

# *The Fourth Annual Skating Club of Worcester*

## *Basic Skills Competition*

### **Sunday, April 11, 2010**

This competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.

**Eligibility:** Eligibility will be based on skill level as of March 3, 2010. All Snowplow Sam and Basic Skills skaters levels 1-8 must skate at **highest level passed** and NO official U.S. Figure Skating tests may have been passed. Skaters above Basic 8 or Solo Dance may skate at **highest level passed** or one level higher but **not** both and may have passed no higher than Pre-Preliminary Moves In the Field (MIF). Males and females will compete in the same groups, if necessary. Skaters will be placed in flights according to age. Awards will be given to all participants. Applications will be handled on a first come first served basis. We reserve the right to eliminate events due to ice availability.

**Deadline:** **Applications must be postmarked no later than March 3, 2010.** Applications received after the deadline will be accepted at the discretion of the Competition Committee.

**Fees:** Entry fee payable to Skating Club of Worcester must accompany the completed application form. First event- \$35.00, each additional event \$10.00. Refunds are given **ONLY** if the event is cancelled. Applications may be returned if limit is reached prior to deadline date. A \$25.00 fee will be assessed for any returned check.

**Awards:** Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, third, and fourth places. All awards will be made at appropriate times throughout the competition.

**Schedule & Practice Ice:** The event schedule, including the availability of practice ice, will be posted on the Skating Club of Worcester web site (see below) and e-mailed to competitors.

**Music:** The skater should provide music for all free skate programs. Music should be on cassette tape or CD with the name of the skater, event entered and length of music. Competition music is to be turned in at the time of registration. Bring a back up copy!

**Location:** Buffone Skating Arena, 284 Lake Ave., Worcester, MA 01604. Phone: 508-799-0910. The rink measures 185' X 85' with rounded corners.

**Information:** Skating Club of Worcester, Denise Raskett  
Telephone: 508-867-3230 (evenings before 8PM)  
Website: <http://www.scworchester.org>

**Mail to:** Skating Club of Worcester  
C/O Denise Raskett, 15 Wigwam Rd, North Brookfield, MA 01535

**Basic Skills Approval #:**

## BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b><u>Basic 5:</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump - either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>4. Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn - R &amp; L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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.

- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p><b>Snowplow Sam - Tots:</b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3-in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive in both directions</li> <li>3. One foot spin - min of three revolutions</li> <li>4. Side Toe hop -either direction</li> <li>5. Hockey stop</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Two foot turn in place - forward to backward</li> <li>3. Backward two foot swizzles 6 - 8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk - R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<p><b>Basic 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive</li> <li>3. Moving forward to backward two foot turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. Forward outside 3 turn - R &amp; L from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## FREE SKATE 1-6 COMPULSORY EVENT

Format: In program form, using a limited number of connecting steps, the skating order of the required elements is optional

- To be skated on ½ ice
- No music is allowed
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

<p><b><u>Free skate level 1 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking - 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p><b><u>Free skate level 4 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b><u>Free skate level 2 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - R or L. and a forward inside spiral - R or L</li> <li>2. Waltz Three's - R or L</li> <li>3. Beginning back spin - entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p><b><u>Free skate level 5 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>
<p><b><u>Free skate level 3 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 - 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p><b><u>Free skate level 6 Compulsory</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</li> <li>2. Camel, sit spin combination - minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## FREE SKATE 1-6 MUSIC EVENT

**Format: The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves and steps should be demonstrated throughout the program.**

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec

<b>Free skate 1</b>	<b>Free skate 4</b>
<ol style="list-style-type: none"> <li>1. Advanced forward stroking 4-6 strokes</li> <li>2. Scratch spin from back crossovers</li> <li>3. Waltz jump from back crossovers</li> <li>4. Half flip jump</li> </ol>	<ol style="list-style-type: none"> <li>1. Forward power 3's, 2-3 consecutive R or L</li> <li>2. Sit spin</li> <li>3. Loop jump</li> <li>4. Waltz jump/loop jump</li> </ol>
<b>Free skate 2</b>	<b>Free skate 5</b>
<ol style="list-style-type: none"> <li>1. Forward outside spiral R or L</li> <li>2. Beginning back spin</li> <li>3. Waltz jump, side toe hop, waltz jump</li> <li>4. Toe loop</li> </ol>	<ol style="list-style-type: none"> <li>1. Camel spin</li> <li>2. Forward upright spin to back upright spin</li> <li>3. Loop/loop combination jump</li> <li>4. Flip jump</li> </ol>
<b>Free skate 3</b>	<b>Free skate 6</b>
<ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Back spin</li> <li>3. Salchow</li> <li>4. Waltz jump/Toe loop or Salchow/toe loop</li> </ol>	<ol style="list-style-type: none"> <li>1. Camel/sit spin combination, min of 4 revolutions total</li> <li>2. Split or stag jump</li> <li>3. Waltz jump/1/2 loop /Salchow combination</li> <li>4. Lutz jump</li> </ol>

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*Basic Skills Competition*  
 Sunday, April 11, 2010

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address: \_\_\_\_\_  
 (fill in if you would like to receive confirmation by email)

Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Male/Female \_\_\_\_\_ Age (as of 3/3/10) \_\_\_\_\_ yrs. \_\_\_\_\_ months

Highest Level Passed (as of 3/3/10) Basic \_\_\_\_\_ Freestyle \_\_\_\_\_

Home Club \_\_\_\_\_ Basic Skills/USFSA# \_\_\_\_\_

I certify that the above student has passed the test level indicated above:

Coach's Signature: \_\_\_\_\_ E-Mail \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

**Check Events Entered:**

Basic Element Events (page 2)	Basic Program Events (page 3)	Freeskate Compulsory Events (page 4)	Freeskate Music Events (page 5)
Snowplow _____	Snowplow _____	Freeskate 1 _____	Freeskate 1 _____
Basic 1 _____	Basic 1 _____	Freeskate 2 _____	Freeskate 2 _____
Basic 2 _____	Basic 2 _____	Freeskate 3 _____	Freeskate 3 _____
Basic 3 _____	Basic 3 _____	Freeskate 4 _____	Freeskate 4 _____
Basic 4 _____	Basic 4 _____	Freeskate 5 _____	Freeskate 5 _____
Basic 5 _____	Basic 5 _____	Freeskate 6 _____	Freeskate 6 _____
Basic 6 _____	Basic 6 _____		
Basic 7 _____	Basic 7 _____		
Basic 8 _____	Basic 8 _____		

Entry Fees:      \$35.00 first event                      \$10.00-each additional event                      Total Enclosed \$ \_\_\_\_\_

Make Checks Payable to: Skating Club of Worcester

**This application may be copied. Please complete one application for each skater.**

Mail all entries no later than 3/3/10 Skating Club of Worcester  
 C/O Denise Raskett  
 15 Wigwam Rd  
 North Brookfield, MA 01535

It is fully understood and agreed that the Skating Club of Worcester assumes no responsibility or liability for injuries or loss of property, which might occur during this Club sponsored event. In acceptance of this application, the undersigned hereby waives any claim or course of action, which might accrue to him/her against the Club by reason of injuries, loss, or damage of property arising from this event. The undersigned assumes all risk of personal injury and/or loss of property. I have read and accept this statement.

Competitor's Signature (parent or guardian, if minor) \_\_\_\_\_

The above member is in good standing of the above named club for 2009-2010 season and is eligible to compete at the above-entered levels.

Signature of Club Officer or Test Chairperson: \_\_\_\_\_ Date: \_\_\_\_\_