



LAST CHANCE FOR SOLO DANCE 2014 CHAMPIONSHIPS

A National Solo Dance Series Event*

***Solo "Open" Dance & Couples "Open" Dance Event
Shadow Pattern Dance Event & USFS Test Session***

August 17th & 18th, 2014

Hosted by:



Sanctioned by:



Application Deadline: Postmarked by July 13th, 2014

**Event are open to all skaters regardless of entry into the National Solo Dance Series*

2014
Last Chance for Solo Dance
Championships

August 17-18th, 2014

Hosted by

Iceland Competitive Edge Figure Skating Club

Sanctioned by

U.S. Figure Skating

CHIEF ACCOUNTANT

Jim Achtenburg

CHIEF REFEREE

Margaret Faulkner

LOCATION

Flint Iceland Arenas
1160 South Elms Road
Flint Township, MI 48532

PURPOSE

The Last Chance for Solo Dance Championships (LC4SDC) is held to stimulate interest in figure skating and to afford a competitive experience for skaters. The competition will be conducted according to the current U.S. Figure Skating rules. Skaters may skate only for their Home Club. LC4SDC is part of the National Solo Dance Series and is one of last qualifying events of the season.

COMPETITION CHAIR

Brandon Forsyth Bforsyth@icerinks.com 860-305-9039

ELIGIBILITY

LC4SDC is open to all skaters from any club. All National Solo Dance Events will follow the rules, test requirements and details set forth by the 2014 Solo Dance Series Handbook found at:

<http://USFSA.ORG/Programs.asp?id=479>

All NSD Events are open to all skaters regardless of entry into the National Solo Dance Series

Even though the Solo "Open" Pattern Dance Event dances won't count toward points for the Solo Dance Series, these Events will still follow all the same rules and details from the 2014 Solo Dance Series Handbook found at: <http://USFSA.ORG/Programs.asp?id=479>

Solo "Open" Pattern Dance Events are open to all skaters and do not have any test requirements.

SCHEDULE OF EVENTS

All competition schedules will be posted online at www.sk8stuff.com and on the arena bulletin board once the competition begins. No admission fee will be charged.

Please check with Registration for changes and exact times.

OFFICIAL ARENA

The competition will be held at the Flint Iceland Arenas, 1160 South Elms Road, Flint Township, MI 48532, which has two ice surfaces each measuring 200' x 85'. Parking, dressing rooms, and snack bar facilities are available at the arena. A vendor exhibition area will be inside the arena.

ENTRIES & ENTRY FEES

1st Event Start: \$85.00 - 2nd Event Start: \$40.00
3rd Event Start: \$25 - 4th or more Event Starts: \$20

NSD Solo Combined Dance Event counts for 2 event starts each
NSD Solo Pattern Dance Event counts for 2 event starts each
NSD Shadow Pattern Dance Event counts for 1 event start each
Solo "Open" Pattern Dance Event counts for 1 event start each
Couples "Open" Pattern Dance Event counts for 1 event start each

All entries must be postmarked or entered online by **midnight EDT July 14th, 2014**. Space may be limited. Applications will be processed on a first-come, first-served basis. Late entries will be accepted by the discretion of the competition committee and will incur an additional late fee of \$25.00. Entry fees are per person, per event and payable in U.S. Dollars only. There will be a \$35.00 service fee assessed if the skater enters the wrong event and requests to be changed. There will also be a \$35.00 service fee assessed for returned/NSF checks. Cashier's check or a Money Order will be the only payments accepted for the fee for NSF checks.

\$10 fee will be charged if the skater's USFS is not included in the paper entry form.

\$10 fee will be charged at registration if the Paper Entry Form is incomplete, has illegible information, missing signatures or is missing pages.

**IN THE SHADOW PATTERN DANCE EVENT AND IN THE COUPLES "OPEN" PATTERN DANCE EVENT BOTH PARTNERS MUST SUBMIT ENTRIES AND PAY THE EVENT FEE.
IF SKATING WITH A "PRO" THE PRO FEE IS WAIVED.
PLEASE ALSO SUBMIT YOUR PARTNERS OR PRO NAME & USFS # IN THE "PARTNER NAME" BOX ONLINE**

Online entries are greatly preferred. There is an additional \$20 Paper Entry Fee.

Enter online at: www.sk8stuff.com to avoid this fee.

Checks & voucher will still need to be printed & mailed to the address below within 48 hours of online entry. Paper Entry Forms will be accepted with additional \$20 fee. Please Mail to:

Brandon Forsyth - 1656 Savannah Ct. - Superior Twp. MI 48198

REFUNDS

No refunds will be issued after the closing date unless the event is cancelled for lack of participation.

One entry constitutes a competition in any event.

NO REFUNDS WILL BE GIVEN FOR ANY REASON, INCLUDING MEDICAL.

COMPETITION EVENTS & AWARDS

National Solo Dance Solo Pattern Dance Event: Preliminary - International
National Solo Dance Combined Dance Event: Juvenile - Senior
National Solo Dance Shadow Pattern Dance Event: Preliminary - Gold
Solo "Open" Pattern Dance Event: Preliminary - Gold
Couples "Open" Pattern Dance Event: Preliminary - Gold

Medals will be awarded for each individual dance event for first, second, third and fourth place.

Trophies will be awarded for first place overall in each of the qualifying NSD events with medals awarded for second, third and fourth place.

REGISTRATION AT EVENT (CHECK-IN)

The official registration desk will open one hour prior to the start of the competition August 16th, 2014 and remain open until the close of the competition August 17th, 2014.

Competitors must check in at the registration desk at least one hour prior to their event or they will not be allowed on the competition ice.

OFFICIAL NOTICES

An official bulletin board will be maintained in the main lobby of the Flint Iceland Arenas. Posted schedules and announcements thereon shall constitute sufficient notice to competitors, coaches, chaperones and officials.

MUSIC

Music will be reproduced through the arena's sound system on CDs furnished by each competitor at registration. All CDs must be clearly marked with name, event and actual time of the music. Damaged or improperly marked CDs or practice CDs will not be accepted. Competitors must have a suitable emergency back-up at rink side during his/her event. Music will be available for pick up at registration 30 minutes after each event.

PRACTICE ICE

Practice ice will be available to the competitors at a fee of \$12.00 per 20 minute session. Practice ice information will be available online at www.sk8stuff.com. Dance music will be played on each level specific practice session. Free dance music will be played on free dance designated sessions.

Practice ice may be reserved online for those who have prepaid, and will be scheduled on a first-come, first-served basis. A practice ice schedule will be posted on www.sk8stuff.com in early August.

Practice Ice pre-payment form (for paper entries) is located after the entry form.

LOGO WEAR

Free bag with competition logo or \$15 credit toward items available from www.teestopgraphicdesign.co.

E-blast will be sent to all competitors after registration is complete for pre-order information.

DVD OF EVENTS

As part of the entry fee, each competitor will receive a DVD copy of each of the events they have entered. Please see the Ledin Video booth in the main competition rink to pick up your DVD's.



2014 U.S. Figure Skating Solo Dance Series Events

Last Chance for Solo Dance Championships
is a participating competition within the 2014 National Solo Dance Series.

The Solo Pattern Dance Event, Combined Dance Event and Solo Short Dance Events are being offered as part of the 2014 U.S. Figure Skating Solo Dance Series and will be conducted in accordance with the 2014 Solo Dance Series Handbook found at:

<http://USFSA.ORG/Programs.asp?id=479>

Please refer to the 2014 Solo Dance Series handbook for the current Series rules, levels and event requirements that will be in effect for this competition.

2014 SOLO DANCE SERIES EVENTS BEING OFFERED:

Solo Pattern Dance Event
Solo Combined Dance Event
Shadow Dance Event

NSD Solo Pattern Dance Events:

The Solo Pattern Dance Event is comprised of two dances at each level. This event is being offered at the Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold & International Levels.

All NSD Events are open to all skaters regardless of entry into the National Solo Dance Series

The dances selected below will be the ones competed in the Solo Pattern Dance Event

Preliminary	Pre-Bronze	Bronze	Pre-Silver	Silver	Pre-Gold	Gold	International
Canasta Tango	Fiesta Tango	Willow Waltz	European Waltz	American	Paso Doble	Viennese Waltz	Cha Cha Congelado
Rhythm Blues	Swing Dance	Ten Fox	14 Step	Rocker Foxtrot	Starlight Waltz	Argentine Tango	Tango Romantica

For the Solo Pattern Dance Event rules, test requirements and details.

Please refer to the 2014 Solo Dance Series Handbook found at:

<http://USFSA.ORG/Programs.asp?id=479>

**Please note that the dances that weren't selected for the National Solo Pattern Dance Event can be competed in the Solo "Open" Pattern Dance Events. See Page 7 for more information.*

2014 U.S. Figure Skating Solo Dance Series Events (cont)

NSD Combined Dance Events:

The Combined Dance Event is comprised of the following:

1. JUVENILE, INTERMEDIATE, NOVICE: One solo pattern dance chosen by the referee out of two possible dances as selected by U.S. Figure Skating This dance will not be posted until the starting order is posted at the competition.

Pattern Dance Selection for Juvenile: Willow Waltz and Ten Fox

Pattern Dance Selection for Intermediate: European Waltz and Foxtrot

Pattern Dance Selection for Novice: Tango and American Waltz

JUNIOR, SENIOR: A short dance

- 2.) A solo free dance

The pattern dances competed in the Combined Dance Event are separate from those in the Solo Pattern Dance Event and the results will not count towards the Solo Pattern Dance Event or results. This event is offered at the Juvenile, Intermediate, Novice, Junior and Senior levels.

All NSD Events are open to all skaters regardless of entry into the National Solo Dance Series

For the Combined Dance Event rules, test requirements and details.

Please refer to the 2014 Solo Dance Series Handbook found at:

<http://USFSA.ORG/Programs.asp?id=479>

NSD Shadow Dance Events:

The Shadow Dance event is a trial event in the 2014 Series. It is offered for the preliminary through senior levels. Skaters will accrue points, but will not be eligible for the 2014 National Solo Dance Series Final.

All NSD Events are open to all skaters regardless of entry into the National Solo Dance Series

Preliminary	Juvenile	Intermediate	Novice	Junior	Senior
Canasta Tango	Hickory Hoedown	Fourteenstep	Rocker Foxtrot	Starlight Waltz	Quickstep

For the Shadow Dance Event rules, test requirements and details.

Please refer to the 2014 Solo Dance Series Handbook found at:

<http://USFSA.ORG/Programs.asp?id=479>

***PLEASE SUBMIT YOUR PARTNERS NAME IN THE COMMENT BOX ONLINE
BOTH PARTNERS MUST SUBMIT ENTRIES AND PAY THE EVENT FEE***

OTHER EVENTS

Solo “Open” Pattern Dance Events:

The Solo Open Pattern Dance Event is a Last Chance for Solo Dance event separate from the National Solo Dance Series Events. Each dance competed is a separate event. The dances (selected below) are the remaining dances that were not selected to be part of the NSD Solo Pattern Dance qualifying event. Even though the Solo “Open” Pattern Dance Event dances won’t count toward points for the Solo Dance Series, these Events will still follow all the same rules and details from the 2014 Solo Dance Series Handbook found at:

<http://USFSA.ORG/Programs.asp?id=479>

The Solo “Open” Pattern Dance are open to all skaters and do not have any test requirements.

Preliminary	Pre-Bronze	Bronze	Pre-Silver	Silver	Pre-Gold	Gold	International
Dutch Waltz	Cha-Cha	Hickory Hoedown	Foxtrot	Tango	Kilian	Westminster Waltz	Silver Samba
					Blues	Quickstep	Yankee Polka
							Rhumba

SKATERS MAY COMPETE IN MORE THEN 1 LEVEL OF NSD SOLO DANCE EVENTS. HOWEVER THEY WILL RECEIVE NSD POINTS ONLY FOR THE LEVEL THAT THEY ARE REGISTERED WITH USFS TO COMPETE IN.

ALSO THE ADDITIONAL LEVELS THEY CHOOSE TO COMPETE IN MUST BE HIGHER THEN THE LEVEL THEY ARE CURRENTLY REGISTER IN THE NSD FOR.

SKATERS ARE ENCOURAGE TO COMPETE IN MULTIPLY LEVELS

OTHER EVENTS (cont)

Couples “Open” - Pro Am Pattern Dance Events:

The Couples Open Pattern Dance Event is a Last Chance for Solo Dance event separate from the National Solo Dance Series Events. “Open” mean any male/female dance couple. Competitive dance teams are encouraged to compete as well as Professional Skaters with their students (Pro Am) as well as adult dance teams. Couples may provide their own music for each dance following the Skater’s Choice guidelines. If they do not wish to provide their own music, traditional dance music will be provided. Couples will skate the “competition” number of patterns for each dance. Each dance will be a separate event. Medals will be given to both skaters for each individual dance. Skaters may compete in as many events as they like. This event will be judged as 6.0.

The Couples “Open” Pattern Dance are open to all skaters and do not have any test requirements.

Preliminary	Pre-Bronze	Bronze	Pre-Silver	Silver	Pre-Gold	Gold	International
Dutch Waltz	Cha Cha	Hickory Hoedown	14 Step	Rocker Foxtrot	Starlight Waltz	Quickstep	Silver Samba
Rhythm Blues	Fiesta Tango	Ten Fox	Foxtrot	American Waltz	Paso Doble	Argentine Tango	Cha Cha Congelado

***PLEASE SUBMIT YOUR PARTNERS NAME IN THE COMMENT BOX ONLINE
BOTH PARTNERS MUST SUBMIT ENTRIES AND PAY THE EVENT FEE***

USFS Test Session Including International Dances & Canadian Tests:

We will be offering a USFS Test Session during
The Last Chance for Solo Dance Championships.
All tests will be offered including International Dances
and the opportunity to take the Canadian Gold Dance Test.
A Dance Partner can be arranged if needed.
Dance tests will have priority over all other test applications.
Please contact ICEFSC Test Chair for any questions or requests:

Chris Handt chrishandt@aol.com

Applications are due no later then August 4th, 2014
and can be sent in with the Competition Entry Form or mailed separately to:

**ICEFSC
c/o Test Chair
1160 Elms Rd.
Flint Township, MI 48532**

ICELAND COMPETITIVE EDGE FIGURE SKATING CLUB TEST APPLICATION

Skaters First Name		Skaters Last Name		Age	USFS #
Address			City	State	Zip
Skaters Cell Phone #	Skaters Home Phone #	Skaters E-Mail			
Skaters Coach's Name		Skaters Coach's Phone #		Skaters Home Club	

PLEASE CIRCLE WHICH TEST(S) YOU WANT TO TAKE:

MOVES IN THE FIELD	FREESTYLE	DANCE (each dance)	PAIRS	FREE DANCE (solo or partnered)	ADULT MOVES, FREESTYLE OR PAIRS
\$20 - Pre-Preliminary	\$15 - Pre-Preliminary	\$15 - Preliminary	\$15 - Pre-Juvenile	\$20 - Juvenile	\$25 - Pre-Bronze
\$30 - Preliminary	\$20 - Preliminary	\$20 - Pre-Bronze	\$20 - Juvenile	\$30 - Intermediate	\$35 - Bronze
\$40 - Pre-Juvenile	\$25 - Pre-Juvenile	\$25 - Bronze	\$30 - Intermediate	\$40 - Novice	\$45 - Silver
\$50 - Juvenile	\$30 - Juvenile	\$30 - Pre-Silver	\$40 - Novice	\$50 - Junior	\$55 - Gold
\$55 - Intermediate	\$35 - Intermediate	\$35 - Silver	\$50 - Junior	\$60 - Senior	
\$65 - Novice	\$40 - Novice	\$40 - Pre-Gold	\$60 - Senior		
\$70 - Junior	\$50 - Junior	\$50 - Gold	CANADIAN GOLD MEDAL TEST (choose 4 dances below)		
\$75 - Senior	\$60 - Senior	\$60 - International	\$90-CAN (Argentine)	\$90-CAN (Quickstep)	\$90-CAN (Westminster)
			\$90-CAN (Samba)	\$360 for 4 dances	\$90-CAN (Viennese)

ALL APPLICATIONS ARE DUE 14 DAYS PRIOR TO TEST DATE. - OUT OF CLUB TESTERS MUST INCLUDE THE \$25 FEE AND HAVE EITHER THE TEST CHAIR SIGNATURE ON THIS FORM OR A LETTER OF PERMISSION EMAILED.

SUBMIT CHECK/MONEY ORDER MADE PAYABLE TO "ICEFSC" (CASH NOT ACCEPTED) AND COMPLETED APPLICATION TO THE ICEFSC DROP BOX AT THE RINK OR MAIL IT TO: **ICEFSC - 1160 SOUTH ELMS ROAD - FLINT TOWNSHIP - MI - 48532**

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT FIGURE SKATING DIRECTOR, BRANDON FORSYTH
@ 860-305-9029 OR EMAIL Bforsyth@icerinks.com

INCOMPLETE FORMS WILL NOT BE ACCEPTED / CONTINGENT TESTS WILL NOT BE REFUNDED

NO LATE APPLICATION / REFUNDS - 2ND CLUB MEMBERS ARE NOT REQUIRED TO PAY THE OUT OF CLUB FEE

FYI: WE MUST PAY SKATE CANADA \$80 PER CANADIAN GOLD MEDAL TEST DANCE SO THATS WHY THOSE TESTS ARE SO EXPENSIVE.

	PAYMENT	
DANCE PARTNER NAME & USFS #	Test # 1 Description:	\$
COACH'S SIGNATURE & DATE	Test # 2 Description:	\$
	Test # 3 Description:	\$
	Test # 4 Description:	\$
HOME CLUB TEST CHAIR SIGNATURE & DATE	MANDATORY ADMINISTRATION FEE:	\$10.00
SKATER/PARENT SIGNATURE & DATE (PARENT IF SKATER IS UNDER 18)	OUT OF CLUB FEE (\$25.00):	\$
	(MAKE CHECK PAYABLE TO ICEFSC) TOTAL:	\$

ENTRY FORM PAGE 1

2014 LAST CHANCE FOR SOLO DANCE CHAMPIONSHIPS - August 17th & 18th, 2014

Hosted by the Iceland Competitive Edge Figure Skating Club

Enter online at: www.sk8stuff.com and avoid having to fill this form out & pay the \$20 Paper Form Fee

Entries must be postmarked or entered online by midnight EDT by July 14th, 2014

Forms must be completely filled in before it can be processed. Talk to your coach, and fill in legibly. If you enter the wrong event and need to change it for any reason other than our error, you will be assessed a \$35 change fee.

<i>Skaters First Name:</i>		<i>Skaters Last Name:</i>		<i>USFS#</i>	
<i>Address:</i>			<i>City:</i>	<i>State:</i>	<i>Zip:</i>
<i>Date of Birth:</i>	<i>Age:</i>	<i>Sex:</i> M F	<i>Home Club (no abbreviation):</i>		
<i>Contact #:</i>			<i>Contact Email:</i>		

Coach's Certification and Information

I have read this entry and certify this is complete and that the competitor is eligible to enter the specified events.

<i>Coaches First Name:</i>		<i>Coaches Last Name:</i>		<i>USFS#</i>	
<i>Address:</i>			<i>City:</i>	<i>State:</i>	<i>Zip:</i>
<i>Contact #:</i>			<i>Contact Email:</i>		
<i>Registered Coach of USFS?:</i> YES NO		<i>Coaches Signature:</i>			

<input type="checkbox"/>	I am registered in the 2014 USFS Solo Dance Series and my registration number is:
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Spaces limited — DEADLINE for postmark/online entry: July 13th, 2014

Mail online voucher or forms and check to:

Brandon Forsyth, 1656 Savannah Ct., Superior Twp, MI 48198

Spaces are limited within levels: first received — first entered. Mail early

ENTRY FORM PAGE 2

2014 LAST CHANCE FOR SOLO DANCE CHAMPIONSHIPS - August 16th & 17th, 2014

Hosted by the Iceland Competitive Edge Figure Skating Club

Skaters First Name:	Skaters Last Name:	USFS#
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PLEASE CIRCLE BELOW WHICH EVENTS YOU WOULD LIKE TO BE ENTERED IN

SOLO "OPEN" PATTERN DANCE EVENTS	NSD SOLO COMBINED DANCE EVENTS	NSD SOLO PATTERN DANCE EVENTS	NSD SHADOW PATTERN DANCE EVENTS	COUPLE "OPEN" PATTERN DANCE EVENTS	
DUTCH WALTZ	JUVENILE	PRELIMINARY	PRELIMINARY	DUTCH WALTZ	RYHTHM BLUES
CHA CHA	INTERMEDIATE	PRE-BRONZE	PRE-BRONZE	CHA CHA	FIESTA TANGO
HICKORY HOEDOWN	NOVICE	BRONZE	BRONZE	HICKORY HOEDOWN	TEN FOX
FOXTROT	JUNIOR	PRE-SILVER	PRE-SILVER	FOURTEENSTEP	FOXTROT
TANGO	SENIOR	SILVER	SILVER	ROCKER FOXTROT	AMERICAN WALTZ
BLUES		PRE-GOLD	PRE-GOLD	STARLIGHT WALTZ	PASO DOBLE
KILIAN	RHUMBA	GOLD	GOLD	QUICKSTEP	ARGENTINE TANGO
WESTMINSTER WALTZ	YANKEE POLKA	INTERNATIONAL		SILVER SAMBA	CHA CHA CONGELADO
QUICKSTEP	SILVER SAMBA				
		SHADOW DANCE/ COUPLES "OPEN" DANCE EVENT PARTNERS NAME:			

Circle events entered then add up total # of Event Starts	# of Event Starts
NSD Solo Combined Dance Event	2
NSD Solo Pattern Dance Event	2
NSD Shadow Pattern Dance Event each	1
Solo "Open" Pattern Dance Event each	_____ # events
Couple "Open" Dance Event each	_____ # events
TOTAL # EVENT STARTS ENTERED:	???

Checks payable to: **ICEFSC**

Mail forms/payment or online payment coupon to:

ICEFSC

c/o Brandon Forsyth
1656 Savannah Ct.
Superior Twp, MI 48198

Deadline: July 14th, 2014

CIRCLE TOTAL # OF EVENT STARTS & TOTAL \$ DUE BELOW - ADD \$20 TO ENTRY FEE FOR PAPER ENTRY

TOTAL # OF EVENT STARTS	1	2	3	4	5	6	7	8	9	10
ENTRY FEE DUE	\$85	\$125	\$150	\$170	\$190	\$210	\$230	\$250	\$270	\$290

Date Received:	Check #:	Check Amount:
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ENTRY FORM PAGE 3

2014 LAST CHANCE FOR SOLO DANCE CHAMPIONSHIPS - August 16th & 17th, 2014

Hosted by the Iceland Competitive Edge Figure Skating Club

<i>Skaters First Name:</i>	<i>Skaters Last Name:</i>	<i>USFS#</i>
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Form must be completely filled in before it can be processed. This form is NOT necessary for online entries.

Send the signed voucher (payment form) instead of this form

**Certification by Athlete and Parent/Guardian and
Authorization for Emergency Medical Treatment**

Athlete: I agree to conduct myself, both on and off the ice, in a manner that will reflect favorable upon this competition and upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others, and in the event I cause injury, damage, or loss to another or to the property of another, I hereby indemnify US Figure Skating, the local Competition Committee, the Iceland Competitive Edge Figure Skating Club, Flint Iceland Arenas and their officers, directors, members, committees, representatives, employees and agents, and agree to hold them harmless against any and all claims that another person may have or which may arise out of such injury, damage or loss, together with any reasonable costs and attorney's fees that may be incurred as result of any such claims, whether valid or not.

Athlete/Parent/Guardian: I understand that US Figure Skating and the Iceland Competitive Edge Figure Skating Club, Flint Iceland Arenas or organizers of this competition undertake no responsibility for damages or injuries, or loss of property suffered by the competitors. 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, US Figure Skating, organizers of the competition, the Iceland Competitive Edge Figure Skating Club and its officers, and their entries shall be accepted only on such condition (see rule 1600).

In the event (I)(parent if athlete is under 18 years of age) or (my son/daughter) am unavailable, I hereby give permission for any emergency medical treatment and further authorize and consent to the release of any pertinent medical information and records regarding the treatment, diagnosis, and/or examination of (myself) (my son/daughter) to the medical committee of the competition for which I am entered by the physician representative of the medical committee of the sanctioned competition in which (I) (my son/daughter) is entered.

<i>Athlete's Signature:</i>	<i>Date:</i>
<i>Parent/Guardian's Signature: (If Athlete is under age 18)</i>	<i>Date:</i>

CERTIFICATION OF CLUB OFFICER OR TEST CHAIRMAN

To the best of my knowledge, the information on this entry form is true and correct.

The competitor is a member in good standing of our club.

<i>Club Name:</i>	
<i>Signature:</i>	<i>Phone:</i>
<i>Title:</i>	<i>Date:</i>

Spaces limited — DEADLINE for postmark/online entry: July 14th, 2014

Mail online voucher or forms and check to:

Brandon Forsyth, 1656 Savannah Ct., Superior Twp, MI 48198

Spaces are limited within levels: first received — first entered. Mail early

2014 Last Chance 4 Solo Dance Practice Ice Information

Practice ice for the Iceland Competitive Edge Figure Skating Club Last Chance 4 Solo Dance Competition may be reserved online as part of entering the competition online at www.sk8stuff.com, or may be purchased at the practice ice desk during the competition. If you pre-pay for sessions and fail to reserve them online, your pre-payment may be applied towards sessions purchased at the practice ice desk during the competition.

A schedule of practice sessions will be published online when the competition schedule is published. To ensure a fair chance for everyone, online capability for those sessions will be turned on at a time/date which will be published when the schedules are published. This turn-on time will be early evening at least 24 hours after the publication of the schedules. Online reservation capability will be turned off at 6:00 pm on the day prior to the first scheduled practice session.

To reserve your sessions online, you will log-on using a link which will be published on www.sk8stuff.com. You will need to use your name and a PIN number. When the schedule is posted there is a button next to the names drop down that says "email me my pin". Click it and it comes automatically.

All sessions are 25 minutes in duration and the cost is \$15 per session.
There is no refund for prepaid sessions, even if not used.

Sessions will be available Friday, Saturday & Sunday and may be designated by level and event. You may only reserve sessions appropriate to your entry.

Checks should be made out to 'ICEFSC'.

Please do not share your PIN with anyone else (neither ICEFSC nor sk8stuff.com are responsible for reservation changes made online by unauthorized users).
Practice ice pre-payments are not refundable.

Please direct practice ice questions to:
Brandon Forsyth at 860-305-9029 or ICEFSCOffice@gmail.com.

Competitors may also be able to skate on regular club sessions.
Please go to www.flinticeland.com for that schedule.

CONCUSSION AWARENESS

EDUCATIONAL MATERIAL ACKNOWLEDGEMENT FORM

By my name and signature below, I acknowledge in accordance with Public Acts 342 and 343 of 2012 that I have received and reviewed the Concussion Fact Sheet for Parents and/or the Concussion Fact Sheet for Students provided by **ICEFSC / FLINT ICELAND ARENAS**

- Sponsoring Organization

Participant Name Printed

Parent or Guardian Name Printed

Participant Name Signature

Parent or Guardian Name Signature

Date

Date

Return this signed form to the sponsoring organization that must keep on file for the duration of participation or age 18.

Participants and parents please review and keep the educational materials available for future reference.

**PARENTS AND SKATER MUST SIGN THIS FORM!!!
PLEASE KEEP THE INFORMATIONAL PAGE FOR YOU REFERENCE
RETURNED THE ACKNOWLEDGEMENT FORM WITH YOUR MEMBERSHIP**

UNDERSTANDING CONCUSSION

Some Common Symptoms

Headache	Balance Problems	Sensitive to Noise	Poor Concentration	Not "Feeling Right"
Pressure in the Head	Double Vision	Sluggishness	Memory Problems	Feeling Irritable
Nausea/Vomiting	Blurry Vision	Haziness	Confusion	Slow Reaction Time
Dizziness	Sensitive to Light	Fogginess	"Feeling Down"	Sleep Problems
		Grogginess		

WHAT IS A CONCUSSION?

A **concussion is a type of traumatic brain injury** that changes the way the brain normally works. A concussion is caused by a fall, bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. A concussion can be caused by a shaking, spinning or a sudden stopping and starting of the head. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be **serious**. A concussion can happen **even if you haven't been knocked out**.

You can't see a concussion. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If the student reports any symptoms of a concussion, or if you notice symptoms yourself, seek medical attention right away. A student who may have had a concussion should not return to play on the day of the injury and until a health care professional says they are okay to return to play.

IF YOU SUSPECT A CONCUSSION:

- SEEK MEDICAL ATTENTION RIGHT AWAY** – A health care professional will be able to decide how serious the concussion is and when it is safe for the student to return to regular activities, including sports. Don't hide it, report it. Ignoring symptoms and trying to "tough it out" often makes it worse.
- KEEP YOUR STUDENT OUT OF PLAY** – Concussions take time to heal. Don't let the student return to play the day of injury and until a health care professional says it's okay. A student who returns to play too soon, while the brain is still healing, risks a greater chance of having a second concussion. **Young children and teens are more likely to get a concussion and take longer to recover than adults.** Repeat or second concussions increase the time it takes to recover and can be very serious. They can cause permanent brain damage, affecting the student for a lifetime. They can be fatal. It is better to miss one game than the whole season.
- TELL THE SCHOOL ABOUT ANY PREVIOUS CONCUSSION** – Schools should know if a student had a previous concussion. A student's school may not know about a concussion received in another sport or activity unless you notify them.

SIGNS OBSERVED BY PARENTS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Can't recall events prior to or after a hit or fall
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION DANGER SIGNS:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people/places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously.)

HOW TO RESPOND TO A REPORT OF A CONCUSSION:

If a student reports one or more symptoms of a concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of athletic play the day of the injury. The student should only return to play with permission from a health care professional experienced in evaluating for concussion. During recovery, rest is key. Exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse. Students who return to school after a concussion may need to spend fewer hours at school, take rests breaks, be given extra help and time, spend less time reading, writing or on a computer. After a concussion, returning to sports and school is a gradual process that should be monitored by a health care professional.

Remember: Concussion affects people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

To learn more, go to www.cdc.gov/concussion.