

# Strongsville Skating Spring Fling

HOSTED AND SPONSORED BY THE STRONGSVILLE SKATING CLUB  
SANCTIONED BY US FIGURE SKATING

SATURDAY, MARCH 31 AND SUNDAY, APRIL 1, 2007

ICELAND USA 15381 ROYALTON RD. STRONGSVILLE, OH 44136

**PURPOSE:** The Strongsville Spring Skating Fling Competition is to generate interest and encourage participation in the sport of ice skating among basic skill and entry level competitors.

**CO-CHAIRMAN:** Echo Burgett (419) 281-9027 [ssccompetition@hotmail.com](mailto:ssccompetition@hotmail.com)

**ELIGIBILITY:** The competition is open to ALL skaters who are currently registered and participating in a Basic Skills Program and/or are full members of US Figure Skating. Skaters who have passed no higher than the Preliminary Free Skating, Preliminary Moves in the Field, or Adult Bronze Free Skating Tests and are currently enrolled in either a Basic Skills Program or are full members are eligible to compete. 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. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event.

Skaters who have passed any complete official U.S. Figure Skating tests no longer qualify to compete in the badge levels.

If a skater competes at a non-qualifying 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:** All entries must be postmarked by **February 7, 2007**. Late entries will be accepted only if room allows. If there are less than two (2) entries in any event, The Strongsville Skating Club reserves the right not to conduct the event. There will be separate events for boys and girls in the Pre-Preliminary and Preliminary compulsory and free skating events and Adult events, depending on the number of entries received. We reserve the right to combine or further divide any event.

## ENTRY FEE:

GROUP	1 <sup>ST</sup> EVENT	2 <sup>ND</sup> EVENT
BASIC SKILLS	\$30.00	\$15.00
FREESKATE THRU BEGINNER	\$40.00	\$15.00
PRE-PRELIMINARY THRU ADULT	\$50.00	\$15.00

Please Note: There is a \$20.00 late fee for all applications submitted after the deadline and excepted and a \$35.00 service charge assessed for processing a NSF check. No refunds will be issued after the closing date. All refunds are at the discretion of the host.

Approval: MSD081706

MAIL TO: Spring Fling  
c/o Echo Burgett  
1484 County Rd. 995  
Ashland, OH 44805

AWARDS: Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third and fourth places. ALL other places will receive ribbons. ALL awards will be given at appropriate times throughout the competition.

SCHEDULE OF EVENTS: Will be posted on the Official Club Bulletin Board as well as the Strongsville website, [www.strongsvilleskating.com](http://www.strongsvilleskating.com), no later than four to five days prior to the competition. In order to receive a copy of your schedule via mail, a self addressed stamped envelope must accompany your completed application. Schedules will be mailed to you approximately 1 week prior to competition.

FACILITIES: The ice surface at Ice Land USA is 200' X 85'. There will be dressing rooms available for competitors and concessions. The Strongsville Skating Club will also have vendor tables.

REGISTRATION: On the day of the competition, all skaters must check in at the registration table in the lobby. Registration will be open one hour prior to the start of the competition. Skaters should be at the rink, checked in, and ready to compete one hour before first scheduled event.

MUSIC: The music for all free skating programs must be provided on 10 minute cassette tapes or CD. The tape or CD is to be turned in at registration at least 1 hour before competition time. Competitors must have a spare cassette or CD at rink side to be used in case of technical difficulties. Tapes must be rewound and ready to play. Only one music track is to be recorded on CD or tape.

VIDEOTAPING AND PHOTOGRAPHY: This service will be available, more information will be posted on the clubs web site.

PRACTICE ICE: Practice ice will be available in 20 minute sessions for \$7.50 a session. Please fill out the practice ice form and include it with your application.

HOTELS:	HOLIDAY INN	MOTEL 6
	15471 ROYALTON RD	15385 ROYALTON RD
	STRONGSVILLE, OH 44136	STRONGSVILLE OH 44136
	(440) 238-6352	(440) 238-0170

## Learn To Skate Basic Skill Elements – Snowplow Sam through Basic 8 and Adult Learn to Skate

- Elements must be skated in the order listed with no music and no program
- To be skated on ½ of ice surface, one element at a time

<b>Snowplow Sam (TOTS)</b> 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	<b>Basic 1</b> 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
<b>Basic 2</b> 1. Forward one foot glide – either foot 2. Backward two foot swizzles – 6- 8 in a row 3. Two foot turn from forward to backward in place 4. Moving snowplow stop 5. Forward alternating swizzle pumps, straight line, across width of ice	<b>Basic 3</b> 1. Forward stroking 2. Forward pumps on a circle – 6-8 consecutive, clockwise or counter-clockwise 3. Moving forward to backward two foot turn, either direction 4. Backward one foot glide, either foot 5. Two foot spin
<b>Basic 4</b> 1. Forward outside edge on a circle, either direction 2. Forward crossovers –6-8 consecutive, both directions 3. Forward outside 3-turn, right and left 4. Backward Stroking 5. Backward snowplow stop, either right or left foot	<b>Basic 5</b> 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
<b>Basic 6</b> 1. Forward inside 3-turn, right and left foot 2. T-stop, either right or left 3. Bunny hop 4. Forward arabesque/spiral on a straight line, either foot 5. Forward lunge, either right or left	<b>Basic 7</b> 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
<b>Basic 8</b> 1. Moving forward outside 3-turn on a circle, right and left 2. Waltz jump from a T position 3. Mazurka, either right or left 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)	<b>Adult Learn to Skate (21 years or older)</b> 1. Forward outside edge – right and left on a circle 2. Forward inside edge – right and left on a circle 3. Forward crossovers, both directions on a circle 4. Forward outside 3-turn, either foot

### Basic Programs with Music – Snowplow Sam through Program D

- Program is to be skated on full ice with music 1:00 +/- 10 seconds, no vocals.
- Skating order of elements is optional, minimum number of connecting steps allowed, elements are not restricted to times executed unless stated.
- May use elements from previous level; deductions will be made for each element from a higher level.

<b>Snowplow Sam (TOTS)</b> 1. Forward skating 2. Backward wiggles 3. Glide forward and dip 4. Snowplow stop	<b>Basic Program A (1&amp;2)</b> 1. Glide forward and dip 2. Moving snowplow stop 3. Forward 2 foot swizzles 4. Backward wiggles or twizzles
<b>Basic Program B (3&amp;4)</b> 1. Backward ½ swizzle pumps on a circle either direction 2. Two foot spin 3. Forward crossovers, minimum of 5 consecutive in either direction 4. Backward one foot glide – right or left	<b>Basic Program C (5&amp;6)</b> 1. Backward crossovers – minimum of 5 consecutive either direction 2. One foot spin 3. Bunny hop 4. Forward spiral in a straight line, right or left foot
<b>Basic Program D (7&amp;8)</b> 1. Beginning one foot spin 2. Mazurka or ballet jump 3. Combination move	

## Compulsory Programs Freeskate 1-6 - No Music

The skater must demonstrate the required elements and may use any additional elements from previous levels

- 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 lever are performed

<p><b><u>Freeskate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Freeskate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Freeskate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li> <li>2. Waltz Three's - R or L</li> <li>3. Beginning back spin - entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b><u>Freeskate level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Freeskate level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Freeskate level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6)</li> <li>2. Camel, sit spin combination - minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

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

Approval:MSD081706

**Beginner:** (Must not have passed any US Figure Skating tests higher than Basic Skills badge levels)

**Compulsory Moves:** any order in (1) minute or less on half ice.

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

**Free Skating A:** Skate a (1) minute program to instrumental music. Half revolution jumps plus Salchows and toe loops.

**Free Skating B:** Skate a (1) minute program to instrumental music. All single jumps allowed, **EXCEPT AXEL.**

**Spins:** any order in (1) minute or less on half ice. A minimum of 3 revolutions.

1. Two foot spin
2. Forward one foot spin
3. Sit spin

**Pre-Preliminary:** (Must not have passed higher than the Pre-Preliminary Free Skating Test)

**Compulsory Moves:** any order in (1) minute or less on half ice.

1. Flip jump
2. Split jump
3. Forward outside spiral
4. Single-Single jump combination (NO AXELS)
5. Sit spin (min 3 revolutions)

**Free Skating:** Skate a (1min 30 sec.) program to instrumental music. No Axels or double jumps allowed.

**Spins:** any order in (1) minute, on half ice. A minimum of 3 revolutions.

1. Forward one foot spin
2. Camel spin
3. Sit Spin – in a recognizable sitting position

**Preliminary:** (Must not have passed higher than the Preliminary Free Skating Test)

**Compulsory Moves:** any order in (1min. 15 sec.) on half ice.

1. Single jump of choice, Axel permitted
2. Camel Spin, min 3 revolutions
3. Footwork sequence
4. Single-Single jump combination, may not repeat single jump
5. Combination spin, no change of foot, min 3 revolutions

**Free Skating A:** Skate a (1min. 30 sec.) program to instrumental music. Axels are allowed but **NO DOUBLE** jumps.

**Free Skating B:** Skate a (1min. 30 sec.) program to instrumental music. Axels and up to two different double jumps allowed.

**Spins:** any order in (1min. 15sec.), on half ice. A minimum of 3 revolutions.

1. Combination spin with 1 change of foot and 1 change of position, (3 revolutions each foot)
2. Back spin
3. Solo spin of skaters choice, (no flying entrance)

**Adult Pre-Bronze:** (Must not have passed higher than the Adult Pre-Bronze Free Skating Test) 21 years of age or older.

**Compulsory Moves:** any order in (1min.) on half ice.

1. Forward crossovers
2. Waltz jump
3. Half Flip jump
4. One foot spin, min 3 revolution
5. Forward spiral

**Free Skating:** Skate a (1min.40sec.) program to instrumental music. Half revolution jumps and single jumps, **NO LUTZ.**

**Adult Bronze:** (Must not have passed higher than the Adult Bronze Free Skating Test) 21 years of age or older.

**Compulsory Moves:** any order in (1min.) on half ice.

1. Backward spiral
2. Salchow
3. Sit spin
4. Flip jump
5. Waltz/toe loop jump

**Free Skating:** Skate a (1min.40sec.) program to instrumental music. All single revolution jumps allowed, **EXCEPT THE AXEL.**

## Strongsville Skating Spring Fling March 31 and April 1, 2007

Entry Form must be postmarked by **February 7, 2007**

Please print following information:

Competitor's name \_\_\_\_\_ Birth date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M or F

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail address: \_\_\_\_\_

USFS #: \_\_\_\_\_ Home Club: \_\_\_\_\_ Test Level: \_\_\_\_\_

USFS Basic Skills #: \_\_\_\_\_

Check	Event \$30 for 1 <sup>st</sup> & \$15 for 2 <sup>nd</sup>	Check	Event \$30 for 1 <sup>st</sup> & \$15 for 2 <sup>nd</sup>	Total
	Basic 1		Basic Program A (1 & 2)	
	Basic 2		Basic Program B (3 & 4)	
	Basic 3		Basic Program C (5 & 6)	
	Basic 4		Basic Program D (7 & 8)	
	Basic 5			
	Basic 6		Snow Plow Sam (Tots)	
	Basic 7		Snow Plow Sam Program	
	Basic 8		Adult Basic Skills	
Check	Event \$40 for 1 <sup>st</sup> & \$15 for 2 <sup>nd</sup>	Check	Event \$40 for 1 <sup>st</sup> & \$15 for 2 <sup>nd</sup>	
	Free skate 1 Compulsory		Free skate 1 program	
	Free skate 2 Compulsory		Free skate 2 program	
	Free skate 3 Compulsory		Free skate 3 program	
	Free skate 4 Compulsory		Free skate 4 program	
	Free skate 5 Compulsory		Free skate 5 program	
	Free skate 6 Compulsory		Free skate 6 program	
	Beginner Compulsory		Beginner program FS A	
	Beginner spins		Beginner program FS B	
Check	Event \$50 for 1 <sup>st</sup> & \$15 for 2 <sup>nd</sup>		Event \$50 for 1 <sup>st</sup> & \$15 for 2 <sup>nd</sup>	
	Pre-Preliminary Compulsory		Preliminary Spins	
	Pre-Preliminary Free Skating		Adult Pre-Bronze Compulsory	
	Pre-Preliminary Spins		Adult Pre-Bronze Free Skating	
	Preliminary Compulsory		Adult Bronze Compulsory	
	Preliminary Free Skating A		Adult Bronze Free Skating	
	Preliminary Free Skating B			

FIRST EVET: \$ \_\_\_\_\_

ADDITIONAL EVENTS: \$ \_\_\_\_\_ (ALL ADDITIONAL EVENTS ARE \$15)

TOTAL: \$ \_\_\_\_\_

Make checks payable to The Strongsville Skating Club and include with entry forms. A separate check must be written for practice ice.

**CERTIFICATION OF COMPETITOR:** The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds The Strongsville Skating Club and volunteers 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. Competitor/Guardian Signature \_\_\_\_\_ date \_\_\_\_\_

Instructor/Coach Signature \_\_\_\_\_ date \_\_\_\_\_

Program Director/Club Officer Signature \_\_\_\_\_ date \_\_\_\_\_

Approval:MSD081706

## PRACTICE ICE FORM

Practice ice will be available before the competition on March 31 and April 1, 2007. Each session will be 20 minutes in length and program music will not be played. There will be a limited number of skaters allowed on each session. The practice ice schedule will be posted on the clubs web site, [www.strongsvilleskating.com](http://www.strongsvilleskating.com). Each session is \$7.50, a check written to The Strongsville Skating Club, a separate check from your entry fee check.

The Times will be:

SATURDAY	7:00 to 7:20am	SUNDAY	8:00 to 8:20am
	7:20 to 7:40am		8:20 to 8:40am
	7:40 to 8:00am		
	8:00 to 8:20am		
	8:20 to 8:40am		

Practice ice will be assigned according to the day of your scheduled event or event's. Please sign up for the number of practice sessions you want. They are scheduled on a first come first serve basis.

\_\_\_\_\_ # OF SESSIONS X \$7.50 = \_\_\_\_\_

NAME OF SKATER: \_\_\_\_\_

CONTACT PHONE NUMBER: \_\_\_\_\_

The Strongsville Skating Club holds the right to cancel any practice ice session due to lack of participation.