

**2009
TRI STATE
SYNCHRONIZED
SKATING TEAM
CHAMPIONSHIPS**



February 14, 2009

***Hosted by the
Dearborn Figure Skating Club
14900 Ford Road
Dearborn, Michigan***

Sanctioned by US Figure Skating

IJS TO BE USED FOR ALL DIVISIONS AS STATED IN THE USFS RULEBOOK

**TRI STATE SYNCHRONIZED
SKATING TEAM CHAMPIONSHIPS
FEBRUARY 14, 2009**
Sanctioned by U.S. Figure Skating

The Dearborn Figure Skating Club is pleased to host the 2009 Tri State Synchronized Skating Team Championships at Dearborn Ice Skating Center in Dearborn, Michigan. The competition will be held on Saturday, February 14, 2009. Practice ice will be available on Friday, January 13, 2009.

GENERAL INFORMATION:

Two arenas, which have identical 85' x 200' surfaces, will be used. Full warm-ups with music will take place in one arena with the competition skated in the other arena.

Medals will be awarded for all teams finishing first, second, third, and fourth.

*Please have a designated skater give a signal to start the music. Movement must commence within 10 seconds after the start of the music. There will be a one-minute warm-up on the official surface. Warm up timing begins when the **FIRST** skater enters the ice.*

Music: Rules governing music selection can be found in the U.S. Figure Skating rulebook, rules 2660-4791.

- *Only CDs (standard Compact Disk format) (no cases, please) will be accepted.*
- *CDs: Must be clearly marked with name, event entered and the music length.*
-

All music must be picked up at the completion of the competition. CDs will not be mailed back to competitors.

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

*Each CD must have only ONE track on it. In the case of short and free skate programs, two separate CDs must be used. Any CD with more than one track will not be accepted. **Competition music must be turned in at the registration desk and must be submitted when the team checks in.** All music must be picked up at the completion of the competition. CDs will not be mailed back to competitors.*

All teams must have an additional copy of their music available for practice sessions. The organizing committee will not accept responsibility for damage or loss of CDs but will take every precaution to ensure their safety.

General Rules: The Tri State Synchronized Skating Championships are sanctioned by U.S. Figure Skating and will be conducted under the rules set forth in the 2008-2009 edition of the U.S. Figure Skating Rulebook and this announcement. Particular note should be taken of these sections:

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

Liability: *U.S. Figure Skating, Dearborn Figure Skating Club, and Dearborn Ice Skating Center accept no responsibility for injury or damage sustained by any participant in these championships. This is in accordance with Rule 3322 of the 2008 edition of the official USFS rulebook.*

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

All teams competing in a level judged under the IJS will be required to complete a planned program content sheet. Blank sheets are found in this announcement. Each team's Planned Program Content sheet must be completed by the team coaches / contact people via their Member's Only profile at www.usfsaonline.org by January 31, 2009.



SECTION 1: BASIC SKILLS / BEGINNER EVENTS

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

"The purpose for the competition is to promote a FUN, introductory competitive experience for the beginning skater."

A. Basic Skills Beginner 1

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

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

Required elements:

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

RESTRICTIONS:

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

B. Basic Skills Beginner 2

A team of 8 to 16 skaters. The majority of the team must be 9 – 11 years old on the preceding July 1.

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

Required elements:

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

RESTRICIONS:

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

C. Basic Skills Beginner 3

A team of 8 to 16 skaters. The majority of the team must be at least 12 years old on the preceding July 1

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

Required elements:

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

RESTRICTIONS:

- No changes or direction and traveling within elements.

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

These levels are part of the U.S. Figure Skating Basic Skills program. Basic Skills competition guidelines will be used. There will be no more than 6 teams in each group, and judges must only be members of U.S. Figure Skating at least 16 years old. If there are not enough entries, Beginner 1 and Beginner 2 can be combined, at the discretion of the chief referee.

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

- B. Preliminary:** A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10 on the preceding July 1.
Program duration: 2 minutes. Well balanced program: Rule 4710
- C. Pre-Juvenile:** A team of 8 to 12 skaters. The majority of the team must be under 12 on the preceding July 1.
Program duration: 2 minutes.
Well balanced program: Rule 4760
- D. Open Juvenile:** A team of 8 to 12 skaters. The majority of the team must be under 19 on the preceding July 1. All skaters must have passed the pre-preliminary moves in the field test.
Program duration: 2 ½ minutes.
Well balanced program: Rule 4770
- E. Open Junior:** A team of 12 to 20 skaters. Skaters must be at least 12 and the majority must be under 19 on the preceding July 1. All skaters must have passed the preliminary moves in the field test.
Program duration: 4 minutes.
Well balanced program: Rule 4750
- E. Juvenile:** A team of 12 to 20 skaters. Skaters must be under 13 on the preceding July 1 and have passed the preliminary moves in the field test.
Program duration: 3 minutes.
Well balanced program: Rule 4700
- F. Intermediate:** A team of 12 to 20 skaters. Skaters must be under 18 on the preceding July 1 and have passed the pre-juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 4690
- G. Novice:** A team of 12 to 20 skaters. Skaters must be under 16 on the preceding July 1 and have passed the juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 4680
- H. Junior:** A team of 12 to 16 skaters. Skaters must be at least 12 and under 19 on the preceding July 1. All skaters must have passed the intermediate moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 minutes
Well balanced program and short program: Rule 4670
- I. Senior:** A team of 16 skaters. Skaters must be at least 14 on the preceding July 1 and have passed the novice moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 ½ minutes.
Well balanced program and short program: Rule 4660
- J. Open Collegiate** A team of 8 to 16 skaters. Skaters must be enrolled in a college or university as a part-time or full-time student.
Program duration: 3 minutes.
Well balanced program: Rule 4790
- K. Collegiate:** A team of 12 to 20 skaters. Skaters must be enrolled in a college or university as a full-time student and have passed the juvenile moves in the field test.
Program duration: 4 minutes.
Well balanced program: Rule 4670

- L. Open Adult:** A team of 8 to 12 skaters. The majority of skaters must be 19 years or older on the preceding July 1.
Program duration: 2 ½ minutes.
Well balanced program: Rule 4780
- M. Masters:** A team of 12 to 20 skaters. Skaters must be at least 25, and the majority of the team must be at least 35 on the preceding July 1.
Program duration: 3 minutes. Well balanced program: Rule 4740
- N. Adult:** A team of 12 to 20 skaters. Skaters must be at least 21 and the majority of the team must be at least 25 on the preceding July 1. All skaters must have passed either the preliminary moves in the field test, the adult bronze moves in the field test, the preliminary figure test or the preliminary dance test.
Program duration: 3 ½ minutes
Well balanced program: Rule 4730

Note to teams regarding moves in the field test requirements:
Minimum moves in the field test levels are not being required at this competition.

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

Level Athlete is Skating In	Level Allowed to Crossover To													
	Preliminary	Pre -Juvenile	Open Juvenile	Juvenile	Intermediate	Novice	Open Junior	Junior	Senior	Open Collegiate	Collegiate	Open Adult	Masters	Adult
Preliminary														
Pre - Juvenile														
Open Juvenile														
Juvenile						X								
Intermediate														
Novice				X				X	X					
Open Junior								X			X		X	X
Junior						X			X		X			
Senior						X		X			X			X
Open Collegiate														
Collegiate							X	X	X					X
Open Adult														
Masters							X							X
Adult							X		X		X		X	

PRACTICE ICE:

Practice ice sessions will be available to all teams on Friday, February 13, 2009. Sign up for practice ice may be made with the enclosed application. Please NOTE that practice ice is not guaranteed on the official competition ice surface. NO REFUNDS ON CANCELLED SESSIONS. (See Form B)

REGISTRATION:

The registration desk will be maintained in the lobby of the DISC with the start of practice ice on Friday, February 13, 2009 through the end of the competition. The coach/team manager for each team must register (**no later than 1 hour prior to the time of the team's locker room assignment**), turn in the team's music and pick up their team packet.

All team entry forms must be postmarked by midnight-January 2, 2009. There are no refunds.

Registration may be limited. Late entries accepted at the discretion of the host club. All applicants must fill out an Official Application and send it with a check or money order payable (in US Funds only) to the **DEARBORN FIGURE SKATING CLUB**. Application fee – \$120.00 per team plus \$22.00 per competitor, (the Senior/Junior free skating and the Senior/Junior short programs are separate events). The enclosed forms (**application - Form A and practice ice – Form B**) - must be filled out completely and sent together with the correct fee. **DO NOT SEND FORMS INDIVIDUALLY. DO NOT SEND FORMS CERTIFIED OR REGISTERED MAIL.** Confirmation that your forms have been received will be sent by email. If you do not have email, please enclose a self-addressed stamped postcard if you would like confirmation that your forms have been received. Mail to:

JoAnn Eastman
42545 White Hart Blvd.
Canton, MI 48188

Each team is to submit with its application a separate **TYPED** listing of its members in **ALPHABETICAL** order (**team roster – Form E**). Please make sure you include their individual USFSA number and the team USFSA number. **Please make sure that each roster includes the TEAM NAME, DIVISION, CLUB REPRESENTED and ALL COACHES.** If you are sending a roster with missing USFSA # or birth dates, please bring an updated roster to turn in at the time of registration. We are looking forward to seeing you on February 14, 2009. If you have any questions, please contact:

JoAnn Eastman 734-397-3408
E-mail joanneastman@comcast.net

PLEASE MAKE SURE THAT YOU PRINT LEGIBLY OR TYPE ALL EMAIL ADDRESSES FOR THE CONTACT PERSON AND THE COACH. THE CONFIRMATION LETTER, TENTATIVE SCHEDULE AND PRACTICE ICE SCHEDULES WILL BE EMAILED TO THE CONTACT PERSON AND PRIMARY COACH LISTED ON THE ENTRY FORM AS SOON AS IT IS AVAILABLE. IT WILL ALSO BE AVAILABLE ON OUR WEBSITE www.dearbornfsc.com and www.sk8stuff.com . THEY WILL NOT BE MAILED VIA USPS.

SOUVENIRS:

Programs will be available at the competition.

Admission: Teams will be provided with credentials for each skater, two coaches and two chaperones. All other individuals accompanying a team should purchase tickets to the event. **Gate prices are as follows:**

ADMISSION: Adults: **\$5.00**
 Children 6 and up: **\$5.00**
 Children under 5: **free**

VIDEOTAPING Videotaping will be provided by LEDIN Video.

Food: will be available in the arena. There are also numerous restaurants in the City of Dearborn, many of which are convenient to the Dearborn Ice Skating Center. **PLEASE NOTE: Dearborn Ice Skating Center prohibits spectators from bringing food or drink into the arena.**

HOTEL INFORMATION

<i>HOTEL</i>	<i>ADDRESS</i>	<i>CONTACT</i>	<i>PHONE #</i>	<i>AMENITIES</i>
HOST HOTEL Double Tree Hotel	5801 Southfield Freeway Detroit, MI 48228 3 minutes from rink 2.4 miles from rink	Mindy Wallis	313-982-3982	\$ 95 per night \$ 10 Breakfast Buffet Full Service restaurant on site, Wendy's and Chili's in parking lot, walking distance from Red Robin.
Greenfield Inn Best Western	3000 Enterprise Drive Allen Park, MI 48101 9 minutes from rink 4.38 miles from rink	Mary Liz	313-827-6002 www.bestwesterngreenfield.com	\$ 89 per night Breakfast Buffet (extra charge) full service restaurant on site
Hyatt Regency Dearborn	600 Town Center Dr. Dearborn, MI 48126 8 minutes from rink 3.93 miles from rink	Wade Jehowski	Reservations 800-233-1234	\$ 99 per night Breakfast Buffet available, adjacent to Fairlane Mall, heated indoor pool and jacuzzi
Hampton Inn	20061 Michigan Ave. Dearborn, MI 48124 6 minutes from rink 3.38 miles from rink	Susan Hoh	Reservations 313-436-9600	\$ 87 per night Deluxe Complimentary Continental Breakfast Buffet
Marriott Residence Inn	5777 Southfield Service Dr. Detroit, MI 48228 3 minutes from rink 2.04 miles from rink	Sarah Sharpe	866-964-7767 for 10 or more rooms 800-228-9290 for 9 or less rooms	\$ 89 per night Studio suites (Queen bed, pull-out sofa & kitchen), indoor pool Full hot breakfast buffet included
Marriott Courtyard Dearborn	5200 Mercury Drive Dearborn, MI 48126 2 minutes from rink 1.25 miles from rink	Sarah Sharpe	866-964-7767 for 10 or more rooms 800-228-9290 for 9 or less rooms	\$ 79 per night King room with sofa sleeper (1 adult or 2 kids) indoor pool

TRI STATE SYNCHRONIZED SKATING CHAMPIONSHIPS FEBRUARY 14, 2009

ENTRY FORM

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Address:		City/State/ZIP	
Daytime phone number:		E-mail:	
Assistant Coach:		Assistant Coach:	
Number of skaters:		Number of alternates:	
Free Skate Music:		Short Program Music:	

Please check the level and/or event (s) entered:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> BS Beginner 1 | <input type="checkbox"/> Juvenile | <input type="checkbox"/> Open collegiate | <input type="checkbox"/> Senior free skate |
| <input type="checkbox"/> BS Beginner 2 | <input type="checkbox"/> Intermediate | <input type="checkbox"/> Collegiate | <input type="checkbox"/> Senior short program |
| <input type="checkbox"/> BS Beginner 3 | <input type="checkbox"/> Novice | <input type="checkbox"/> Open adult | <input type="checkbox"/> Junior free skate |
| <input type="checkbox"/> Preliminary | <input type="checkbox"/> Open Junior | <input type="checkbox"/> Adult | <input type="checkbox"/> Junior short program |
| <input type="checkbox"/> Pre-Juvenile | <input type="checkbox"/> Open Juvenile | <input type="checkbox"/> Masters | |

Entry Fee: Enclosed is \$ ____ for ____ team events. \$ 120.00 per team / event
 \$ ____ for ____ competitors. \$ 22.00 per skater / event
 \$ ____ for ____ beginner events \$ 50.00 per team / beginner event
 \$ ____ for ____ competitors \$ 5.00 per skater / beginner event

Checks should be made payable to:

Dearborn Figure Skating Club

Please send all forms and fees to:

***Joann Eastman
42545 White Hart Blvd.
Canton, MI 48188***

All fees and entry forms must be postmarked by midnight:

January 2, 2009

Note: Team Managers: Please carry proof of age and/or birth certificates for all competitors.

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

Junior/Senior short program and Junior/Senior free skating are separate events and require separate entry fees and separate entry forms.

Date received _____ Check # _____ Amount \$ _____

TRI STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

FEBRUARY 14, 2009 PRACTICE ICE APPLICATION



Practice times run in 15-minute segments and are reserved on a first-come, first-serve basis based on the postmarked date on the received entry form. The cost of each segment is \$125.00 per segment. Teams (open junior, collegiate, adult, intermediate, novice, junior and senior) being judged with the IJS system will have their practices in a block by level. **NO REFUNDS ON PRACTICE ICE.**

Club Name:	Team Name:	Level:
Contact Person:	Cell Phone:	E-mail:
Head Coach:	Cell Phone:	E-mail:

If arriving by plane, time of arrival at Detroit Metro Date _____ Time _____ AM or PM

If arriving by car/bus, time of arrival at hotel Date _____ Time _____ AM or PM

Name and telephone number of the hotel at which you will be staying (in case of schedule changes).

HOTEL _____ PHONE# _____

FRIDAY, February 13, 2009

Number of segments Friday _____ @ \$125.00/per segment = \$ _____

Does this team have double skaters? _____ If so, on what other team? _____

Fill out a separate practice ice application for each team from each club (you may reproduce this form).

Fee: \$125.00 practice ice fee for each 15 minute segment desired.

FILL IN: I have enclosed \$ _____ for _____ segments.

Please mail all applications and fees (both practice ice application and competition applications – all separate checks, please - made out to Dearborn Figure Skating Club by January 2, 2009 to:

Joann Eastman
42545 White Hart Blvd.
Canton, MI 48188

Questions regarding practice ice should be directed to: Joann Eastman at 734-397-3408

Date received _____ Check # _____ Amount \$ _____

TRI STATE SYNCHRONIZED SKATING CHAMPIONSHIPS
February 14, 2009
DEARBORN ICE SKATING CENTER, Dearborn, Michigan



TEAM ROSTER

Club Name	
Team Name	
Division	
Coach (es)	

- Please list skaters alphabetically.
- Place an * asterisk next to each skater who crosses over to another team & identify to which team they cross over.
- Computer generated rosters are acceptable.

Team Member	Birthdate	USFSA #	Skater Crosses Over to
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
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16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			

TRI STATE SYNCHRONIZED SKATING CHAMPIONSHIPS
February 14, 2009
Dearborn Ice Skating Center, Dearborn, Michigan



BEGINNER SYNCHRONIZED SKATING TEAM ROSTER

Name of the team:
Name of the club of program represented:

TEAM ROSTER (Please list skaters in alphabetical order. It is not necessary to indicate who is an alternate).

Skater's name	Membership #	Age	Signature of skater / parent if under 18

Certification of team: The skaters on the roster are eligible to enter the Beginner Synchronized Skating level.

It is agreed that the competitors and family (by virtue of their signatures above) holds the (Name of figure skating club / arena) harmless from any and all liability either during practice or the competitions, and from any and all liability for damages to or loss of property.

Instructor signature: _____

TRI STATE SYNCHRONIZED SKATING CHAMPIONSHIPS



February 14, 2009

ENTRY FORM 3: Liability Waiver / Certification by Club Officer

Team Name:	Level:
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U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. 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, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature
Title:	
Club name:	

**Planned Program Content: 2009 Tri State
Preliminary, Pre-juvenile, Open juvenile, Juvenile, Masters, Open collegiate, Open adult**

Name of team: _____

Level of team: ___ Preliminary ___ Pre-Juvenile ___ Open Juvenile
 ___ Juvenile ___ Masters ___ Open Collegiate
 ___ Open Adult

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

<p>2008-2009 Season</p> <p>Free Skate</p> <p>This sheet must contain all of the following elements:</p> <p><u>Juvenile, Masters, Open Collegiate (6 Elements)</u></p> <ol style="list-style-type: none"> 1. Block 2. Circle 3. Intersection 4. Intersection 5. Line 6. Wheel <p><u>Preliminary, Pre-Juvenile, Open Juvenile, Open Adult (5 Elements)</u></p> <ol style="list-style-type: none"> 1. Block 2. Circle 3. Intersection* 4. Line 5. Wheel

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Intermediate, Novice, Adult

2009 Tri State

Name of team: _____

Level of team: _____ Intermediate _____ Novice _____ Adult

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

2008-2009 Season

Free Skate

This sheet must contain all of the following elements:

Intermediate, Novice and Adult (8 Elements)

- 1. Block**
- 2. Circle**
- 3. Intersection**
- 4. Intersection**
- 5. Line**
- 6. Wheel**
- 7. Movement in isolation**
- 8. Additional element: choose from circle, line block**

Additional elements may be included in the program. These additional elements will be judged as transitions, and will not receive point value.

Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as:
Transition – Circle, Intersection

Name of Coach: _____ Home Phone: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Open Junior and Collegiate

2009 Tri State

Name of team: _____

Level of team: ____ Open Junior ____ Collegiate

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
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7	
8	
9	
10	
11	
12	
13	
14	
15	

2008-2009 Season

Free Skate

This sheet must contain all of the following elements:

Open Junior (10 elements):

- 1 Block**
- 1 Line**
- 1 Circle**
- 1 Wheel**
- 2 Different intersections**
- 1 No hold step sequence**
- 1 Movement in Isolation**
- 1 Additional element (block, line, circle or wheel)**
- 1 choice of: upright spin or moves in the field**

Collegiate (12 elements)

- 1 Block**
- 1 Line**
- 1 Circle**
- 2 Different wheels**
- 2 Different intersections**
- 1 No hold step sequence**
- 2 Movements in Isolation**
- 1 Moves in the Field**
- 1 choice of: spin, line, block or circle**

Additional elements may be included in the program. These additional elements will be judged as transitions.

Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as:
Transition – Circle, Intersection

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Junior and Senior

2009 Tri State

Name of team: _____
 Level of team: ___ Junior ___ Senior
 Program: ___ Short ___ Free Skate

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
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7	
8	
9	
10	
11	
12	
13	
14	
15	
16	

2008-2009 Season

Short Program

<u>Senior (8 Elements)</u>	<u>Junior (7 Elements)</u>
Intersection	Intersection
Intersection	Intersection
Circle	Wheel
Circle	Wheel
Block	Block
No Hold Step Sequence	Line
Moves in the Field	Circle
Spin	

There may NOT be any additional elements.

Free Skate:

Senior (12 elements)

1 Block
 1 Line
 1 Circle
 2 Different wheels
 2 Different intersections
 1 No hold step sequence
 2 Movements in Isolation
 1 Moves in the Field
 1 choice of: spin, line, block or circle

Junior (8 elements)

1 Block
 1 Line
 1 Circle
 1 Wheel
 2 Different intersections
 1 No hold step sequence
 1 Movement in Isolation
 1 Additional element (block, line, circle or wheel)

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____