

Event #4 Arctic Basic Skills Competition

2009 Michigan Basic Skills Series Competition 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 7, 2009

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:

6 points
5 points
4 points
3 points
2 points
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, all skaters tied for a place will be awarded a medal, no ties will be broken.

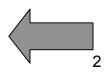
Points are accumulated for Compulsory and Free Skate events separately.

Medals will be awarded (1-3 Place) in each level as highlighted in each announcement. Beyond the Basics <u>will NOT</u> be counted in the Freeskate and Elements/Compulsory Program Series for this 2009 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events <u>will Not</u> be counted for this 2009 season. At the end of the 2009 Series Season any skaters who moved up level wise will be awarded 6 bonus points [6 points only whether they move up one level or more]. 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/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.

3rd Annual USFS Michigan Basic Skills Series – Hosted by the following:

Event #3 – Onyx-Suburban Basic Skills Event #2 – Skate the Zoo Event #1 – Lansing Basic Skills Competition March 14, 2009 March 21, 2009 Challenge - April 4, 2009 Deadline for Entries - February 14, Deadline for Entries - February 21, Deadline for Entries - March 4, 2009 2009 Suburban Ice - Macomb 2009 Suburban Ice – East Lansing S2 Ice Arena 54755 Broughton Road 2810 Hannah Blvd 5076 Sports Drive Macomb, MI 48042 East Lansing, Michigan 48823 Kalamazoo MI 49009 Contact: Helene Wolf Contact: Meghan Carmody Contact: Amy Bauer Phone: 586-992-8600 Phone: 734-417-8967 Phone: 269-598-9184 HHwolf@comcast.net lansingbasicskills@yahoo.com Sk8amy02@aol.com Event #4 – Arctic Basic Skills Competition Event #5 – Mountain Town Classic Event #6 – Lake Effect Basic Skills Comp April 5, 2009 April 18, 2009 May 9, 2009 **Deadline for Entries - March 5,** Deadline for Entries - March 25, Deadline for Entries - April 9, 2009 2009 2009 Georgetown Ice Arena 8500 48th Avenue The I.C.E. Arena Arctic Edge Ice Arena Hudsonville MI 49426 46615 Michigan Avenue 5165 East Remus Road Canton MI 48188 Mt. Pleasant MI 48858 Contact: Katie Van Ark Contact: Magan Flynn Contact: Ginni Phillips Phone: 616-662-4911 Phone: 989-773-6188; Work 989-775-9148 Phone: 248-924-3035 katievanark@yahoo.com gphillips@delfield.com maganflynn@comcast.net Event #7-Jackson Optimist Basic Skills Event #8-Ann Arbor Skills & Showcase Event #9 – Summer Swizzle May 31, 2009 June 13,2009 June 21, 2009 Deadline for Entries - April 30, Deadline for Entries - May 13, Deadline for Entries: May 20, 2009 2009 2009 Farmington Hills Ice Arena Optimist Ice Arena Ann Arbor Ice Cube 35500 Eight Mile Road 1300 West North Street 2121 Oak Valley Drive Farmington Hills MI 48335 Jackson MI 49202 Ann Arbor MI 48103 Contact: Nora Helwig Contact: Kayleah Crosby Contact: C Kaufmann Phone: 248-442-1446; Phone: 517-581-0014 Phone: 734-213-1600 nhelwig1@gmail.com CKauf49@aol.com K crosby0428@yahoo.com Event #11 – Muskegon Lakeshore Summer Freeze Event #10-Summer Chill Basic Skills Event #12 – SW MI Basic Skills August 1, 2009 Comp Competition August 15, 2009 Deadline for Entries – July 1, 2009 July 18, 2009 Deadline for Entries - July 15, 2009 Lakeshore Sports Center Deadline for Entries: June 18, 2009 Wing Stadium Complex 4470 Airline Road 3600 Vanrick Drive Novi Ice Arena Muskegon, MI 49444 42400 Arena Drive Kalamazoo MI 49002 Contact: Prudence Fisk Novi MI 48375 Contact: Kelli Forden Phone: 231-638-1818 Contact: Heather Bauer Phone: 269-372-2168 mlfscfish@hotmail.com Phone: 248-305-5328 jkforden@att.net bauerhe@northville.k12.mi.us Event #13-Tuxedo Invitational Basic Skills Event #14 – Skate the Mountain – Event #15 - Dearborn Basic Skills Comp -Comp - **Sept 19, 2009** Sept 26,2009 October 17, 2009 Deadline for Entries: August 19, Deadline for Entries: August 26, Deadline for Entries: Sept 17, 2009 2009 2009 Dearborn Ice Skating Center Bowling Green State University Ice Arena Ice Mountain Arena Complex 14900 Ford Road 417 N. Mercer Road 5371 Avalanche Drive Dearborn MI Bowling Green OH 43403 Burton MI 48509 Contact: Stacy Holland Contact: Pat Rabb Phone: 313-943-4098 Contact: Jacklinn Bravan Phone: 419-354-4730 Cell: 810-513-1283; Work 810-744-0800 SSHolland@comcast.net Rabb1960@metalink.net IMFSC@sbcglobal.net

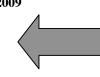


Event #16 – Skate Midland **November 7, 2009**

Deadline for Entries: October 7, 2009

Midland Civic Arena 405 Fast Ice Drive Midland MI 48642 Contact: Karen Boswell

Phone: 989-695-4832 drkaboswell@aol.com



SERIES AWARDS CEREMONY

on the ice - at the Midland Competition



Arctic Basic Skills Competition Arctic Figure Skating Club Arctic Edge Ice Arena ♦ 46615 Michigan Ave. ♦ Canton, MI 48188 248-924-3035 www.arcticfsc.com

Sunday, April 5, 2009 Entry Deadline: March 5, 2009

The Arctic Basic Skills Competition, sponsored by the Arctic Figure Skating Club will be held at the Arctic Edge Arena on Sunday, April 5, 2009. The ice surface measures 200 X 85 feet. This is a United States Figure Skating approved Basic Skills Competition. The sanctions will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Magan Flynn, arcticflynn@gmail.com or 248-924-3035. E-mail communications are preferred.

Mission Statement – The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.

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 closing date of entries. All SNOWPLOW 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 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

Rules – The competition will be conducted under the rules set forth by the US Figure Skating "Basic Skills Competition Manual" program.

Entry Fees – The first event is \$40.00 [Events not eligible for Series points will be \$50.00 for first event], and each additional event is \$20.00. All entries must be

postmarked no later than March 5, 2009. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15.00 late fee. Entry fees are per person, U.S. dollars.

Entry forms must be filled out legibly and completely and mailed with a check made payable to AFSC to:

Magan Flynn 44420 White Pine Cir W Northville, MI 48168

There will be a \$35.00 fee for returned checks.

Awards – <u>All competitors will receive a medal</u>. All events are final rounds. ALL awards will be made at appropriate times throughout the competition.

Registration – The registration table will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have registered. *Please register at least one hour before your competition time.*

Schedule of Events – Schedule will be posted on the Internet at the Figure Skater's Website, www.sk8stuff.com.

Music – The music for all free skating programs with music supplied by skater should be provided on CD. The CD is to be turned in at registration. Competitors must have a spare CD at rink side to be used in case of technical difficulties.

Practice Ice – Practice Ice will be available in 20-minute sessions. Details will be provided in a mailing prior to the competition date. Sign-in and pay \$8.00 at the door.

Awards will be handed out and a podium will be available for group and individual photos.

BASIC ELEMENTS EVENT: SNOWPLOW SAM - BASIC 8

- To be skated on 1/3 to 1/2 ice
- No music
- <u>All elements must be skated in the order listed.</u> 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.

1.	owplow Sam - Tots: March followed by a two foot glide and dip Forward two foot swizzles 2-3 in a row Forward snowplow stop Backward wiggles 2-6 in a row	Basic 5: Backward outside edge on a circle clockwise or counterclockwise Backward crossovers 6-8 consecutive - both directions One foot spin - minimum of three revolutions
		Hockey stop Side Toe hop -either direction
1. 2. 3.	sic 1 Forward two foot glide Forward two foot swizzles 6 -8 in a row Forward snowplow stop Backward wiggles 6-8 in a row	Basic 6: 1. Forward inside three turn from a standstill - R & L 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
1.	Forward one foot glide - either foot Forward alternating _ swizzle pumps, in a straight line -across width of ice Two foot turn in place forward to backward Backward two foot swizzles 6 - 8 in a row Moving snowplow stop	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
1. 2. 3.	Forward stroking Forward _ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive Moving forward to backward two foot turn - either direction Backward one foot glide - either foot Two foot spin	Moving forward outside or forward inside three turns R & L Waltz jump Mazurka - either direction 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 Beginning one-foot upright spin - optional free foot position
1. 2.	sic 4 Forward outside three turn from a standstill - R & L Forward outside edge on a circle clockwise or counter clockwise Forward crossovers 6-8 consecutive both directions Backward stroking Backward snowplow stop - R or L	

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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.
- A .2 deduction will be taken **for each** element performed from a higher level
- Time: 1:00 +/- 10 seconds

Snowplow Sam - Tots: 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 5: Backward outside edge on a circle clockwise or counterclockwise Backward crossovers 6-8 consecutive in both directions One foot spin - min of three revolutions Side Toe hop -either direction Hockey 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 6: 1. Forward inside 3-turn from a standstill - 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 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 _ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	 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 3 Forward stroking Forward _ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive Moving forward to backward two foot turn in either direction Backward one foot glide - either foot Two foot spin 	Basic 8: Moving forward outside or forward inside three turns R & L Waltz jump Mazurka in either direction 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 Beginning one-foot upright spin - optional free foot position
 Basic 4 Forward outside three turn from a standstill - R & L Forward outside edge on a circle clockwise or counter clockwise Forward crossovers 6-8 consecutive both directions Backward stroking Backward snowplow stop - R or L 	

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"TEST TRACK" - Compulsory Events Compulsory Event/Test Track and Well Balanced Levels

- To be skated on _ 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

Test Track - Compulsory Events -**Eligible for Michigan Basic Skills Series Points**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	 Waltz jump _ jump of choice Forward two foot or one foot spin (free leg position optional) 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	 Toe loop jump Salchow jump Forward scratch spin 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	 Loop jump Jump combination to include a toe loop (may not use a loop or Axel) Solo spin- sit or camel spin 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

Test Track/Well Balanced - Compulsory Events -**NOT Eligible for Michigan Basic Skills Series Points**

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre- Preliminary Compulsory	 Flip jump Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump Solo spin- sit <u>or</u> camel spin 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 prepreliminary free skate test	Time :1:00
Preliminary Compulsory	 Lutz jump Jump combination (may not use Lutz jump or Axel) Camel spin 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

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"TEST TRACK" - Freeskating Events

katers may enter EITHER the test track free skate program or the well-balanced track free skater program but NOT both during ne same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used.

reductions WILL be made for skaters including technical elements not permitted in the event description.

- 0.1 from **EACH** mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions

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

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum of 5 jump elements. 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	Two upright spins, change of foot optional (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. Jump combination and sequences are allowed. Maximum of 5 jump elements. 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

Test Track – Freeskating Events NOT Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre- Preliminary Test	Two solo spins of a different nature, no change of foot (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. Maximum of 5 jump elements. 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	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

"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	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 _ ice surface Refer to U.S. Figure Skating rulebook #3721 for more information	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	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 _ ice surface Refer to U.S. Figure Skating rulebook #3711 for more information	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +-10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one must be an axel/waltz jump type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing _ ice surface Refer to U.S. Figure Skating rulebook #3701 for more information	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10



Event #4 Arctic Basic Skills Competition Entry Form [PLEASE PRINT CLEARLY]

Name			Ag	e	Birth Date		
	Last	First					
Address				у			
State	7in	Area Code/Phone	#				
<u> </u>	2.p						
Home Club			US	SFSA#_			
Male	Female	Name of P	arent/Guardiar	1			
E-Mail Address	S						
	\$40 Fir	st Event			50 First Ever	nt	
	\$20 Each Ad	ditional Event		\$20 Ea	ch Additiona	I Event	
Basic Co	mpulsory	TEST TRACK	TES	T TRACK			
Snowplow Sa	am*	Compulsory	Cor	npulsory			
Basic 1 *		Limited Beginner *	Pre-Prelim	inary			
Basic 2 *		Beginner *	Preliminary	 /			
Basic 3 *		No Test *	Fre	ee Skate			
Basic 4 *		Free Skate	Pre-Prelim	inary			
Basic 5 *		Limited Beginner *	Preliminary	 /			
Basic 6 *		Beginner *					
Basic 7 *			WELL -	BALANC	ED		
Basic 8 *		WELL - BALANCED	Fre	ee Skate			
		Free Skate	Pre-Prelim	inary			
Basic Progr	ram w/ Music	No Test *	Preliminary				
Snowplow Sa	am*						
Basic 1 *		Tests Passed:					
Basic 2 *		Freestyle:					
Basic 3 *							
Basic 4 *		1					
Basic 5 *		1					
Basic 6 *		1					
Basic 7 *		1					
Basic 8 *		1					

Events listed above with an * after them will be eligible for Michigan Basic Skills Series Points
Entry Fees are not refundable after the entry deadline unless an event is cancelled.

If you are not a USFSA member add \$15 to fee / enter through our Basic Skills Program

First Event	\$ ENTRIES MUST BE POST MARKED BY March 5, 2009
Additional Event	\$ _ Mail form and fees to:
Additional Event	\$ Magan Flynn 44420 White Pine Cir W
Additional Event	\$ Northville, MI 48168
loin USFSA	\$ Make check or money order payable to AFSC
OTAL:	\$

<u>Certification of Competitor</u>

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the ARCTIC FIGURE SKATING CLUB AND ARCTIC EDGE ICE ARENA harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.

Parent/Guardian Signature	Date
Club Officer/Program Director	Date
COMPETITOR SIGNATURE	Date
Coach Signature:	Print Name:Please print clearly
If you are not registered, go to www.us follow the instruction for registration.	Registry for 2008-2009? Yes USFS # figureskating.org , click on the Coaches Registration button and D TO CHECK IN AT REGISTRATION AT EACH EVENT
Phone	E-mail Address:Please print clearly
CHECKLIST [please be sure the follow	ing is included]:
Entry form with USFSA Number	Club Officer/Program Director Signature
Check payable to AESC	Events to be entered checked properly