



## Event 12- Skate the Lakeshore September 13, 2025



### 2025 Michigan Compete USA Series Competition Mission Statement

To give our skaters a chance to develop their Learn to Skate USA basic skills in a fun competitive environment. During the competition season skaters will have the chance to compete at different clubs and arenas earning points for a final standing. A skater may participate in either Free skating and/or Compulsory/Element events in any of the Michigan Compete USA 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 8, 2025.

#### Series Point System

Program with Music [Free skate] and Compulsory/Element events in each of the Series Competitions will be eligible for accumulating points. Each event will have a maximum of 6 skaters. Scoring for the final award will be as follows:

1<sup>st</sup> Place - 6 points

2<sup>nd</sup> Place - 5 points

3<sup>rd</sup> Place - 4 points

4<sup>th</sup> Place - 3 points

5<sup>th</sup> Place - 2 points

6<sup>th</sup> Place - 1 point

Skaters must participate in at least 3 of the 14 series events to be eligible to win an award with an overall placement at the finale. Skaters receive bonus points for moving up a level during the course of the series season [bonus points only awarded once each season]. Events eligible for a series finale award are:

Element [Snowplow Sam thru Aspire 2 & Basic Programs w/Music Events - Learn to Skate Curriculum  
[Snowplow Sam thru Aspire 1-4]

In the event of tied total points, all skaters tied for a place will be awarded a medal, no ties will be broken.

**Points are accumulated for Element/Compulsory and Program with Music [Free skate] events separately.**

Medals will be awarded [1-3 Place] in each level as highlighted in each announcement. Beyond the Basic **will NOT** be counted in the Program with Music [Free skate] and Elements/Compulsory Program Series for this 2025 season. Spins, Dance, Pairs, Theatre on Ice, Synchronized Teams, and Showcase Events **will NOT** be counted for this 2025 season. At the end of the 2025 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 Michigan Compete USA Series is sponsored equally by all the participating ice rinks and/or U.S. Figure Skating members clubs. Competition announcements will be available on [www.sk8stuff.com](http://www.sk8stuff.com). Each competition will have its own entry forms and specific rules. Please make sure to read the entire announcement for each competition.

Approval Code:

# **17<sup>th</sup> Michigan Compete USA Series [formerly Basic Skills Series]**

**Hosted by the following:**

<b><u>Event 1</u></b> Onyx-Suburban B/S Challenge <b>February 1, 2025</b> <b>Entry Deadline – January 17, 2025</b> Suburban Ice Macomb Macomb, MI Contact Jeanette Daskas Phone: 248-917-9544 <a href="mailto:jendaskas@aol.com">jendaskas@aol.com</a>	<b><u>Event 2</u></b> Mountain Town Classic <b>March 8, 2025</b> <b>Entry Deadline – February 22, 2025</b> Martin Ice Arena Mt Pleasant MI Contact: Ginni Phillips Phone: 989-560-3871 <a href="mailto:gpsk8r@gmail.com">gpsk8r@gmail.com</a>	<b><u>Event 3</u></b> Tuxedo Invitational <b>March 22, 2025</b> <b>Entry Deadline – March 7, 2025</b> Slater Family Ice Arena Bowling Green, OH Contact: Merissa Rojas Phone: 419-345-0766 <a href="mailto:Bgsk8testcompchair@gmail.com">Bgsk8testcompchair@gmail.com</a>
<b><u>Event 4</u></b> Arctic Basic Skills <b>April 6, 2025</b> <b>Entry Deadline – March 21, 2025</b> Arctic Edge Ice Arena Canton, MI Contact Stephen Scanio Phone: 248-635-4541 <a href="mailto:stephenscanio@hotmail.com">stephenscanio@hotmail.com</a>	<b><u>Event 5</u></b> Iceland Spring Fling <b>May 4, 2025</b> <b>Entry Deadline – April 19, 2025</b> ServPro Sports Complex [formerly Iceland Arenas] Flint, MI Contact Cristy Bosley Phone: 810-814-1081 <a href="mailto:Chix44ever44@gmail.com">Chix44ever44@gmail.com</a>	<b><u>Event 6</u></b> Bobbie Stoermer Skills/ & Showcase Competition <b>June 7, 2025</b> <b>Entry Deadline - May 24, 2025</b> Biggby Coffee Ice Cube Ann Arbor, MI Contact: Craig Forsyth Phone: 734-213-6768 <a href="mailto:aafsc.officemanager@gmail.com">aafsc.officemanager@gmail.com</a>
<b><u>Event 7</u></b> Summer Swizzle <b>June 14, 2025</b> <b>Entry Deadline – May 30, 2025</b> Farmington Hills Ice Arena Farmington Hills, MI Contact: Janelle Woodruff Phone: 248-613-8122 <a href="mailto:summerswizzle@fhfsc.org">summerswizzle@fhfsc.org</a>	<b><u>Event 8</u></b> Skate the Shores <b>July 12, 2025</b> <b>Entry Deadline - June 28, 2025</b> St Clair Shores Civic Arena St Clair Shores, MI Contact Lindsay O'Donoghue <a href="mailto:odonoghuelindsay@gmail.com">odonoghuelindsay@gmail.com</a>	<b><u>Event 9</u></b> Skate the Zoo <b>July 26, 2025</b> <b>Entry Deadline – July 11, 2025</b> Wings West Kalamazoo MI Contact: Mia Jawor Phone: 708-752-1115 <a href="mailto:miajawor@gmail.com">miajawor@gmail.com</a>
<b><u>Event 10</u></b> Summer Chill Basic Skills <b>August 2, 2025</b> <b>Entry Deadline – July 18, 2025</b> Novi Ice Arena Novi, MI Contact: Laura Paredes <a href="mailto:lamarlau@hotmail.com">lamarlau@hotmail.com</a>	<b><u>Event 11</u></b> Skate the Grand <b>August 9, 2025</b> <b>Entry Deadline – July 25, 2025</b> Patterson Ice Center Grand Rapids, MI Contact: Wendi Vogel <a href="mailto:vogelwendi@gmail.com">vogelwendi@gmail.com</a>	<b><u>Event 12</u></b> Skate the Lakeshore <b>September 13, 2025</b> <b>Entry Deadline August 29, 2025</b> Griff's Ice House West Holland MI Contact: Jacqueline Alimpich Phone: 517-518-1210 <a href="mailto:coach.iay@lefsc.org">coach.iay@lefsc.org</a>
<b><u>Event 13</u></b> Skate the Gate <b>October 5, 2025</b> <b>Entry Deadline - September 13, 2025</b> Southgate Civic Arena Southgate MI Contact: Jackie Timm Phone: 734-771-7247 <a href="mailto:ms.j.timm@gmail.com">ms.j.timm@gmail.com</a>	<b><u>Event 14</u></b> Skate Midland <b>November 8, 2025</b> <b>Entry Deadline – October 24, 2025</b> Midland Civic Arena Midland MI Contact Karen Boswell Phone: 989-751-6603 <a href="mailto:Kboswell99@gmail.com">Kboswell99@gmail.com</a>	<b>SERIES AWARDS CEREMONY AT THE MIDLAND COMPETITION</b>



**Event 12- Skate the Lakeshore – Compete USA Competition**  
**Lake Effect Figure Skating Club**  
**Griff's Icehouse West ♦ 4444 Holland Ave ♦ Holland, MI 49503**  
**Griffswest.com**  
**September 13, 2025**  
**August 29, 2025**

Skate the Lakeshore, sponsored by the Lake Effect Figure Skating Club will be held at the Griff's West on September 13, 2025. The ice surface measures 200x85 feet. This is a United State Figure Skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be direct to [Jacqueline, skatethelakeshore@lefsc.org](mailto:Jacqueline_skatethelakeshore@lefsc.org) or 517-518-1210. Email 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 full members of US Figure Skating. To be eligible skater 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 1-6 skaters must skate at highest level passed or one level higher. NO official US Figure Skating tests may have been passed including MIF or individual dances. For the Aspire1-4, Excel, Well Balanced, and Adult 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. Skaters may not compete at more than one level in the same type event at the same competition

**Rules** – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA "Compete USA Competition Manual" program.

**Entry Fees** – The first event is \$60, each additional event after that is \$20. All entries must be postmarked no later than August 29, 2025. Late entries will be accepted at the discretion of the organizers, and are subject to a possible \$15 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: LEFSC**

**Name: LEFSC c/o Jacqueline Alimpich**  
**Address: 735 Diamond Ave NE**  
**City, State Zip: Grand Rapids, MI 49503**

There will be a \$35 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. A podium will be available for group and individual photos.

**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](http://www.sk8stuff.com)

**Music** - For most events a music upload link for programs with music will be supplied on [www.sk8stuff.com](http://www.sk8stuff.com). If no link is provided, skater should provide a CD to be turned into registration. Competitors must have a spare CD or a digital recording at rink side to be used in case of technical difficulties.

**Practice Ice** – Practice ice will be available in 20 minutes sessions. Details will be provided either online or via email prior to the competition date. Sign-in and pay \$10 at the door.

## SNOWPLOW SAM – BASIC 6 ELEMENTS

- Each skater will perform each element when directed by a judge/referee. Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
- Skate on 1/3 to 1/2 ice (determined by the LOC)
- No music
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:00 max	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
BASIC 1	1:00 max	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
BASIC 2	1:00 max	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
BASIC 3	1:00 max	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
BASIC 4	1:00 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
BASIC 5	1:00 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
BASIC 6	1:00 max	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

**Events listed on this page ARE ELIGIBLE for Michigan Compete with Us Series Points**  
**SNOWPLOW SAM – BASIC 6 PROGRAM WITH MUSIC**

Format: 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.

- Skate on full ice with music.
- The skater may use elements from a previous level.
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements.
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant

LEVEL	TIME	SKATING RULES/STANDARDS
SNOWPLOW SAM	1:10 max	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
BASIC 1	1:10 max	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
BASIC 2	1:10 max	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
BASIC 3	1:10 max	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
BASIC 4	1:10 max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
BASIC 5	1:10 max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
BASIC 6	1:10 max	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>



## **ATHLETE DEVELOPMENT - ASPIRE COMPULSORY CHALLENGE**

1. Levels 1-4 will skate on half ice
2. Elements may be performed only once.
3. The skater may include connecting steps between the required elements.
4. Music is not allowed
5. If using IJS, please see page 2 for spin calling clarifications.
6. Applicable deductions:
  - a. Time Violations: 1. IJS for up to every 5 seconds in excess = -0.25 2. 6.0, for up to every 10 seconds in excess = 0.1
  - b. Fall Deductions: 1. IJS for each fall = -0.25 2. 6.0, for each fall = -0.1

### **Athletic Development Levels 1 and 2 ARE ELIGIBLE for Michigan Compete with Us Series Points**

LEVEL	SOLO JUMP	JUMP COMBINATION/SEQUENCE	SPIN	CHOREO/ STEP SEQUENCE
<b>Level 1</b>  <b>1:15 max</b>	Half Flip or Half Lutz	Waltz Jump + Waltz Jump + SEQ	Forward One-Foot Upright Spin <ul style="list-style-type: none"> <li>No flying entry</li> <li>No change of foot</li> <li>Min. 3 revs.</li> </ul>	Spiral on Both Legs <ul style="list-style-type: none"> <li>No Variations</li> <li>Forward (FSpr1) or Backwards (BSpr1)</li> <li>Leg must be hip level or higher for min 3 secs</li> </ul>
<b>Level 2</b>  <b>1:15 max</b>	Single Salchow or Single Toe Loop	Waltz Jump + Single Toe Loop	Forward Sit Spin <ul style="list-style-type: none"> <li>No flying entry</li> <li>No change of foot</li> <li>Min. 3 revs</li> </ul>	Choreographic Sequence (pChSq) that must be one spiral with variation and one of the following: <ul style="list-style-type: none"> <li>Split Jump</li> <li>Stag Jump</li> <li>Falling Leaf</li> </ul>

### **Athlete Development Levels 3 and 4 are NOT ELIGIBLE for Michigan Compete with Us Series Points**

LEVEL	SOLO JUMP	JUMP COMBINATION/SEQUENCE	SPIN	CHOREO STEP SEQUENCE
<b>Level 3</b>  <b>1:15 max</b>	Single Loop	Choice of one of the following options: <ul style="list-style-type: none"> <li>Single Flip + Single Toe Loop</li> <li>Single Lutz + Single Toe Loop</li> <li>Single Flip + Single Loop</li> <li>Single Lutz + Single Loop</li> </ul>	Forward Camel Spin <ul style="list-style-type: none"> <li>No flying entry</li> <li>No change of foot</li> <li>Min. 3 revs</li> </ul>	Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>Must be 2 different skating movements and clearly visible</li> </ul>
<b>Level 4</b>  <b>1:15 max</b>	Double Salchow or Double Toe Loop	Choice of one of the following options: <ul style="list-style-type: none"> <li>Single Axel + Single Toe Loop</li> <li>Single Axel + Single Loop</li> </ul>	Combination Spin <ul style="list-style-type: none"> <li>No flying entry</li> <li>No change of foot</li> <li>Min. 6 revs. total</li> </ul>	Choreographic Sequence (pChSq) <ul style="list-style-type: none"> <li>Must be 2 different skating movements and clearly visible</li> </ul>

**Events listed on this page ARE ELIGIBLE for**  
**Michigan Compete with Us Series Points**

<b>Aspire 1 Free Skate – 1:40 MAX</b>		
<ul style="list-style-type: none"> <li>Maximum 5 jump elements - Permitted jumps:</li> <li>Waltz Jump</li> <li>½ Flip</li> <li>½ Lutz</li> <li>Max 1 jump sequence – Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<b>Maximum 2 spin:</b> <ul style="list-style-type: none"> <li>Two-foot spin</li> <li>Forward 1 foot spin [optional free foot]</li> </ul>	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> <li>½ of the ice</li> </ul>
<b>Aspire 2 Free Skate – 1:40 MAX</b>		
<b>Maximum 5 jump elements</b> - Permitted jumps: <ul style="list-style-type: none"> <li>Any jump from Aspire 1</li> <li>Single salchow</li> <li>Single toe loop</li> </ul> Max 2 jump combinations – Waltz jump/toe loop; salchow/toe loop OR 1 combination [above] & 1 sequence – Waltz jump/waltz jump with no turns or hops in between	<b>Maximum 2 spin:</b> <ul style="list-style-type: none"> <li>Any spin from Aspire 1</li> <li>Back upright spin</li> <li>Sit spin]</li> </ul>	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> <li>½ of the ice</li> </ul>
<b>Aspire 3 Free Skate – 1:40 MAX</b>		
<b>Maximum 5 jump elements</b> - Permitted jumps: <ul style="list-style-type: none"> <li>Any jump from Aspire 1 &amp; 2</li> <li>Euler [1/2 loop]</li> <li>Single loop</li> </ul> Max 2 jump combinations or 1 combination & 1 sequence	<b>Maximum 2 spin:</b> Required – Forward upright to back upright spin combo Permitted: Any spin from Aspire 1 & 2; Camel Spin	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> <li>½ of the ice</li> </ul>
<b>Aspire 4 Free Skate – 1:40 MAX</b>		
<b>Maximum 5 jump elements</b> - Permitted jumps: <ul style="list-style-type: none"> <li>Any jump from Aspire 1, 2 &amp; 3</li> <li>Single Flip</li> <li>Single Lutz</li> </ul> Max 2 jump combinations or 1 combination & 1 sequence	<b>Maximum 2 spin:</b> Required – Forward camel to sit spin combo Permitted: Any spin from Aspire 1, 2 & 3	<b>Maximum 1 Sequence:</b> Choreographic Step Sequence [ChSt] <ul style="list-style-type: none"> <li>½ of the ice</li> </ul>

**CLARIFICATIONS**

**Jumps:**

All levels – Max 2 of any same jump  
Aspire 1 & 2 – Euler is not permitted

**Jump Sequence:**

Aspire 3 & 4 – Consists of 2 or 3 jumps in which the second and/or third jump is a waltz jump with a direct step from the landing curve of the first/second jump

**Jump Combinations:**

Aspire 3 & 4 – Jump combinations & sequences  
Limited to 2 jumps except one jump combo or one Jump sequence may include 3 jumps

**Spins:**

All levels  
\*Minimum 3 revolutions  
\*No flying entry  
\*A spin may not be repeated  
\*Basic positions only

**Aspire 3 & 4**

\*One spin must be the required spin  
\*Second spin must a spin in one position

**Step Sequence:**

All Levels  
\*Jumps may be included  
\*MIF & spiral sequences, arabesques, spread eagles, Ina Bauers, Spilt Jumps, etc. allowed but not

## **SPECIAL OLYMPICS EVENTS ARE ELIGIBLE FOR** **MICHIGAN COMPETE WITH US SERIES POINTS**

### **SPECIAL OLYMPICS BADGE 1-12**

Competition hosts can use the skills listed below to create either an elements event or program event for Special Olympics competitors. If doing a program, music can be used and will be 1:10 max.

#### **Badge 1**

- A. Stand unassisted for five seconds
- B. Sit on ice or fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward ten steps assisted

#### **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 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: left and right

#### **Badge 4**

- A. Backward two-foot glide covering at least length of body
- B. Two foot jump in place
- C. One foot snowplow stop: left and right
- D. Forward one foot glide covering at least length of body: left and right

#### **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 turn front to back, on the spot

#### **Badge 6**

- A. Gliding forward to backward two-foot turn
- B. Five consecutive forward one-foot swizzles on circle: left and right
- C. Backward one foot glide length of body: left and right
- D. Forward pivot

#### **Badge 7**

- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. T-stop left or right
- D. Forward two foot turn on a circle: left and right

#### **Badge 8**

- A. Five consecutive forward crossovers: left and right
- B. Forward outside edge: left and right
- C. Five consecutive backward ½ swizzles on a circle: left and right
- D. Two-foot spin

#### **Badge 9**

- A. Forward outside 3 turn: left and right
- B. Forward inside edge: left and right
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

#### **Badge 10**

- A. Forward inside three-turn: left and right
- B. Five consecutive backward crossovers: left and right
- C. Hockey stop
- D. Forward spiral three times length of body

#### **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: left and right
- D. Consecutive backward outside edges: minimum of two on each foot
- E. Consecutive backward inside edges: minimum of two on each foot

#### **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



# **EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR Michigan Compete with Us Series Points**

## **EXCEL FREE SKATE**

- Skaters may not enter both a Well-Balanced Free Skate event and an Excel Free Skate event at the same competition
- Skaters will skate to the music of their choice
- Level determined by highest Free Skate test passed. Skater may compete at that level or one level higher

## **EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS**

### **EXCEL PRE-PRELIMINARY – 1:40 MAX**

*Must not have passed higher than U.S. Figure Skating pre- preliminary free skate test - \* means required element  
Learn to Skate USA membership OR full U.S. Figure Skating membership required*

#### Maximum 5 jump elements:

- All single jumps allowed, except for the Axel
- No single Axels, double, or higher jumps allowed
- Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence
- Max 2 jump combinations, or 1 jump combination and 1 jump sequence
- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps
- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump

#### Maximum 2 spins:

- One spin must be in a single position with no change of foot\*
- No flying entry
- Minimum 3 revolutions
- One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot
- No flying entry
- Spins must be of a different character

*Max Level: 1*

#### Maximum 1 Sequence:

- One Choreographic Sequence (pChSq)
- Must be clearly visible

### **EXCEL PRELIMINARY – 2:00 +/- 10 SECONDS**

*Must not have passed higher than U.S. Figure Skating preliminary free skate test - \* means required element  
Learn to Skate USA membership OR full U.S. Figure Skating membership required*

#### Maximum 5 jump elements:

- All single jumps allowed, except for the Axel
- No single Axels, double, or higher jumps allowed
- Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence
- Max 2 jump combinations, or 1 jump combination and 1 jump sequence
- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps
- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump

#### Maximum 2 spins:

- One spin must be a camel or layback spin with no change of foot and no change of position\*
- No flying entry
- Minimum 3 revolutions
- 1 spin combination, with or without change of foot\*
- Minimum 6 revolutions or No flying entry

*Max Level: 1*

#### Maximum 1 Sequence:

- One Choreographic Sequence (pChSq)
- Must be clearly visible

## WELL BALANCED TO PRELIMINARY FREE SKATE PROGRAM

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level = higher.

### PRE-PRELIMINARY — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed</li> <li>• No double, triple or quadruple jumps allowed</li> <li>• Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max 2 jump combinations or jump sequences</li> <li>• Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul>	<p>Max 2 Spins – Max Level 1</p> <ul style="list-style-type: none"> <li>• Spins must have different codes Minimum 3 revolutions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• One spin MUST be a spin in ONE position</li> <li>• One spin MAY change positions</li> </ul> <p>If two one-position spins are performed, they must be executed in different basic positions.</p>	<p>Max 1 Choreographic Sequence (pChSq)</p> <ul style="list-style-type: none"> <li>• Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc.)</li> <li>• Steps and turns may be used to link the movements together.</li> <li>• The pattern is NOT restricted, but the sequence MUST be clearly visible.</li> <li>• Listed elements (jumps and spins) are not permitted in the pChS</li> </ul>

### PRELIMINARY — 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
<p>Max 5 Jump Elements</p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)</li> <li>• Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>• An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>• Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> <li>• Max 2 jump combinations or sequences</li> <li>• Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul>	<p>Max 2 Spins – Max Level 2</p> <ul style="list-style-type: none"> <li>• Spins must have different codes Minimum 3 revolutions</li> <li>• Spins may change feet Spins may start with a flying entry</li> <li>• One spin MUST be a spin in ONE position</li> <li>• One spin MAY change positions If two one-position spins are performed, they must be executed in different basic positions.</li> </ul>	<p>Max 1 Choreographic Sequence (pChSq)</p> <ul style="list-style-type: none"> <li>• Consists of at least 2 different movements (spirals, spread eagles, unlisted jumps, etc.)</li> <li>• Steps and turns may be used to link the movements together.</li> <li>• The pattern is NOT restricted, but the sequence MUST be clearly visible. Listed elements (jumps and spins) are not permitted in the pChS</li> </ul>

**EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR**  
**MICHIGAN COMPETE WITH US SERIES POINTS**

**ADULT 1-6 FREE SKATE WITH MUSIC**

**General** event parameters:

- The skating order of the required elements is optional.
- The elements are not restricted 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.
- To be skated on full ice
- The skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element MISSING and for those elements performed from a higher level.

Level	Time	Elements
Adult 1	1:40 Max	<ul style="list-style-type: none"> <li>• Forward Marching</li> <li>• Forward two-foot glide</li> <li>• Forward swizzle (4-6 in a row)</li> <li>• Forward snowplow stop, two feet or one foot</li> </ul>
Adult 2	1:40 Max	<ul style="list-style-type: none"> <li>• Forward skating across the width of the ice</li> <li>• Forward one-foot glides</li> <li>• Forward slalom</li> <li>• Backward skating</li> <li>• Backward swizzles, 4-6 in a row</li> </ul>
Adult 3	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking using the blade properly</li> <li>• Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise</li> <li>• Backward skating to a long two-foot glide</li> <li>• Forward chasses on a circle, clockwise and counterclockwise</li> <li>• Backward snowplow stop, right and left</li> </ul>
Adult 4	1:40 Max	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, right and left</li> <li>• Forward inside edge on a circle, right and left</li> <li>• Forward crossovers, clockwise and counterclockwise</li> <li>• Backward one-foot glides, right and left</li> <li>• Hockey stop, both directions</li> </ul>
Adult 5	1:40 Max	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, right and left</li> <li>• Backward inside edge on a circle, right and left</li> <li>• Backward crossovers, clockwise and counterclockwise</li> <li>• Forward outside three-turn, right and left</li> <li>• Beginning two-foot spin</li> </ul>
Adult 6	1:40 Max	<ul style="list-style-type: none"> <li>• Forward stroking with crossover end patterns</li> <li>• Backward stroking with crossover end patterns</li> <li>• Forward inside three-turn, right and left</li> <li>• T-stop</li> <li>• Lunge</li> <li>• Two-foot spin into one-foot spin (min 2 revs on 1 foot)</li> </ul>

# **EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS**

## **ADULT BEGINNER – BRONZE FREE SKATE PROGRAM WITH MUSIC**

General event parameters:

- Skaters will skate to the music of their choice and vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Adult Beginner 1:40 Maximum	Max. 4 jump elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and Waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max. 2 spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Learn to Skate USA Free Skate 1
Adult High Beginner 1:40 Maximum	Max 4 jump elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ loop, ½ flip, ½ Lutz, toe loop, salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests
Adult Pre-Bronze 1:40 Maximum	Max 4 Jump Elements: Max 2 combinations or sequences <ul style="list-style-type: none"> <li>• 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>• Jump sequence is any listed jump immediately followed by an Axel-type jump</li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• No flying entry spins</li> <li>• 2-foot spin permitted and considered of a different character</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate
Adult Bronze 1:50 maximum	<ul style="list-style-type: none"> <li>• Max 4 Jump Elements:</li> <li>• Max 2 combinations or sequences [Jump sequence is any listed jump immediately followed by an Axel-type jump];</li> <li>• 1 combination/sequence may consist of three jumps, and the other may have only two jumps</li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals) Additional moves spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

# **EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR MICHIGAN COMPETE WITH US SERIES POINTS**

## **SHOWCASE EVENTS**

Skaters must enter at the same level as their free skate event or highest test level of skaters 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.

Show costumes are permitted if they do not touch or drag on the ice. Costuming and make up for showcase programs should enhance the feeling created by the performance and reflect the meaning of the story or theme. Ornaments and hair accessories must be secure. No bobby pins, feathers, hair accessories or anything else that may fall to the ice and be hazardous to the skaters are allowed. (a 0.1 deduction will be taken). Props and scenery must be placed and removed by unaided singles and duet competitors within one minute on and off and by unaided ensemble contestants within two minutes for setup and two minutes for removal. A 0.1 deduction will be assessed by the referee against each judge's mark for every 10 seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

Performances will be judged from an entertainment standpoint for theatrical qualities. Technical skating skills and difficulty will not be rewarded as such; however, skating must be the major element of the performance and be of sufficient quality to support the selected theatrical elements. Unintended falls, poorly executed skating elements and obvious loss of control will reduce contestant's marks. Jump difficulty is not rewarded in showcase; therefore jumps, if choreographed, should be performed with style, flow and confidence. Theatrical elements evaluated will include energy, poise, acting, pantomime, eye contact, choreography, form/extension and the use of props and ice. The 6.0 judging system will be used. Deductions will be made for skaters including technical elements not permitted in the event description.

<b>LEVEL</b>	<b>ELEMENTS</b>	<b>QUALIFICATIONS</b>	<b>LENGTH</b>
BASIC 1-6	Elements only from Basic 1-6 curriculum	Must not have passed any higher than Basic 6	1:00 max
ASPIRE 1 TO 4 / ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER	Three jump maximum. Half- 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 or free dance tests	1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	1:20 max
PRELIMINARY	No prescribed or restricted elements.	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	1:30 max
ADULT PRE-BRONZE	No prescribed or restricted elements	Must have passed no higher than adult pre- bronze free skate test; see National Showcase guidelines for more specific information regarding adults	1:40 max
MINI PRODUCTION ENSEMBLE [4 TO 8 SKATERS]  OR  PRODUCTION ENSEMBLE [9 OR MORE SKATERS]	No prescribed or restricted elements		3:00 max



**EVENTS LISTED ON THIS PAGE ARE NOT ELIGIBLE FOR**  
**MICHIGAN COMPETE WITH US SERIES POINTS**

## SOLO PATTERN DANCE

*GENERAL EVENT PARAMETERS:*

- Levels are based upon the skaters' highest pattern dance test passed.
- A solo pattern dance competition event will consist of the skater performing two solo pattern dances.
- The patterns to be skated depend upon which quarter of the year the competition is held. The skater will perform the two pattern dances listed for his/her level, based upon the date of the competition. If the competition falls over two quarters (for example, June 30–July 2), the dance will be selected based on the start date of the competition listed in the announcement (in this example, the second quarter).
- Skaters will complete both dances at each level. Dances will be scheduled at the discretion of the chief referee for each competition and may be competed consecutively or with a break in-between pattern dance grouping.

*PRELIMINARY*

*PRE-BRONZE*

Dutch Waltz Canasta Tango	January 1 to March 31	Swing Dance Cha-Cha	January 1 to March 31
Rhythm Blues Dutch Waltz	April 1 to June 30	Fiesta Tango Swing Dance	April 1 to June 30
Canasta Tango Rhythm Blues	July 1 to September 30	Cha-Cha Fiesta Tango	July 1 to September 30
Rhythm Blues Dutch Waltz	October 1 to December 31	Swing Dance Cha-Cha	October 1 to December 31

**Event #12- Skate the Lakeshore**  
**Entry Form [PLEASE PRINT CLEARLY]**

**Name:** \_\_\_\_\_ Age \_\_\_\_\_ **Birth Date:** \_\_\_\_\_  
 Last First  
**E-mail Address:** \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Area Code/Phone #: \_\_\_\_\_ **Home Club:** \_\_\_\_\_ **Member #:** \_\_\_\_\_  
**Highest Level Passed:** \_\_\_\_\_ Male\_ Female\_ Name Parent/Guardian: \_\_\_\_\_

**\$60 FIRST EVENT; \$20 each ADDITIONAL EVENT**

**Basic Elements**

Snowplow Sam  
 Basic 1 \*  
 Basic 2\*  
 Basic 3 \*  
 Basic 4 \*  
 Basic 5 \*  
 Basic 6 \*

**Basic Program w/Music**

Snowplow Sam  
 Basic 1 \*  
 Basic 2 \*  
 Basic 3 \*  
 Basic 4 \*  
 Basic 5 \*  
 Basic 6 \*

**Athlete Development**

**Aspire Compulsory**

Aspire 1\*  
 Aspire 2\*  
 Aspire 3  
 Aspire 4

**Aspire Free Skate**

Aspire 1\*  
 Aspire 2\*  
 Aspire 3\*  
 Aspire 4\*

**EXCEL Free Skate**

EXCEL Pre-Preliminary  
 EXCEL Preliminary

**Well-Balanced FS**

Pre-Preliminary  
 Preliminary

**Solo Dance**

Preliminary  
 Pre-Bronze

**Adult Program w/Music**

Adult 1  
 Adult 2  
 Adult 3  
 Adult 4  
 Adult 5  
 Adult 6  
 Adult Beginner  
 Adult High Beginner  
 Adult Pre-Bronze  
 Adult Bronze

**Special Olympics**

Badge 1\*  
 Badge 2\*  
 Badge 3\*  
 Badge 4\*  
 Badge 5\*  
 Badge 6\*  
 Badge 7\*  
 Badge 8\*  
 Badge 9\*  
 Badge 10\*  
 Badge 11\*  
 Badge 12\*

**Showcase Events**

Basic 1-6  
 Aspire 1-4  
 Pre-Preliminary  
 Preliminary  
 Adult 1-6  
 Adult 6  
 Adult Beginner  
 Adult High Beginner  
 Adult Pre-Bronze

**Production Events**

Mini [4-8 Skaters]  
 Preliminary

**PRODCUTION ENSEMBLE COST**  
**\$100 PER TEAM**

Events listed above with an \* after them will be eligible for Michigan Compete with Us Series Points

Entry Fees are not refundable after the entry deadline unless an event is cancelled.

If you are not a U.S. Figure Skating member add \$15 to fee / enter through our Basic Skills Program

First Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Additional Event \$ \_\_\_\_\_  
 Join USF/S \$ \_\_\_\_\_  
**TOTAL:** \$ \_\_\_\_\_

**ENTRIES MUST BE POST MARKED BY: August 29, 2025**

Mail form and fees to: **LEFSC c/o Jacqueline Alimpich**  
**735 Diamond Ave NE, Grand Rapids, MI 49503**

Make check or money order payable to: **LEFSC**

INTERESTED IN PAYING BY CREDIT CARD?

CONTACT: [skatethelakeshore@lefsc.org](mailto:skatethelakeshore@lefsc.org)

**Certification of Competitor**

Competitor Name: \_\_\_\_\_

1. The competitor is eligible to enter the events checked. It is agreed that the competitor and family hold the **Lake Effect Figure Skating Club and Griff's Icehouse West** harmless from any and all liability either during practice or the competition, from any and all liability for damages to or loss of property.
2. As a participant, or parent/guardian of a minor participant, in the **Skate the Lakeshore**/Basic Skills Series, I understand that the **Skate the Lakeshore**/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 Lakeshore**/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 Lakeshore**/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
3. I have read the Concussion Awareness Information located on [www.sk8stuff.com](http://www.sk8stuff.com) and by signing below, I am agreeing to the terms and conditions.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Club Officer/Program Director: \_\_\_\_\_

Title: \_\_\_\_\_ Date: \_\_\_\_\_

COMPETITOR SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_  
Please print clearlyRegistered on U.S. Figure Skating Coaches Registry for the current season? No ☐ Yes ☐ # \_\_\_\_\_  
If you are not registered, go to [www.usfigureskating.org](http://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 U.S. F/S Number: \_\_\_\_\_ Club Officer/Program Director Signature

\_\_\_\_ Check payable to: **LEFSC** \_\_\_\_\_ Events to be entered checked properly