

Strongsville Skating Spring Fling

HOSTED AND SPONSORED BY THE STRONGSVILLE SKATING CLUB

SANCTIONED BY US FIGURE SKATING

SATURDAY, APRIL 18 AND SUNDAY, APRIL 19, 2009

ICELAND USA 15381 ROYALTON RD. STRONGSVILLE, OH 44136

PURPOSE: The Strongsville Spring Skating Fling Competition is to generate interest and encourage participation in the sport of ice skating among basic skill and entry level competitors.

Chairman: Kristie Bosak (330) 350-1524 Kristie@Strongsvilleskating.com

Co-Chairman: Echo Burgett (419) 281-9027 ssccompetition@hotmail.com

ELIGIBILITY: The competition is open to ALL skaters who are currently registered and participating in a Basic Skills Program and/or are full members of US Figure Skating. Skaters who have passed no higher than the Preliminary Free Skating, Preliminary Moves in the Field, or Adult Bronze Free Skating Tests and are currently enrolled in either a Basic Skills Program or are full members are eligible to compete. 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. Skaters in other events may skate at highest level passed OR one level higher BUT not both levels in the same event.

Skaters who have passed any complete official U.S. Figure Skating tests no longer qualify to compete in the badge levels.

If a skater competes at a non-qualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

ENTRIES: All entries must be postmarked by **March 14, 2009**. Late entries will be accepted only if room allows. If there are less than two (2) entries in any event, The Strongsville Skating Club reserves the right not to conduct the event. There will be separate events for boys and girls in the Pre-Preliminary and Preliminary compulsory and free skating events and Adult events, depending on the number of entries received. We reserve the right to combine or further divide any event.

Entry Fee:

GROUP	1 ST EVENT	Additional	
BASIC SKILLS	\$35.00	\$20.00	
BEGINNER THRU ADULT	\$50.00	\$20.00	
SOLO DANCE	\$30.00	\$20.00	\$10.00

Skaters registering in two or more events must pay the highest 1st event fee, then 2nd and 3rd event fees apply.

Please Note: There is a **\$20.00 late fee** for all applications submitted after the deadline and accepted and a \$35.00 service charge assessed for processing a NSF check. **No refunds** will be issued after the closing date. There will also be a **\$20.00 Change of Event Fee**.

MAIL TO: Spring Fling
c/o Kristie Bosak
2830 Laurel Road
Brunswick, Oh
44212

AWARDS: Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third and fourth places. ALL other places will receive ribbons. Dances & Showcase; first place winners will receive Trophies, Medals thru 4th, ribbons 5th thru 8th. ALL awards will be given **right after the event**.

SCHEDULE OF EVENTS: Will be posted on the Official Club Bulletin Board as well as the Strongsville website, www.strongsvilleskating.com, no later than four to five days prior to the competition. Please continue to check our web site for updates.

FACILITIES: There will be two (2) ice surfaces at Ice Land USA, they are 200' X 85'. There will be dressing rooms available for competitors and concessions. The Strongsville Skating Club will also have vendor tables.

REGISTRATION: On the day of the competition, all skaters must check in at the registration table in the lobby. Registration will be open one hour prior to the start of the competition. Skaters should be at the rink, checked in, and ready to compete one hour before first scheduled event.

MUSIC: The music for all free skating programs must be provided on 10 minute cassette tapes or CD. The tape or CD is to be turned in at registration at least 1 hour before competition time. Competitors must have a spare cassette or CD at rink side to be used in case of technical difficulties. Tapes must be rewound and ready to play. Only one music track is to be recorded on CD or tape.

VIDEOTAPING AND PHOTOGRAPHY: This service will be available, more information will be posted on the clubs web site.

PRACTICE ICE: Practice ice will be available in 30 minute sessions for \$10.00 a session. Please fill out the practice ice form and include it with your application. It will be sold on a First Come, First served basis.

HOTELS:
HOLIDAY INN
15471 ROYALTON RD
STRONGSVILLE, OH 44136
(440) 238-6352

RED ROOF INN
15385 ROYALTON RD
STRONGSVILLE OH 44136
(440) 238-0170

Learn To Skate Basic Skill Elements – Snowplow Sam through Basic 8 and

Adult Learn to Skate

- Elements must be skated in the order listed with no music and no program
- To be skated on ½ of ice surface, one element at a time

Snowplow Sam (TOTS) <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 1. Forward one foot glide – either foot 2. Forward Alternating ½ Swizzle pumps, in a straight line – across width of ice 3. Two foot turn in place forward to backward 4. Moving snowplow stop 5. Backward two foot swizzles 6-8 in a row 	Basic 3 <ol style="list-style-type: none"> 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 4 <ol style="list-style-type: none"> 1. Forward outside three turn – R & L From a Standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward Stroking 5. Backward snowplow stop, either right or left foot 	Basic 5 <ol style="list-style-type: none"> 1. Backward outside edge on a circle - clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 4. One foot spin - min of three revolutions 3. Side Toe hop -either direction 5. Hockey stop
Basic 6 <ol style="list-style-type: none"> 1. Forward inside 3-turn, right and left foot from standstill 2. T-stop, either right or left 3. Bunny hop 4. Forward arabesque/spiral on a straight line, either foot 5. Forward lunge, either right or left 	Basic 7 <ol style="list-style-type: none"> 1. Forward inside open Mohawk from a stand still position - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a backward outside edge landing position - clockwise and counter clockwise 4. Forward inside pivot – R or L
Basic 8 <ol style="list-style-type: none"> 1. Moving forward outside 3-turn on a circle, right and left 2. Waltz jump 3. Mazurka, either right or left 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 spin – optional entry and free foot position 	Adult Learn to Skate (21 years or older) <ol style="list-style-type: none"> 1. Forward outside edge – right and left on a circle (not consecutive) 2. Forward inside edge – right and left on a circle (not consecutive) 3. Forward crossovers, both directions on a circle 4. Forward outside 3-turn, either foot

Compulsory Programs Freeskate 1-6 - No Music

- Elements may be skated in any order with a maximum time limit of 1 minute or less
- Program with no music – skated as a compulsory program on ½ ice surface, one element at a time

<u>Freeskate level 1 Compulsory</u> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<u>Freeskate level 4 Compulsory</u> <ol style="list-style-type: none"> 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
<u>Freeskate level 2 Compulsory</u> <ol style="list-style-type: none"> 1. Forward outside and inside spiral - R or L. 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<u>Freeskate level 5 Compulsory</u> <ol style="list-style-type: none"> 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 jump 5. Flip jump
<u>Freeskate level 3 Compulsory</u> <ol style="list-style-type: none"> 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 	<u>Freeskate level 6 Compulsory</u> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6) 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

Basic Programs with Music – Snowplow Sam through Program D

- Program is to be skated on full ice with music 1:00 +/- 10 seconds, no vocals.
- Skating order of elements is optional, minimum number of connecting steps allowed, elements are not restricted to times executed unless stated.
- May use elements from previous level; deductions will be made for each element from a higher level.

Snowplow Sam (TOTS) <ol style="list-style-type: none"> 1. March followed by a two foot glide forward 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 1 Program <ol style="list-style-type: none"> 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 2 Program <ol style="list-style-type: none"> 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 width of ice 5. Moving snowplow stop 	Basic 3 Program <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either direction, 6-8 consecutive 3. Moving forward to backward two foot turning either direction 4. Backward one foot glide, either foot 5. Two foot spin
Basic 4 Program <ol style="list-style-type: none"> 1. Forward outside edge on a circle either direction 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside three turn, R and L 4. Backward stroking 5. Backward snowplow stop, R and L 	Basic 5 Program <ol style="list-style-type: none"> 1. Backward outside edge on a circle either direction 2. Backward crossovers 6-8 consecutive, both direction 3. One foot spin – min 3 revolutions 4. Side Toe hop 5. Hockey stop
Basic 6 Program <ol style="list-style-type: none"> 1. Forward inside 3-turn, R and L 2. Bunny hop 3. Forward arabesque/spiral on a straight line 4. Lunge 5. T-stop 	Basic 7 Program <ol style="list-style-type: none"> 1. Forward inside open Mohawk, R to L and L to R 2. Ballet jump 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
Basic 8 Program <ol style="list-style-type: none"> 1. Moving forward outside or inside 3-turns, R and L 2. Waltz jump 3. Mazurka, either direction <p>See next box →</p>	<ol style="list-style-type: none"> 4. Combination move – clockwise or counter clockwise – two forward crossovers into forward inside Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one foot spin – optional free foot

Freeskate Programs 1-6 with music

- Program will be skated on full ice with music 1:30+/- 10 seconds, no vocals.
- May use any elements from previous levels. Deductions will be made for each element from a higher level.
- Programs must contain all the required elements listed, any order

Freeskate 1 Program <ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half Flip jump 	Freeskate 2 Program <ol style="list-style-type: none"> 1. Forward outside spiral, R or L 2. Waltz three's, R or L 3. Beginning back spin 4. Waltz jump, side toe hop, Waltz jump 5. Toe loop
Freeskate 3 Program <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls, 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or salchow/Toe loop 	Freeskate 4 Program <ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral, R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/Loop jump
Freeskate 5 Program <ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover, backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump 	Freeskate 6 Program <ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, minimum of 4 revolutions 3. Split or stag jump 4. Waltz jump, half loop, Salchow 5. Lutz jump

Spins – Beginner through Preliminary

- Elements may be skated in any order on half sheet of ice.
- A minimum of 3 revolutions and time of (1min. 15 sec.) max.

Beginner	1. Two foot up-right spin 2. Forward one foot spin 3. Sit spin – in a recognizable sitting position
Pre-Preliminary	1. Forward one foot spin 2. Camel spin 3. Sit spin – in a recognizable sitting position
Preliminary	1. Combination spin with 1 change of foot and 1 change of position 2. Back spin 3. Solo spin of skaters choice – no flying entrance

Compulsory Moves Beginner through Preliminary

- Elements may be skated in any order with a time of 1 min. 15sec. max.
- Program skated on ½ sheet of ice.
- All spins minimum of 3 revolutions

Beginner	1. Waltz jump 2. Salchow 3. Forward spiral	4. Half flip or lutz jump 5. Upright scratch spin
Pre-Preliminary	1. Flip jump 2. Split jump 3. Forward outside spiral 4. Single-single jump combination (NO AXELS)	5. Sit spin
Preliminary	1. Camel spin 2. Footwork sequence 3. Single jump of choice 4. Single-single jump combination, not repeating single jump	5. Combination spin, no change of foot

Compulsory Moves Adult No Test through Adult Bronze

- Element may be skated in any order with a time of 1 min. 30sec. max.
- Program skated on ½ sheet of ice.
- All spins minimum of 3 revolutions
- 21 years of age or older

Adult No Test	1. Forward spiral 2. Half flip jump 3. Forward crossovers	4. Waltz jump 5. One foot spin
Adult Pre-Bronze	1. Salchow 2. Backward spiral 3. Half Lutz jump	4. Backward crossovers 5. One foot spin
Adult Bronze	1. Salchow 2. Sit spin 3. Single jump, not repeating Salchow (NO AXELS)	4. Backward spiral 5. Waltz/toe loop jump

TEST TRACK

Note: Skaters may enter ***EITHER*** the new **Test Track** or the **Well-Balanced Free Skate Track** but ***NOT*** both. Competitors will skate to music of their choice. Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

Limited Beginner 1:30 +/- 10	Solo spins in an upright position (min 3 revolutions). ½ rotation jumps (either direction). No jump combinations or jump sequences. Connecting moves and steps should be demonstrated throughout the program	Must not have passed any USFS test higher than Basic Skills badge levels
Beginner 1:30 +/- 10	Solo spins in an upright position (min 3 revolutions). ½ rotation jumps (either direction). Single jumps, Salchow and toe loop only. No jump combinations or jump sequences. Connecting moves and steps should be demonstrated throughout the program.	Must not have passed any USFS test higher than Basic Skills badge levels.
Pre-Preliminary 1:30 +/- 10	At least 2 different solo spins (min 3 revolutions and no flying spins). All single jumps allowed (NO AXELS). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Connecting moves and steps should be demonstrated throughout the program.	Must not have passed higher than USFS Pre-Preliminary Free Skate test.
Preliminary 1:30 +/- 10	At least 2 different solo spins (min 3 revolutions and no flying spins) combination spins allowed. All single jumps (NO AXELS). Jump combinations and sequences are allowed. Maximum of 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Must not have passed higher than USFS Preliminary Free Skate test.

Well – balanced Program Requirements

US Figure Skating Basic skills Manual revised September 2007

No Test Free skate 1:30 +/- 10	Jumps: max. of 5, no axels or double jumps permitted. Spins: max. of 2 different spins. Steps: one step sequence utilizing ½ ice surface	Must not have passed any USFS free skate test.
Pre-Preliminary 1:30 +/- 10	Jumps: max. of 5, axels allowed. No double jumps permitted. Spins: max. of 2 different spins. Steps: one step sequence utilizing ½ ice surface.	Must have passed no higher than USFS Pre-Preliminary free skate test.
Preliminary 1:30 +/- 10	Jumps: max. of 5, one must be an axel or waltz jump type. Up to different double jumps as individual jumps, jump sequences or jump combinations. Spins: max. of 2 different spins. Steps: one step sequence utilizing ½ ice surface.	Must have passed Pre-Preliminary but not higher than Preliminary free skate test.

Adult No-Test through Bronze

Well – balanced Program

Adult No Test 1:30 +/- 10	Program to instrumental music utilizing full ice. Half jumps plus single Salchow, toe loop and up to 2 different solo spins, upright position (min. 3 revolutions). One ½ ice step sequence.	Must not have passed any USFS free skate test. Age 21 or older.
Adult Pre-Bronze 1:30 +/- 10	Program to instrumental music utilizing full ice. All single jumps except Lutz and up to 2 different spins (min. 3 revolutions, no flying entrance). One ½ ice step sequence.	Must not have passed higher than Adult Pre-Bronze test. Age 21 or older.
Adult Bronze 1:30 +/- 10	Program to instrumental music utilizing full ice. All single and jump combinations or sequences through Lutz. Up to 3 different spins (min. 3 rev.) and (1) ½ ice step sequence.	Must have passed Adult Pre-Bronze but not higher than Adult Bronze. Age 21 or older.

Solo Dance Preliminary and Pre-Bronze Dances

- Skaters may enter as many dances as they qualify for.
- Ladies and men will compete together.

Dutch Waltz	May not have passed higher than the Preliminary Dance Test
Canasta Tango	May not have passed higher than the Preliminary Dance Test
Rhythm Blues	May not have passed higher than the Preliminary Dance Test

Swing Dance	May not have passed higher than the Pre-Bronze Dance Test
Cha Cha	May not have passed higher than the Pre-Bronze Dance test
Fiesta Tango	May not have passed higher than the Pre-Bronze Dance Test

Showcase Events

- Music 1:40 or less, with or without vocals.
- Theme of skaters choice
- Judging to emphasize interpretation of music rather than technical skills.
- Skater must be able to get on and off any props without assistance.
- Skaters to enter at their last free skate level passed or one level higher.
- No flame or smoke, wet mops, whipped or shaving cream, or any substance that may alter the ice in any way. No cap guns or loud noises.

Beginner	May not have passed any Free Skate test
Pre-Preliminary	May not have passed higher than Pre-Preliminary Free Skate Test
Preliminary	May not have passed higher than Preliminary Free Skate Test

Strongsville Skating Spring Fling

April 19 and 20, 2009

Entry Form must be postmarked by **March 14, 2009**

Please print following information:

Competitor's name _____ Birth date: _____ Age: _____ Sex: M or F

Address: _____ City: _____ St: _____ Zip: _____

Phone: (____) _____ E-Mail address: _____

USFS #: _____ Home Club: _____ Test Level: _____

USFS Basic Skills #: _____ Learn to Skate Program Name: _____

	Entry Fee: \$35 for 1st event, \$20 for each event after.		
	Snowplow Sam (Tots)		Snowplow Sam (Tots)
	Basic 1		Basic 1 program
	Basic 2		Basic 2 Program
	Basic 3		Basic 3 Program
	Basic 4		Basic 4 Program
	Basic 5		Basic 5 Program
	Basic 6		Basic 6 Program
	Basic 7		Basic 7 Program
	Basic 8		Basic 8 Program
	Adult Learn to Skate		Freeskate 1 Program
	Freeskate 1 Compulsory		Freeskate 2 Program
	Freeskate 2 Compulsory		Freeskate 3 Program
	Freeskate 3 Compulsory		Freeskate 4 Program
	Freeskate 4 Compulsory		Freeskate 5 Program
	Freeskate 5 Compulsory		Freeskate 6 Program
	Freeskate 6 Compulsory		

	Entry Fee: \$50 for 1st event, \$20 for each event after.		
	Beginner Compulsory Moves		Adult No-Test Compulsory Moves
	Limited Beginner Free Skate		Adult No-Test Free Skate
	Beginner Free Skate		Adult Pre-Bronze Compulsory Moves
	No Test Free Skate		Adult Pre-Bronze Free Skate
	Beginner Spins		Adult Bronze Compulsory Moves
	Pre-Preliminary Compulsory Moves		Adult Bronze Free Skate
	Pre-Preliminary Test Track Free Skate		Beginner Showcase
	Pre-Preliminary Free Skate		Pre-Preliminary Showcase
	Pre-Preliminary Spins		Preliminary Showcase
	Preliminary Compulsory Moves		Preliminary Free Skate
	Preliminary Test Track Free Skate		Preliminary Spins

	Entry Fee: \$30 for 1st event if dance is all you are doing, \$20 for 2nd dance, and \$10 for each dance after.		If you do 2 or more events from above then your dances will be the \$10 a dance fee.
	Dutch Waltz		Swing Dance
	Canasta Tango		Cha - Cha
	Rhythm Blues		Fiesta Tango

1st Event Fee: \$ _____ (\$35 or \$50)
 Additional Event Fee: \$ _____ (\$20)
 Dance Event Fee: \$ _____ (\$30 for 1st, \$20 for 2nd, \$10 after that)
 Late Fee: \$ _____ (\$20)
 Total: \$ _____ * Make checks payable to: Strongsville skating Club

Mail to: Spring Fling Competition
 c/o Kristie Bosak
 2830 Laurel Rd
 Brunswick, Ohio 44212

Please note that only completed applications will be accepted.

Competitor's name:_____ USFSA #:_____
Coach Name:_____ Phone #_____
Coach E-Mail:_____

Certification of Eligibility

I hereby approve this entry and certify that this skater is a member of this **Club or Learn to Skate Program**, is an amateur in accordance with USFS rules, and to the best of my knowledge is eligible to enter the specified events.

Signature of Competitor or Guardian:_____ Date:_____

Signature of Club Officer or Learn to Skate Director:_____

Title:_____ Date:_____

Signature of Coach:_____ Date:_____

Waiver of responsibility

Skater or Guardian: I understand and agree that the USFS and the Strongsville Skating Club, including it's Board of Directors and all volunteers assisting in the organization of the competition undertake no responsibility for damages or injuries, or loss of property suffered by the **Skater, Competitor, or Guardian**. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with the conduct and management of the competition and to waive and release any and all claims which they may have against any officials; USFS, SSC, and volunteers. Skater or Guardian acknowledge that their entry forms shall be accepted only on such condition.

Signature of Competitor or Guardian:_____

Date:_____

Authorization for Emergency Medical Treatment

In the event I am unavailable, I hereby give permission for any emergency treatment to the direction of the Chairperson of this competition. I understand that the Chairperson has no formal medical background but will seek appropriate care and treatment. I will assume and take sole responsibility for all financial obligations arising out of the treatment.

I will hold USFS, SSC, Ice Land USA, and their appointees or employees harmless from any claim rising out of any aid afforded. I further indemnify and hold harmless all the above mentioned parties any and all liability, claims, losses, or damages on my account. This includes participating in this competition, during practice ice, or at any other time on Ice Land USA premises.

Signature of Competitor or Guardian:_____ Date:_____

Any relevant Medical Information; ie allergies, pre-existing conditions: _____

Emergency Contact:_____ Phone #: _____

PRACTICE ICE FORM

Practice ice will be available before the competition on April 19 and 20, 2009.

Each session will be 30 minutes in length and program music will not be played. There will be a limited number of skaters allowed on each session. Practice ice will be taken on a first come first serve basis. The practice ice schedule will be posted on the clubs web site,

www.strongsvilleskating.com. Each session is \$10.00, a separate check should be written to The Strongsville Skating Club.

The Times will be:

SATURDAY ☐ 7:00 to 7:30am
☐ 7:30 to 8:00am
☐ 8:00 to 8:30am
☐ 8:30 to 9:00am

SUNDAY ☐ 7:30 to 8:00am
☐ 8:00 to 8:30am
☐ 8:30 to 9:00am

Practice ice will be assigned according to the day of your scheduled event or event's. Please sign up for the number of practice sessions you want. They are scheduled on a first come first serve basis.

_____ # OF SESSIONS X \$10.00 = _____

After March 14, 2009 walk-ons will be available for \$13.00 per 30 minute session.

NAME OF SKATER: _____

CONTACT PHONE NUMBER: _____

The Strongsville Skating Club holds the right to cancel any practice ice session due to lack of participation.