



# Silver Streaks Skating Club

*is proud to announce the*  
**1st Annual Massachusetts  
High School Competition**

**Sunday March 22, 2015  
2pm-5pm**



The Silver Streaks Spring Fling High School competition will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the current rulebook and High School Skating Competition Handbook and Technical Rulebook document, as well as any pertinent updates which have been posted on the U.S. Figure Skating website. This announcement and the High School Competition Handbook and Technical Rulebook will take precedence if there is a conflict with the U.S. Figure Skating Rulebook.

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and is a currently registered member of a U.S. Figure Skating member club, or an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. Citizens.

**HIGH SCHOOL COMPETITION INFORMATION, RULES, ELIGIBILITY AND TEST LEVEL SPECIFICS:**

High School competitions are run as U.S. Figure Skating, sanctioned nonqualifying competitions.

Athletes participating in these events are considered to be student-athletes. Their education is of the highest priority, and in all decision making matters, the Program Development Committee and the LOC have a responsibility to minimize the days missed from school.

This competition will be run in accordance to the 2014-15 U.S. Figure Skating High School competition Handbook and Technical Rulebook document found on the High School Programs page.

**Test level:** Athletes must enter at the highest test level passed or may “skate up” one level. Highest test passed is as if Sunday February 22, 2015. (It is permissible for an athlete to enter the free skate and short program at different levels if “skating up” qualifies them for both). Competition level is the highest test passed in the discipline the skater is entering. Entrants may skate one level above that for which they qualify, but they may not skate down in any event.

**Team maneuver:** Athletes may “skate up” to any level they desire, but they may not compete on a team at a lower level than the highest level they have passed.

**ENTRIES:** Entry fees MUST accompany entry form(s). Schools and High School teams are required to submit one collective check payable to the LOC.

- All singles events are \$45.00 for the first event and \$25.00 for additional events.
- Team maneuver events are \$60.00 per team.

Checks returned for any reason will carry a \$30.00 handling charge and no refunds will be made unless the event is eliminated by the LOC or chief referee.

Late entries will not be accepted.

The Local Organizing Committee (LOC) reserves the right to limit the number of entries, eliminate events due to insufficient entries, and combine or divide groups as necessary.

All High School Teams participating in high school competitions must register with U.S. Figure Skating by filling out the **School Affiliated Club (SAC) Membership and Team Registration Form** and paying required annual membership dues by October 1. This application can be found on the High School Programs webpage at <http://www.usfigureskating.org/Programs.asp?id=67> and in the High School Competition Handbook. Teams are required to submit a copy of their SAC application or SAC Certificate for proof of membership with their competition application.

**REFUND POLICY:** Entry fees will not be refunded after Sunday, March 1, 2015, unless no competition exists or the event is canceled. There will be no refunds for medical withdrawals. The online processing fees are not refundable. Checks returned for non-sufficient funds and contested credit card charges will be issued a \$30 fee. Payment of the fee will be required before the skater is allowed to participate in practice ice or events. Notification of competition and practice ice times will be available by email.

**FACILITIES:** The competition will be held at the McVann-O’Keefe Skating Rink, 511 Lowell Street, Peabody Massachusetts, (Mailing address: P.O. Box 4181, Peabody MA 01961) [www.neicc.org/clubs/sssc/sssc.htm](http://www.neicc.org/clubs/sssc/sssc.htm)

**MUSIC:** CDs are the only acceptable media. Music for free skate may have vocals and should have at least one change of tempo (speed). Music for short program may have vocals. The competitor’s program must be the only music on the CD and it must start at the beginning.

Music should be clearly marked with the athlete’s name, high school name and event. Music

must be turned into the registration desk one hour before the event. Skaters are responsible for bringing a back-up copy.

**LIABILITY:** U.S. Figure Skating, Silver Streaks Skating Club, and the McVann-O-Keefe Skating Rink accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 1600 of the official U.S. Figure Skating Rulebook. This is a USFS sanctioned event: #17992.

**JUDGING SYSTEM:**

The 6.0 Majority judging system will be used for all events and levels at High School competitions. The ISU judging system will not be used.

**AWARDS:** Medals will be awarded for places 1-3 in each event.

**OFFICIAL NOTICES:** It is the responsibility of each competitor, parent, team and coach to check the bulletin board frequently for any schedule changes and/or additional information. Skaters and teams are requested to arrive at least 45 minutes prior to the scheduled time of their event. A tentative schedule of events will be posted prior to the competition.

**INFORMATION REGARDING COACHES:**

U.S. Figure Skating Rule MR 5.11 Coach Compliance

In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- A. Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- B. Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- C. Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- D. Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

The local organizing committee/club will have a list of compliant coaches who are cleared for a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential – no exceptions. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area at rink side during events including practice sessions. Coaching at U.S. Figure Skating events without compliance is an ethics violation which is reported to U.S. Figure Skating and PSA.

For more information regarding Coach Compliance, please refer to:

<http://www.usfigureskating.org/Content/Coaching%20Compliance%20Toolkit.pdf>

**CONTACT INFO:** If you have questions, please contact Judy Sinclair of Silver Streaks Skating Club at [ssc8@yahoo.com](mailto:ssc8@yahoo.com) or Rebecca Nagle at [sk8ngmom@gmail.com](mailto:sk8ngmom@gmail.com). [www.neicc.org/clubs/sssc/sssc.htm](http://www.neicc.org/clubs/sssc/sssc.htm)

## SECTION 2: EVENTS OFFERED:

**Team maneuvers:** Low, Intermediate and High

**Free skate Test Track:**

Beginner, high beginner, pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, senior

**Moves In The Field:** Pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior and senior

### TEAM COMPETITION RULES, ELIGIBILITY & ENTRY RESTRICTIONS:

Host clubs reserve the right to eliminate events if necessary to accommodate the amount of ice time available. Men's and ladies' events in singles free skating will be separate events.

### ELIGIBILITY TO COMPETE:

1. Athletes must be eligible members in good standing of U.S. Figure Skating, and may be members of the figure skating club of their choice or be individual members of U.S. Figure Skating.
2. Competitors must be currently enrolled in a high school as a full-time student, as defined by the institution that they attend. This includes both traditional and home school students.
3. Athletes may compete either for the high school they are attending, or for area high school team in their district
4. A minimum of two (2) skaters are required to form a team.

### WARM-UP GROUPS:

Warm-up groups for events will be posted at the start of the competition, but are subject to change up to 15 minutes prior to the start of an event, due to withdrawals.

### RESPONSIBILITY OF THE PARTICIPATING TEAMS:

It is each participating team's responsibility to review the competition schedule for accuracy within 72 hours of receipt, and notify the competition chair of any errors.

### GROUP SIZE:

No group will consist of more than 14 skaters. If more than 14 skaters are entered into one level then the skaters will be split as evenly as possibly into as many groups as are necessary to keep each group no larger than 14 skaters.



### EVENT: TEAM MANEUVERS EVENT

General event parameters:

1. Team maneuver events consist of teams of at least 2 athletes (any mix of male and female) from the same high school or combined schools with no one skater performing more than half of the total number of elements.

**Note:**

- *If a team has one athlete perform more than half of the elements, anything over half of the elements performed by that athlete will receive no credit.*
- *If a competitor performs an element higher than that listed, that element will receive no credit. For example, if the element specified is a Salchow jump and the competitor performs a double Salchow jump, no credit is given for this element.*
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2. Each high school may enter only one team in each competitive level.
3. An athlete may compete for only one team. Athletes may “skate up” to any level they desire, but they may not compete on a team at a lower level than the highest test they have passed.

Level	Jumps	Spins	Step or Moves in the Field Sequence
<b>HIGH TEAM (Level A)</b> Junior & Senior (no test restrictions)	a) Single Axel or double Axel b) Double jump – either double loop, double flip or double Lutz c) Combination Jump – consisting of two double jumps or a triple jump and a double jump d) Double or triple Lutz immediately preceded by footwork.	a) Solo spin of choice (min 8 revs in position) b) Camel Spin (min 8 revs) c) Flying Spin – Any entry and may include change of position (minimum 8 revs in position) d) Combination spin – with only 1 change of foot, at least 1 change of position, a minimum 6 revolutions per foot AND 2 revolutions in position	a) Choreographic Sequence –See Rule 4105 for description b) Forward loops (novice MIF) c) Ina bauer or spread eagle d) Junior or Senior Moves in the Field element of choice
<b>INTERMEDIATE TEAM (Level B)</b> Juvenile - Novice Skaters may not have passed higher than novice free skate test)	a) Single Axel b) Single or double loop c) Combination jump - consisting of a double jump and a single jump or two double jumps d) Double loop, flip or Lutz immediately preceded by connecting steps or other free skating movements	a) Solo spin (sit, camel, layback or cross foot spin (min. 5 revs) b) Forward scratch spin(min 5 revs) c) Back spin (min 5 revs) d) Combination spin – with only 1 change of foot, a min. of 1 change of position, a minimum of 5 revolutions per foot AND minimum of 2 revolutions in position	a) Choreographic Step Sequence – See Rule 4105 for description b) Ina bauer or spread eagle c) Juvenile Moves in the Field element of choice d) Novice Moves in the Field element of choice
<b>LOW TEAM (Level C)</b> Beginner – Pre-Juvenile (May not have passed higher than pre-juvenile free skate test)	a) Single Salchow jump b) Single toe loop jump c) Waltz jump-toe loop combination d) Single jump, may include Axel	a) Upright spin (optional free foot position, may change foot, min. 3 revs) b) Sit spin (min 3 revs) c) Back upright spin (min 3 revs) d) Combination spin – camel to sit spin (no change of foot, minimum of 6 revs total)	a) Step Sequence – See Rule 4105 for description b) Forward spiral c) Preliminary Moves in the Field element of choice d) Pre-Juv MIF Moves in the Field element of choice

The event will be judged on a team basis. Athletes will have a general warm-up of STROKING ONLY for 2 minutes. There will also be individual warm-ups for each element for 1 minute. Teams will be assigned a place to line up along the barrier, and must remain on the ice for their entire event. Elements will be skated one-at-a-time, and the announcer will call the representative from each team when it is his or her turn to perform the prescribed element.



**EVENT:** Free Skate Event

General event parameters:

1. High School competitions will follow the 2014-15 nonqualifying competition “test track” format, where jump elements are restricted based on the required elements in the equivalent U.S. Figure Skating free skating test.
2. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
3. Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
4. The following deductions will be taken:
  - 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 element included.
  - 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:30 +/- 10	<i>Maximum 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front)</li> <li>• <i>Max 2 jump sequences</i></li> <li>• <i>Max 2 of any same jump</i></li> </ul>	<i>Maximum 2 spins:</i> <ul style="list-style-type: none"> <li>• Two 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 Basic Skills free skating badge tests
High Beginner 1:30 +/- 10	<i>Max 5 jump elements:</i> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (front to back or back to front including half-loop)</li> <li>• Single rotation jumps: Salchow and toe loop only</li> <li>• <i>Max 2 jump combinations or sequences</i></li> <li>• <i>Max 2 of any same type jump</i></li> </ul>	<i>Maximum 2 spins:</i> <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 tests higher than U.S. Figure Skating Basic Skills free skating badge tests

<p>Pre-Preliminary 1:40 maximum</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>)</li> <li>• Single rotation jumps: Salchow, toe loop and loop only.</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test</p>
<p>Preliminary 1:30 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions)</li> <li>• One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot)</li> </ul>	<p>Connecting moves and steps should be demonstrated throughout the program</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test</p>
<p>Pre-Juvenile 2:00 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>• Jumps with not more than one rotation (no Axels).</li> <li>• Max. 2 jump combinations or sequences</li> <li>• Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position, no change of foot (Min. 3 revolutions)</li> <li>• One combination spin: forward camel spin to forward sit spin; change of foot optional (Min. 6 revolutions). Spins may not fly.</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than pre-juvenile free skate test</p>

<p>Juvenile 2:15 +/- 10 sec.</p>	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> <li>•Any single jumps, including Axel, are permitted.</li> <li>•Max. 2 jump combinations or sequences</li> <li>•Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>•One solo spin in one position, no change of foot (Min. 4 revolutions).</li> <li>•One combination spin with one change of foot and at least one change of position, must include two of the basic spin positions. (Min. 4 revolutions per foot)</li> </ul> <p>•Only solo spin may fly</p>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test</p>
<p>Intermediate 2:30 +/- 10 sec.</p>	<p><i>Maximum of 6 jump elements:</i></p> <ul style="list-style-type: none"> <li>•Any single jumps.</li> <li>•Double jumps permitted: double Salchow and double toe loop.</li> <li>•Maximum of 3 jump combinations or sequences</li> <li>•Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> <li>•One must be a flying spin (min 5 revolutions),</li> <li>•One must be a combination spin with at least one change of foot and at least one change of position (minimum 4 revolutions per foot).</li> </ul>	<p>One step sequence fully utilizing ice surface</p>	<p>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free skate test</p>
<p>Novice Ladies: 3:00 +/- 10 sec. Men: 3:30 +/- 10 sec.</p>	<p><i>Maximum of 7 jump elements for men and 6 for ladies:</i></p> <ul style="list-style-type: none"> <li>•Any single jumps.</li> <li>•Double jumps permitted: double Salchow, double toe loop and double loop.</li> <li>•Maximum of 3 jump combinations or sequences</li> <li>•Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins, of a different nature:</i></p> <ul style="list-style-type: none"> <li>•One must be a combination spin with at least one change of foot and at least one change of position (min 5 revs per foot)</li> <li>•The other spins are the option of the skater (min 6 revolutions per foot)</li> </ul> <p>•All spins may fly</p>	<p>One step sequence or spiral sequence fully utilizing ice surface  (see rule 4104 &amp; 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free skate test</p>



<p>Junior</p> <p>Ladies: 3:30 +/- 10 sec.</p> <p>Men: 4:00 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>•Any single jumps.</li> <li>•Double jumps permitted: double Salchow, double toe loop, double loop and double flip</li> <li>•Maximum of 3 jump combinations or sequences</li> <li>•Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>• One spin in one position (Min. 6 revolutions)</li> <li>• One flying spin (Min. 6 revolutions)</li> <li>• One combination spin consisting of all three basic positions and one change of foot (2 per position, min. 5) revolutions per foot)</li> </ul>	<p>One step sequence fully utilizing ice surface</p> <p>(See rule 4105 for remarks)</p>	<p>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free skate test</p>
<p>Senior</p> <p>Ladies: 4:00 +/- 10 sec.</p> <p>Men: 4:30 +/- 10 sec.</p>	<p><i>Maximum of 8 jump elements for men and 7 for ladies:</i></p> <ul style="list-style-type: none"> <li>•Any single jumps.</li> <li>•Must include at least four different double jumps, one must be a double Lutz.</li> <li>•Triple jumps are not permitted</li> <li>•Maximum of 3 jump combinations or sequences</li> <li>•Max. 2 of any same type jump</li> </ul>	<p><i>Maximum of 3 spins of a different nature:</i></p> <ul style="list-style-type: none"> <li>•One spin in one position (Min. 6 revolutions)</li> <li>•One flying spin (Min. 6 revolutions)</li> <li>•One combination spin consisting of all three basic spin positions and one change of foot (2 per position, min. 5 revolutions per foot)</li> </ul>	<p><i>Men:</i> Two different step sequences, one being of advanced difficulty, both fully utilizing the ice surface. (See rule 4105 for remarks)</p> <p><i>Ladies:</i> One step sequence of advanced difficulty, covering the full ice surface and one spiral sequence. (See rule 4104 &amp; 4105 for remarks.)</p>	<p>Skaters must have passed at least the U.S. Figure Skating junior free skate test</p>

## MOVES IN THE FIELD TO MUSIC EVENT:



### EVENT: MOVES IN THE FIELD TO MUSIC

#### General event parameters:

- Each level will skate a program consisting of specified moves in the field elements skated to music of the skater's choice.
- Each program must contain the specified moves within the required time duration.
  - o Note: The time duration is maximum time – no deduction will be given for being under the specified time.
- The moves may be skated in any order.
- Music may be vocal or instrumental.
- Skaters must wear all black skating attire or costume
- This will be judged on the 6.0 system.
- Skaters receive two marks.
  - o The technical mark will be based on the focuses of the specified moves. Difficulty of transitional elements will not be rewarded in the technical mark.
  - o The presentation mark will be based on carriage, projection, style, ice coverage, phrasing of movements to music and creativity of transitional elements.

Level	Time	Required Elements
Pre – Preliminary	2:10 max.	<ol style="list-style-type: none"> <li>1. Forward perimeter stroking – Clockwise direction only</li> <li>2. Backward inside consecutive edges</li> <li>3. Forward left foot spiral</li> <li>4. Waltz Eight</li> </ol>
Preliminary	2:20 max.	<ol style="list-style-type: none"> <li>1. Forward and Backward Crossovers</li> <li>2. Consecutive inside spirals</li> <li>3. Forward power three-turns – Right foot only</li> <li>4. Forward circle eight</li> </ol>
Pre – Juvenile	2:20 max.	<ol style="list-style-type: none"> <li>1. Forward perimeter power stroking</li> <li>2. RFO – LBI three-turns in the field</li> <li>3. Backward power change of edge pulls</li> <li>4. Five-step mohawk sequence</li> </ol>
Juvenile	2:30 max.	<ol style="list-style-type: none"> <li>1. Forward power circle – Clockwise only</li> <li>2. Backward power three-turns</li> <li>3. Forward free skate cross strokes</li> <li>4. Forward double three-turns – Outside only</li> </ol>
Intermediate	2:50 max.	<ol style="list-style-type: none"> <li>1. Spiral sequence – First side only</li> <li>2. RFO – LBI Brackets in the field sequence</li> <li>3. Forward twizzles – Outside only</li> <li>4. Inside slide chasse</li> </ol>
Novice	3:00 max.	<ol style="list-style-type: none"> <li>1. Inside three-turns/rocker choctaws sequence</li> <li>2. Forward and backward outside counters – Right only</li> <li>3. Forward outside loops</li> <li>4. Backward twizzles – Inside only</li> </ol>
Junior	3:15 max.	<ol style="list-style-type: none"> <li>1. Outside rocker – Right only</li> <li>2. Power pulls – Left foot only</li> <li>3. Choctaw sequence – R – L – R</li> <li>4. Backward loop sequence – Outside only</li> <li>5. Straight line step sequence – Right foot start only</li> </ol>

Senior	3:30 max.	<ol style="list-style-type: none"> <li>1. Sustained edge step – Clockwise only</li> <li>2. Spiral step – Right foot start and side only</li> <li>3. BO power double three-turns to double inside rockers – Left foot only</li> <li>4. BI power double three-turns to power double outside rockers – Right foot only</li> <li>5. Serpentine step sequence – Counterclockwise only</li> </ol>
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## **CONTACT INFORMATION**

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