6	Free skate 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY
<i>PROGRAMS WITH MUSIC TEST LEVEL CHART</i>		
Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic 1	NONE
Basic 2	Basic 2	NONE
Basic 3	Basic 3	NONE
Basic 4	Basic 4	NONE
Basic 5	Basic 5	NONE
Basic 6	Basic 6	NONE
Basic 7	Basic 7	NONE
Basic 8	Basic 8	NONE
Free skate 1	Free skate 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 2	Free skate 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 3	Free skate 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 4	Free skate 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 5	Free skate 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Free skate 6	Free skate 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY
** If a skater competes up into beginner category (if offered) they may not go back to compete in the free skate categories		
For events that are "Beyond the Basics" (Beginner, Pre-Preliminary and Preliminary) the		

BEYOND THE BASICS TEST LEVEL CHART

Compulsory Programs		
Level Passed	Competition Level	HIGHEST OFFICIAL TESTS ALLOWED
NONE	Beginner or Pre-Preliminary NOT BOTH	Pre-Preliminary MIF
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF
Programs with Music		
Level Passed	Competition Level	HIGHEST OFFICIAL TESTS ALLOWED
NONE	Beginner or Pre-Preliminary NOT BOTH	Pre-preliminary MIF
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

**** If a skater competes in a beginner category or higher they may not go back to compete in the Basic Skills free skate categories
If a skater has passed the pre-juvenile moves in the field or higher, they may not compete in an approved Basic Skills competition.**

BEYOND THE BASICS EVENTS

ADDITIONAL COMPULSORY AND FREESKATING EVENTS

COMPULSORY EVENTS:

Beginner (No Test) Compulsory Program- May not have passed any official U.S. Figure Skating free skate tests.

Time: 1:00 max

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 U.S. Figure Skating pre-preliminary free skate test.

Time: 1:00 max

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 U.S Figure Skating preliminary free skate 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 EVENTS:

Limited Beginner Free skate Program- May not have passed any official U.S. Figure Skating free skate tests.

Time: 1:30 +/-

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. No flying spins or combination spins are permitted.

Beginner (No Test) Free Skate Program- May not have passed any official U.S. Figure Skating free skate tests. (Refer to the Rulebook #3721)

Time: 1:30 +/-

A well-balanced program consisting of single jumps (no Axel or doubles permitted), at least one jump combination or series, a minimum of two spins of a different nature and one step or spiral sequence.

Pre-preliminary Free Skate Program A and B - Must have passed no higher than U.S. Figure Skating pre-preliminary free skate test:

Time: 1:30 +/-

- Pre-preliminary Free Skate A: A well-balanced program consisting 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. One step sequence or spiral sequence.
- Pre-preliminary Free Skate B: A well-balanced program consisting 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. (Refer to the rulebook #3711)

Preliminary Free Skate Program- Must have passed no higher than U.S. Figure Skating preliminary free skate test. (Refer to U.S. Figure Skating rulebook #3701).

Time: 1:30 +/-

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 sequence or spiral sequence.

ADULT EVENTS:

Adult Pre-Bronze
Compulsory Moves
Time: 1:00 max

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

Adult Pre-Bronze Freeskate - Must have passed no higher than the
Adult Pre-Bronze Freeskating Test.

Time: 1:40 max. Refer to Rulebook #3806 for requirements.

Adult Bronze
Compulsory Moves
Time: 1:00 max

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

Adult Bronze Freeskate - Must have passed no higher than the
Adult Bronze Freeskating Test.

Time: 1:40 max. Refer to Rulebook #3801 for requirements.

SPINS EVENTS:

(No Music)

Time: 1:30 minutes or less.

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 not be judged. Boys and girls may be grouped together.

See required elements below. To be skated on ½ ice surface.

Pre-Preliminary Spins

1. One Foot spin (minimum 3 revolutions)
2. Sit Spin (minimum 3 revolutions)
3. Back Spin (minimum 3 revolutions)
4. Footwork sequence of any pattern

Preliminary Spins

1. Sit Spin (minimum 4 revolutions)
2. One Foot Spin (minimum 4 revolutions)
3. Upright Backspin (minimum 4 revolutions)
4. Footwork sequence of any pattern
5. Spiral, Bauer, or spread eagle (limit one)

ENTRY FEE IS \$40.00 PER EVENT , \$20 PER EACH ADDITIONAL EVENT

First Event \$ 40.00
Additional Event \$ _____
Additional Event \$ _____
Total: \$ _____

The completed entry form, with fees, must be postmarked no later than May 15, 2007.
Make check or money order payable to Farmington Hills Figure Skating Club (FHFSC) and mail to:

A. Messineo,
37218 Fairfax Dr.
Livonia MI 48152.

For additional information call Nora Helwig at (248) 442-1446, or email nhelwig@sbcglobal.net.

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Farmington Hills Ice Arena and FHFSC 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 _____
Competitor Signature _____ Date _____
Instructor Signature _____ Date _____
Program Director/Club Officer _____ Date _____