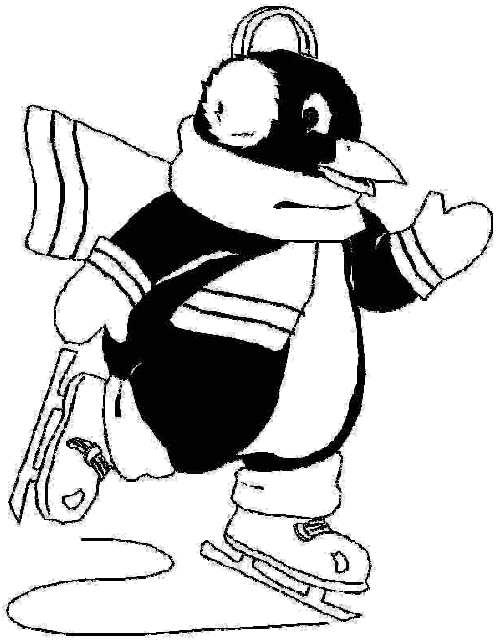
ICE BOX SKATING CLUB
SOUTH BEND • INDIANA

Proudly announces the second annual

Ice Box Blizzard Blast 2008



Saturday, January 26, 2008
at The Ice Box Skating Rink
in South Bend, Indiana

USFS Approved
SMM012608

Ice Box Blizzard Blast 2008

January 26, 2008

Hosted by the Ice Box Skating Club
1421 S. Walnut Street, South Bend, Indiana 46619 ~ (574) 288-3300 ext 202
www.iceboxskatingclub.org ~ IBSkatingClub@aol.com

ELIGIBILITY - 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.

For the Free skate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

FACILITIES - The Ice Box Blizzard Blast 2008 will be held at The Ice Box Skating Rink. The Ice Box has two ice surfaces. Both measure 200 feet by 85 feet, with slightly rounded corners. Dressing rooms will be available during practice and competition. The snack bar and full service pro shop will be open during the competition.

ENTRIES AND FEES - All entries must be postmarked no later than January 2, 2008. Late entries will be accepted at the discretion of the competition chairpersons. All late entry requests must include a $25.00 late fee. Entry fees are per person (in US dollars). The first event is $35.00 and each additional event is $15.00. NO refunds after closing date unless event is cancelled. Entry forms must be filled out completely and returned with check made payable to the Ice Box Skating Club. There will be a $20.00 fee for returned checks. All fees must be settled in order to compete.

AWARDS - Every Basic Skills skater will receive a medal. All events will be final rounds. All awards will be made at appropriate times throughout the competition. The Ice Box Blizzard Blast 2008 Team Trophy will be awarded to the visiting club earning the highest accumulation of points based on the following point system. 1st place – 5 points, 2nd place – 4 points, 3rd place – 3 points, 4th place – 2 points, 5th place – 1 point.

SCHEDULE OF EVENTS - The schedule of events will be available on the Ice Box Skating Club website at: http://www.iceboxskatingclub.org/ . To receive a copy of the competition schedule via postal mail, please include a business sized, self-addressed, stamped envelope with your completed entry form.

The official bulletin board will be located in the front lobby of the ice arena. 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.

PRACTICE ICE - Practice ice will be available on Saturday and continue throughout the day. A practice ice schedule will accompany each skater's confirmation letter. Payment for practice ice will be accepted by mail after confirmation letters are received. Practice ice will be sold on a first-come, first-serve basis for $10.00 for 30 minutes. **No practice ice will be sold by phone, fax, or e-mail.** Practice ice will be limited to 20 skaters per 30 minute session. If we are unable to accommodate your practice ice request, you will be notified.

MUSIC - The music for the Basic Skills Programs will be the Indiana 2008 Basic Skills Competition music. If a copy of the assigned music is required, please e-mail us at: IBSkatingClub@aol.com For all other events, please turn in music to the registration desk upon check-in. Music can be either a CD or cassette tape clearly marked with your name and event. CDs should contain only one track and tapes must be rewound and ready to play. It is a good idea to bring more than one copy.

VIDEOTAPING AND PHOTOGRAPHS - No flash photography is permitted. Personal video taping may be done from the spectator areas. No spectators will be allowed on the judges' side of the rink.

REGISTRATION - The registration desk will be open in the lobby throughout the competition, beginning one hour before the first event and will remain open until after the final event. Please register promptly upon arrival. All skaters must check in at the registration desk one hour prior to the start of their event.

For more information please call Michelle Riccio-Mensik at (574) 288-3300 ext 202
or e-mail at the above address.

Basic Program Event: Snowplow Sam – Basic 8

- The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc. unless otherwise specified.
- To be skated on ½ ice
- CDs of the 2008 Indiana state competition music will be provided to pros by request.
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

Snowplow Sam
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

Basic 1
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

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 width of ice
5. Moving snowplow stop

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 in either direction
4. Backward one foot glide - either foot
5. Two foot spin

Basic 4
1. Forward outside edge on a circle clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive both directions
3. Forward outside three turn - R & 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 in both directions
3. One foot spin - min of three revolutions
4. Side Toe hop -either direction
5. Hockey stop

Basic 6
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

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 and counter clockwise
4. Forward inside pivot

Basic 8
1. Moving forward outside or forward inside three turns R & L
2. Waltz jump
3. Mazurka in either direction
4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge
5. Beginning one-foot upright spin - optional free foot position

Basic Elements Event: Snowplow Sam – Basic 8

- Each skater will perform one element at a time on ½ ice. No music. Each skater will perform the next element only when directed by a judge or referee. All elements must be skated in the order listed.
- Skaters are allowed one re-try per element. If the skater would like a retry, he/she should raise his/her hand immediately. If the skater attempts a re-try, only the re-try will count.
- Skaters should dress warmly as they will be standing on ice while the others are skating.

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 2-6 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. Forward alternating ½ swizzle pumps, in a straight line across the ice
3. Two-foot turn in place forward to backward
4. Backward two-foot swizzles 6-8 in a row
5. Moving snowplow stop

Basic 3

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, either direction 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 – either direction
2. Forward crossovers 6-8 consecutive – both directions
3. Forward outside three turn – R & L
4. Backward stroking
5. Backward snowplow stop – R or L

Basic 5

1. Backward outside edge on a circle – either direction
2. Backward crossovers 6-8 consecutive – both directions
3. One-foot spin – minimum of three revolutions
4. Hockey stop
5. Side toe hop – either direction

Basic 6

1. Forward inside three turn – R & L from a standstill
2. Bunny hop
3. Forward spiral on a straight line – R or L
4. Lunge – R or L
5. T-stop – R or L

Basic 7

1. Forward inside open Mohawk – both directions
2. Ballet jump – either direction
3. Back crossovers to backward outside edge landing position – both directions
4. Forward inside pivot

Basic 8

1. Moving forward outside or forward inside three turns – R & L
2. Waltz jump
3. Mazurka – either direction
4. Combination move: two forward crossovers into forward inside Mohawk, step behind, step into one back crossover and step to a forward inside edge – either direction
5. Beginning one-foot upright spin, optional free foot position

Free Skate Event: Free Skate 1-6

- 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.
- CDs of the 2008 Indiana state competition music will be provided to pros by request.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level

Freeskate 1
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

Freeskate 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
5. Toe loop

Freeskate 3
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

Freeskate 4
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

Freeskate 5
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

Freeskate 6
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

Free Skate Elements Event – Free Skate 1- 6

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 or less

Free skate level 1 Compulsory

1. Advanced forward stroking – 4-6 consecutive
2. Basic forward outside edges and forward inside consecutive edges – 2-4 each
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 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

Free skate level 5 Compulsory

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

Free skate level 6 Compulsory

1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 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

Free Skate Event – Test Track

Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner *Skills up to and including Free skate 2*	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: Up to 1:30 +/- 10
Beginner *Skills up to and including Free skate 3*	Solo spins in an upright position (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. No combination jumps or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time:1:30 +/- 10
Pre-Preliminary Test *Skills up to and including Free skate 6*	At least two solo spins of a different nature (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:30 +/-10
Preliminary Test	At least two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:30 +/-10

Compulsory Event – Test Track

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- *Skaters have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
No Test Compulsory	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time: 1:00
Pre-Preliminary Compulsory	1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time: 1:00
Preliminary Compulsory	1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time: 1:15

Adult Program Event

- Adult Basic Skills Program events are open to any registered skater who is 21 years of age or older and who has not passed an official USFS test.
- Basic Skills Programs will be skated on ½ ice.
- CDs of the Indiana 2008 Basic Skills competition music will be provided to pros by request.
- Extra elements are not permitted in the programs and will result in deductions. Specified elements may be repeated within the program.
- Adults will skate to the Basic Skills 5 & 6 music.

Adult Level 1 & 2
1. Forward stroking
2. Forward swizzles (4-6 in a row)
3. Backward swizzles (4-6 in a row)
4. Moving two foot turns on a curve (both directions)
5. Forward Pivot

Adult Level 3 & 4
1. Backward crossovers (both directions)
2. Beginning two foot spin
3. Inside Mohawk (either direction)
4. Forward outside three turns (both directions)
5. Forward inside three turns (both directions)

Spins

- Skaters design a compulsory spin program based on current test level or one level higher.
- Spins must be skated exactly as stated, but may be skated in any order.
- Spins may be joined by appropriate connecting moves – no jumps allowed.
- All events skated on ½ ice with no music.

Basic Skills Spins Program
All spins, minimum of 2 revolutions. May have passed no higher than Basic 8.
1. Two-foot spin
2. Beginning one-foot spin or forward pivot
3. Lunge

Program Duration: 1 minute max

Beginner
All spins, minimum of 3 revolutions. May not have passed any US Figure Skating test beyond Pre-Preliminary MIF.
1. Two-foot spin
2. Scratch spin
3. Any 1-position spin
4. Spiral

Program Duration: 1 ¼ minute max

Pre-Preliminary
All spins, minimum of 3 revolutions. Must have passed no higher than US Figure Skating Pre-Preliminary Free Skating test.
1. Any one foot forward spin
2. Camel spin
3. Sit spin
4. Footwork sequence of any pattern

Program Duration: 1 ½ minute max

Preliminary
All spin, minimum of 4 revolutions. Must have passed no higher than US Figure Skating Preliminary Free Skating test.
1. Upright spin, no Laybacks
2. Sit spin
3. Back scratch spin
4. Spiral, Bauer, or Spread eagle
5. Footwork sequence of any pattern

Program Duration: 1 ½ minute max

Artistic Showcase

- May skate to their choice of music (words allowed)
- Judging to emphasize interpretation of music rather than technical skills
- Costume should complement music.
- May use hand props or those he/she can get on and off the ice without assistance.

Basic Skills
May not have passed higher than Basic 8.
Program Duration: 1 ½ minutes (+- 10 seconds)

Beginner
May not have passed any US Figure Skating test beyond Pre-Preliminary MIF.
Program Duration: 1 ½ minutes (+- 10 seconds)

Pre-Preliminary
Must have passed no higher than US Figure Skating Pre-Preliminary Free Skating test.
Program Duration: 1 ½ minutes (+- 10 seconds)

Preliminary
Must have passed no higher than US Figure Skating Preliminary Free Skating test.
Program Duration: 1 ½ minutes (+- 10 seconds)

Interpretive

The program will be choreographed by the skater to music that is pre-selected by Ice Box Skating Club. Music will be approximately 1 minute in length. During warm-up skaters will hear the music selection twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the 3rd time before they perform to the music. The listening skater will not be allowed to view the performing skater.

- There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.
- Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.
- Spins and jumps performed must be appropriate to competition level.

Basic Skills
May not have passed higher than Basic 8.

Beginner
May not have passed any US Figure Skating test beyond Pre-Preliminary MIF.

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

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

Synchronized Skating

The Ice Box Blizzard Blast will include a Beginner Synchronized Skating event. Additional information and an application for synchronized skating teams are at the end of this packet.

Ice Box Blizzard Blast 2008 Entry Form

Name _____ Sex: M/F Age _____ Birth Date _____

Address: _____ City/State: _____

Zip: _____ Phone: _____ E-Mail: _____

Home Club: _____ USFS# _____

Coach's Name: _____ Coach's Phone/E-Mail: _____

Test Level as of January 2, 2008: _____

Place an "X" next to the events entered.

Basic Program Event

Snow Plow Sam _____
Basic 1 _____
Basic 2 _____
Basic 3 _____
Basic 4 _____
Basic 5 _____
Basic 6 _____
Basic 7 _____
Basic 8 _____

Basic Elements Event

Snow Plow Sam _____
Basic 1 _____
Basic 2 _____
Basic 3 _____
Basic 4 _____
Basic 5 _____
Basic 6 _____
Basic 7 _____
Basic 8 _____

Free Skate Event

Free Skate 1 _____
Free Skate 2 _____
Free Skate 3 _____
Free Skate 4 _____
Free Skate 5 _____
Free Skate 6 _____

Free Skate Elements

Free Skate 1 _____
Free Skate 2 _____
Free Skate 3 _____
Free Skate 4 _____
Free Skate 5 _____
Free Skate 6 _____

Free Skate – Test Track

Limited Beginner _____
Beginner _____
Pre-Preliminary _____
Preliminary _____

Compulsory Event – Test Track

Limited Beginner _____
Beginner _____
Pre-Preliminary _____
Preliminary _____

Adult Program Event

Adult 1 & 2 _____
Adult 3 & 4 _____

Spins

Basic Skills _____
Beginner _____
Pre-Preliminary _____
Preliminary _____

Artistic Showcase

Basic Skills _____
Beginner _____
Pre-Preliminary _____
Preliminary _____

Interpretive

Basic Skills _____
Beginner _____
Pre-Preliminary _____
Preliminary _____

Total Fees

First Event			$35.00
Additional Events	_____	X $15.00	_____
Late Fee ($25.00)			_____
Total Enclosed			_____

The completed entry forms, with fees, must be postmarked no later than January 2, 2008. Please make checks payable to Ice Box Skating Club. Entry fees are not refundable after the entry deadline, unless the event is cancelled.

Mail to: Ice Box Skating Club
1421 South Walnut Street
South Bend, Indiana 46619

Certification of Competitor:
The Competitor is eligible to enter the events checked. It is agreed that the Competitor and family hold the Ice Box Skating Club and The Ice Box Skating Rink harmless from any and all liability either during practice or the competition or from any and all liability for damages to or loss of property.

Competitor's Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

Club Officer's Signature & Title: _____ Date: _____

ACCOMMODATIONS

Some hotels close to The Ice Box Skating Rink include:

TRADITIONAL HOTELS

Holiday Inn Downtown
213 W. Washington Street
South Bend, IN 46601
(574) 232-3941

2.13 miles from rink

Marriott South Bend
123 N. St. Joseph Street
South Bend, IN 46601
(574) 234-2000
(800) 328-7349

2.27 miles from rink

Inn at Saint Mary's
53993 SR 933
South Bend, IN 46637
(574) 232-4000
(800) 94ST-MARY

4.51 miles from rink

Comfort Suites South Bend
52939 SR 933 North
South Bend, IN 46637
(574) 272-1500

5.64 miles from rink

Hampton Inn and Suites
52709 SR 933
South Bend, IN 46637
(574) 277-9373

5.76 miles from rink

BED AND BREAKFASTS

The Oliver Inn Bed and Breakfast
630 W. Washington Street
South Bend, IN 46601
(574) 232-4545
www.oliverinn.com

1.82 miles from rink

Innisfree Bed and Breakfast
702 West Colfax
South Bend, IN 46601
(574) 283-0740
www.innisfreebnb.com

1.84 miles from rink

Queen Anne Inn
420 W. Washington Street
South Bend, IN 46601
(800) 582-2379
www.queenanneinn.net

1.97 miles from rink

Beginner Synchronized Skating

Overview: The beginner level will be offered at non-qualifying synchronized skating competitions and US Figure Skating Basic Skills competitions. The intent of the level is to provide a place for Basic Skills or Pre-Preliminary skaters to start. Teams competing in this level should be at approximately the Synchro 4 level from the Basic Skills Program, but not yet ready for Preliminary, Pre-Juvenile or Open Juvenile. In order to safely practice and compete at this level, it is recommended that skaters have passed or can easily perform elements through at least Basic 5.

Eligibility Rules: All skaters on the team must either be full US Figure Skating members or members of the US Figure Skating Basic Skills program. The team may choose to represent a US Figure Skating Club or their Basic Skills Program/Club. Members of other organizations are eligible to compete, but they must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club or their choice.

In order for the team to be eligible for this event, no skaters on the team may have passed higher than the Preliminary or Adult Bronze test in any discipline.

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 US Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

Required elements:

1. **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.
2. **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 of axis.
3. **Wheel**: A 4-spoke wheel with backwards skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2.
4. **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.
5. **Circle**: One 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.

Other notes:

- Changes of direction and hold, in addition to traveling, are not expected. The only features that should be included are step sequences. The steps in these sequences should only be turns and free skating moves from Basic 1-8 and Free Skate 1.

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.

BEGINNER SYNCHRONIZED SKATING/ENTRY FORM p. 1

Name of the team:		
Name of the club of program represented:		
Name of contact person:	E-mail address:	Phone #:
Mailing address:		
Name of instructor:	E-mail address:	Phone #:
Mailing address:		

Entry fee is $50.00 for the team, plus $5.00 for each skater.

Team Fee:		$50.00
Number of skaters	_____ X $5.00 each =	$ _____
Total Entry Fee:		$ _____

This completed form, in addition to the team roster on page 2, must be postmarked no later than January 2, 2008.

Checks should be made payable to Ice Box Skating Club.

Send entry form and payment to: Ice Box Skating Club
1421 S. Walnut Street
South Bend, IN 46619

BEGINNER SYNCHRONIZED SKATING/ENTRY FORM p. 2

Name of the team:
Name of the club of program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membership #	Age	Signature of skater/parent if under 18

Certification of team: The skaters on the roster are eligible to enter the Beginner Synchronized Skating level.

It is agreed that the competitors and family (by virtue of their signatures above) hold the Ice Box Skating Club and The Ice Box Skating Rink 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.

Coach's Signature: _____ Date: _____