

The Skating Club of Andover
Haverhill Valley Forum Arena – 7 Parkridge Road ~ Haverhill, MA 01835



BASIC SKILLS SKATE WITH U.S. COMPETITION
Including Beginner thru Preliminary Freeskating Events
Sunday March 30, 2008 – 10:00 am – 4:00pm
US Figure Skating Approved # MM033008

The 3rd Annual Basic Skills Skate with U.S. Competition, sponsored by The Skating Club of Andover, will be held at our new facility, the Haverhill Valley Forum Arena located in the Ward Hill Industrial Park in Haverhill, MA on March 30, 2008. 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 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 and 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 the closing date of entries. All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at highest level passed and no official U.S. Figure skating tests may have been passed including MIF or individual dances.

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 and may have passed Pre-Preliminary Moves in the Field. For “Beyond the Basics” events (beginner, pre-preliminary and preliminary) the U.S. Figure skating rulebook #1032 applies. Skaters may not have passed any pre-juvenile tests in any discipline. See the individual event descriptions for information on maximum permitted test levels for each event.

Entries and Fees: *All entries must be postmarked no later than Friday, March, 7, 2008* and are limited to the first 200 applicants received. Late entries will be accepted at the discretion of the organizers and only if the limit has not been reached and the application is accompanied by an additional \$15.00 late entry fee. Entry fees are per person, U.S. Dollars. The first event is \$35.00 and each additional event is \$15.00. No refunds after closing date unless the event is cancelled by the Skating Club of Andover or for a documented medical reason. Entry forms must be filled out completely and returned with fee and made payable to The Skating Club of Andover. There will be a \$20.00 fee for returned checks.

Groups: Skaters will be broken into groups of approximately four to six skaters by birth date. Males and females may be placed in the same group.

Awards: Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second and third place finishers. Ribbons will be awarded to fourth, fifth and sixth place finishers. Awards will be presented at appropriate times throughout the competition.

Schedule of Events: The schedule of events will be posted on the official competition bulletin board no later than four days prior to the competition. Information regarding groups and skating times will be mailed to registered competitors prior to the beginning of competition.

Music: The music for all free skating programs must be provided on cassette tape or compact disk (standard compact disk format only). Music must be clearly marked with the name of the skater, event entered and length of music. Each disk or tape must have only one track on it. Competition music is to be turned in at the time of registration. Time duration listed is always + or – 10 seconds. It is strongly recommended that the skater or coach bring more than one copy of music.

For questions or concerns contact: Stacy C. Crowley RF, RM, CFS, SG
Phone: (978) 373-3373 or E-mail: stacymaddie@comcast.net

Events: Events being offered at the competition: Basic Elements from the Basic Skills Curriculum, Basic and Freeskate Programs (skated with music), Compulsory Freeskate & Beginner thru Preliminary Freestyle Events.

Directions : Take Rt. 495 to Exit 48 (Rt. 125 Bradford / Ward Hill). At first set of lights go Left into Ward Hill Industrial Park. At stop sign go Right onto Rogers Rd. At next Stop sign, go Left on Avco Rd. Take a right onto Parkridge Road, Haverhill Valley Forum Arena is 100 yards on Right.

Elements Event -Basic Skills Curriculum

- To be skated on 1/3 to 1/2 ice.
- No music.
- All elements must be skated in the order listed.
- Each skater performs one element at a time and will perform the next element only when directed by a judge or referee.
- Must compete at the highest basic skills level passed.
- Must not have passed any official US Figure Skating test.

<p><u>Snowplow Sam - TOTS:</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. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<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 6-8 consecutive - both directions 3. One foot spin – min. of 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 2. Forward two foot swizzles - 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turns- 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. Backward two foot swizzles - 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 5. Moving snowplow stop 	<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 6 -8 consecutive 3. Moving forward to backward two foot turn – either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 4. Beginning one-foot upright spin, optional free foot position
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 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 	

Elements Event - Freeskate Levels 1-6

- To be skated on 1/3 to 1/2 ice.
- No music.
- All elements must be skated in the order listed.
- Each skater performs one element at a time and will perform the next element only when directed by a judge or referee.
- Must compete at the highest basic skills level passed.

<p><u>Freeskate Level 1:</u></p> <ol style="list-style-type: none"> 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 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Freeskate Level 4:</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FI spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3 turns, 2-3 consecutive sets-R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump combination
<p><u>Freeskate Level 2:</u></p> <ol style="list-style-type: none"> 1. Forward outside 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 	<p><u>Freeskate Level 5:</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump combination 5. Flip jump
<p><u>Freeskate Level 3:</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 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop jump combination 	<p><u>Freeskate Level 6:</u></p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6) 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow jump combination 5. Lutz jump

Music Program Events
Basic Programs with Music

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.

Vocal music is allowed.

May use elements from a previous level.

Deductions will be made for each element from a higher level that are skated.

Time is 1:00 +/- 10 sec., to be skated on full ice.

<p><u>Snowplow Sam - TOTS:</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. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<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 6-8 consecutive - both directions 3. One foot spin - min of 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 2. Forward two foot swizzles - 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-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. Backward two foot swizzles - 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 5. Moving snowplow stop 	<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 6 -8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge) 5. Beginning one-foot upright spin, optional free foot position
<p><u>Basic 4:</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 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 	

Freestyle Programs 1-6 with Music

Program duration 1:30+/-10sec. To be skated on full ice.

No vocal music

Deductions will be made if elements from a higher level are performed

Programs must contain all the required elements listed and will be judged on the following:

Technical merit and presentation

May have passed U.S. Figure Skating Pre-preliminary Moves in the Field test, but unless stated other wise, must NOT have passed any official U.S. Figure Skating Free Skating tests.


<p>Freestyle 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking. 4-6 consecutive strokes 2. Forward outside or inside consecutive edges, 2-4 outside or 2-4 inside 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	<p>Freestyle 4</p> <ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral R or L 2. Forward power 3 turns, 2-3 consecutive set R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump combination
<p>Freestyle 2</p> <ol style="list-style-type: none"> 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 combination 5. Toe loop jump 	<p>Freestyle 5</p> <ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump combination 5. Flip jump
<p>Freestyle 3</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 4. Salchow jump 5. Waltz jump/Toe loop or Salchow/toe loop combination jump 	<p>Freestyle 6</p> <ol style="list-style-type: none"> 1. 5 step Mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop/Salchow jump combination 5. Lutz jump

BEYOND THE BASICS

ADDITIONAL FREESKATING EVENTS – Beginner thru Preliminary B

A Panel of Official USFSA Judges will judge this portion of the competition.

FREESKATE EVENTS:

<p><u>Beginner (No Test) Freeskate Program-</u> May not have passed any official U.S. Figure Skating free skate tests. (Refer to the Rulebook #3721) A well-balanced program consisting of single jumps (no axel or doubles permitted), at least one jump combination or series, a minimum of two spins of a different nature (combination spins permitted) and one step or spiral sequence. No flying spins are permitted. Time: 1:30 +/- 10 sec.</p>	
<p><u>Pre-Preliminary Freeskate A:</u> Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test. A well-balanced program consisting of all single revolution jumps (<u>no</u> axels or double jumps permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature (combination spins permitted). One step sequence or spiral sequence. No flying spins are permitted. Time: 1:30 +/- 10 sec.</p>	<p><u>Pre-Preliminary Freeskate B:</u> Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test. A well-balanced program consisting of all single revolution jumps (axel permitted), single combination jumps, single jump sequences, <u>no</u> double jumps permitted. A minimum of two spins of a different nature (combination spins permitted). (Refer to the rulebook #3711) No Flying spins are permitted. Time: 1:30 +/- 10 sec.</p>
<p><u>Preliminary Freeskate A:</u> Must have passed no higher than U.S. Figure Skating preliminary free skate test. (Refer to U.S. Figure Skating rulebook #3701). A well-balanced program, may include all single jumps which may be repeated as individual jumps, jump sequences or jump combinations (no axels or double jumps are permitted). A minimum of two spins of a different nature. One step sequence or spiral sequence. Combination & flying spins are permitted. Time: 1:30 +/- 10 sec.</p>	<p><u>Preliminary Freeskate B:</u> Must have passed no higher than U.S. Figure Skating preliminary free skate test. (Refer to U.S. Figure Skating rulebook #3701). A well-balanced program, may include all single jumps, axels and two different double jumps which may be repeated as individual jumps, jump sequences or jump combinations. A minimum of two spins of a different nature. One step sequence or spiral sequence. Combination & flying spins are permitted. Time: 1:30 +/- 10 sec.</p>

Elements

Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic 1 ONLY	NONE
Basic 2	Basic 2 ONLY	NONE
Basic 3	Basic 3 ONLY	NONE
Basic 4	Basic 4 ONLY	NONE
Basic 5	Basic 5 ONLY	NONE
Basic 6	Basic 6 ONLY	NONE
Basic 7	Basic 7 ONLY	NONE
Basic 8	Basic 8 ONLY	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY

Programs with Music

Level Passed	Competition Level	OFFICIAL TESTS ALLOWED
Snowplow Sam 1	Snowplow Sam only	NONE
Snowplow Sam 2	Snowplow Sam only	NONE
Snowplow Sam 3	Snowplow Sam only	NONE
Basic 1	Basic Program A	NONE
Basic 2	Basic Program A	NONE
Basic 3	Basic Program B	NONE
Basic 4	Basic Program B	NONE
Basic 5	Basic Program C	NONE
Basic 6	Basic Program C	NONE
Basic 7	Basic Program D	NONE
Basic 8	Basic Program D	NONE
Freestyle 1	Freestyle 1 or 2 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 2	Freestyle 2 or 3 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 3	Freestyle 3 or 4 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 4	Freestyle 4 or 5 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 5	Freestyle 5 or 6 NOT BOTH	Pre-Preliminary MIF ONLY
Freestyle 6	Freestyle 6 or Beginner** NOT BOTH	Pre-Preliminary MIF ONLY

** If a skater competes up into beginner category they may not go back to compete in the free skate categories

For events that are "Beyond the Basics" (Beginner, Pre-Preliminary and Preliminary) the U.S. Figure Skating rulebook # 1032 applies.

BEYOND THE BASICS

Programs with Music

Level Passed	Competition Level	HIGHEST OFFICIAL TESTS ALLOWED
NONE	Beginner or Pre-Preliminary NOT BOTH	Pre-preliminary MIF
Pre-Preliminary	Pre-Preliminary or Preliminary NOT BOTH	Pre-Preliminary FS/Preliminary MIF
Preliminary	Preliminary	Preliminary FS/Preliminary MIF

** If a skater competes in a beginner category or higher they may not go back to compete in the Basic Skills free skate categories

** If a skater has passed the pre-juvenile moves in the field or higher, they may not compete in an approved Basic Skills competition.

The Skating Club of Andover – Entry Form
Haverhill Valley Forum Arena ~ 7 Parkridge Road ~ Haverhill, MA 01835

Basic Skills Skate With U.S. Competition ~ Sunday, March 30, 2008

Last Name _____ First Name _____ Sex _____
 Address _____ City _____
 State _____ Zip _____ E-mail Address _____
 Area Code/Phone _____ Birth Date _____
 US Figure Skating Membership Number _____ Highest Basic Skills level passed _____
 Highest US Figure figure skating tests passed MIF _____ Free Skate _____ Dance _____
 Program Affiliation _____ Instructor's Name _____

PLEASE CHECK THE EVENT(S) YOU ARE ENTERING:

Elements: (may enter only one)

___ Snowplow	___ Basic 5	___ Freeskate 1	___ Freeskate 5
___ Basic 1	___ Basic 6	___ Freeskate 2	___ Freeskate 6
___ Basic 2	___ Basic 7	___ Freeskate 3	
___ Basic 3	___ Basic 8	___ Freeskate 4	
___ Basic 4			

Programs with Music: (may enter only one)

___ Snowplow	___ Basic 5	___ Freeskate 1	___ Freeskate 4	___ Beginner
___ Basic 1	___ Basic 6	___ Freeskate 2	___ Freeskate 5	___ Pre-Preliminary A
___ Basic 2	___ Basic 7	___ Freeskate 3	___ Freeskate 6	___ Pre-Preliminary B
___ Basic 3	___ Basic 8			___ Preliminary A
___ Basic 4				___ Preliminary B

ENTRY FEE IS \$35.00 FOR THE FIRST EVENT AND \$15.00 FOR EACH ADDITIONAL EVENT.

First Event	\$ _____
# _____ Additional Events @ \$15.00	\$ _____
Late fee \$15.00	\$ _____
Total:	\$ _____

Entry fees are NOT refundable after the entry deadline unless an event is cancelled or with documented medical reason.

The completed entry form, with fees, must be postmarked by March 7, 2008. Add \$15 late fee after this date.

Make check payable to The Skating Club of Andover & mail to:

The Skating Club of Andover

Attn: Stacy Crowley

10 Brandon Road ~ Haverhill, MA 01832

For additional information please call (978) 373-3373 or e-mail stacymaddie@comcast.net

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

Competitor's Signature: _____	Date: _____
Parent/Guardian Signature: _____	Date: _____
Program Director/Club Officer: _____	Date: _____
Instructor Signature: _____	Date: _____