

# GARDEN CITY BASIC SKILLS COMPETITION

## MARCH 13<sup>th</sup> – 15<sup>th</sup> , 2009

**ELIGIBILITY RULES FOR PARTICIPANTS:** The competition is open to **ALL** skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

Eligibility will be based on skill level as of closing date of entries. All **SNOWPLOW SAM** and **BASIC SKILLS SKATERS THROUGH BASIC 8** must skate at highest level passed and **NO** official U.S. Figure Skating tests may have been passed including MIF or individual dances.

For the Freeskate 1-6, Test Track and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skaters 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.

All events will be divided into groups according to age. Age groups will be combined at the discretion of the Referee and/or Competition Chair. Two entries will constitute an event. This is a co-ed competition. **Pre-Preliminary and Preliminary skaters MUST be members of the USFS.**

**ENTRY FEES:** The entry fee is \$35.00 for the first event and \$15.00 for any additional events. Fees are to be made payable to the Garden City Figure Skating Club and are to accompany the application. **Applications must be postmarked no later than January 24, 2009.** Late applications will be **accepted ONLY** at the discretion of the competition chairpersons and must be accompanied by a \$25.00 late fee. No refunds for any reason, including medical. A \$25.00 charge will be assessed for all returned checks due to insufficient funds. All fees must be settled in order to compete.

**AWARDS:** All awards will be presented off ice immediately following the posting of results. First through eighth place will receive medals for their placement.

**MUSIC:** Music will be played from cassette/CD and should be turned in at the registration desk upon arrival. All tapes/CD should be marked with the skaters name and event. All tapes should be rewound and ready to play. Competitors must have a suitable back -up tape/CD at rink side during his/her event. Please pick up your tape/CD following your event.

**SCHEDULE OF EVENTS:** A self-addressed stamped envelope must accompany your application in order to receive your schedule of events. Schedules will be mailed to you approximately one week prior to the competition.

**REGISTRATION DESK:** The registration desk will be located just inside the front entrance of the arena. Skaters must check in at least one hour before their event.

**ENTRY DEADLINE: JANUARY 24, 2009.**

**NO TELEPHONE ENTRIES. NO METERED MAIL. NO REFUNDS** (unless event is cancelled)  
Mail Check and self addressed stamped envelope to:

Garden City Figure Skating Club  
c/o Dora Rautiola  
200 Log Cabin Rd / Garden City, MI / 48135

## BASIC SKILLS EVENTS

### BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC8

- Each skater will have the option to perform one element at a time.
  - A. In the order listed below (No excessive connecting steps) **OR**
  - B. Will perform each element when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- NO Music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

#### **Snowplow Sam (Tots)**

1. March forward followed by a two-foot glide and dip.
2. Forward two-foot swizzles \*2-3 in a row
3. Forward snowplow stop
4. Backward wiggles -2-6 in a row

#### **Basic 1**

1. Forward two-foot glide
2. Forward two-foot swizzles - 6-8 in a row
3. Forward snowplow stop
4. Backward wiggles - 6-8 in a row

#### **Basic 2**

1. Forward one-foot glide-either foot
2. Forward alternating 1/2 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

#### **Basic 3**

1. Forward stroking
2. Forward 1/2 swizzle pumps on a circle, either clockwise or counterclockwise-6-8 consecutive
3. Moving forward to backward two-foot turn in either direction
4. Backward one-foot glide -either foot
5. Two-foot spin

#### **Basic 4**

1. Forward outside three turn - R & L from a standstill
2. Forward outside edge on a circle clockwise or counterclockwise
3. Forward crossovers 6-8 consecutive both directions
4. Backward stoking.
5. Backward snowplow stop – R or L

#### **Basic 5**

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

#### **Basic 6**

1. Forward inside 3-turn - R and L from a standstill
2. Bunny Hop
3. Forward arabesque spiral on a straight line – R or L
4. Lunge R-L
5. T -Stop - R or L

#### **Basic 7**

1. Forward inside open Mohawk - R to L and L to R
2. Ballet jump - either direction
3. Backward crossovers to a backward outside edge landing position, clockwise and counter clockwise
4. Forward inside pivot

#### **Basic 8**

1. Moving forward outside or forward inside 3-turns - R and L
2. Waltz jump
3. Mazurka - either direction
4. Combination move -clockwise or counter clockwise (from Basic 8 curriculum)
5. Beginning one-foot upright spin, optional free foot position

#### ***BASIC PROGRAMS (Snowplow Sam - Basic 1-8) - WITH MUSIC***

- The skating order of the required elements is optional. The elements are not restricted as to the number of times an element is executed, or length of glides, number of revolutions in a spin, etc. unless otherwise stated.
- To be skated on full ice
- Vocal music is allowed
- A 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

## **Required Elements**

### **Snowplow Sam Program (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 Program (Basic 1 )**

1. Forward 2 foot glides
2. Forward 2 foot swizzles 6-8 in a row
3. Backward wiggles 6-8 in a row
4. Forward snowplow stop

### **Basic Program (Basic 2)**

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

### **Basic Program (Basic 3)**

1. Forward Stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise - 6-8 consecutive
3. Moving forward to backward two foot turn - either direction
4. Backward one-foot glide - either foot
5. Two foot spin

### **Basic Program ( Basic 4)**

1. Forward outside edge on a circle - clockwise or counter clockwise
2. Forward crossovers 6-8 consecutive — both directions
3. Forward outside 3-turn – R and L from a standstill
4. Backward stroking
5. Backward snowplow stop – R or L

### **Basic Program (Basic 5)**

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

### **Basic Program (Basic 6)**

1. Forward inside 3-turn from a standstill - R or 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 Program (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 & counter clockwise
4. Forward inside Pivot

### **Basic Program (Basic 8)**

1. Moving forward outside or forward inside 3-turn - 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

## ***COMPULSORY MOVES BASIC FREESTYLE 1 THROUGH 6***

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

### **Compulsory Freestyle Level 1**

1. Advanced forward stroking – 4-6 consecutive strokes.
2. Basic forward outside edges and forward inside consecutive edges- 2-4 outside, and 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz Jump from backward crossovers
5. Half flip jump

### **Compulsory Freestyle Level 2**

1. Forward outside spiral – R or L, and forward inside spiral- R or L
2. Waltz Three's – R or L
3. Beginning backspin- entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

### **Compulsory Freestyle Level 3**

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls – 4-6 consecutive
3. Back spin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

#### **Compulsory Freestyle Level 4**

1. Spiral sequence, FI spiral, FI Mohawk, BO spiral - clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets – R or L
2. Sit spin
3. Loop jump
4. Waltz jump/loop jump

#### **Compulsory Freeskate Level 5**

1. Spiral Sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel Spin
3. Forward upright spin to back upright spin
4. Loop/loop combination jump
5. Flip jump

#### **Compulsory Freeskate Level 6**

1. Five step Mohawk sequence – 1 set alternating pattern
2. Camel, sit spin combination – minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, Salchow combination
5. Lutz jump

#### ***FREESKATE PROGRAM - Level 1 through 6 (with music)***

- Groups will be divided by age
- The skating order of required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated
- **Vocal music is not allowed**
- Skated on full ice
- **The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels**
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:30 +/-10 sec

#### **Freeskate Level 1**

1. Advanced forward stroking (4 - 6 consecutive strokes)
2. Basic forward outside edges or forward inside consecutive edges - 2-4 outside or 2 - 4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

#### **Freeskate Level 2**

1. Forward outside spiral - R or L
2. Waltz Three's - R or L

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3. Beginning back spin
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

### **Freestyle Level 3**

1. Forward crossovers in a figure 8
2. Advanced outside swing rolls - 4-6 consecutive
3. Back spin
4. Salchow
5. Waltz jump/toe loop or Salchow/toe loop

### **Freestyle Level 4**

1. Spiral sequence: FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets, - R or L
3. Sit Spin
4. Loop jump
5. Waltz jump/loop jump

### **Freestyle Level 5**

1. Spiral Sequence: FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop combination jump
5. Flip jump

### **Freestyle Level 6**

1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills curriculum Freestyle level 6)
2. Camel, sit spin combination – minimum 4 revolutions total.
3. Split or stag jump
4. Waltz jump/ ½ loop/ salchow combination
5. Lutz jump

## **Showcase Events**

Skaters will be divided into categories by levels

Skaters must complete in the grouping of the highest level past as of January 24<sup>th</sup>, 2009

Duration 1:00 + 10

Theme of skater's choice

Music may contain words

Judging will emphasize interpretation of music rather than technical skills

Costumes that complement music

Skater may use hand props or props that a skater can get on and off the ice without assistance.

**Showcase Program Event Level 1: Basic 1 –4**

**Showcase Program Event Level 2: Basic 5-8**

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# Beginner Synchronized Skating Event

(a non-qualifying competition & U.S. Figure Skating Basic Skills competition)

**Eligibility Rules:** All skaters on the team must either be full U.S. Figure Skating members or members of the U.S. Figure Skating Basic Skills program. The team may choose to represent a U.S. Figure Skating club or their Basic Skills Program/Club. 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 of their choice.

**Age/Number of Skaters:** There are no age requirements or restrictions for this event. Skaters may be of any age. Teams must be comprised of 8-16 skaters.

**Program Duration:** Teams will skate a program to music of their choice of 1 ½ minutes - 2 minutes. There are no restrictions or requirements on music choice.

**Program Requirements:** The competitive program shall consist only of the following required elements skated in any order. Teams should link the elements together with steps and a minimum of stopping in the program. Teams are not allowed to perform any additional elements. Coaches should refer to the U.S. Figure Skating Basic Skills Instructor's Manual for further details on the elements and teaching tips.

## Required Elements:

**Line** The line must cover the whole ice surface and include forward and backward skating. There should be no change of hold, and shoulder to shoulder hold is suggested.

**Block** The block should cover the entire ice surface and include two changes of axis. See the block in Synchro 2, Synchro 3 and Synchro 4 for illustrations of changing axis.

**Wheel** A 4-spoke wheel with backwards skating that completes at least two full rotations (720 degrees). See the wheel element in Synchro 2

**Intersection** An intersection with one line on each side of the rink approaching each other. See intersection in Synchro 2 and Synchro 3. Skaters must do a one foot glide at the point of intersection. What they do after the intersection is optional.

**Circle** Once circle, in either hand to hand or shoulder to shoulder hold. The circle must rotate at least two full rotations (720 degrees), and contain the combination element (item C) from Basic 8.

**JUDGING OF THIS EVENT:** The main emphasis of this level is mastering the basic skills of synchronized skating: control in the elements, straight lines, unison, use of guiding and shadowing, etc. The focus is not on difficulty of the steps or transitions.

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**GCFSC BASIC SKILLS COMPETITION March 13<sup>th</sup> – 15<sup>th</sup>, 2009**  
**ENTRY FORM**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: M / F

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone( ) \_\_\_\_\_ Home Club \_\_\_\_\_ USFS# \_\_\_\_\_

**Last Test Passed as of January 24, 2009:**

Freestyle \_\_\_\_\_ USFS# \_\_\_\_\_ Moves \_\_\_\_\_

Coaches Information:

Name: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Please check the event (s) you are entering:**

**Elements:**

**Freeskate Compulsory**

\_\_\_\_\_ Snowplow

\_\_\_\_\_ Basic 1    \_\_\_\_\_ Basic 5    \_\_\_\_\_ Freeskate 1    \_\_\_\_\_ Freeskate 5

\_\_\_\_\_ Basic 2    \_\_\_\_\_ Basic 6    \_\_\_\_\_ Freeskate 2    \_\_\_\_\_ Freeskate 6

\_\_\_\_\_ Basic 3    \_\_\_\_\_ Basic 7    \_\_\_\_\_ Freeskate 3

\_\_\_\_\_ Basic 4    \_\_\_\_\_ Basic 8    \_\_\_\_\_ Freeskate 4

**Basic Program (with music)**

**Freeskate Program (with music)**

\_\_\_\_\_ Snowplow

\_\_\_\_\_ Freeskate Level 1

\_\_\_\_\_ Basic Program 1    \_\_\_\_\_ Basic Program 5

\_\_\_\_\_ Freeskate Level 2

\_\_\_\_\_ Basic Program 2    \_\_\_\_\_ Basic Program 6

\_\_\_\_\_ Freeskate Level 3

\_\_\_\_\_ Basic Program 3    \_\_\_\_\_ Basic Program 7

\_\_\_\_\_ Freeskate Level 4

\_\_\_\_\_ Basic Program 4    \_\_\_\_\_ Basic Program 8

\_\_\_\_\_ Freeskate Level 5

\_\_\_\_\_ Freeskate Level 6

**Showcase Events**

\_\_\_\_\_ Basic 1 – 4

\_\_\_\_\_ Basic 5 – 8

ENTRY FEE IS \$35.00 PER EVENT, \$15 PER EACH ADDITIONAL EVENT

First Event \$ \_\_\_\_\_ Additional Event: \$ \_\_\_\_\_

Additional Event \$ \_\_\_\_\_ Additional Event: \$ \_\_\_\_\_

The completed entry form, with fees, must be **postmarked no later than January 24, 2009.**

Make Check or money order payable to “*Garden City Figure Skating Club*” and mail to:

Garden City Figure Skating Club

c/o Dora Rautiola

200 Log Cabin Road

Garden City, MI 48135

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**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE, UNLESS THE EVENT IS CANCELLED.**

Certification of the Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Garden City Figure Skating Club and the Garden City Ice Arena harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Instructor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Club Officer / Program Director:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**GARDEN CITY FIGURE SKATING CLUB - MARCH 13 - 15<sup>TH</sup>, 2009**

**Basic Skills Synchronized Skating Team Entry Form**

Home: \_\_\_\_\_

Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Team Professional: \_\_\_\_\_ USFS# \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Team Name: \_\_\_\_\_

The Certification and Release must be completed before competitor may enter event.

**CERTIFICATION OF COMPETITOR:** I am an amateur under the rules of USFS or CFSA to enter this event.

**Competitors Name**

**Skater's Basic Skills # / USFS #**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

**CLUB OFFICER:** To the best of my knowledge, the above information is correct and true.  
The competitors are in good standing.

**CLUB OFFICER:** \_\_\_\_\_

**TITLE:** \_\_\_\_\_

**WAIVER OF CLAIM FOR INJURY:** Competitors waive all claims for injury during the competition and practice sessions at the Garden City Civic Arena. If the competitor is under the age of 18 the parent or guardian must sign the release.

Parent/Guardian#1 \_\_\_\_\_

Parent/Guardian#2 \_\_\_\_\_

Parent/Guardian#3 \_\_\_\_\_

Parent/Guardian#4 \_\_\_\_\_

Parent/Guardian#5 \_\_\_\_\_

Parent/Guardian#6 \_\_\_\_\_

Parent/Guardian #7 \_\_\_\_\_

Parent/Guardian#8 \_\_\_\_\_

Parent/Guardian#9 \_\_\_\_\_

Parent/Guardian#10 \_\_\_\_\_

Parent/Guardian#11 \_\_\_\_\_

Parent/Guardian#12 \_\_\_\_\_

Parent/Guardian #13 \_\_\_\_\_

Parent/Guardian #14 \_\_\_\_\_

Parent/Guardian #15 \_\_\_\_\_

Parent/Guardian#16 \_\_\_\_\_

**ENTRY DEADLINE:** Postmarked by January 24, 2009. NO REFUNDS after this date unless event is canceled. NO LATE ENTRIES without a \$25.00 late fee and committee approval.

**SENT ENTRIES TO:** GCFSC 29th ANNUAL COMPETITION  
Dora Rautiola  
200 Log Cabin Road  
Garden City, MI 48135  
e-mail – gcfsc@sbcglobal.net

A PRE-ADDRESSED STAMPED BUSINESS SIZE ENVELOPE MUST ACCOMPANY YOUR APPLICATION.

**FEES:** \$40.00 per team. Make checks or money orders payable to: Garden City Figure Skating Club.  
There will be a \$25.00 service charge assessed for all return checks.

