

# GARDEN CITY BASIC SKILLS COMPETITION

## MARCH 8<sup>th</sup> – 11<sup>th</sup>, 2007

**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 USFS Club and may not have passed any formal USFS 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 USFS.**

**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 26, 2007.** 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 26, 2007.**

**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 counterclockwise-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 (Basic 1 )**

1. Forward 2 foot glides
2. Forward 2 foot swizzles 6-8 in a row
3. Backward wiggles 6-8 in a row
4. Forward snowplow stop

#### **Basic Program (Basic 2)**

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 the width of ice
5. Moving snowplow stop.

#### **Basic Program (Basic 3)**

1. Forward Stroking
2. Forward ½ swizzle pumps on a curve, 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 Program ( Basic 4)**

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

#### **Basic Program (Basic 5)**

1. Backward outside edge on a circle — clockwise or counter clockwise
2. Backward crossovers – 6-8 consecutive – both directions
3. One foot spin – minimum 3 revolutions
4. Side Toe hop - either direction
5. Hockey stop

**Basic Program (Basic 6)**

1. Forward inside 3-turn - R and 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

**Basic Program (Basic 7)**

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 & counter clockwise
4. Forward inside Pivot

**Basic Program (Basic 8)**

1. Moving forward outside or forward inside 3-turn - R & L
2. Waltz Jump
3. Mazurka - either direction
4. Combination move – Clockwise or counter clockwise - (Two forward crossovers into FI Mohawk, step behind, slip back into one back crossover and step to a forward inside edge.
5. Beginning one-foot upright spin - optional free foot position

# **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

# NEW!! Beginner Synchronized Skating Event

(a non-qualifying competition & U.S. Figure Skating Basic Skills competition)

**Eligibility Rules:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program/Club. 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 of their choice.

**Age/Number of Skaters:** There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8-16 skaters.

**Program Duration:** Teams will skate a program to music of their choice of 1 ½ minutes - 2 minutes. There are no restrictions or requirements on music choice.

**Program Requirements:** The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manuel for further details on the elements and teaching tips.

## Required Elements:

**Line** The line must cover the whole ice surface and include forward and backward skating. There should be no change of hold, and shoulder to shoulder hold is suggested.

**Block** The block should cover the entire ice surface and include two changes of axis. See the block in Synchro 2, Synchro 3 and Synchro 4 for illustrations of changing axis.

**Wheel** A 4-spoke wheel with backwards skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2

**Intersection** An intersection with one line on each side of the rink approaching each other. See intersection in Synchro 2 and Synchro 3. Skaters must do a one foot glide at the point of intersection. What they do after the intersection is optional.

**Circle** Once circle, in either hand to hand or shoulder to shoulder hold. The circle must rotate at least two full rotations (720 degrees), and contain the combination element (item C) from Basic 8.

**JUDGING OF THIS EVENT:** The main emphasis of this level is mastering the basic skills of synchronized skating: control in the elements, straight lines, unison, use of guiding and shadowing, etc. The focus is not on difficulty of the steps or transitions.

# GCFSC BASIC SKILLS COMPETITION March 8<sup>th</sup> – 11<sup>th</sup>, 2007

## ENTRY FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: M / F

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

Phone( ) \_\_\_\_\_ Home Club \_\_\_\_\_ USFS# \_\_\_\_\_

**Last Test Passed as of January 26, 2007:**

Freestyle \_\_\_\_\_ USFS# \_\_\_\_\_ 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    \_\_\_\_\_ Basic Program 5  
 \_\_\_\_\_ Basic Program 2    \_\_\_\_\_ Basic Program 6  
 \_\_\_\_\_ Basic Program 3    \_\_\_\_\_ Basic Program 7  
 \_\_\_\_\_ Basic Program 4    \_\_\_\_\_ Basic Program 8

**Freeskate 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 26, 2007.**

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

**GARDEN CITY FIGURE SKATING CLUB - MARCH 8 - 11<sup>TH</sup>, 2007**



# Basic Skills Synchronized Skating Team Entry Form

Home Club: \_\_\_\_\_

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

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

Team Professional: \_\_\_\_\_ USFS# \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

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

The Certification and Release must be completed before competitor may enter event.

**CERTIFICATION OF COMPETITOR:** I am an amateur under the rules of USFS or CFSA to enter this event.

## Competitors Name

## Skater's Basic Skills # / USFS #

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____

**CLUB OFFICER:**

To the best of my knowledge, the above information is correct and true. The competitors are in good standing.

**CLUB OFFICER:** \_\_\_\_\_

**TITLE:** \_\_\_\_\_

**WAIVER OF CLAIM FOR INJURY:** Competitors waive all claims for injury during the competition and practice sessions at the Garden City Civic Arena. If the competitor is under the age of 18 the parent or guardian must sign the release.

Parent/Guardian#1 _____	Parent/Guardian#2 _____
Parent/Guardian#3 _____	Parent/Guardian #4 _____
Parent/Guardian #5 _____	Parent/Guardian #6 _____
Parent/Guardian #7 _____	Parent/Guardian #8 _____
Parent/Guardian #9 _____	Parent/Guardian#10 _____
Parent/Guardian#11 _____	Parent/Guardian#12 _____
Parent/Guardian#13 _____	Parent/Guardian#14 _____
Parent/Guardian#15 _____	Parent/Guardian#16 _____
Parent/Guardian#17 _____	Parent/Guardian#18 _____

**ENTRY DEADLINE:** Postmarked by **January 26, 2007**. **NO REFUNDS** after this date unless event is canceled. **NO LATE ENTRIES** without a **\$25.00** late fee and committee approval.

**SENT ENTRIES TO:** GCFSC 25th ANNUAL COMPETITION  
Kim Raby  
P.O. Box 114  
Garden City, MI 48135  
e-mail – [gcfsc@sbcglobal.net](mailto:gcfsc@sbcglobal.net)

***A PRE-ADDRESSED STAMPED BUSINESS SIZE ENVELOPE MUST ACCOMPANY YOUR APPLICATION.***

**FEES:** **\$40.00** per team. Make checks or money orders payable to: **Garden City Figure Skating Club**.  
There will be a **\$25.00** service charge assessed for all return checks.

**Basic Skills Sanction # MSD100206**