



**“Skate the Capitol”
Lansing Basic Skills Competition
2011 Series Event #1
March 12, 2011**

2011 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 5, 2011

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 st Place	6 points
2 nd Place	5 points
3 rd Place	4 points
4 th Place	3 points
5 th Place	2 points
6 th 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 2010 season. Spins, Dance, Pairs, Theatre On Ice, Synchronized Teams, and Showcase Events **will Not** be counted for this 2011 season.

At the end of the 2011 Series Season any skaters who moved up a level will be awarded 6 bonus points [6 points only whether they move up one level or more]. All points follow the skater throughout the year.

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

5th Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event #1 – Lansing Basic Skills March 12, 2011 Entry Deadline – February 25, 2011 Suburban Ice – East Lansing 2810 Hannah Blvd East Lansing, Michigan 48823 Contact: Meghan Carmody Phone: 734-417-8967 lansingbasicskills@yahoo.com OR marge2486@yahoo.com</p>	<p>Event #2 – Tulip City Classic March 26, 2011 Entry Deadline – March 1, 2011 Edge Ice Arena 4444 Holland Avenue Holland MI 49424-8279 Contacts: Scott Chiamulera scottedgeice@aol.com -616/738-0733 OR Jennifer VanZanten Vanzanten5@att.net -616/393-6789</p>	<p>Event #3 – Arctic Basic Skills April 3, 2011 Entry Deadline – March 15, 2011 Arctic Edge Ice Arena 46615 Michigan Avenue Canton MI 48188 Contact: Diane Keils dmkeils@aol.com or arcticfsclub@gmail.com</p>
<p>Event #4 – Mountain Town Classic April 9, 2011 Entry Deadline – March 25, 2011 The I.C.E. Arena 5165 East Remus Road Mt. Pleasant MI 48858 Contact: Ginni Phillips Phone: 989-560-3871; Work 989-775-9148 gpsk8r@gmail.com</p>	<p>Event #5 - Skate the Zoo May 7, 2011 (yes 7 not 14) Entry Deadline – April 25, 2011 S2 Ice Arena 5076 Sports Drive Kalamazoo MI 49009 Contacts: Jessica LaPorte J8houk@hotmail.com 269/353-9668 OR 269/720-6370 Amy Bauer – sk8Amy02@aol.com</p>	<p>Event #6 – Summer Swizzle June 18, 2011 Entry Deadline: June 1, 2011 Farmington Hills Ice Arena 35500 Eight Mile Road Farmington Hills MI 48335 Contact: Helene Garber Phone: 734/968-7421 summerswizzleskate@gmail.com.</p>
<p>Event #7 – Summer Chill Basic Skills July 16, 2011 Entry Deadline: July 1, 2011 Novi Ice Arena 42400 Arena Drive Novi MI 48375 Contact: Heather Bauer Phone: 248-305-5328 OR 248/420-0405 bauerhe@northville.k12.mi.us</p>	<p>Event #8– Plymouth FSC Basic Skills July 30, 2011 Entry Deadline: July 15, 2011 Compuware Sports Arena 14900 Beck Road Plymouth MI 48170 Contact: Jennifer Hancock Phone: 313-605-4667 jendejohn@hotmail.com</p>	<p>Event #9– Muskegon Lakeshore Summer Freeze August 6, 2011 Entry Deadline – July 20, 2011 Lakeshore Sports Centre 4470 Airline Road Muskegon, MI 49444 Contact: Lisa Fierro Phone: 231-343-5919 Sk8mlfsc@yahoo.com</p>
<p>Event #10- Skate the Mountain – Sept 24, 2011 Entry Deadline: September 10, 2011 Ice Mountain Arena Complex 5371 Avalanche Drive Burton MI 48509 Contact: Jacklinn Brayan Cell: 810-513-1283; Work 810-744-0800 IMFSC@sbcglobal.net</p>	<p>Event #11 – Dearborn Basic Skills Comp – October 8, 2011 Entry Deadline: Sept 20, 2011 Dearborn Ice Skating Center 14900 Ford Road Dearborn MI Contact: Holly Teets Cell: 313-319-0043; Work 313-943-4098 heteets@ci.dearborn.mi.us</p>	<p>Event #12 – Tuxedo Invite Basic Skills October 30, 2011 Entry Deadline: October 15, 2011 Bowling Green State University Arena 417 N. Mercer Road Bowling Green OH 43403 Contact: Pat Rabb Phone: 419-354-4730 Rabb1960@metalink.net</p>
<p>Event #13 – Skate Midland November 5, 2011 Entry Deadline: October 15, 2011 Midland Civic Arena 405 Fast Ice Drive Midland MI 48642 Contact: Karen Boswell Phone: 989-695-4832 drkaboswell@aol.com</p>	<p>SERIES AWARDS CEREMONY on the ice at the Midland Competition</p>	



"Skate the Capital" - Lansing Basic Skills Competition

Lansing Skating Club

Suburban Ice Arena ♦ 2810 Hannah Blvd ♦ East Lansing, MI 48823

Phone: 517-336-4273

www.lansingskatingclub.com

March 12, 2011

Entry Deadline: February 25, 2011

The Lansing Basic Skills "Skate the Capital" Competition, sponsored by the Lansing Skating Club will be held at the Suburban Ice East Lansing on **Saturday, March 12, 2011**. 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 Meghan Carmody, by email at lansingbasicskills@yahoo.com or (734) 417-8967. **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 **February 25, 2011**. 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 **Lansing Skating Club** to:

Gina Dewitt
6544 Aurelius Rd
Lansing, MI 48911

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.

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 AND PROGRAM W/MUSIC EVENT: SNOWPLOW SAM – BASIC 8

• **BASIC ELEMENTS**

- 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.

• **BASIC PROGRAM W/MUSIC**

- 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><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles <u>2-3 in a row</u> 3. Backward wiggles <u>2-6 in a row</u> 4. Forward snowplow stop 	<p><u>Basic 5:</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise <u>or</u> counterclockwise <u>[not required for program with music]</u> 2. Backward crossovers <u>4-6 consecutive - both directions</u> 3. Basic one foot spin – <u>free leg held to side of spinning leg - minimum of three revolutions</u> 4. Side toe hop <u>-either direction</u> 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles <u>6 -8 in a row</u> 3. Backward wiggles <u>6-8 in a row</u> 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn from a standstill - <u>R & L</u> 2. Bunny Hop 3. Forward spiral on a straight line - <u>R or L</u> 4. Lunge - <u>R or L</u> 5. T-stop - <u>R or L</u>
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - <u>either foot</u> 2. Forward alternating ½ swizzle pumps, in a straight line - <u>2-3 each foot</u> 3. Two foot turn in place forward to backward 4. Backward two foot swizzles <u>6 - 8 in a row</u> 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - <u>R to L and L to R</u> 2. Ballet Jump - <u>either direction</u> 3. Back crossovers to a back outside edge landing position <u>clockwise and counter clockwise</u> 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise <u>or</u> counter clockwise <u>4-6 consecutive</u> 3. Backward one foot glide - <u>either foot</u> 4. Forward slalom 5. Two foot spin – <u>minimum 3 revolutions</u> 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns <u>R & L</u> 2. Waltz jump 3. Mazurka - <u>either direction</u> 4. One combination move - <u>clockwise or counter clockwise</u> – 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 - <u>free foot held to side of spinning leg or crossed position minimum 3 revolutions</u>
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside three turn from a standstill - <u>R & L</u> 2. Forward outside edge on a circle clockwise <u>or</u> counter clockwise <u>[not required for program with music]</u> 3. Forward crossovers <u>4-6 consecutive both directions</u> 4. Backward stroking <u>4-6 strokes</u> 5. Backward snowplow stop - <u>R or L</u> 	

All events listed on this page are eligible for
Michigan Basic Skills Series Points
Compulsory Events

- 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
- *Skaters have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) – <u>minimum 3 revolutions</u> 4. Forward <u>or</u> backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin – <u>minimum 3 revolutions</u> 4. Forward <u>or</u> backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:15
No Test Compulsory	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (<u>may not use a loop or Axel</u>) 3. Solo spin- sit <u>or</u> camel spin – <u>minimum 3 revolutions</u> 4. Spiral sequence- <u>must include a forward and backward spiral</u>. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time:1:15

Free Skate Events

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but NOT both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted.

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.

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	<ol style="list-style-type: none"> 1. Jumps with not more than ½ rotation [front to back or back to front]. 2. Jump sequences allowed. 3. Maximum of 5 jump elements. 	<ol style="list-style-type: none"> 1. Two upright spins, no change of foot. 2. Minimum of 3 revolutions 	<ol style="list-style-type: none"> 1. Connecting moves and steps should be demonstrated throughout the program. 	May not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:30 +/- 10	<ol style="list-style-type: none"> 1. Jumps with not more than ½ rotation [front to back or back to front including half-loop] 2. Single rotation jumps: Salchow and Toe Loop only. 3. Jump combinations/ sequences with the above jumps allowed. 4. Maximum of 5 jump elements. 	<ol style="list-style-type: none"> 1. Two upright spins, change of foot optional 2. Minimum of 3 revolutions. 	<ol style="list-style-type: none"> 1. Connecting moves and steps should be demonstrated throughout the program 	May not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
WELL BALANCED FREE SKATE [U.S. Figure Skating Rulebook Requirements]				
No Test Time: 1:30 +/-10	<ol style="list-style-type: none"> 1. Maximum of 5 2. Single Jumps [NO AXELS] 3. Max 3 combos or sequences [Combos limited to 2 jumps but one 3 jump is permitted] 4. Number of jumps in sequence is not limited 	<ol style="list-style-type: none"> 1. Maximum of 2 spins of a different nature 2. Min. 3 revolutions 3. Spins may change Feet and start with a Fly 	<ol style="list-style-type: none"> 1. One step sequence utilizing ½ ice surface 2. Straight line, circular Or serpentine 	May not have passed any official U.S. Figure Skating free skate tests.

**Events listed on this page are NOT eligible for
Michigan Basic Skills Series Points**

Compulsory Events

- 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 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
- *Skaters have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Pre-Preliminary	1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump. 3. Solo spin –sit or camel spin – minimum 3 revolutions 4. Spiral sequence – must include a forward and backward spiral . Additional spirals and balance moves [Ina Bauers, spread eagles, lunges and shoot the ducks may be included].	May not have passed tests higher than U.S, Figure Skating pre-preliminary free skate test	Time: 1:15
Preliminary	1. Lutz jump 2. Single jump combination [may not use Lutz or Axel] 3. Camel spin – minimum 3 revolutions 4. Spiral sequence – must include a forward and backward spiral . Additional spirals and balance moves [Ina Bauers, spread eagles, lunges and shoot the ducks may be included].	Must have passed the U.S. Figure Skating pre-preliminary free skate test but may not have passed higher than preliminary free skate	Time: 1:15

Events listed on this page are NOT eligible for Michigan Basic Skills Series Points

Free Skate Events

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted.

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.

COMPETITIVE TEST TRACK FREE SKATE

LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Pre-Preliminary Time: 1:30 +/- 10	1. Jumps with not more ½ rotation [front to back or back to front]. 2. Single rotation jumps: Salchow, toe loop and loop jump ONLY 3. Jump combinations/ sequences with above jumps allowed 3. Maximum of 5 jump elements.	1. Maximum of two spins of a different nature held in one position only, no change of foot. 2. No flying spins 3. Minimum 3 revolutions	1. Connecting moves and steps should be demonstrated throughout the program	May not have passed tests higher than U.S, Figure Skating pre-preliminary free skate test
Preliminary Time: 1:30 +/- 10	1. Jumps with not more than one rotation [no axels] . 2. Jump combinations and sequences are allowed. 3. Maximum of 5 jump elements.	1. Maximum of two spins of a different nature 2. Combination spins allowed. 3. No flying spins 4. Minimum of 3 revolutions	1. Connecting moves and steps should be demonstrated throughout the program	Must have passed the U.S. Figure Skating pre-preliminary free skate test but may not have passed higher than preliminary free skate

WELL BALANCED FREE SKATE [U.S. Figure Skating Rulebook Requirements]

Pre-Preliminary Time: 1:30 +/- 10	1. Single jumps – axel permitted – no doubles 2. Max 3 combos or sequences [Combos limited to 2 jumps but one 3 jump is permitted] 4. Number of jumps in sequence Is not limited, axel may be repeated as individual jump, combo or sequence [Max 2 axels] 3. Maximum of 5 jump elements.	1. Maximum of 2 spins of a different nature 2. Spins may change feet and start with a fly 3. Minimum 3 revolutions	1. One step sequence utilizing ½ the ice surface 2. Straight line, circular or serpentine	May not have passed tests higher than U.S, Figure Skating pre-preliminary free skate test
Preliminary Time: 1:30 +/- 10	1. 1 Axel or Waltz jump type jump 2. Max 3 combos/sequences - Combos limited to 2 jumps, but one 3 jump permitted 3. Number of jumps in sequence not limited 4. 2 different double jumps allowed (double Salchow, Toe or Loop only) 5. Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. 6. Max of 2 Axels or any double jump	1. Maximum of 2 spins of a different nature 2. Spins may change feet and start with a fly 3. Minimum 3 revolutions	1. One step sequence utilizing ½ the ice surface 2. Straight line, circular or serpentine	Must have passed the no higher than U.S. Figure Skating preliminary free skate

Spins Events

BEGINNER SPINS: No music on half-ice. Spins should be skated exactly as stated and in this order. Skaters will perform one spin at a time (no excessive connecting steps). Skaters will be given one opportunity to perform each spin. Groups will be divided according to Basic/Free Skate test level. Spins should be a minimum of three revolutions each.

Basic Skills

Forward pivot- either foot, Two foot spin, Forward one foot spin

Free skate 1-6, Beginner, No-Test

Two foot spin, Forward one foot spin, Sit Spin

Pre-Preliminary

Forward Scratch spin, Backward one foot spin, Camel spin

Preliminary

Forward Scratch Spin, Backward one foot spin, Combination spin of choice- minimum two changes of position or foot

Interpretive Programs

During warm-up skaters will hear music selection twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater will be allowed to hear the music for the 3rd time. The listening skater will not be allowed to view the performing skater.

LEVEL	ELEMENTS / MUSIC THEME	QUALIFICATIONS	PROGRAM LENGTH
Beginner	No flying spins or combination spins MUSIC THEME:	Basic 7 – No Test	1:15 minutes Or less
Pre-Preliminary	No flying spins, axels or double jumps MUSIC THEME:	Passed no higher than Pre-Preliminary Free Skate Test	1:30 minutes Or less
Preliminary	No double jumps MUSIC THEME:	Passed no higher than Preliminary Free Skate Test	1:30 minutes Or less

Artistic Showcase

- Theme of skater's choice
- Music may contain words
- Judging will emphasize interpretation of music rather than technical skills
- Costumes that complement the music will be allowed
- Skaters may use hand props or those they can get on and off the ice without assistance

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6/ Limited Beginner/ Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30
No Test/ Pre- preliminary/ Adult Pre- Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40

ADULT EVENTS – ADULT 1-4, PRE-BRONZE AND BRONZE

Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times elements is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed
- 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 unless otherwise noted

<p>Adult 1:</p> <ol style="list-style-type: none"> 1. Backward swizzles 2. Forward one foot glides, one time skater's height: R & L 3. Two foot turns 4. Snowplow stops: R or L 5. Forward curves on two feet 	<p>Adult 2:</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward crossovers, clockwise and counter clockwise 3. Backward one foot glide: R or L 4. Forward pivot 5. Forward chasses on a circle
<p>Adult 3:</p> <ol style="list-style-type: none"> 1. Backward crossovers, clockwise, and counter clockwise 2. Inside Mohawk, either direction 3. Backward snowplow stop 4. Forward progressives 1. Beginning two-foot spins 	<p>Adult 4:</p> <ol style="list-style-type: none"> 1. Forward three turns, outside or inside: R & L 2. Alternate backward crossovers with two-foot transitions 3. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle 4. Power three turns: one direction only 5. Backward chasses on a circle
<p>Pre-Bronze: Must have passes no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max Refer to the current U.S. Figure Skating Rulebook #3806 for specific requirements.</p>	<p>Bronze: Must have passed no higher than adult bronze free skate or the preliminary free skate test. Time: 1:50 max Refer to the current U.S. Figure Skating Rulebook #3801 for specific requirements.</p>

U. S. Figure Skating Basic Skills Program
SPECIAL OLYMPICS BADGE PROGRAM

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

<p>Badge 1</p> <p>A. Stand unassisted for five seconds B. Fall and stand up unassisted C. Knee dip standing still unassisted D. March forward ten steps assisted</p>	<p>Badge 7</p> <p>A. Backward stroking across the rink B. Gliding backward to forward two foot turn C. T-stop left of right D. Forward two foot turn on a circle: L & R</p>
<p>Badge 2</p> <p>A. March forward ten steps unassisted B. Swizzles, standing still: three repetitions C. Backward wiggle or march assisted D. Two foot glide forward for distance of at least length of body</p>	<p>Badge 8</p> <p>A. Five consecutive forward crossovers: L & R B. Forward outside edge: L & R C. Five consecutive backward ½ swizzles on a circle: L & R</p>
<p>Badge 3</p> <p>A. Backward wiggle or march B. Five forward swizzles covering at least ten feet C. Forward skating across the rink D. Forward gliding dip covering at least length of body: L & R</p>	<p>Badge 9</p> <p>A. Forward outside three turn: L & R B. Forward inside edge: L & R C. Forward lunge or shoot the duck at any depth D. Bunny hop</p>
<p>Badge 4</p> <p>A. Backward two foot glide covering at least length of body B. Two foot jump in place C. One foot snowplow stop: L & R D. Forward one foot glide covering at least length of body: L & R</p>	<p>Badge 10</p> <p>A. Forward inside three turn: L & R B. Five consecutive backward crossovers: L & R C. Hockey stop D. Forward spiral three times length of body</p>
<p>Badge 5</p> <p>A. Forward stroking across rink B. Five backward swizzles covering at least ten feet C. Forward two foot curves left and right across rink D. Two foot curves left and right across rink</p>	<p>Badge 11</p> <p>A. Consecutive forward outside edges: minimum of two on each foot B. Consecutive forward inside edges: minimum of two on each foot C. Forward inside Mohawk: L & R D. Consecutive backward outside edges: minimum of two on each foot E. Consecutive backward inside edges: minimum of two on each foot</p>
<p>Badge 6</p> <p>A. Gliding forward to backward two foot turn B. Five consecutive forward one foot swizzles on circle: L & R C. Backward one foot glide length of body: L & R D. Forward pivot</p>	<p>Badge 12</p> <p>A. Waltz jump B. One foot spin: minimum of three revolutions C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise D. Combination of three moves chosen from badges 9-12</p>

**“Skate the Capitol” Lansing Basic Skills
Event #1 – March 12, 2011
Entry Form [PLEASE PRINT CLEARLY]**



Name _____ Age _____ Birth Date _____

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	Compulsory	TEST TRACK	Adult Events
Snowplow Sam*	Limited Beginner *	Compulsory	Adult 1
Basic 1 *	Beginner *	Pre-Preliminary	Adult 2
Basic 2 *	No Test *	Preliminary	Adult 3
Basic 3 *	Free Skate	Free Skate	Adult 4
Basic 4 *	Limited Beginner *	Pre-Preliminary	Pre-Bronze
Basic 5 *	Beginner *	Preliminary	Bronze
Basic 6 *	WELL - BALANCED		
Basic 7 *	Free Skate		Artistic Showcase
Basic 8 *	No Test *	WELL - BALANCED	Basic Skills
		Free Skate	Beginner
		Pre-Preliminary	Pre-Preliminary
		Preliminary	Preliminary
Basic Program w/ Music		Spins Events	Special Olympics
Snowplow Sam*		Basic Skills	Badge 1
Basic 1 *		Beginner	Badge 2
Basic 2 *		Pre-Preliminary	Badge 3
Basic 3 *		Preliminary	Badge 4
Basic 4 *			Badge 5
Basic 5 *		Interpretive Programs	Badge 6
Basic 6 *		Beginner	Badge 7
Basic 7 *		Pre-Preliminary	Badge 8
Basic 8 *		Preliminary	Badge 9
			Badge 10
			Badge 11
			Badge 12

*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
February 25, 2011**

Mail form and fees to: Gina Dewitt
6544 Aurelius
Lansing, MI 48911

Check/Money Order payable to: Lansing Skating Club



Certification of Competitor

Competitor Name: _____

The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the Lansing Skating Club and Suburban Ice East Lansing harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.

As a participant, or parent/guardian of a minor participant, in the "Skate the Capitol" Lansing Basic Skills Competition/Basic Skills Series, I understand that the "Skate the Capitol" Lansing Basic Skills Competition /Basic Skills Series, or its agents, may take photographs, video and/or film of my, my minor's and/or my family's involvement, participation, viewing or interaction "Skate the Capitol" Lansing Basic Skills Competition /Basic Skills Series scheduled ice time, activities, classes or events. I hereby authorize the taking and use of such photographs, video, film or likeness of myself, my minor child (or children), and/or my family in all forms and media and in all manners, including composite or other representations, for any lawful and legitimate "Skate the Capitol" Lansing Basic Skills Competition /Basic Skills Series purpose, including dissemination and distribution of the same; and further waive any right to approve or object to any finished, modified or derivative product or media

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 2010-2011? Yes USFS # _____

If you are not registered, go to 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: Lansing Skating Club ____ Events to be entered checked properly



Join us in July for our 2nd annual
Basic Skills Day Camp
Sunday July 17th.



Approval Code: #BSC - 35505