



7th Annual Lake Effect Invitational

Hosted by the Lake Effect Figure Skating Club

May 10, 2008

Sanctioned by U.S. Figure Skating

The 7th Annual Lake Effect Invitational Skating Competition will be held at Georgetown Ice Arena located at 8500 48th Ave, Allendale Mi. **THIS IS A NEW LOCATION FOR THIS EVENT. This competition is part of the Michigan Basic Skills Series.**

RULES - The 7th Annual Lake Effect Invitational will be conducted in accordance with the rules of U.S. Figure Skating as set forth in the 2007 USFS Rulebook. Judging will be done on the 6.0 system.

ELIGIBILITY – The Competition is open to ALL skaters who are current eligible (ER.100) members of either the Basic Skills Program and /or are full members of US 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 the closing date of entries. All SNOWFLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official US Figure Skating tests may have been passed including MIF or individual dances.

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

AWARDS - Medals will be awarded for 1st, 2nd, 3rd and 4th places. Ribbons will be awarded for 5th through 9th places. Awards will be presented off ice at scheduled times during the competition.

ENTRIES & FEES - All entries must be postmarked no later than April 10, 2008. Late entries may be accepted at the discretion of the committee. **A \$25.00 fee will be charged for all late entries accepted.** Entry fees are per person, per event in US dollars. A \$25.00 service fee will be assessed for all returned/NSF checks. **Any changes requested after the deadline will be subject to a \$25.00 fee.**

ENTRY FEES

\$40.00 per competitor (first event)

\$20.00 per competitor/each additional event

No refunds will be given after the closing date unless the event is cancelled for lack of participation. **NO REFUNDS WILL BE GIVEN FOR ANY REASON.** Entry forms must be filled out completely and mailed along with a check (made payable to Lake Effect FSC) to:

LAKE EFFECT INVITATIONAL

C/O Nancy Adams
1385 Benning NW
Grand Rapids, MI 49504

Contact People: Nancy Adams
616-791-4437
KLAdams323@msn.com

Deb Schmalzel
616-453-7051
Schmalzel.darrel@sbcglobal.net

Be sure to enclose a self-addressed, stamped business size envelope with your entry form to receive your event schedule and practice ice information.

PRACTICE ICE - Practice ice will be available. All practice sessions will run 20 minutes at a charge of \$7.00 per session /per person. Practice ice will be sold on a first come, first serve basis. A complete practice ice schedule will accompany each competitor's confirmation and reservations can be mailed in with appropriate fees at that time. **No music will be played on practice ice.**

PRACTICE ICE WILL NOT BE SOLD OVER THE PHONE, BY E-MAIL, OR BY FAX.

EVENTS AND PRACTICE ICE SCHEDULES - A tentative schedule of competition events will be mailed to each competitor as soon as the referee provides it. All times are approximate. Please check with the registration desk for changes and exact times.

REGISTRATION - The official registration desk will open one hour prior to the first event of the day and remain open until the competition closes. **Competitors must check in at the registration desk at least one hour prior to their first event.**

OFFICIAL ARENA - All practice ice and competition events will take place at the Georgetown Ice Arena, 8500 48th Ave, Allendale Michigan. The single surface measures 85 feet by 200 feet. The facility has locker rooms, ample parking and a concession area. The arena phone number is 616-662-2800.

MUSIC - All music must be turned in at the registration desk at the time of registration. Music will be reproduced through the arena sound system on cassettes or CD's furnished by the competitor. **MUSIC MUST BE REWOUND AND MARKED CLEARLY WITH THE COMPETITOR'S NAME, EVENT, AND PLAY TIME ON THE SIDE TO BE PLAYED.** All competitors must have additional music available as back up during their event. Music left at the conclusion of the competition will not be returned.

VIDEOTAPING - Videotaping will be available through Ledin Photography. Tapes may be purchased or you may supply your own. No power is available for individual videotaping. Award pictures will be taken at designated times. Flash photography is **NOT** permitted, as it is a distraction and danger to the skaters.

OFFICIAL NOTICES - All official notices will be posted in the arena lobby. Skaters, coaches, and officials are responsible for checking the official bulletin board for pertinent information.

2008 Michigan Basic Skills Series Competitions

Mission Statement

To give our 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 many different clubs and arenas and earn points for a final standing.

A skater may participate in either Freeskating and/or Compulsory/Elements events in any of the Michigan Basic Skills Series Competitions to be eligible for accumulating points. Awards will be presented to skaters with the highest point totals. These awards will take place - on the ice - at the Midland Competition - November 8, 2008

Series Point System

The Freeskating events and the Compulsory/Elements events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. The system for scoring points for the final award will be as follows:

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 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, the total number of skaters that the competitor has skated against will be the tie breaker.

Medals will be awarded (1-3 Place) in each level as highlighted in each announcement. Beyond the Basics will NOT be counted in the Freeskate and Elements/Compulsory Program Series for this 2008 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events will Not be counted for this 2008 season.

Skaters will receive an additional bonus of 3 points for moving to a higher level. All points follow the skater throughout the year.

Please Note: The USFS Michigan Basic Skills Series is sponsored equally by all the participating ice rinks and/or USFS member clubs. Competition announcements and packages will be available at all participating ice rinks and/or via the club or rink websites as well as www.sk8stuff.com. Each competition will have its own entry forms and specific rules - so please make sure to read the entire announcement for each competition.

2nd Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event #1 – Lansing Basic Skills Competition March 15, 2008 Deadline for Entries – February 15, 2008 Suburban Ice – East Lansing 6544 Aurelius Road Lansing MI 48911 Contact: John Martin Phone: 517-694-6362; Work/Cell: 517-202-4424 moneyfirst@comcast.net</p>	<p>Event #2 – Arctic Basic Skills Competition March 30, 2008 Deadline for Entries – February 28, 2008 Arctic Edge Ice Arena 46615 Michigan Avenue Canton MI 48188 Contact: Magan Flynn Phone: 248-924-3035 maganflynn@comcast.net</p>	<p>Event #3 – Onyx-Suburban Basic Skill: Challenge - April 5, 2008 Deadline for Entries – March 5, 2008 Onyx Rochester Ice Arena 52999 Dequindre Road Rochester MI 48307 Contact: Helene Wolfe Phone: 248-613-0918; Work 586-992-8666; Cell 248-613-0918 HHwolf@comcast.net</p>
<p>Event #4 – Mountain Town Classic April 19, 2008 Deadline for Entries – March 1, 2008 The I.C.E. Arena 5165 East Remus Road Mt. Pleasant MI 48858 Contact: Ginni Phillips Phone: 989-773-6188; Work 989-775-9148 gphillips@delfield.com</p>	<p>Event #5 – Skate the Zoo April 26, 2008 Deadline for Entries – March 22, 2008 Twin Star Ice Arena 5076 Sports Drive Kalamazoo MI 49009 Contact: Amy Bauer Phone: 269-598-9184 Sk8amy@aol.com</p>	<p>Event #6 – Lake Effect Basic Skills Comp May 10, 2008 Deadline for Entries – April 10, 2008 Georgetown Ice Arena 8500 48th Ave Allendale MI 49401 Contact: Nancy Adams Phone: 616-791-4437; Cell 616-322-1515 Kladams323@msn.com</p>
<p>Event #7–Jackson Optimist Basic Skills Competition June 1, 2008 Deadline for Entries – April 30, 2008 Contact: Kayleah Crosby Phone: 517-581-0014 K_crosby0428@yahoo.com</p>	<p>Event #8–Ann Arbor Skills & Showcase Competition June 14, 2008 Deadline for Entries – May 14, 2008 Contact: Jim Achtenberg Phone: 734-428-7992; Work 734-936-2462; Cell 734-645-8356 jacht@umich.edu</p>	<p>Event #9 – Summer Sizzle June 21, 2008 Deadline for Entries: May 21, 2008 Farmington Hills Ice Arena 35500 Eight Mile Road Farmington Hills MI 48335 Contact: Nora Helwig Phone: 248-442-1446; Work 248-641-4117; Cell 248-763-2653 nhelwig@wsbcglobal.net</p>
<p>Event #10–Summer Chill Basic Skills Comp July 19, 2009 Deadline for Entries: June 20, 2008 Novi Ice Arena 42400 Arena Drive Novi MI 48375 Contact: Suzy Malloure Phone: 248-661-1640; Cell 248-931-1222 Malkidsx4@aol.com or scnskate@aol.com</p>	<p>Event #11 – Skate the Rapids August 2, 2008 Deadline for Entries – July 7, 2008 FSU Ewingleben Ice Arena 210 Sports Drive Big Rapids, MI 49307 Contact: Shane Frye Phone: 231-629-8117; Work 231-796-6070; Cell 231-349-4941 S1frye@charter.net</p>	<p>Event #12 – SW MI Basic Skills Competition August 16, 2008 Deadline for Entries – July 19, 2008 Wing Stadium Complex 3600 Vanrick Drive Kalamazoo MI 49001 Contact: Kelli Forden Phone: 269-372-2168 jkforden@att.net</p>
<p>Event #13–Tuxedo Invitational Basic Skills Comp - Sept 20, 2008 Deadline for Entries: August 16, 2008 Bowling Green State University Ice Arena 417 N. Mercer Road Bowling Green OH 43403 Contact: Pat Rabb Phone: 419-354-4730 Rabb1960@metalink.net</p>	<p>Event #14 – Ice Mountain Basic Skills Comp. – Sept 27, 2008 Deadline for Entries: August 27, 2008 Ice Mountain Arena Complex 5371 Avalanche Drive Burton MI 48509 Contact: Jacklinn Bryan Cell: 800-513-1283; Work 810-744-0800 IMFSC@sbcglobal.net</p>	<p>Event #15 – Dearborn Basic Skills Comp – October 13, 2008 Deadline for Entries: September 13, 2008 Dearborn Ice Skating Center 14900 Ford Road Dearborn, Michigan 48126 Contact: Shannon Iatzko Phone: 313-563-5381 sriatzko@sbcglobal.net</p>

Event #16 – Skate Midland
November 8, 2008
Deadline for Entries: October 1, 2008
Midland Civic Arena

SERIES AWARDS CEREMONY

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- Each skater will perform one element at a time in the order listed below
- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed.** Each skater will perform each element only when directed by a judge or referee. Skaters are allowed one retry per element. If skater wants to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element.

<u>Snowplow Sam - Tots:</u> <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. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<u>Basic 5:</u> <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 - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<u>Basic 1</u> <ol style="list-style-type: none"> 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 	<u>Basic 6:</u> <ol style="list-style-type: none"> 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
<u>Basic 2</u> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<u>Basic 7:</u> <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
<u>Basic 3</u> <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 	<u>Basic 8:</u> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - 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
<u>Basic 4</u> <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 three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	

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 full ice
- Vocal music is allowed
- The skater may use elements from a previous level.
- Deductions will be made if elements from a higher level are performed
- Time: 1:00 +/- 10 seconds

<u>Snowplow Sam - Tots:</u> <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 	<u>Basic 5:</u> <ol style="list-style-type: none"> 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
<u>Basic 1</u> <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 	<u>Basic 6:</u> <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
<u>Basic 2</u> <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 	<u>Basic 7:</u> <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
<u>Basic 3</u> <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 in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<u>Basic 8:</u> <ol style="list-style-type: none"> 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
<u>Basic 4</u> <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 three turn - R & L 4. Backward stroking 5. Backward snowplow stop - R or L 	

"TWO TRACK" - Compulsory Events

Suggested Compulsory Event/Test Track and Well Balanced Levels

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- 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 may have the option to skate one level higher in compulsories than their free skate program*

Two Track – Compulsory Events – Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit <u>or</u> 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

Two Track – Compulsory Events – NOT Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit <u>or</u> 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	<ol style="list-style-type: none"> 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

"TWO TRACK" - Freeskating Events

The Test Track and the Well-Balanced Free Skate events can be included in approved Basic Skills Competitions. If levels beyond Preliminary and Adult Bronze are included, a sanction must be filed.

NOTE: Skaters may enter EITHER the new test track or the well-balanced free skate track but **NOT** both. Competitors will skate to music of their choice. Deductions WILL be made for skaters including technical elements not permitted in the event description.

Test Track Freeskating Events - Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	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	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

Two Track – Freeskating Events

NOT Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary Test	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

"TWO TRACK - Well Balanced Freeskating Events"

(U.S. Figure Skating rulebook requirements)

Well-balanced [Competitive] Freeskating Events - Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
No Test Free skate	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10

Well-balanced [Competitive] – Freeskating Events

NOT Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-preliminary Free skate	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one must be an axel or waltz jump type plus up to two different double jumps as individual jumps, jump sequences or jump combinations are allowed Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

SPINS EVENTS

Skaters may compete one level higher than their test level. Skaters will create a compulsory spin program according to the requirements for their level. All levels will be skated on *V** ice surface with no music. Spins must be skated exactly as stated, but may be skated in any order.

PRE-PRELIMINARY Time: 1 minute 30 seconds or less

- One foot spin (minimum 3 revolutions)
- Sit spin (minimum 3 revolutions)
- Back Spin (minimum 3 revolutions)
- Footwork sequence of any pattern
- Spiral, spread eagle or Bauer

PRELIMINARY..... Time: 1 minute 30 seconds or less

- Back Spin (minimum 4 revolutions)
- Camel Spin (minimum 4 revolutions)
- Sit spin (minimum 4 revolutions)
- Footwork Sequence of any pattern
- Spiral, spread eagle or Bauer

ADULT EVENTS

Adult Pre-Bronze

Compulsory Moves Time 1:00 max

Waltz jump
Salchowjump
Half flip or half lutz jump
Upright scratch spin (min 3 rev)
Forward Spiral

Adult Bronze

Compulsory Moves Time 1:00 max

Flip jump
Combination jump consisting of any 2 single jumps
Split jump
Sit spin (min 3 rev)
Forward outside spiral

Adult Pre-Bronze

Freestyle - Must have passed no higher than the Adult Pre-Bronze Freestyle test Time 1:40 max

Adult Bronze

Freestyle - Must have passed no higher than the Adult Bronze Freestyle test Time 1:40 max

**2008 Lake Effect Invitational
ENTRY FORM**

Name of Skater: _____ Age: _____ Birth Date: _____

Male: ___ Female: ___ USFS#: _____ Basic Badge Level: _____ Home Club: _____

Address: _____ City: _____ State: _____ Zip: _____

Coach: _____ Phone: _____ E-Mail: _____

Name of Parent/Guardian: _____ Home Phone: _____ E-Mail: _____

Highest test passed: Freestyle: _____ Moves: _____

Basic Elements*

____ Snowplow Sam*
____ Basic 1*
____ Basic 2*
____ Basic 3*
____ Basic 4*
____ Basic 5*
____ Basic 6*
____ Basic 7*
____ Basic 8*

Well Balanced Freestyle Program

____ No Test*
____ Pre-Preliminary
____ Preliminary

Spins

____ Pre-Preliminary
____ Preliminary

Test Track Freeskate Program

____ Limited Beginner*
____ Beginner*
____ Pre-Preliminary
____ Preliminary

Adult

____ Compulsory Pre-Bronze
____ Compulsory Bronze
____ Pre-Bronze Freeskate
____ Bronze Freeskate

Basic Program*

____ Snowplow Sam*
____ Basic 1*
____ Basic 2*
____ Basic 3*
____ Basic 4*
____ Basic 5*
____ Basic 6*
____ Basic 7*
____ Basic 8*

Compulsories

____ Limited Beginner*
____ Beginner*
____ No Test*
____ Pre-Preliminary
____ Preliminary

ENTRY FEES

\$40.00 First event
\$20.00 each additional event

Lake Effect Invitational
Mail entry to: Nancy Adams
1385 Benning NW
Grand Rapids, MI 49504

* Events that are eligible for Michigan Basic Skills Series Points

CERTIFICATION OF CLUB OFFICER

I certify that _____ (skater) is in good standing of USFS Club indicated and that the test level indicated is true and correct.

SIGNATURE OF CLUB OFFICER _____

TITLE _____ DATE _____

CLUB _____

WAIVER OF CLAIMS FOR INJURY

I fully release, discharge, and covenant not to sue U.S. Figure Skating, its Member Clubs, their Respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any U.S. Figure Skating sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses, or damages, arising out of gross negligence of, or intentional, willful or wanton misconduct of Releases. If I, or anyone on my and/or minor child's behalf, makes a claim which does not arise from the gross negligence of, or intentional, willful or wanton misconduct of Releases against any of the Releases, I will indemnify, defend, save, and hold harmless each of the Releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Signature of Parent/guardian or competitor if over 18

_____ DATE _____

ENTRIES MUST BE POSTMARKED BY April 10, 2008

**MAIL FORM & FEES TO: LAKE EFFECT INVITATIONAL
C/O NANCY ADAMS
1385 BENNING NW
GRAND RAPIDS, MI 49504**

**YOU MUST INCLUDE A SELF ADDRESSED STAMPED ENVELOPE IF YOU WISH TO RECEIVE
A COPY OF THE SCHEDULE AND PRACTICE ICE FORMS.**

OTHER INFORMATION

******Please note this is a new location for this event******

The Georgetown Ice Arena is located at Grand Valley State University just west of Grand Rapids.

HOTEL INFORMATION: YOU WILL NEED TO CALL FOR RATES

BAYMONT INN 2151 HOLTON CT NW WALKER MI 616-735-9595

HAMPTON INN 500 CENTER DR NW, WALKER MI 616-647-1000

HOLIDAY INN EXPRESS 358 RIVER RIDGE DR NW, WALKER MI 616-647-4100

SPRINGHILL SUITES 450 CENTER DR NW, WALKER MI 616-785-1600

SLEEP INN 4869 BECKER DR NW, ALLENDALE MI 616-892-8000

THIS HOTEL IS 5 MIN FROM ARENA