



Event #6, May 9, 2009

## Lake Effect 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:

1 <sup>st</sup> Place	6 points
2 <sup>nd</sup> Place	5 points
3 <sup>rd</sup> Place	4 points
4 <sup>th</sup> Place	3 points
5 <sup>th</sup> Place	2 points
6 <sup>th</sup> Place	1 point

If an event has 2-6 skaters, the points will be awarded as if there were 6 skaters in the group. If there is only one skater in the group, they will be awarded 3 points. At the end of the Series, in the case of total points tied, 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.**

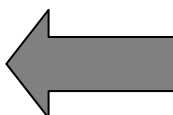
Medals will be awarded (1-3 Place) in each level as highlighted in each announcement. Beyond the Basics will NOT be counted in the Freeskate and Elements/Compulsory Program Series for this 2009 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events will Not be counted for 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.

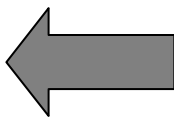
Please Note: The USFS Michigan Basic Skills Series is sponsored equally by all the participating ice rinks and/or USFS member clubs. Competition announcements and packages will be available at all participating ice rinks and/via the club or rink websites as well as [www.sk8stuff.com](http://www.sk8stuff.com).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

### 3<sup>rd</sup> Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event #1 – Lansing Basic Skills Competition <b>March 14, 2009</b> <b>Deadline for Entries – February 14, 2009</b> Suburban Ice – East Lansing 2810 Hannah Blvd East Lansing, Michigan 48823 Contact: Meghan Carmody Phone: 734-417-8967 <a href="mailto:lansingbasicskills@yahoo.com">lansingbasicskills@yahoo.com</a></p>	<p>Event #2 – Skate the Zoo <b>March 21, 2009</b> <b>Deadline for Entries – February 21, 2009</b> S2 Ice Arena 5076 Sports Drive Kalamazoo MI 49009 Contact: Amy Bauer Phone: 269-598-9184 <a href="mailto:Sk8amy02@aol.com">Sk8amy02@aol.com</a></p>	<p>Event #3 – Onyx-Suburban Basic Skills Challenge - <b>April 4, 2009</b> <b>Deadline for Entries – March 4, 2009</b> Suburban Ice - Macomb 54755 Broughton Road Macomb, MI 48042 Contact: Helene Wolf Phone: 586-992-8600 <a href="mailto:HHwolf@comcast.net">HHwolf@comcast.net</a></p>
<p>Event #4 – Arctic Basic Skills Competition <b>April 5, 2009</b> <b>Deadline for Entries – March 5, 2009</b> Arctic Edge Ice Arena 46615 Michigan Avenue Canton MI 48188 Contact: Magan Flynn Phone: 248-924-3035 <a href="mailto:maganflynn@comcast.net">maganflynn@comcast.net</a></p>	<p>Event #5 – Mountain Town Classic <b>April 18, 2009</b> <b>Deadline for Entries – March 25, 2009</b> The I.C.E. Arena 5165 East Remus Road Mt. Pleasant MI 48858 Contact: Ginni Phillips Phone: 989-773-6188; Work 989-775-9148 <a href="mailto:gphillips@delfield.com">gphillips@delfield.com</a></p>	<p>Event #6 – Lake Effect Basic Skills Comp <b>May 9, 2009</b> <b>Deadline for Entries – April 9, 2009</b> Georgetown Ice Arena 8500 48<sup>th</sup> Avenue Hudsonville MI 49426 Contact: Katie Van Ark Phone: 616-662-4911 <a href="mailto:katievanark@yahoo.com">katievanark@yahoo.com</a></p>
<p>Event #7–Jackson Optimist Basic Skills <b>May 31, 2009</b> <b>Deadline for Entries – April 30, 2009</b> Optimist Ice Arena 1300 West North Street Jackson MI 49202 Contact: Kayleah Crosby Phone: 517-581-0014 <a href="mailto:K_crosby0428@yahoo.com">K_crosby0428@yahoo.com</a></p>	<p>Event #8–Ann Arbor Skills &amp; Showcase <b>June 13,2009</b> <b>Deadline for Entries – May 13, 2009</b> Ann Arbor Ice Cube 2121 Oak Valley Drive Ann Arbor MI 48103 Contact: C Kaufmann Phone: 734-213-1600 <a href="mailto:CKauf49@aol.com">CKauf49@aol.com</a></p>	<p>Event #9 – Summer Swizzle <b>June 21, 2009</b> <b>Deadline for Entries: May 20, 2009</b> Farmington Hills Ice Arena 35500 Eight Mile Road Farmington Hills MI 48335 Contact: Nora Helwig Phone: 248-442-1446; <a href="mailto:nhelwig1@gmail.com">nhelwig1@gmail.com</a></p>
<p>Event #10-Summer Chill Basic Skills Comp <b>July 18, 2009</b> <b>Deadline for Entries: June 18, 2009</b> Novi Ice Arena 42400 Arena Drive Novi MI 48375 Contact: Heather Bauer Phone: 248-305-5328 <a href="mailto:bauerhe@northville.k12.mi.us">bauerhe@northville.k12.mi.us</a></p>	<p>Event #11 – Muskegon Lakeshore Summer Freeze <b>August 1, 2009</b> <b>Deadline for Entries – July 1, 2009</b> Lakeshore Sports Center 4470 Airline Road Muskegon, MI 49444 Contact: Prudence Fisk Phone: 231-638-1818 <a href="mailto:mlfscfish@hotmail.com">mlfscfish@hotmail.com</a></p>	<p>Event #12 – SW MI Basic Skills Competition <b>August 15, 2009</b> <b>Deadline for Entries – July 15, 2009</b> Wing Stadium Complex 3600 Vanrick Drive Kalamazoo MI 49002 Contact: Kelli Forden Phone: 269-372-2168 <a href="mailto:jkforden@att.net">jkforden@att.net</a></p>
<p>Event #13–Tuxedo Invitational Basic Skills Comp - <b>Sept 19, 2009</b> <b>Deadline for Entries: August 19, 2009</b> Bowling Green State University Ice Arena 417 N. Mercer Road Bowling Green OH 43403 Contact: Pat Rabb Phone: 419-354-4730 <a href="mailto:Rabb1960@metalink.net">Rabb1960@metalink.net</a></p>	<p>Event #14 – Skate the Mountain – <b>Sept 26,2009</b> <b>Deadline for Entries: August 26, 2009</b> Ice Mountain Arena Complex 5371 Avalanche Drive Burton MI 48509 Contact: Jacklinn Brayn Cell: 810-513-1283; Work 810-744-0800 <a href="mailto:IMFSC@sbcbglobal.net">IMFSC@sbcbglobal.net</a></p>	<p>Event #15 – Dearborn Basic Skills Comp – <b>October 17, 2009</b> <b>Deadline for Entries: Sept 17, 2009</b> Dearborn Ice Skating Center 14900 Ford Road Dearborn MI Contact: Stacy Holland Phone: 313-943-4098 <a href="mailto:SSHolland@comcast.net">SSHolland@comcast.net</a></p>



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](mailto:drkaboswell@aol.com)



## **SERIES AWARDS CEREMONY** on the ice - at the Midland Competition



Lake Effect Basic Skills Competition  
Lake Effect FSC  
Georgetown Ice Arena ♦ 8500 48<sup>th</sup> Ave ♦ Hudsonville, MI 49426  
(616) 662-2800

<http://www.georgetown-mi.gov/ice/>

**May 9, 2009**  
**Entry Deadline April 9, 2009**

The Lake Effect Basic Skills Competition, sponsored by the Lake Effect Figure Skating Club will be held at the Georgetown Ice Arena on May 9, 2009. The ice surface measures 85 x 200 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 Katie Van Ark, (616) 662-4911 or [katievanark@yahoo.com](mailto:katievanark@yahoo.com). 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 April 9, 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 Lake Effect FSC to:

Lake Effect Basic Skills c/o Katie Van Ark  
8437 Twin Lakes Drive  
Jenison, MI 49428

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

**Awards** – All competitors will receive a medal. 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](http://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
- **All elements must be skated in the order listed.** Each skater will perform each element only when directed by a judge or referee. Skaters are allowed one retry per element. If skater wants to retry, she/he should raise their hand immediately. If the skater attempts a retry, only the retry will count for that element.

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>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</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn from a standstill - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## 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

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place - forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>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</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn from a standstill - R &amp; L</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

# “TEST TRACK” - Compulsory Events

## Compulsory Event/Test Track and Well Balanced Levels

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- No music is allowed
- The skater must demonstrate the required elements and may use any additional elements from previous levels.
- A .2 deduction will be taken for each element performed from a higher level

### Test Track – Compulsory Events – Eligible for Michigan Basic Skills Series Points

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two foot or one foot spin (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> <li>1. Toe loop jump</li> <li>2. Salchow jump</li> <li>3. Forward scratch spin</li> <li>4. Forward or backward spiral</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00
No Test Compulsory	<ol style="list-style-type: none"> <li>1. Loop jump</li> <li>2. Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	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	<ol style="list-style-type: none"> <li>1. Flip jump</li> <li>2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump</li> <li>3. Solo spin- sit <u>or</u> camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> <li>1. Lutz jump</li> <li>2. Jump combination (may not use Lutz jump or Axel)</li> <li>3. Camel spin</li> <li>4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.</li> </ol>	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

# "TEST TRACK" - Freeskating Events

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

Deductions 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 ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	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 ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	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 ½ ice surface  <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

# Additional Events

## Spin Events:

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, such as short sequences of footwork and are for the sole purpose of maneuvering between spins and will be not be judged. The skating order of the required elements is optional.
- No music is allowed.
- Boys and girls may be grouped together.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre Preliminary Spins	1. One Foot Spin (min. 3 revolutions) 2. Sit Spin (min. 3 revolutions) 3. Back Spin (min. 3 revolutions) 4. Footwork sequence of any pattern	Must have passed no higher than the Pre-Preliminary Freeskating Test	1:30 max
Preliminary Spins	1. Sit Spin (min. 4 revolutions) 2. One Foot Spin (min. 4 revolutions) 3. Upright Backspin (min. 4 revolutions) 4. Footwork sequence of any pattern 5. Spiral, Bauer, or Spread Eagle (limit one)	Must have passed no higher than the Preliminary Freeskating Test	1:30 max

## Adult Compulsory Events:

- To be skated on ½ of ice surface. In program form, using a limited number of connecting steps, such as short sequences of footwork and are for the sole purpose of maneuvering between spins and will be not be judged. The skating order of the required elements is optional.
- No music is allowed.
- Men and ladies may be grouped together.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Adult Beginner I Compulsory Moves	1. Forward Edges (minimum 2 outside and 2 inside, skated consecutively) 2. Bunny Hop 3. Lunge 4. Spiral on a straight line	May not have passed Adult Pre-Bronze, Pre-Preliminary Free Skating Test or above ISI Delta.	1:00 max No music
Adult Beginner II Compulsory Moves	1. Two-foot spin 2. Waltz jump, 3. Backward crossovers – minimum of 5 consecutive, either direction 4. Spiral	May not have passed Adult Pre-Bronze, Pre-Preliminary Free Skating Test or above ISI Freestyle 2.	1:00 max No music
Adult Pre-Bronze Compulsory Moves	1. Waltz Jump 1. Salchow Jump 2. Half Flip or Half Lutz Jump 3. Upright Scratch Spin (min. 3 revolutions) 4. Forward Spiral	Must have passed no higher than the Adult Pre-Bronze Freeskating Test	1:00 max No music
Adult Bronze Compulsory Moves	1. Flip Jump 2. Combination Jump consisting of any two single jumps (No Axel) 3. Split Jump 4. Sit Spin (min. 3 revolutions) 5. Forward Outside Spiral	Must have passed no higher than the Adult Bronze Freeskating Test	1:00 max No music

### Adult Freeskating Events:

- To be skated on full ice with music.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Adult Beginner I	Any skills from the Basic Skills 1 – 8, Adult Basic Skills 1 – 4 or ISI Pre-Alpha through Delta are allowed, except no waltz jumps or one-foot spin.	May not have passed Adult Pre-Bronze, Pre-Preliminary Free Skating Test or above ISI Delta.	1:40 max
Adult Beginner II	No spin above a one-foot spin. 1/2 rotation jumps are allowed, but no salchow or toe loop.	May not have passed Adult Pre-Bronze, Pre-Preliminary Free Skating Test or above ISI Freestyle 2.	1:40 max
Adult Pre-Bronze Freeskate	Refer to Rulebook #3806 for requirements	Must have passed no higher than the Adult Pre-Bronze Freeskating Test	1:40 max
Adult Bronze Freeskate	Refer to Rulebook #3801 for requirements	Must have passed no higher than the Adult Bronze Freeskating Test	1:50 max



**Event #6 Lake Effect Basic Skills Competition - May 9, 2009**  
**Entry Form [PLEASE PRINT CLEARLY]**

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  
 Last First  
 Address \_\_\_\_\_ City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Area Code/Phone # \_\_\_\_\_  
 Home Club \_\_\_\_\_ USFSA # \_\_\_\_\_  
 Male \_\_\_\_\_ Female \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_

\$40 First Event		\$50 First Event		
\$20 Each Additional Event		\$20 Each Additional Event		
Basic Compulsory	TEST TRACK Compulsory	TEST TRACK Compulsory	Spins	
Snowplow Sam*			Pre-Preliminary	
Basic 1 *	Limited Beginner *	Preliminary	Preliminary	
Basic 2 *	Beginner *	Preliminary		
Basic 3 *	No Test *	<b>Free Skate</b>		
Basic 4 *	<b>Free Skate</b>		<b>ADULTS</b>	
Basic 5 *	Limited Beginner *	Pre-Preliminary	<b>Adult Compulsory</b>	
Basic 6 *	Beginner *	Preliminary	Adult Beginner I	
Basic 7 *		<b>WELL - BALANCED</b>		Adult Beginner II
Basic 8 *	<b>WELL - BALANCED</b>		<b>Free Skate</b>	
	<b>Free Skate</b>		Pre-Preliminary	Adult Pre-Bronze
<b>Basic Program w/ Music</b>	No Test *	Preliminary	Adult Bronze	
Snowplow Sam*				
Basic 1 *	<b>Tests Passed:</b>		<b>Adult Free Skate</b>	
Basic 2 *	Freestyle:		Adult Beginner I	
Basic 3 *			Adult Beginner II	
Basic 4 *			Adult Pre-Bronze	
Basic 5 *			Adult Bronze	
Basic 6 *				
Basic 7 *				
Basic 8 *				

*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 \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join USFSA \$ \_\_\_\_\_

**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED  
 BY April 9, 2009**

Mail form and fees to:  
 Lake Effect Basic Skills c/o Katie Van Ark  
 8437 Twin Lakes Drive



Jenison, MI 49428

Make checks payable to Lake Effect FSC

### Certification of Competitor

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Lake Effect Figure Skating Club and the Georgetown 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

Are you registered on USFS Coaches Registry for 2008-2009? Yes  USFS # \_\_\_\_\_  
If you are not registered, go to [www.usfigureskating.org](http://www.usfigureskating.org), click on the Coaches Registration button and follow the instruction for registration.

**COACHES WILL BE REQUIRED TO CHECK IN AT REGISTRATION AT EACH EVENT**

Phone \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Please print clearly

### CHECKLIST [please be sure the following is included]:

- |                                       |                                              |
|---------------------------------------|----------------------------------------------|
| ____ Entry form with USFSA Number     | ____ Club Officer/Program Director Signature |
| ____ Check payable to Lake Effect FSC | ____ Events to be entered checked properly   |

# *Lake Effect Competition Practice Ice Form*

**Time: 10:30am – 10:50am**

**Cost: \$7.00**



Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Club Name \_\_\_\_\_

Make Check Payable to: Lake Effect Figure Skating Club (LEFSC)

Mail practice ice form and check to:

Katie Van Ark  
8437 Twin Lakes Dr  
Jenison, MI 49428

(Practice ice form may be submitted with entry forms.)

Questions may be directed to Katie at: [katievanark@yahoo.com](mailto:katievanark@yahoo.com)