

# *Silver Streaks Skating Club*

*McVann-O'Keefe Rink  
Peabody, Massachusetts 01960*



## *12<sup>th</sup> Basic Skills “Skate With U.S.” Competition*

*USFS Approval # MM112308*

**Location:** McVann-O'Keefe Skating Rink, 511 Lowell Street Peabody, MA 01960

**Date:** Sunday November 23, 2008

**Time:** 2:00pm – 6:00pm

### **Eligibility:**

1. This competition is open to ALL skaters who are current eligible (ER 1.00) members in good standing of either the Basic Skills Program and/or are full members of U.S. Figure Skating. Members of other organizations are eligible to compete but will be registered with U.S. Figure Skating's "Skate With US Program" through the Silver Streaks Skating Club for an additional \$15.00 fee.
2. All skaters in Snowplow Sam through Basic 8 must skate at highest level passed. Skaters in other events 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 skate below their test/badge level and may pass Pre-Preliminary Moves in the Field.**
3. Age and badge and / or test level are as of November 8, 2008.
4. If a skater competes at a non-qualifying competition in a "Beginner" or "No-Test" category, then that skater must compete at the equivalent or higher level in a Basic Skills approved competition.

### **Information:**

1. Skaters will be grouped according to age and badge or test level (see categories on application page). Males and females may or may not be grouped together.
2. There will be no more than 6 competitors in each group. Awards will be presented to all competitors.
3. For this competition, all skaters competing in a Element Event will perform each required element, one at a time, in front of three judges. The first skater will complete all of their elements before the second skater takes his/her turn. Freeskate 1-6 skaters competing in Elements can chose between individual elements or Compulsory Program format (please specify on application). Skaters competing in a Compulsory Event will skate the required elements in a program form using a limited number of connecting steps with the order of required elements optional.
4. Any skater competing in a Freeskate Program Event or Artistic/Showcase Event must provide their own music on cassette tape or compact disk (standard compact disk format only). Music must be clearly marked with the name of the skater and the event. Each disk or tape must have only one track on it. Skaters should read the appropriate section marked "judging" to see what he/she will be judged on.
5. Applications will be handled on a first come, first serve basis. If a limit is reached before the deadline date your application will be returned. We reserve the right to eliminate or combine groups.
6. Any competitor who arrives late for their event will be disqualified.
7. A confirmation notice will be sent to each competitor with directions to the rink.
8. No refunds will be made after the deadline date unless the event is canceled.
9. Practice Ice will be offered for an additional charge. Information on practice ice will be sent out with the confirmations.
10. There is a \$20.00 fee for any returned check.

**Entry Fees:** \$30 for the 1st event; \$15 for each additional event.

**All applications must be postmarked by November 8, 2008.**

**Additional Info:** Please contact Judi Sinclair (978)777-4087 or [ssc8@yahoo.com](mailto:ssc8@yahoo.com)

# *Entry Form*

## *Silver Streaks Skating Club*

*McVann-O'Keefe Rink  
Peabody, Massachusetts 01960*

**12<sup>th</sup> Basic Skills "Skate With U.S". Competition – November 23, 2008**  
**USFS Approval # MM112308**

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Tel.# \_\_\_\_\_

USFSA # \_\_\_\_\_ Test Level (as of 11/08/08) \_\_\_\_\_

Home Club or Rink \_\_\_\_\_ Coach \_\_\_\_\_

**Elements:**

\_\_\_\_ Snowplow Sam - TOTS

\_\_\_\_ Basic 1

\_\_\_\_ Basic 2

\_\_\_\_ Basic 3

\_\_\_\_ Basic 4

\_\_\_\_ Basic 5

\_\_\_\_ Basic 6

\_\_\_\_ Basic 7

\_\_\_\_ Basic 8

\_\_\_\_ Freeskate 1

\_\_\_\_ Freeskate 2

\_\_\_\_ Freeskate 3

\_\_\_\_ Freeskate 4

\_\_\_\_ Freeskate 5

\_\_\_\_ Freeskate 6

**Freeskate Compulsories (1/2 ice, program format, no music):**

\_\_\_\_ Freeskate 1

\_\_\_\_ Freeskate 2

\_\_\_\_ Freeskate 3

\_\_\_\_ Freeskate 4

\_\_\_\_ Freeskate 5

\_\_\_\_ Freeskate 6

**Basic Program:**

\_\_\_\_ Basic 1

\_\_\_\_ Basic 5

\_\_\_\_ Basic 2

\_\_\_\_ Basic 6

\_\_\_\_ Basic 3

\_\_\_\_ Basic 7

\_\_\_\_ Basic 4

\_\_\_\_ Basic 8

**Freeskate Program:**

\_\_\_\_ Freeskate 1

\_\_\_\_ Freeskate 2

\_\_\_\_ Freeskate 3

\_\_\_\_ Freeskate 4

\_\_\_\_ Freeskate 5

\_\_\_\_ Freeskate 6

**Showcase Program:**

\_\_\_\_ Showcase A (no higher than Basic 8)

\_\_\_\_ Showcase B (no higher than Freeskate 4)  
(may have passed no higher the Pre-preliminary MIF test)

\_\_\_\_ Showcase C (Freeskate 4 and higher)  
(may have passed no higher the Pre-preliminary MIF test)

**Entry fees: 1st event: \$30.00. Additional event(s): \$15.00. Late fee (if applicable): \$15.00.**

The completed entry form with appropriate signatures and fees, must be postmarked no later than November 8, 2008. Make check payable to **SSSC** and mail to: **SSSC 23 Fuller Road, Middleton, MA 01949**. For additional information, please contact Judi Sinclair (978)777-4087. **Entry fees are not refundable after the entry deadline unless an event is canceled.**

**Certification of Competitor:** The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Silver Streaks Skating Club harmless from any and all liability either during practice or competition, or from any and all liability for damages to or loss of property.

Parent Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Coach's signature \_\_\_\_\_ Date \_\_\_\_\_

Club Officer Signature \_\_\_\_\_ Date \_\_\_\_\_

## ELEMENTS EVENT - (Basic 8 – Freeskate Levels)

- To be skated on 1/2 to 1/3 ice
- No music
- All elements must be skated in the order listed (no program)
- Each skater performs one element at a time and will perform the next element only when directed by a judge or referee.

## REQUIRED ELEMENTS:

### Snowplow Sam – TOTS:

1. March followed by a two foot glide and dip
2. Forward 2 foot swizzles 2-3 in a row
3. Backward wiggles 2-6 in a row
4. Forward snowplow stop

### Basic 1

1. Forward two-foot glide
2. Forward two-foot swizzles - 6-8 in a row
3. Forward snowplow stop
4. Backward wiggles - 6-8 in a row

### Basic 2

1. Forward one-foot glide - *either* foot
2. Backward two-foot swizzles 6-8 in a row
3. Two-foot turn in place - forward to backward
4. Moving snowplow stop
5. Forward alternating 1/2 swizzle pumps, in a straight line- across width of ice

### Basic 3

1. Forward stroking
2. Forward 1/2 swizzle pumps on a circle, either clockwise or counter clockwise (6-8 consecutive)
3. Moving forward to backward two-foot turn - *either* direction
4. Backward one-foot glide - *either* foot
5. Two-foot spin

### Basic 4

1. Forward outside edge on a circle -clockwise or counter clock wise
2. Forward crossovers - 6-8 consecutive (both directions)
3. Forward outside 3-turn - R and L
4. Backward stroking
5. Backward snowplow stop - R or L

### Basic 5

1. Backward outside edge on a circle- clockwise *or* counterclockwise
2. Backward crossovers - 6-8 consecutive- both directions
3. One-foot spin - minimum of 3 revolutions
4. Hockey Stop
5. Side Toe hop - *either* direction

### Basic 6

1. Forward inside 3 turn - R and L
2. T-stop R *or* L
3. Bunny Hop
4. Forward arabesque (spiral) on a straight line - R or L
5. Lunge R or L

### Basic 7

1. Forward inside open Mohawk - R to L and L to R
2. Ballet jump - either direction
3. Backward crossovers to a backward outside edge landing position, clockwise & counterclockwise
4. Forward inside pivot

### Basic 8

1. Moving forward outside *or* forward inside three turns - R and L
2. Waltz jump
3. Mazurka - *either* direction
4. Combination move - clockwise or counterclockwise (from Basic 8 curriculum)
5. Beginning one-foot upright spin (optional free foot position)

## **Required Elements for Freeskate Events: Freeskate Levels 1-6**

### **Freeskate Level 1**

1. Advanced forward stroking - 4-6 consecutive strokes
2. Basic forward outside edges and forward inside consecutive edges 2-4 outside and 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

### **Freeskate Level 2**

1. Forward outside spiral - R or L, **and** a forward inside spiral - R or L
2. Waltz Three's – R or L
3. Beginning back spin- entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

### **Freeskate Level 3**

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls - 4-6 consecutive
3. Backspin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

### **Freeskate Level 4**

1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets, - R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

### **Freeskate Level 5**

1. Spiral sequence, FO spiral, forward outside 3 turn, one back crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop jump
5. Flip jump

### **Freeskate Level 6**

1. Five Step Mohawk sequence- 2-3 sets alternating pattern
2. Camel, Sit spin combination- minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, salchow combination
5. Lutz jump

## **BASIC PROGRAMS (BASIC Levels 1-8): With music.**

- The skating order of the required elements is optional
- The elements are not restricted as to number of times element is executed, or length of glides, number of revolutions in a spin etc., unless otherwise stated.
- Minimum number of connecting steps are allowed
- May use vocal music.
- May use elements from a previous level. Deductions will be made if elements from a higher level are skated
- Time 1:00 +/-10 sec., to be skated on full ice

## **REQUIRED ELEMENTS:**

### **Basic 1**

1. Forward two-foot glide
2. Forward two-foot swizzles - 6-8 in a row
3. Forward snowplow stop
4. Backward wiggles - 6-8 in a row

### **Basic 2**

1. Forward one-foot glide - *either* foot
2. Backward two-foot swizzles 6-8 in a row
3. Two-foot turn in place - forward to backward
4. Moving snowplow stop
5. Forward alternating ½ swizzle pumps, in a straight line- across width of ice

### **Basic 3**

1. Forward stroking
2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise (6-8 consecutive)
3. Moving forward to backward two-foot turn - *either* direction
4. Backward one-foot glide - *either* foot
5. Two-foot spin

### **Basic 4**

1. Forward outside edge on a circle -clockwise or counter clock wise
2. Forward crossovers - 6-8 consecutive (both directions)
3. Forward outside 3-turn - R and L
4. Backward stroking
5. Backward snowplow stop - R or L

### **Basic 5**

1. Backward outside edge on a circle- clockwise *or* counterclockwise
2. Backward crossovers - 6-8 consecutive- both directions
3. One-foot spin - minimum of 3 revolutions
4. Hockey Stop
5. Side Toe hop - *either* direction

### **Basic 6**

1. Forward inside 3 turn - R and L
2. T-stop R *or* L
3. Bunny Hop
4. Forward arabesque (spiral) on a straight line - R or L
5. Lunge R or L

### **Basic 7**

1. Forward inside open Mohawk - R to L and L to R
2. Ballet jump - either direction
3. Backward crossovers to a backward outside edge landing position, clockwise & counterclockwise
4. Forward inside pivot

### **Basic 8**

1. Moving forward outside *or* forward inside three turns - R and L
2. Waltz jump
3. Mazurka - *either* direction
4. Combination move - clockwise or counterclockwise (from Basic 8 curriculum)
5. Beginning one-foot upright spin (optional free foot position)

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**COMPULSORY PROGRAMS**

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skating order of the required elements is optional
- To be skated on ½ ice- no music permitted (elements may also be skated individually)
- In program form (or individual), using a limited number of connecting steps
- Time: 1:00 or less
- Deductions will be made if elements from a higher level are performed

**Required Elements for Compulsory Programs: Freeskate Levels 1-6**

**Freeskate Level 1 Compulsory**

1. Advanced forward stroking - 4-6 consecutive strokes
2. Basic forward outside edges and forward inside consecutive edges 2-4 outside and 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

**Freeskate Level 2 Compulsory**

1. Forward outside spiral - R or L, **and** a forward inside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin- entry optional
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

**Freeskate Level 3 Compulsory**

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls - 4-6 consecutive
3. Backspin
4. Salchow jump
5. Waltz jump/toe loop or Salchow/toe loop

**Freeskate Level 4 Compulsory**

1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets, - R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

**Freeskate Level 5 Compulsory**

6. Spiral sequence, FO spiral, forward outside 3 turn, one back crossover, backward inside spiral
7. Camel spin
8. Forward upright spin to back upright spin
9. Loop/loop jump
10. Flip jump

**Freeskate Level 6 Compulsory**

6. Five Step Mohawk sequence- 2-3 sets alternating pattern
7. Camel, Sit spin combination- minimum of 4 revolutions total
8. Split jump or stag jump
9. Waltz jump, ½ loop, salchow combination
10. Lutz jump

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**FREESKATE PROGRAM Levels 1- 6: With music**

- Groups divided by age.
- Program Duration 1:30+/-10 sec.
- Vocal music is not permitted in Freeskiate Programs
- Skated on full ice
- Deductions will be made if elements from a higher level are performed

**Programs must contain the following required elements:**

**Freeskiate Level 1**

1. Advanced forward stroking (4-6 consecutive strokes)
2. Basic forward outside edges or forward inside consecutive edges  
2-4 outside or 2-4 inside edges
3. Scratch spin from backward crossovers
4. Waltz jump from backward crossovers
5. Half flip jump

**Freeskiate Level 2**

1. Forward outside spiral - R or L
2. Waltz Three's - R or L
3. Beginning back spin
4. Waltz jump, side toe hop, waltz jump series
5. Toe loop jump

**Freeskiate Level 3**

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls - 4-6 consecutive
3. Back spin
4. Salchow
5. Waltz jump/toe loop or salchow/toe loop

**Freeskiate Level 4**

1. Spiral sequence: F1 spiral, F1 Mohawk, BO spiral, clockwise or counter clockwise
2. Forward power 3's, 2-3 consecutive sets - R or L
3. Sit spin
4. Loop jump
5. Waltz jump/loop jump

**Freeskiate Level 5**

1. Spiral sequence, FO spiral, forward outside 3 turn, one back crossover, backward inside spiral
2. Camel spin
3. Forward upright spin to back upright spin
4. Loop/loop jump
5. Flip jump

**Freeskiate Level 6**

1. Five Step Mohawk sequence- 2-3 sets alternating pattern
2. Camel, Sit spin combination- minimum of 4 revolutions total
3. Split jump or stag jump
4. Waltz jump, ½ loop, salchow combination
5. Lutz jump

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**Showcase Program Events**

**Offered for Basic 1 through Freeskate 6**

- Groups divided by age.
- Program Duration 1:30+/-10 sec.
- Vocal music is permitted in Showcase Programs
- Skated on full ice
- Deductions will be made if elements from a higher level are performed

**Categories offered:**

Basic Skills Showcase A – Skaters must NOT have passed higher than Basic 8

Basic Skills Showcase B – Skaters must NOT have passed higher than Freeskate Level 4

Basic Skills Showcase C – Skaters must NOT have passed any USFSA tests (no axels or doubles)