



“Skate the Capitol” Lansing Basic Skills Competition 2012 Series Event #1 March 17, 2012

2012 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 3, 2012

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 2012 season.

At the end of the 2012 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.



6th Annual USFS Michigan Basic Skills Series – Hosted by the following:

<p>Event #1 – Lansing Basic Skills March 17, 2012 Entry Deadline – February 27, 2012 Suburban Ice – East Lansing 2810 Hannah Blvd East Lansing, Michigan 48823 Contacts: Alissa Folger and Samantha Wilson Phone: 517- 304 -4216 lansingbasicskills@yahoo.com</p>	<p>Event #2 – Arctic Basic Skills April 1, 2012 Entry Deadline – March 17, 2012 Arctic Edge Ice Arena 46615 Michigan Avenue Canton MI 48188 Contact: Diane Keils dmkeils@aol.com or arcticfscclub@gmail.com</p>	<p>Event #3 - Mountain Town Classic April 21, 2012 Entry Deadline – April 2, 2012 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 #4 – Skate the Zoo April 28, 2012 Entry Deadline – April 7, 2012 S2 Ice Arena 5076 Sports Drive Kalamazoo MI 49009 Contacts: Amy Bauer Phone: 269-598-9184 sk8Amy02@aol.com</p>	<p>Event #5 - Tulip City Classic May 12, 2012 Entry Deadline – May 1, 2012 Edge Ice Arena 4444 Holland Avenue Holland MI 49424-8279 Contacts: Scott Chiamulera scottedgeice@aol.com -616/738-0733 OR Jenifer VanZanten vanzanten5@att.net -616/393-6789</p>	<p>Event #6 – Summer Swizzle June 16, 2012 Entry Deadline: May 26, 2012 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 14, 2012 Entry Deadline: June 25, 2012 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–Lakeshore Summer Freeze August 4, 2012 Entry Deadline – July 21, 2012 Lakeshore Sports Centre 4470 Airline Road Muskegon, MI 49444 Contact: Lisa Fierro Phone: 231-343-5919 Sk8mlfsc@yahoo.com</p>	<p>Event #9 – ICES B/S Challenge August 18, 2012 Entry Deadline – July 31, 2012 Troy Sports Center 1819 E Big Beaver Road Troy, MI 48083 Contact: Phone:</p>
<p>Event #10 – Crossover to the North August 25, 2012 Entry Deadline: August 10, 2012 Otsego County Sportsplex 1250 Gornick Avenue Gaylord MI 49735 Contact: Micki Elliott Cell: 734-474-9487; Work: 989-745-6137 mickilofl@hotmail.com</p>	<p>Event #11- Skate the Mountain – September 29, 2012 Entry Deadline: September 10, 2012 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 #12 – Dearborn Basic Skills Comp – October 6, 2012 Entry Deadline: Sept 18, 2012 Dearborn Ice Skating Center 14900 Ford Road Dearborn MI Contact: Holly Teets Cell: 313-319-0043; Work 313-943-4098 hteets@ci.dearborn.mi.us</p>
<p>Event #13 – Tuxedo Invite Basic Skills October 28, 2012 Entry Deadline: October 13, 2012 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 #14 – Skate Midland November 3, 2012 Entry Deadline: October 20, 2012 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 Capitol" – Lansing Basic Skills Competition

Lansing Skating Club

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

517-336-4272

www.lansingskatingclub.com

March 17, 2012

Entry Deadline: February 27, 2012

The Lansing Basic Skills "Skate the Capitol" competition, sponsored by the Lansing Skating Club will be held at Suburban Ice East Lansing on March 17, 2012. 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 Alissa Folger by email at lansingbasicskills@yahoo.com or (517) 304-4216.

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 27, 2012**. 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:

Alissa Folger

2810 Hannah Blvd.

East Lansing, MI, 48823

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

<u>Snowplow Sam - Tots:</u> <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. Forward snowplow stop 4. Backward wiggles <u>2-6 in a row</u> 	<u>Basic 5:</u> <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
<u>Basic 1</u> <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. Forward snowplow stop 4. Backward wiggles <u>6-8 in a row</u> 	<u>Basic 6:</u> <ol style="list-style-type: none"> 1. Standstill forward inside three turn - <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>
<u>Basic 2</u> <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. Moving snowplow stop 4. Backward two foot swizzles <u>6 - 8 in a row</u> 5. Two foot turn in place forward to backward 	<u>Basic 7:</u> <ol style="list-style-type: none"> 1. Standstill 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
<u>Basic 3</u> <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> 	<u>Basic 8:</u> <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. 1 combination move - <u>clockwise or counter clockwise</u> – two forward crossovers into FI Mohawk, step down, cross 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</u> <u>minimum 3 revolutions</u>
<u>Basic 4</u> <ol style="list-style-type: none"> 1. Standstill forward outside three turn - <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. Maximum of 5 jump elements 2. Jumps with not more than ½ rotation [front to back or back to front]. 3. Max 2 jump sequences allowed. 4. Max 2 of any same jump 	<ol style="list-style-type: none"> 1. Max 2 spins 2. Two upright spins, no change of foot or flying entry 3. Min 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. Maximum of 5 jump elements 2. 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. Max 2 jump combinations or sequences w/only the above jumps. 4. Max 2 of any same type jump 	<ol style="list-style-type: none"> 1. Max 2 spins 2. Two upright spins, change of foot optional, no flying entry 3. Min 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 2 combos or sequences [Combos limited to 2 jumps] 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.

TEST TRACK FREE SKATE				
LEVEL	Jumps	Spins	Steps	QUALIFICATIONS
Pre-Preliminary Time: 1:30 +/- 10	<ol style="list-style-type: none"> Maximum of 5 jump elements. Jumps with not more ½ rotation [front to back or back to front]. Single rotation jumps: Salchow, toe loop and loop jump ONLY Max 2 jump combinations or sequences Max 2 of any same type jump 	<ol style="list-style-type: none"> Max 2 spins Two spins of a different nature, one position only, no change of foot, no flying entry. Min 3 revolutions 	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> Maximum of 5 jump elements Jumps with not more than one rotation [no axels]. Max 2 jump combinations or sequences Max 2 of any same type jump. 	<ol style="list-style-type: none"> Max 2 spins: One spin in one position, no change of foot, no flying entry (3 revolutions min) One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot). 	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> Single jumps – axel permitted – no doubles Max 2 combos or sequences [Combos limited to 2 jumps] Number of jumps in sequence is not limited, axel may be repeated as individual jump, combo or sequence [Max 2 axels] Maximum of 5 jump elements. 	<ol style="list-style-type: none"> Maximum of 2 spins of a different nature Spins may change feet and start with a fly Minimum 3 revolutions 	<ol style="list-style-type: none"> One step sequence utilizing ½ the ice surface 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	<ol style="list-style-type: none"> 1 Axel or Waltz jump type jump Max 2 combos/sequences - Combos limited to 2 jumps, Number of jumps in sequence not limited 2 different double jumps allowed (double Salchow, Toe or Loop only) Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump 	<ol style="list-style-type: none"> Maximum of 2 spins of a different nature Spins may change feet and start with a fly Minimum 3 revolutions 	<ol style="list-style-type: none"> One step sequence utilizing ½ the ice surface 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 selection of music 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 in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

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

ARTISTIC/SHOWCASE EVENTS:

Artistic/Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skater's in the group ensemble or production number. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted. Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute and by unaided ensemble contestants within two minutes for setup and two minutes for removal. 6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

Categories may include:

- Light entertainment
- Dramatic entertainment
- Duets
- Small Ensembles (3-7 skaters)
- Group Production (8-30 skaters)

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/ Prepreliminary/ 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

The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. 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+/-10sec unless otherwise noted

Adult 1 A. Backward swizzles B. Forward one-foot glides, one time skater's height: R & L C. Two-foot turns D. Snowplow stops: R or L E. Forward curves on two feet	Adult 2 A. Forward stroking B. Forward crossovers, clockwise and counter clockwise C. Backward one-foot glide: R or L D. Forward pivot E. Forward Chasses on a circle
Adult 3 A. Backward crossovers, clockwise and counter clockwise B. Inside Mohawk, either direction C. Backward snowplow stops: R and L D. Forward progressives E. Beginning two-foot spin	Adult 4 A. Forward three turns, outside or inside: R & L B. Alternate backward crossovers with twofoot transition C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle D. Power three turns: one direction only E. Backward Chasses on a circle
Adult Pre-Bronze: Must have passed 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	Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max Refer to the current U.S. Figure Skating Rulebook #3801 for specific requirements

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.

Badge 1 A. Stand unassisted for five seconds B. Fall and stand up unassisted C. Knee dip standing still unassisted D. March forward ten steps assisted	Badge 7 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
Badge 2 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	Badge 8 A. Five consecutive forward crossovers: L & R B. Forward outside edge: L & R C. Five consecutive backward ½ swizzles on a circle: L & R
Badge 3 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	Badge 9 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
Badge 4 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	Badge 10 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
Badge 5 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	Badge 11 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
Badge 6 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	Badge 12 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

"Skate the Capitol" Lansing Basic Skills

EVENT # 1- March 17, 2012

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		Compulsory		Adult Events	
Snowplow Sam*		Limited Beginner *		Adult 1			
Basic 1 *		Beginner *		Pre-Preliminary		Adult 2	
Basic 2 *		No Test *		Preliminary		Adult 3	
Basic 3 *						Adult 4	
Basic 4*						Pre-Bronze	
Basic 5*		Free Skate		Free Skate		Bronze	
Basic 6 *		Limited Beginner *		Pre-Preliminary			
Basic 7 *		Beginner *		Preliminary		Artistic/Showcase	
Basic 8 *						Basic 1-8	
		WELL - BALANCED		WELL - BALANCED		Freeskate 1-6/Limited Beg./Beginner/ Adult	
		Free Skate		Free Skate		No Test/ Pre-Preliminary/Adult Pre-Bronze	
		No Test *		Pre-Preliminary		Preliminary/Adult Bronze	
				Preliminary			
Basic Prog w/ Music				Interpretive Programs			
Snowplow Sam*		Tests Passed:		Special Olympics			
Basic 1 *		Freestyle:		Beginner		Badge 1	
Basic 2 *				Pre-Preliminary		Badge 2	
Basic 3 *				Preliminary		Badge 3	
Basic 4 *						Badge 4	
Basic 5 *				Spins Events		Badge 5	
Basic 6 *				Basic Skills		Badge 6	
Basic 7 *				Beginner		Badge 7	
Basic 8 *				Pre-Preliminary		Badge 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 27, 2012**

Mail form and fees to: Alissa Folger
 2810 Hannah Blvd.
 East Lansing, MI, 48823

Make check or 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 or 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 at "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 "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 _____
 Title _____ Date _____

COMPETITOR SIGNATURE _____ Date _____

Coach Signature: _____ Print Name: _____
 Please print clearly

Are you registered on USFS Coaches Registry for 2011-2012? 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: _____

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 3rd annual
 Basic Skills Day Camp
 Sunday July 15th.

Approval Code:



MICHIGAN BASIC SKILLS SERIES CAMP PARENTS EDUCATION SEMINAR

JULY 15, 2012

**NOVI ICE ARENA
42400 Arena Dr
Novi, MI 48375**

This camp is opened to anyone 14 years or younger. Basic Skills skaters up to the Preliminary Free Skate test are eligible for this camp. Camp includes on & off ice instruction. Some areas to be covered are; Basic Stroking, Edges, Moves in the Field, Jumps/Spins, Beginning Ice Dance and Beginning Synchro.

Parents Education Seminar will be held during the camp day for the parents. The seminar for the Parents includes; Understanding U.S. Figure Skating, Being a Supportive Skating Parent, Understanding the Judges System, Outfitting your Skater and getting Involved in your local club. There is scheduled time during the seminar to watch your skater.

For more information please contact Suzy Malloure malkidsx4@aol.com

