Hosted by the Midland Figure Skating Club

February 16, 2008

Midland Civic Arena 405 Fast Ice Drive Midland, Michigan 48642

The Midland Figure Skating Club will host the 33rd annual Tri-State Synchronized Team Skating Championships at the Midland Civic Arena in Midland, Michigan on Saturday February 16, 2008. The competition will take place on the 100' x 200' Olympic rink in this new three-sheet facility.

#### **APPLICATIONS**

All applications must be **postmarked no later than December 16, 2007**. Each team must submit a typed list of all team members' and alternates' names, birth dates, and U.S. Figure Skating numbers. Use the enclosed team roster form. Mail completed applications to:

Carrie Schaller 4401 Moorland Drive Midland, Michigan 48640

#### **FEES**

The entry fee for each event is \$85 per team plus \$20 per competitor, including alternates. The entry fee for beginner is \$50 per team plus \$5 per skater. All fees are due when applications are submitted and must be payable in U.S. dollars only. There will be no refunds under any circumstances. Please make checks payable to: Midland Figure Skating Club

#### **GENERAL RULES**

The Tri-State Synchronized Skating Competition is sanctioned by U.S. Figure Skating and will be conducted under the rules set forth in the 2007-2008 edition of the U.S. Figure Skating Rulebook and this announcement. Particular note should be taken of these sections:

- Rule 3080: Eligibility to compete
- Rule 1450: Events to be skated
- Rules 4660-4791: Requirements for each level
- Rule 3530: Duration and Warm-up Periods of Synchronized Team Skating

#### **LIABILITY**

U.S. Figure Skating, Midland Figure Skating Club, and Midland Civic Arena accept no responsibility for injury or damage sustained by any participant in these championships. This is in accordance with Rule 3222 of the 2006 edition of the official U.S. Figure Skating Rulebook.

#### **JUDGING SYSTEM**

The ISU judging system (IJS) will be used for collegiate, adult, juvenile, intermediate, novice, junior and senior events. For all other events, the 6.0 system will be used. However, testing of the ISU judging system may be performed for some of these levels.

All teams competing in a level judged under the IJS will be required to complete a planned program content sheet. Blank sheets are found in this announcement. Each team's Planned Program Content sheet must be turned in with the team's music at registration, or team coaches / contact people can complete it via their Member's Only profile at <a href="https://www.usfsaonline.org">www.usfsaonline.org</a>

#### **SECTION 1: BASIC SKILLS / BEGINNER EVENTS**



For all events: No skaters may have passed higher than the preliminary test in any discipline, and the majority of the team must be "no test."

#### A. Basic Skills Beginner 1

A team of 8 to 16 skaters. The <u>majority</u> of the team must be under 9 on the preceding July 1.

Program duration: 1 ½ - 2minutes +/- 10 sec.

#### Required elements:

- a. Circle: 1 circle, include a 2-foot turn and a forward inside and/or forward outside edge glide
- b. Line: Cover the ice and include only forward skating skills.
- c. **Block**: Cover the ice and include only one configuration.
- d. Wheel: A 4-spoke wheel with backward pumps.
- e. **Intersection**: 2 lines facing each other, forward 2-foot glide at the point of intersection.

#### **RESTICTIONS**:

- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand.
- No changes or direction and traveling within elements.
- No steps or moves in Basic 6 or higher.

#### B. Basic Skills Beginner 2

A team of 8 to 16 skaters. The majority of the team must be

9 – 11 years old on the preceeding July 1.

Program duration: 1 ½ - 2minutes +/- 10 sec.

#### Required elements:

- a. Circle: 1 circle, include the combination move\* from Basic 8
- b. **Line**: Cover the ice may include both forward and backward skating skills.
- c. **Block**: Cover the ice and include 1 or 2 configurations.
- d. Wheel: Wheel of choice with backward pumps.
- e. **Intersection**: 2 lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.

#### **RESTRICIONS**:

- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand
- No changes or direction and traveling within elements.
- No steps or moves in Free Skate 2 or higher.

#### C. Basic Skills Beginner 3

A team of 8 to 16 skaters. The <u>majority</u> of the team must be at least 12 years old on the preceding July 1 Program duration: 2–2 ½ minutes +/- 10 sec.

Required elements:

- a. Circle: 1 circle, include the combination move\* from Basic 8
- Line: Cover the ice must include both forward and backward skating skills.
- c. **Block**: Cover the ice and include 2 or 3 configurations.
- d. Wheel: Wheel of choice.
- e. Intersection: 2 lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.

#### RESTRICTIONS:

- No changes of direction and traveling within elements.

These levels are part of the U.S. Figure Skating Basic Skills program. Basic Skills competition guidelines will be used. There will be no more than 6 teams in each group, and judges must only be members of U.S.

<sup>\*</sup> The combination move is element C in Basic 8: Two forward crossovers into a forward inside mohawk, step down or cross behind, step into a backward crossover, step forward onto a forward inside edge glide. It does not need to be repeated, and does not need to be done in both directions.

Figure Skating at least 16 years old. If there are not enough entries, Beginner 1 and Beginner 2 can be combined, at the discretion of the chief referee.

### Synchronized Skating

#### SECTION 2: U.S. FIGURE SKATING STANDARD COMPETITIVE EVENTS

A. Preliminary: A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team

must be under 10 on the preceding July 1.

Program duration: 2 minutes. Well balanced program: Rule 4710

**C. Pre-Juvenile:** A team of 8 to 12 skaters. The majority of the team must be under 12 on

the preceding July 1.

Program duration: 2 minutes. Well balanced program: Rule 4760

**D. Open Juvenile:** A team of 8 to 12 skaters. The majority of the team must be under 19 on

the preceding July 1. All skaters must have passed the pre-preliminary

moves in the field test.

Program duration: 2 ½ minutes. Well balanced program: Rule 4770

E. Open Junior: A team of 12 to 20 skaters. Skaters must be at least 12 and the majority

must be under 19 on the preceding July 1. All skaters must have passed

the preliminary moves in the field test.

Program duration: 4 minutes. Well balanced program: Rule 4750

E. Juvenile: A team of 12 to 20 skaters. Skaters must be under 13 on the preceding

July 1 and have passed the preliminary moves in the field test.

Program duration: 3 minutes.

Well balanced program: Rule 4700

F. Intermediate: A team of 12 to 20 skaters. Skaters must be under 18 on the preceding

July 1 and have passed the pre-juvenile moves in the field test.

Program duration: 3 ½ minutes.
Well balanced program: Rule 4690

G. Novice: A team of 12 to 20 skaters. Skaters must be under 16 on the preceding

July 1 and have passed the juvenile moves in the field test.

Program duration: 3 ½ minutes. Well balanced program: Rule 4680

**H. Junior:** A team of 12 to 16 skaters. Skaters must be at least 12 and under 19 on

the preceding July 1. All skaters must have passed the intermediate

moves in the field test.

Short program duration: Maximum 2 minutes, 50 seconds

Free skate duration: 4 minutes

Well balanced program and short program: Rule 4670

I. Senior: A team of 16 skaters. Skaters must be at least 14 on the preceding July

1 and have passed the novice moves in the field test. Short program duration: Maximum 2 minutes, 50 seconds

Free skate duration: 4 ½ minutes.

Well balanced program and short program: Rule 4660

J. Open Collegiate A team of 8 to 16 skaters. Skaters must be enrolled in a college

or university as a part-time or full-time student.

Program duration: 3 minutes.

Well balanced program: Rule 4790

**K. Collegiate:** A team of 12 to 20 skaters. Skaters must be enrolled in a college or

university as a full-time student and have passed the juvenile moves in

the field test.

Program duration: 4 ½ minutes. Well balanced program: Rule 4720

L. Open Adult: A team of 8 to 12 skaters. The majority of skaters must be 19 years or

older on the preceding July 1.

Program duration: 2 ½ minutes.

Well balanced program: Rule 4780

M. Masters: A team of 12 to 20 skaters. Skaters must be at least 25, and the majority

of the team must be at least 35 on the preceding July 1.

Program duration: 3 minutes. Well balanced program: Rule 4740

N. Adult: A team of 12 to 20 skaters. Skaters must be at least 21 and the majority

of the team must be at least 25 on the preceding July 1. All skaters must have passed either the preliminary moves in the field test, the adult bronze moves in the field test, the preliminary figure test or the

preliminary dance test.

Program duration: 3 ½ minutes Well balanced program: Rule 4730

Moves in the field test requirements must be met by the entry deadline of December 16, 2007

**Crossover Rules:** The chart below illustrates where crossover skaters are allowed. The shaded areas indicate no crossovers are allowed. An "X" indicates crossovers are allowed between the two levels, providing all requirements are met as defined Rules 4660 – 4791.

|                                |             |               |               |          |              | l Allo | wed t       | o Cro  | ssove  | er To           |            |            |         |       |
|--------------------------------|-------------|---------------|---------------|----------|--------------|--------|-------------|--------|--------|-----------------|------------|------------|---------|-------|
| Level Athlete is<br>Skating In | Preliminary | Pre -Juvenile | Open Juvenile | Juvenile | Intermediate | Novice | Open Junion | Junion | Senior | Open Collegiate | Collegiate | Open Adult | Masters | Adult |
| Preliminary                    |             |               |               |          |              |        |             |        |        |                 |            |            |         |       |
| Pre - Juvenile                 |             |               |               |          |              |        |             |        |        |                 |            |            |         |       |
| Open Juvenile                  |             |               |               |          |              |        |             |        |        |                 |            |            |         |       |
| Juvenile                       |             |               |               |          |              | Х      |             |        |        |                 |            |            |         |       |
| Intermediate                   |             |               |               |          |              |        |             |        |        |                 |            |            |         |       |
| Novice                         |             |               |               | Χ        |              |        |             | Х      | Χ      |                 |            |            |         |       |
| Open Junior                    |             |               |               |          |              |        |             |        |        |                 | X          |            | X       | X     |
| Junior                         |             |               |               |          |              | Х      |             |        | X      |                 | X          |            |         |       |
| Senior                         |             |               |               |          |              | Х      |             | Х      |        |                 | X          |            |         | X     |
| Open Collegiate                |             |               |               |          |              |        |             |        |        |                 |            |            |         |       |
| Collegiate                     |             |               |               |          |              |        | Χ           | Х      | X      |                 |            |            |         | Х     |
| Open Adult                     |             |               |               |          |              |        |             |        |        |                 |            |            |         |       |
| Masters                        |             |               |               |          |              |        | Χ           |        |        |                 |            |            |         | Х     |
| Adult                          |             |               |               |          |              |        | Χ           |        | X      |                 | X          |            | X       |       |

#### **AWARDS**

Awards will be made on the basis of final placement. All team members of teams placing first through fourth will be awarded medals.

#### MUSIC

Rules governing music selection are in the U.S. Figure Skating rulebook, rules 2660-4791.

Only CDs (standard Compact Disk format) or cassette tapes (no cases, please) will be accepted.

- <u>CDs</u>: Must be clearly marked with name, event entered and the music length and contained in a hard sided "jewel" case.
- <u>Cassettes</u>: Must be clearly marked with name, event entered, length of music and side to be played.

The program length must be noted in the space provided on FORM A.

Due to compatibility and reliability reasons no music may be submitted on re-recordable "CDRW" discs.

Competition music must be turned in at the registration desk and must be submitted no later than two hours prior to the event in which the team is skating. All music must be picked up at the completion of the competition. CDs and cassettes will not be mailed back to competitors.

All teams must have an additional copy of their music available for practice sessions. Teams must also have an extra copy available quickly during the actual competition event. The organizing committee will not accept responsibility for damage or loss of music but will take every precaution to ensure their safety.

#### PRACTICE ICE

The Midland Civic Arena is a three surface facility. The competition rink measures 100' x 200'. Practice ice segments will be available on Friday, February 15, 2008 and Saturday, February 16, 2008. Practice ice on Friday will be from 12:00pm until 5:00pm on the competition rink and from 5:00pm until 11:00 pm on an 85' x 200' ice surface. Practice ice on Saturday will be on the competition ice from 6:00 am until 8:30 am. Practice ice segments will be available on a first-come, first-served basis using the enclosed practice ice form. All teams will be able to skate their entire program on the warm-up rink prior to skating their program on the competition rink on the day of the synchronized skating competition.

#### REGISTRATION

The registration table will be maintained in the ice arena lobby, Friday and Saturday. The coach or team manager for each team must register and pick up their team packet. The (2) tapes or (2) CDs per program per team must be turned in at registration in order to receive team packets.

#### **COMPETITION SCHEDULE**

The competition schedule will be posted on the MFSC website as soon as it is available. The MFSC website is www.midlandfigureskatingclub.org

#### **SOUVENIRS**

Competition pins, clothing, and programs will be available at the competition.

#### FOOD

The concession stand will be open during the competition. Maps for area restaurants will be available at registration.

#### **ACCOMODATIONS**

Refer to the enclosed listing for hotels within the Midland area.

#### FOR ADDITIONAL INFORMATION CONTACT:

| Competition Chair | Ann Ward         | 989-835-3624 | abward6@yahoo.com        |
|-------------------|------------------|--------------|--------------------------|
| Chief Referee     | Hannelore Murphy | 810-798-8807 | hannelore389@hotmailcom  |
| Registrar         | Carrie Schaller  | 989-835-8774 | meschaller@chartermi.net |

#### THE APPLICATION MUST BE POSTMARKED BY December 16, 2007

# 2008 TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 16, 2008

#### **ENTRY FORM 1:** Team Information

| Team name: U.S. Figure Skating #:   |                   |               |             |  |  |
|---|-------------------|---------------|-------------|--|--|
| Club: (if applicable)   |                   |               |             |  |  |
| Team contact person:  |                   |               |             |  |  |
| Daytime phone number:   | E-mail:           |               |             |  |  |
| Address:  | City              |               | State / ZIP |  |  |
| Primary coach:  | _ <b>_</b>        | U.S. Figure S | kating #    |  |  |
| Daytime phone number:   | E-mail:           |               |             |  |  |
| Number of skaters:  | Number of alterna | ates:         |             |  |  |
| Please check the level and/or event (s) entered:  [] BS Beginner 1                                |                   |               |             |  |  |
| Checks should be made payable to: Midland Figure Skating Club                                     |                   |               |             |  |  |
| Please send all forms and fees to:  Carrie Schaller  4401 Moorland Drive  Midland, Michigan 48640 |                   |               |             |  |  |

All fees and entry forms must be postmarked by December 16, 2007

<u>Note:</u> Team managers, please carry proof of age and birth date for all competitors.

<u>Note for beginner teams</u>: Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school / program.

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| <b>ENTRY</b> | FORM | <b>2</b> : Team | Entr\ | / Form |
|--------------|------|-----------------|-------|--------|
|--------------|------|-----------------|-------|--------|

| Team Name: | Level: |
|------------|--------|
|            |        |

| SKATER NAMES IN ALPHABETICAL ORDER Last name first | Birth date | U.S. Figure<br>Skating # | Highest MITF test passed * |
|--|------------|--------------------------|----------------------------|
| 1.   |            |                          |                            |
| 2.   |            |                          |                            |
| 3.   |            |                          |                            |
| 4.   |            |                          |                            |
| 5.   |            |                          |                            |
| 6.   |            |                          |                            |
| 7.   |            |                          |                            |
| 8.   |            |                          |                            |
| 9.   |            |                          |                            |
| 10.  |            |                          |                            |
| 11.  |            |                          |                            |
| 12.  |            |                          |                            |
| 13.  |            |                          |                            |
| 14.  |            |                          |                            |
| 15.  |            |                          |                            |
| 16.  |            |                          |                            |
| 17.  |            |                          |                            |
| 18.  |            |                          |                            |
| 19.  |            |                          |                            |
| 20.  |            |                          |                            |
| Alt. 1.  |            |                          |                            |
| Alt. 2.  |            |                          |                            |
| Alt. 3.  |            |                          |                            |
| Alt. 4.  |            |                          |                            |
| Alt. 5.  |            |                          |                            |
| Alt. 6.  |            |                          |                            |

- Required for teams entering open juvenile, juvenile, intermediate, novice, open junior, junior, senior, collegiate and adult. Also required for beginner teams. No skaters on a beginner team may have passed higher than preliminary.
- Skaters on beginner teams may be either full U.S. Figure Skating members <u>or</u> Basic Skills members.

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Level:

**ENTRY FORM 3:** Liability Waiver / Certification by Club Officer

Team Name:

| U.S. Figure Skating and the clubs or organizers of consinuries suffered by the skaters or officials. As a condition entries or participation therein, all entrants, their parent agree to assume all risks of injury to their person and the conduct and management of the competition, and may have against any officials, U.S. Figure Skating, the officers, and their entries shall be accepted only on sufficials. | ition of and in consideration of the acceptance of their nts and guardians and officials shall be deemed to property resulting from, caused by or connected with, to waive and release any and all claims which they ne club hosting the competition, and against its  |
|--|--|
| Skater's name in alphabetical order  | Skater signature or parent / guardian (if skater is under 18)  |
| 1.   | The state of the s |
| 2.   |  |
| 3.   |  |
| 4.   |  |
| 5.   |  |
| 6.   |  |
| 7.   |  |
| 8.   |  |
| 9.   |  |
| 10.  |  |
| 11.  |  |
| 12.  |  |
| 13.  |  |
| 14.  |  |
| 15.  |  |
| 16.  |  |
| 17.  |  |
| 18.  |  |
| 19.  |  |
| 20.  |  |
| Alt. 1   |  |
| Alt. 2   |  |
| Alt. 3   |  |
| Alt. 4   |  |
| Alt. 5   |  |
| Alt. 6   |  |
| Club officer or skating school director: All of the best of my knowledge, eligible members in good a Figure Skating or Skate Canada rules.   |  |
| Print Name:  | Signature  |
| Title:   |  |
| Club / Basic Skills program name:  |  |
|  |  |

February 16, 2008

### **Practice Ice Application**

Practice ice will be available on Friday, February 15, 2008 from 12:00 noon – 10:00 pm. Practice times will run in 15-minute segments on a first come – first served basis, at the rate of \$85 per segment on the competition surface. Segments will be scheduled as the requests arrive.

| Please fill out a separate form  | for each team.                           |               |   |
|--|--|---------------|---|
| Team Name:   |  |               |   |
| Division:Contact Person:   |  |               |   |
| Contact Person:  | Phone:                                   |               |   |
| Hotel where team will be staying Arrival time:   |  |               | Phone:  |
| Please indicate the number of se   | egments requested:_                      |               |   |
| Please indicate preference for   | practice ice time (                      | l=first, 6=la | st)   |
| Friday, February 15, 2008:<br>( ) 12:00 – 2:00 PM<br>( ) 6:00 – 8:00 PM                                    | ( ) 2:00 – 4:00 PM<br>( ) 8:00 – 10:00 P | 1<br>M        | ( ) 4:00 – 6:00 PM  |
| <u>Saturday, February 16, 2008</u><br>( ) 6:00 – 8:30 AM   |  |               |   |
| Does this team have cross skate  | ers?lf so, on w                          | hat other tea | ms?   |
| I have enclosed \$   | for                                      | segm          | ents.   |
| Co   | mpetition Pi                             | n Preor       | ders  |
|  | ompetition pins, pleans. Preorder prices |               | low and enclose with registration count.                        |
| Team Name  |  |               |   |
| Competition pins ordered @\$   | 5.00 each                                |               | <u> </u>  |
| Total enclosed   | \$_                                      |               |   |
| Your pins will be included in y<br>Please make checks payable to<br>completed Application Form, Tea<br>to: | Midland Figure Ska                       | ating Club a  | nd mail it along with your<br>m, and Competition Pin order from |
|  | Carrie Scl<br>4401 Moorla                |               |   |

**APPLICATIONS MUST BE POSTMARKED BY December 16, 2007** 

Midland, Michigan 48640

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| Level of team:       | Preliminary<br>Juvenile<br>Open Adult | Pre-Juvenile Open Juvenile Masters Open Collegiate   |
|----------------------|---------------------------------------|--|
| 1 2 3 4 5 6 7 8 9 10 | Element                               | 2007-2008 Season  Free Skate  This sheet must contain all of the following elements:  Juvenile, Masters, Open Collegiate (6 Element 1. Block 2. Circle 3. Intersection 4. Intersection 5. Line 6. Wheel  Preliminary, Pre-Juvenile, Open Juvenile, Open Adult (5 Elements)  1. Block 2. Circle 3. Intersection* 4. Line 5. Wheel  * For preliminary and pre-juvenile, the intersection must be forwards. |
| of Coach:            |                                       |  |
|                      |                                       |  |

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| elements:    Intermediate, Novice and Adult (8 Elements)   |    | 2007-2008 Season  |
|--|----|---|
| This sheet must contain all of the foll elements:  Intermediate, Novice and Adult (8 Elements)  Intermediate, Novice and Adult (8 Elements)  Intermediate, Novice and Adult (8 Elements)  Intersection I |    |   |
| elements:  Intermediate, Novice and Adult (8 Elements)  Intermediate, Novice and Adult (8 Elements)  Intermediate, Novice and Adult (8 Elements)  Circle  Intersection  Intersection  Intersection  Intersection  Intersection  Intersection  Intersection  Additional element in isolation  Additional element: choose from line block  Additional elements may be included in program. These additional elements will  | 2  | Free Skate  |
| 5 6 7 8 8 Additional elements may be included in program. These additional elements will   | 3  | This sheet must contain all of the follow elements:   |
| 1. Block 2. Circle 3. Intersection 4. Intersection 5. Line 6. Wheel 7. Movement in isolation 8. Additional element: choose fron line block 9  Additional elements may be included in program. These additional elements will   | 4  | Intermediate, Novice and Adult (8 Elements  |
| 4. Intersection 5. Line 6. Wheel 7. Movement in isolation 8. Additional element: choose fron line block  9  Additional elements may be included in program. These additional elements will   | 5  | 1. Block<br>2. Circle   |
| 6. Wheel 7. Movement in isolation 8. Additional element: choose from line block  9  Additional elements may be included in program. These additional elements will   | 6  |   |
| 8 8. Additional element: choose fron line block  9 Additional elements may be included in program. These additional elements will  | 7  |   |
| Additional elements may be included in program. These additional elements will   | 8  | 8. Additional element: choose from ci   |
| program. These additional elements will  | 9  |   |
| Las transitions, and will not receive point  |    | Additional elements may be included in the program. These additional elements will be as transitions, and will not receive point value. |
|  | 11 |   |
| 12 identified as such with a short description.  | 12 | Transition elements must be listed on this shee identified as such with a short description.  |
| Example: a transition that consisted of a cir intersection would be listed as:   |    | <b>Example</b> : a transition that consisted of a circle  |

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| 1     | Element |   |
|-------|---------|---|
| 1 ' 1 |         | 2007-2008 Season  |
| 2     |         | Free Skate  |
| 3     |         | This sheet must contain all of the follo elements:      |
|       |         | Open Junior (10 elements):                              |
| 4     |         | 1 Block   |
|       |         | 1 Line  |
| 5     |         | 1 Circle  |
| ا ا   |         | 1 Wheel   |
|       |         | 2 Different intersections                               |
| 6     |         |   |
|       |         | 1 No hold step sequence                                 |
| 7     |         | 1 Movement in Isolation                                 |
|       |         | 1 Additional element (block, line, circle or            |
| 8     |         | 1 choice of: upright spin or moves in the fi            |
| 9     |         | Collegiate (12 elements)                                |
|       |         | 1 Block   |
| 10    |         | 1 Line  |
|       |         | 1 Circle  |
| 11    |         | 2 Different wheels                                      |
| ''    |         | 2 Different intersections                               |
| 12    |         | 1 No hold step sequence 2 Movements in Isolation        |
| 12    |         | 1 Moves in the Field                                    |
| 40    |         | 1 choice of: spin, line, block or circle                |
| 13    |         | 1 Gridios dr. Spiri, line, block of direct              |
|       |         | Additional elements may be included in the pr           |
| 14    |         | These additional elements will be judged as             |
| 45    |         | transitions.  |
| 15    |         |   |
|       |         | Transition elements must be listed on this she          |
|       |         | identified as such with a short description.            |
|       |         | <b>Example</b> : a transition that consisted of a circl |
|       |         | intersection would be listed as:                        |
|       |         | Transition – Circle, Intersection                       |

E-Mail Address:

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| Name of team: _ |             |             |                                   |                                    |   |
|-----------------|-------------|-------------|-----------------------------------|------------------------------------|---|
| Level of team:  | Junior      | Senior      | Program:                          | Short                              | Free Skate  |
| ELEMENTS T      | O BE LIST   | ED IN ORDER | R OF SKATING T                    | HE PROC                            | GRAM  |
|                 | Elemer      | nt          | 2007-2008 Sea                     | ason                               |   |
| 1               |             |             | Short Progran                     | n                                  |   |
| 2               |             |             | Senior (8 Elementary Intersection |                                    | Junior (7 Elements) Intersection  |
| 3               |             |             | Intersection<br>Circle            |                                    | Intersection<br>Wheel   |
|                 |             |             | Circle                            |                                    | Wheel   |
| 4               |             |             | Block                             |                                    | Block   |
|                 |             |             |                                   | Soguence                           | Line  |
| 5               |             |             | No Hold Step S<br>Moves in the Fi |                                    | Circle  |
|                 |             |             |                                   | ieia                               | Circle  |
| 6               |             |             | Spin There may NO                 | T be any a                         | dditional elements.   |
| 7               |             |             | Free Skate:                       |                                    |   |
| 8               |             |             | Senior (12 elen                   | <u>nents)</u> 1 Blo                | ock   |
|                 |             |             | 1 Line                            |                                    |   |
| 9               |             |             | 1 Circle                          |                                    |   |
| 9               |             |             | 2 Different whe                   |                                    |   |
| 40              |             |             | 2 Different inter                 | rsections                          |   |
| 10              |             |             | 1 No hold step                    |                                    |   |
|                 |             |             | 2 Movements in                    | n Isolation                        |   |
| 11              |             |             | 1 Moves in the                    | Field                              |   |
|                 |             |             | 1 choice of: spi                  | in, line, bloc                     | ck or circle  |
| 12              |             |             | Junior (10 elem                   |                                    |   |
|                 |             |             | 1 Block                           |                                    |   |
| 13              |             |             | 1 Line                            |                                    |   |
|                 |             |             | 1 Circle                          |                                    |   |
| 14              |             |             | 1 Wheel                           |                                    |   |
|                 |             |             | 2 Different inter                 | rsections                          |   |
| 15              |             |             | 1 No hold step                    |                                    |   |
|                 |             |             | 1 Movement in                     |                                    |   |
| 16              |             |             |                                   |                                    | k, line, circle <u>or</u> wheel)  |
|                 |             |             |                                   |                                    | moves in the field  |
|                 |             |             | additional eleme                  | ents will be ju<br>be listed on th | included in the program. These<br>adged as transitions. Transition<br>his sheet, and identified as such |
|                 |             |             | L                                 |                                    |   |
| Name of Coa     | ch:         |             |                                   |                                    |   |
| Signature       | e of Coach: |             |                                   |                                    |   |