

The Sixth Annual Skating Club of Worcester
Basic Skills Competition
Sunday, April 15, 2012

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 5, 2012. **Eligibility will be based on skill level as of closing date of entries.** All Snowplow Sam and Basic Skills 1-8 skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. For the Free skate 1-6, Test Track and Well Balanced 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. It is very important to the success of the competition that skaters are placed in the correct divisions. If, for whatever reason, the Local Organizing Committee discovers that a skater has been placed in a category that is below their class level, the chairman and referee will have the option to move the skater into the proper division, even if this has to be done the day of the competition. 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 5, 2012.** Applications received after the deadline will be accepted at the discretion of the Competition Committee.

Fees: Entry fee payable to The Skating Club of Worcester must accompany the completed application form. The first event- \$40.00, each additional event is \$15.00. 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://scworchester.org>

Mail to: The Skating Club of Worcester
C/O Denise Raskett, 15 Wigwam Rd, North Brookfield, MA 01535
Basic Skills Approval #:BSC-37682

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater 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

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

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. Vocal music is allowed.

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

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

FREE SKATE 1-6 COMPULSORY EVENT

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

FREE SKATE 1-6 PROGRAM 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

Free skate 1 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump	Free skate 4 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
Free skate 2 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop	Free skate 5 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
Free skate 3 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop	Free skate 6 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

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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 3/5/12) _____ yrs. _____ months

Highest Level Passed (as of 3/5/12) 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 Elements Event (page 2)	Basic Program Event (page 3)	Freeskate Compulsory Event (page 4)	Freeskate Program Event (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: \$40.00 first event \$15.00-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 3/5/12 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 2011-2012 season and is eligible to compete at the above-entered levels.

Signature of Club Officer or Test Chairperson: _____ Date: _____