

Summer Chiller *Basic Skills Competition*

Hosted By
City of Palms Figure Skating Club



Approved by USFS Basic Skills Committee

Sunday, June 27, 2010
Fort Myers Skatium
2250 Broadway
Fort Myers, FL 33901

ELIGIBILITY RULES FOR PARTICIPANTS

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 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 will be based on skill level as of 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. 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.

ENTRIES AND FEES - All entries must be postmarked no later than May 27, 2010. The first event is \$55.00 and each additional event is \$25.00. Entry fees are per person. Late entries will be accepted at the discretion of the competition director and will be subject to an administrative fee of \$15.00.

There will be NO REFUNDS after the closing date, unless an event is canceled. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fees. Check / Money Order must be made payable to the City of Palms FSC. A \$30.00 fee will be charged for returned checks.

AWARDS – Medals will be awarded to the 1st, 2nd and 3rd and 4th place winners 5th and 6th place will receive ribbons.

SCHEDULE OF EVENTS - Will be emailed to each participating arena (for posting) no later than one week prior to the start of each competition.

OFFICIAL ARENA - All practice ice and competition events will take place at Fort Myers Skatium, 2250 Broadway, Fort Myers, FL 33901. The ice surface measures 200' x 85'. The facility has dressing rooms, free parking and a concession area.

PRACTICE ICE - Practice ice will be available starting on Saturday, June 26, 2010. All practice ice sessions will run twenty minutes at a charge of \$12.00 per session/person. Practice ice will be sold on a first come, first served basis. Advance reservations can be made by completing the practice ice request on the registration form. Payment must be made in advance to guarantee space. Walk on space as available.

MUSIC - Music for free skating programs and showcase *must* be provided on CD. CDs should be clearly marked with the following: skater's name, event entered, home club/arena name, and coach name. CDs should have only one track recorded and no mini CDs are allowed. CDs must be turned in at the time of registration. Time duration is

always ± 10 seconds. We encourage you to have an additional copy of the music in case of emergency.

PHOTOGRAPHER/VIDEOGRAPHER – A photographer/videographer *will* be available during the competitions. If so, photographs/video will be taken of all individual participants.

TEST SESSION – There will be a test session offered on Friday, June 25. All levels and all disciplines are planned.

OFFICIALS USFS Rule #1240

USFS Rule #1241 For Basic Skills Competitions three judges, not related to the competitor, are required for each event. Judges may be: • Any official USFSA or Skate Canada Judge. • Any qualified eligible or ineligible person in skating who is a USFSA member and/or Basic Skills member appointed by the organization conducting the Basic Skills Competition.

USFS Rule #1242 For Basic Skills Competitions, the member club or other organization sponsoring and conducting the competition shall approve all judges and officials. All persons serving as judges and officials shall be at least 16 years of age.

HOTEL ACCOMMODATIONS

Holiday Inn
2431 Cleveland Ave
Fort Myers, Fl 33901
(239) 332-3232

Best Western
13021 N. Cleveland Ave.
N.Fort Myers, FL 33903
Phone (239) 997-5511

La Quinta Inn,
4850 S. Cleveland Ave.
Fort Myers, FL 33907-1320
(239) 275-3300

For additional information contact:

Andrea Meyer
prs01@mac.com
(239)980-0752

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. (All skaters perform element 1 before moving on to element 2 and so on).

<p>Snowplow Sam - Tots:</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>Basic 5:</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 - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p>Basic 1</p> <ol style="list-style-type: none"> 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 	<p>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 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>Basic 2</p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating 1/2 swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p>Basic 7:</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>Basic 3</p> <ol style="list-style-type: none"> 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 	<p>Basic 8:</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. 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 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4</p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREE SKATE 1-6 COMPULSORY EVENT

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

- To be skated on 1/2 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>Freestyle level 1 Compulsory</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. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p>Freestyle level 4 Compulsory</p> <ol style="list-style-type: none"> 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
<p>Freestyle level 2 Compulsory</p> <ol style="list-style-type: none"> 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 	<p>Freestyle level 5 Compulsory</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
<p>Freestyle level 3 Compulsory</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 	<p>Freestyle level 6 Compulsory</p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freestyle 6) 2. Camel, sit spin combination - minimum of 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, 1/2 loop, Salchow combination

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Basic Programs with Music

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>Snowplow Sam - Tots:</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>Basic 5:</p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p>Basic 1</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>Basic 6:</p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - 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>Basic 2</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 1/2 swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p>Basic 7:</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>Basic 3</p> <ol style="list-style-type: none"> 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 in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p>Basic 8:</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. 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 5. Beginning one-foot upright spin - optional free foot position
<p>Basic 4</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 & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

Freeskate 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

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

ADULT 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. (All skaters perform element 1 before moving on to element 2 and so on).

<p>Adult 1 Elements</p> <ol style="list-style-type: none"> 1. Forward strides and glides. 2. Forward Swizzles (4-6 in a row). 3. Backward Swizzles (4-6 in a row). 4. Forward one foot glides, right and left. 5. Snow plow stop (right or left). 	<p>Adult 3 Elements</p> <ol style="list-style-type: none"> 1. Backward inside edges on a circle, clockwise and counter clockwise. 2. Backward crossovers, clockwise and counter clockwise. 3. Inside Mohawk, right to left or left to right. 4. Beginning two foot spin. 5. Backward snowplow stop – right or left.
<p>Adult 2 Elements</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Backward 1/2 swizzle pumps on a circle – clockwise and counter clockwise. 3. Forward outside edges on a circle, clockwise and counter clockwise. 4. Forward crossovers, Clockwise and counter clockwise. 5. Forward Pivot – One direction only. 	<p>Adult 4 Elements</p> <ol style="list-style-type: none"> 1. Forward outside three turns, right and left. 2. Forward inside three turns, right and left. 3. Alternate back crossovers with two foot transition. 4. Footwork sequence: 3-5 forward crossovers to a inside Mohawk, 3-5 backward crossovers, step forward inside the circle.

Adult Freeski Programs 1-4 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 not allowed. May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time 1:30+/-10sec Time 1:30+/-10sec

<p>Adult 1</p> <ol style="list-style-type: none"> 1. Forward strides and glides. 2. Forward Swizzles (4-6 in a row). 3. Backward Swizzles (4-6 in a row). 4. Forward one foot glides, right and left. 5. Snow plow stop (right or left). 	<p>Adult 3</p> <ol style="list-style-type: none"> 1. Backward inside edges on a circle, clockwise and counter clockwise. 2. Backward crossovers, clockwise and counter clockwise. 3. Inside Mohawk, right to left or left to right. 4. Beginning two foot spin. 5. Backward snowplow stop – right or left.
<p>Adult 2</p> <ol style="list-style-type: none"> 1. Forward stroking 2. Backward 1/2 swizzle pumps on a circle – clockwise and counter clockwise. 3. Forward outside edges on a circle, clockwise and counter clockwise. 4. Forward crossovers, Clockwise and counter clockwise. 5. Forward Pivot – One direction only. 	<p>Adult 4</p> <ol style="list-style-type: none"> 1. Forward outside three turns, right and left. 2. Forward inside three turns, right and left. 3. Alternate back crossovers with two foot transition. 4. Footwork sequence: 3-5 forward crossovers to a inside Mohawk, 3-5 backward crossovers, step forward inside the circle.

Compulsory Event Test Track and Well Balanced Levels

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

- To be skated on 1/2 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 • Skaters have the option to skate one level higher in compulsories than their free skate program

Event	Requirements	Qualifications	Time
Limited Beginner	<ol style="list-style-type: none"> 1. Waltz jump 2. 1/2 jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	1:00
Beginner	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	1:00
No-Test	<ol style="list-style-type: none"> 1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit or camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	1:00

Test Track Music Event

Skaters may enter EITHER test track free skate program or the well-balanced track free skate program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted. Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 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 or lacking element. • 0.1 for any spin with less than required revolutions

Event	Requirements	Qualifications	Time
Limited Beginner	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. 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	1:30 +/- 10

Event	Requirements	Qualifications	Time
Beginner	Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	1:30 +/- 10
No Test	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing 1/2 ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May not have passed any official U.S. Figure Skating free skate tests.	1:30 +/- 10

SHOWCASE EVENTS

Beginner (Freeskate Levels) 1:30 +/- 10 sec.

Duration: 1:30 or less - may divide into age and level categories

1. Theme of skater's choice or designated by the organization
2. May have music with words
3. Judging to emphasize interpretation of music rather than technical skills
4. Costumes that complement music

May use hand props or any items that skater can get on and off ice without assistance.

SUMMER CHILLER BASIC SKILLS ENTRY FORM

Skater's Name: _____ Age: _____

Birthdate: _____ Club/Rink _____ USFSA #: _____

Address: _____ City/State/Zip: _____

Male: __ Female: __ Partner: _____

Parent/Guardian (print): _____

Phone: _____ E-Mail: _____

Coach's Name (print): _____ Phone: _____

Coach's Signature: _____

Snowplow Sam (Tots)

- Elements
- Solo Program

Basic 1

- Elements
- Solo Program

Basic 2

- Elements
- Solo Program

Basic 3

- Elements
- Solo Program

Basic 4

- Elements
- Solo Program

Basic 5

- Elements
- Solo Program

Basic 6

- Elements
- Solo Program

Basic 7

- Elements
- Solo Program

Basic 8

- Elements
- Solo Program

Freeskate 1

- Compulsories
- Solo
- Showcase

Freeskate 2

- Compulsories
- Solo
- Showcase

Freeskate 3

- Compulsories
- Solo
- Showcase

Freeskate 4

- Compulsories
- Solo
- Showcase

Freeskate 5

- Compulsories
- Solo
- Showcase

Freeskate 6

- Compulsories
- Solo
- Showcase

Adult 1

- Elements
- Solo Program

Adult 2

- Elements
- Solo Program

Adult 3

- Elements
- Solo Program

Adult 4

- Elements
- Solo Program

Limited Beginner

- Compulsories
- Freeskate
- Showcase

Beginner

- Compulsories
- Freeskate
- Showcase (Freeskate 1 to Beginner)

Entry Fees:

Entry Fee is \$55 for the first event and \$25 for each additional event

First Event \$ _____

Additional Events \$ _____

Total: \$ _____

Practice Ice \$12.00 per 20 minute session (One session may be requested with application)

_____ Yes, I would like one session of practice ice. Check enclosed!

Make checks payable to: **City of Palms Figure Skating Club (CPFSC). Entries must be postmarked by May 27, 2009.** Mail form and fees to:

CPFSC Summer Chiller Basic Skills

c/o Andrea Meyer

P. O. Box 6657

Fort Myers, FL 33911

Application Checklist:

_____ Entry form with US FIGURE SKATING Number

_____ Signed Waiver form

_____ Check payable to CPFSC

All competition information and schedules will be posted on our website:

www.Cityofpalmsfsc.com and

floridaskating.com

Waiver of Claims for Injury

I fully release, discharge, and covenant not to sue the U.S. Figure Skating Association, its Member Clubs, their respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any US Figure Skating sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses, or damages, arising out of gross negligence of, or intentional, willful or wanton misconduct of Releases. If I or anyone on my and/or minor child's behalf, makes a claim which does not arise from the gross negligence of, or intentional, willful or wanton misconduct of Releases against any of the Releases, I will indemnify, defend, save, and hold harmless each of the Releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

Signature of Parent/guardian or Competitor if over 18: _____

Date: _____, 2010