



2008 MLK Day Competition



The Lincoln Center Figure Skating Club invites you to participate in the fifth annual MLK Day Competition on January 21, 2008 at the Hamilton Center Ice Arena. The rink is located at 2501 Lincoln Park Drive, Columbus, Indiana, 47201.

Eligibility: Skaters may compete in events qualified by their U.S.F.S.A. Basic Skills test level or their ISI test level as of December 15, 2007 or one level higher. Skaters may compete in only one level of basic skills. Males and females may be placed in the same group when necessary.

Entries & Fees: All entries must be postmarked by **December 15, 2007**. No refunds will be made unless the event is cancelled due to lack of entries. Entry fees are
\$45.00 for first event (Limited Beginner and higher)
\$30.00 for Basic Skills event
\$15.00 for each additional event

Late entries will be accepted at the discretion of the competition committee with a \$15.00 late fee. Returned checks will have a \$20.00 fee. Please include a **self addressed stamped envelope** or your **email** address in order to receive a copy of the competition schedule and any practice ice information.

Make checks payable to **Lincoln Center F.S.C.** and mail to: Jenni Cashen
1187 Emerald Lakes Drive, #206
Greenwood, IN 46143

Questions can be directed to Jenni Cashen at (812) 343-2376 (Daytime) or (317) 887-9401 (Evening) or by email at jcashen@earthlink.net. Schedules will be posted on our website at www.lincolncenterfsc.org.

Facilities: The competition will be held at Hamilton Center Ice Arena. The ice surface is 85' x 200' with slightly rounded corners. A snack bar, skate shop, and dressing rooms will be made available during the competition. There will be a registration desk located in the lobby where skaters should check in 45 minutes before their event.

Music: The Lincoln Center F.S.C. will provide music for Tiny Tots through Basic 8. Coaches who are coming should contact Jenni Cashen to receive music by December 15th in order for the CD's to be mailed to your rink. **This is new music for the 2008 year!** Skaters must provide their own music for Limited Beginner through Preliminary Freestyle, Adult Freestyle, Synchronized, and Showcase. **Only music CDs (with the Dolby Digital logo printed on the CD) will be accepted** and should be clearly marked with the skater's name and event using a marker. Do not put labels on the CDs. Each disc must have only ONE track on it. Any disc with more than one track will NOT be accepted. No tapes will be accepted.

Awards: All skaters will receive an award immediately following their event. Please leave your skates and costumes on for the photographs. Photos will be available for purchase, but we will not have a video tape service available for the event. A team trophy will be awarded to the club/rink who earns the most combined points for all events excluding the host club.

Practice Ice: Practice ice will be available for purchase before the competition for \$5.00 per session. Please complete the enclosed form and mail it in with your entry application. Practice ice can be purchased at the competition if there is any room on the sessions for \$7.00 per session.

Accommodations: The Sleep Inn is the official hotel for the Lincoln Center FSC and is holding rooms for the MLK Competition at a rate of \$69.95 for standard rooms (2 queen beds). All rooms have internet access, microwaves, refrigerators, coffee makers, hair dryers, irons, & ironing boards. It also has an indoor pool with sauna and fitness center. Upscale continental breakfast is included. To receive this rate, you must call this hotel directly (not the national hotline or internet) and mention the MLK Day Competition and/or Lincoln Center Skate Club.

**Sleep Inn & Suites Lakeside, 2335 Jonathan Moore Pike, Columbus, IN 47201
(812) 372-7200**

2008 MLK Day Competition Entry Form

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Club/Rink: _____ Birth Date: _____

USFSA Number _____ Sex: _____

Coach's Name: _____ Coach's Phone: _____

Coach's Signature: _____ Coach's email: _____

Waiver of Claims for Injury: The competitor and competitor's family hereby waive all claims for injury arising from or during this competition, practice time, or any other time spent at the Hamilton Center Ice Arena. Hamilton Center, Columbus Parks and Recreation, and the Lincoln Center Figure Skating Club are held harmless from any and all damages due to injury and/or loss of property.

Signature of Parent or Guardian

Please check events entered:

Tiny Tot _____	Pre Preliminary MIF _____
Basic 1 _____	Preliminary MIF _____
Basic 2 _____	
Basic 3 _____	Dance I _____
Basic 4 _____	Dance II _____
Basic 5 _____	
Basic 6 _____	Showcase I _____
Basic 7 _____	Showcase II _____
Basic 8 _____	Showcase III _____
	Adult Showcase _____

Limited Beginner Free Skate _____
 Beginner Free Skate _____
 No Test Free Skate _____
 Pre-Preliminary Test Track Free Skate _____
 Pre-Preliminary Free Skate _____
 Preliminary Test Track Free Skate _____
 Preliminary Free Skate _____
 Adult Pre Bronze Free Skate _____
 Adult Bronze Free Skate _____

Low Beginner Compulsory Moves _____
 High Beginner Compulsory Moves _____
 Pre Preliminary Compulsory Moves _____
 Preliminary Compulsory Moves _____
 Adult Pre Bronze Compulsory Moves _____
 Adult Bronze Compulsory Moves _____

Practice Ice sessions will be 20 minutes in length and can be reserved in advance for a fee of \$5.00. If available, practice ice will be available for purchase the day of the competition for \$7.00.

Number of practice ice sessions requested: _____

Fees

Basic Skills Event (\$30)	\$ _____
First Event (Limited Beginner & higher, \$45)	\$ _____
Additional Events (\$15 each)	\$ _____
Practice Ice Sessions (\$5 each)	\$ _____
 Total Fees	 \$ _____

Make Checks Payable to: Lincoln Center FSC

Mail Completed Entry Form to: Jenni Cashen
MLK Competition
1187 Emerald Lakes Drive, #206
Greenwood, IN 46143

Any questions, contact Jenni at jcashen@earthlink.net or (812) 343-2376. Schedules and additional information will be available at www.lincolncenterfsc.org.

Program Advertisement

Both advertising and good luck ads are available for purchase in the competition program. Ads must be emailed to Jenni Cashen by December 31, 2007 for inclusion in the program at jcashen@earthlink.net.

Business Card	\$15	_____
Half Page (5 ½ x 4)	\$25	_____
Full Page (5 ½ x 8)	\$40	_____

Good Luck ads may be purchased for \$5 and must be 15 words or less. Please print below your copy for this ad:

Checks can be made out to Lincoln Center FSC and included with other fees.

BASIC SKILLS EVENTS

All Basic Skills events will be skated on half ice and will be skated to the music provided by the Lincoln Center F.S.C. It is the same music that will be used for the 2008 competitions. Extra elements are not allowed in programs and will result in deductions. Specified elements may be repeated within the program.

Tiny Tots: (Skaters who are five years old or younger and who have not passed Basic 1 or Pre Alpha)

1. March Forward followed by a two foot glide & 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: (Skaters who are working on or have passed Basic 1 or Pre Alpha only)

1. Forward two foot glide
2. Forward two foot swizzles 6-8 in a row
3. Snow plow stop
4. Backward Wiggles 6-8 in a row

Basic 2: (Skaters who are working on or have passed Basic 2 or Pre Alpha only)

1. Forward one-foot glide, either foot
2. Forward alternating ½ swizzle pumps in a straight line- across the width of 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: (Skaters who are working on or have passed Basic 3 or Alpha only)

1. Forward stroking
2. Forward 1/2 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, right or left foot
5. Two foot spin

Basic 4: (Skaters who are working on or have passed Basic 4 or Beta only)

1. Forward outside edge on a circle, clockwise or counter clockwise
1. Forward crossovers, 6-8 consecutive both directions
2. Forward outside three turns, right and left
3. Backward stroking
4. Backward snowplow stop, Right or left

Basic 5: (Skaters who are working on or have passed Basic 5 or Beta only)

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

Basic 6: (Skaters who are working on or have passed Basic 6 or Gamma only)

1. Forward inside three turn, right and left foot from a standstill
2. Bunny Hop
3. Forward spiral on a straight line, left or right foot
4. Lunge- right or left
5. T-stop, left or right foot

Basic 7: (Skaters who are working on or have passed Basic 7 or Gamma only)

1. Forward inside open Mohawk, right and left foot
2. Ballet jump, either direction
3. Backward crossovers to a backward outside edge landing position, both directions
4. Forward inside pivot

Basic 8: (Skaters who are working on or have passed Basic 8 or Delta only)

1. Moving forward inside or outside three turns on a circle, right and left foot
2. Waltz jump
3. Mazurka- either direction
4. Combination move: Two forward crossovers into forward inside Mohawk, cross behind, step into backward crossover and step to forward inside edge, repeat (either direction)
5. Beginning one foot spin (optional free foot position)

Moves in the Field Events

Pre-Preliminary Moves in the Field: (Skaters who have not passed the USFSA Pre-Preliminary MIF Test)

1. Forward inside edges
2. Backward outside edges
3. Waltz Eight

Preliminary Moves in the Field: (Skaters who have not passed the USFSA Preliminary MIF Test)

1. Power 3 turns
2. Backward crossovers to alternating backward outside edges.

Solo Dance Events

Dance I: (Open to skaters who have not passed all of the USFSA Preliminary Dances)

1. Dutch Waltz (2 patterns)
2. Canasta Tango (2 patterns)

Dance II: (Open to skaters who have not passed all of the USFSA Pre Bronze Dances)

1. Cha Cha (2 patterns)
2. Fiesta Tango (2 patterns)

Compulsory Moves Events

All compulsory moves events will be skated with no music on half of the ice surface. Minimal connecting steps are allowed. Moves may be skated in any order and no additional elements are permitted. Elements may not be repeated.

Low Beginner Compulsory Moves: (1 Minute or less)

1. Back Crossovers, 5 each direction
2. Half Flip
3. Straight Line Spiral
4. One Foot spin

High Beginner Compulsory Moves: (1 minute or less)

1. Waltz jump/toe loop combination
2. Salchow
3. Forward outside spiral
4. Scratch Spin

Pre Preliminary Compulsory Moves: (1 minute or less)

1. Forward inside spiral
2. Flip
3. Jump combination consisting of two single jumps, NO AXELS
4. Sit spin

Preliminary Compulsory Moves: (1:15 or less)

1. Lutz Jump
2. Jump combination consisting of two single jumps, may include axels
3. Camel spin
4. Circular footwork sequence

Free Skating Events

Skaters may enter their current test level or one level higher. All program lengths should be with 10 seconds over or under the prescribed time limit. These levels include the new “test track” events as well as the “well-balanced competitive track.”

Limited Beginner Free Skate (Music Length is 1:30): Open to skaters who have not passed any US Figure Skating MIF or Free Skating Tests (this level is for skaters in the Basic Free Skate 1 and 2 level). Skaters may perform solo spins in an upright position (min. 3 revolutions) and jumps with only half rotations. No combination jumps or jumps sequences. Connecting moves and steps should be demonstrated throughout the program.

Beginner Free Skate: (Music Length is 1:30) Open to skaters who have not passed any US Figure Skating MIF or Free Skating Tests (this level is for skaters in the Basic Free Skate 3 and 4 level). Skaters may perform solo spins in an upright position (min. 3 revolutions) and half revolution jumps, salchow and toe loop only No combination jumps or jumps sequences. Connecting moves and steps should be demonstrated throughout the program.

No Test Free Skate: (Music length is 1:30) Open to all skaters who have passed *not* passed the U.S. Figure Skating Pre-Preliminary freestyle test. Skaters may perform a maximum of five jump elements (up to 3 combinations or sequences), but *no* axels or double jumps. Programs should include a maximum of two spins (min. 3 revolutions) and one step sequence utilizing one-half the ice surface. (Rule 3721)

Pre-Preliminary Test Track Free Skate: (Music length is 1:30) May have passed Pre-Preliminary FS test and no higher. At least 2 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.

Pre-Preliminary Free Skate: (Music length is 1:30) May have passed Pre-Preliminary FS test and no higher. Programs should include a maximum of five jump elements which may include axels (up to 3 combinations or sequences- no double jumps). Programs should include a maximum of two spins (min. 3 revolutions) and one step sequence utilizing one-half the ice surface. (Rule 3711).

Preliminary Test Track Free Skate: (Music length is 1:30) May have passed Preliminary FS test and no higher. Program shall include at least two spins of a different nature, combination spins allowed (min. 3 revolutions and no flying spins), jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed with a maximum of 5 jumps elements. Connecting moves and steps should be demonstrated throughout the program.

Preliminary Free Skate: (Music length is 1:30) May have passed Preliminary FS test and no higher. Programs should include a maximum of five jump elements one of which must be an axel/waltz jump type jump. Up to 2 different double jumps may be repeated and a maximum of 3 jump combinations or sequences may be performed. Programs should include a maximum of two spins (min. 3 revolutions) and one step sequence utilizing one-half the ice surface. (Rule 3701).

Showcase Events

Skated to music of the skater’s choice (vocal music is permitted) on the whole ice surface. Programs should stress creativity, musical interpretation, and overall artistic performance. Hand held props are allowed.

Showcase I: (Music length is 1:30): Open to Basic Skills, Limited Beginner, and Beginner Skaters. Skaters may do half jumps, including toe loops and salchows.

Showcase II: (Music length is 1:30): Open to No-Test through Pre-Preliminary skaters. Skaters may do single jumps only (NO AXELS).

Showcase III: (Music length is 1:30): Open to Pre-Preliminary & Preliminary skaters. Skaters may do single jumps including axels only. No double jumps allowed.

Adult Events

Adult Pre Bronze Compulsory Moves: (1:00 or less)

1. Forward crossovers, 5 each direction
2. Forward spiral, straight line or outside edge
3. Waltz jump
4. One foot spin

Adult Bronze Compulsory Moves: (1:00 or less)

1. Salchow
2. Waltz jump/toe loop combination
3. Back spin
4. Forward edge spiral

Adult Pre Bronze Free Skate: (Music length is 1:30) Open to all skaters who have not passed the USFSA Bronze Free Skate test. A program will be skated to music of the skater's choice on the whole ice surface and may include any half revolution jumps including toe loops and salchow's

Adult Bronze Free Skate: (Music length is 1:30) Open to skaters who have not passed the USFSA Silver Free Skate Test. A program will be skated to music of the skater's choice on the whole ice surface and may include any single jumps, but NO AXELS.

Adult Showcase: (Music length is 2:00) This level is open to adults only. Single jumps only (no axels).

Directions to Hamilton Center Ice Arena

FROM I-65 at US HWY 31 (exit 76)

Follow US Hwy 31 South into Columbus. Continue on US 31 to the intersection at 25th Street. Turn right (west) onto 25th Street. Follow 25th Street to Hamilton Center Ice Arena, which is on the left. FairOaks Mall will be on the right.

FROM I-65 at STATE ROAD 46 (exit 68)

Follow SR 46 East into Columbus. Cross the red 2nd Street bridge using the center lane. At the stoplight, merge onto 2nd Street. Proceed one block to the stoplight at Washington Street and turn left (north). Follow Washington Street to 25th Street, then turn right (east) onto 25th Street. Follow 25th Street to Hamilton Center Ice Arena, which is on the right. FairOaks Mall will be on the left.