

Figure Skating Club of Minneapolis

ANNOUNCES

The Thirteenth Annual



Summer Skate
2010

A U.S. Figure Skating
Basic Skills Competition

July 30th, 31st, & August 1st, 2010
Augsburg College Ice Arena

New this year ~ Online registration with Entryeze

Sponsored by the Figure Skating Club of Minneapolis
Sanctioned by US Figure Skating

FIGURE SKATING CLUB OF MINNEAPOLIS

SUMMER SKATE 2010

JULY 30th, 31st, & AUGUST 1st

A U.S. FIGURE SKATING BASIC SKILLS COMPETITION

HELD IN CONJUNCTION WITH THE

39th ANNUAL ROBIN LEE MIDWEST OPEN COMPETITION

AUGSBURG COLLEGE ICE ARENA ~ 2323 RIVERSIDE AVENUE ~ MINNEAPOLIS, MN

GOAL OF THE COMPETITION: To introduce the beginning skater to a fun competitive experience. Focus will be on some of the basic and fundamental skills taught during group lessons or in private instruction. Skaters do not need to be a member of United States Figure Skating to enter this competition.

ELIGIBILITY RULES FOR PARTICIPANTS: The competition is open to ALL skaters who are current eligible members (ER 1.00) 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 Skating School 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, eligibility will be based only upon highest free skate test level passed. Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

Entries must be completed online or postmarked by June 15th, 2010. Metered mail will not be accepted.

Entry form must be signed by your coach or Skating School Director as well as a parent or guardian.

**LATE ENTRIES WILL BE ACCEPTED BY THE DISCRETION OF THE REFEREE
AND MUST BE ACCOMPANIED WITH AN ADDITIONAL FEE OF \$25.00.**

Fees: Fee for a skater's first event is \$45.00.

If entering a second event (which must be entered at the same level) the additional fee is \$20.00

Online Registration: Online entry with secure credit card payment is available at fscmpls.org and serviced by Entryeeze. Upon receiving your application on-line an e-mail will be sent to the skater's coach to verify accuracy of entry. An official at the skater's home club will also be notified to certify the skater's standing within the club.

or

Paper registration – processing fee of \$5.00: Mail registration and check made payable to **Figure Skating Club of Minneapolis** to: **Karen Murray • 2109 Ewing Avenue South • Minneapolis, MN 55416**
Entries must be completed online or postmarked by June 15th, 2010. Metered mail will not be accepted.

General Information: Skaters in each category will be divided by age into groups of six or fewer skaters. Awards will be presented to all skaters in each group immediately following the posting of the official results. See the following sheet regarding age limits, compulsory moves, and freeskate requirements. For clarification of skating terms and elements, please review the U.S. FIGURE SKATING Skate-With-US Basic Skills program. The committee reserves the right to limit the number of entries. Dress for the competition should be comfortable to the skater, neat in appearance, and allow unrestricted movement. Warm-up ice will be provided for each group. **Skaters and their parent/guardian must register the skater at the registration desk at least one hour prior to the skater's first event.**

Music: Only CD's (standard format only) will be accepted:

- CD's must be clearly marked with skater's name and event. Each disk must have only ONE track on it.
 - Due to compatibility and reliability reasons, no music may be submitted on re-recordable "CDRW" discs.
 - All care will be taken, but the Figure Skating Club of Minneapolis cannot accept responsibility for CD's.
- Music must be turned in at the time of registration and can be picked up after the skater's event.

**Questions: Karen Murray ~ email: KAM12557@msn.com
or Janet at 952-541-4878 (hoitomtj@comcast.net)**

FSC OF MINNEAPOLIS ~ SUMMER SKATE 2010

Basic Elements Event: SNOWPLOW SAM – BASIC 8

- Each skater will have the option to perform one element at a time
 - A. In the order listed below (no excessive connecting steps) **OR**
 - B. 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><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. 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 6 - 8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop - either direction
<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. Forward snowplow stop 4. Backward wiggles 6 - 8 in a row 	<p><u>Basic 6:</u></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><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 - 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><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 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><u>Basic 4</u></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 	

FSC OF MINNEAPOLIS ~ SUMMER SKATE 2010

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- 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><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 in 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 from a stand still - 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 in 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 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><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 three turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

FSC OF MINNEAPOLIS ~ SUMMER SKATE 2010

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 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><u>Free skate level 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. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 4 Compulsory</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's, 2-3 consecutive sets - R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Free skate level 2 Compulsory</u></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><u>Free skate level 5 Compulsory</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 5. Flip jump
<p><u>Free skate level 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 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate level 6 Compulsory</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 combination 5. Lutz jump



FSC OF MINNEAPOLIS ~ SUMMER SKATE 2010

FREE SKATE 1-6 MUSIC EVENT

- 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

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



VISIT OUR WEBSITE

fscmpls.org

FOR CURRENT COMPETITION INFORMATION

ENTRY FORM ~ FIGURE SKATING CLUB OF MINNEAPOLIS SUMMER SKATE 2010

NAME: _____ AGE: ____ BIRTHDATE: ____/____/____ GENDER: F M
LAST NAME FIRST NAME

ADDRESS: _____
STREET CITY STATE ZIP CODE

PHONE NUMBER: _____ EMAIL: _____

SKATING SCHOOL OR CLUB REPRESENTING: _____

**CHECK THE EVENT(S) BELOW THAT THE SKATER WISHES TO ENTER.
 IF ENTERING TWO (2) EVENTS, BOTH MUST BE SKATED AT THE SAME LEVEL.
 CONSULT YOUR COACH OR SKATING SCHOOL DIRECTOR BEFORE COMPLETING THIS AREA.**

ELEMENTS EVENTS	COMPULSORY EVENTS	PROGRAM EVENTS	MUSIC EVENTS
____ Snowplow Sam	____ Freeskate 1	____ Snowplow Sam	____ Freeskate 1
____ Basic 1	____ Freeskate 2	____ Freeskate Basic 1	____ Freeskate 2
____ Basic 2	____ Freeskate 3	____ Freeskate Basic 2	____ Freeskate 3
____ Basic 3	____ Freeskate 4	____ Freeskate Basic 3	____ Freeskate 4
____ Basic 4	____ Freeskate 5	____ Freeskate Basic 4	____ Freeskate 5
____ Basic 5	____ Freeskate 6	____ Freeskate Basic 5	____ Freeskate 6
____ Basic 6		____ Freeskate Basic 6	
____ Basic 7		____ Freeskate Basic 7	
____ Basic 8		____ Freeskate Basic 8	

ENTRY FEES ~ entry fees are per skater, NOT per family:

Skater's first event is \$45.00	First Event	\$ _____
Skater's second event (skated at same level) is \$20.00	Second Event	\$ _____
	Paper entry processing fee	\$5.00
	TOTAL	\$ _____

Online registration at: fscmpls.org
 or mail entry with check payable to *FSC of Minneapolis* to:
Karen Murray ~ 2109 Ewing Avenue South ~ Minneapolis, MN 55416

Entry must be completed online or postmarked by June 15th, 2010

SKATING SCHOOL DIRECTOR'S OR COACH'S CONSENT: (This is required for entry acceptance.)
 I certify that the above information is correct and that this skater is eligible to compete at the level indicated on this form.

Name of Director - Please Print	Signature of Skating School Director	Date
OR		
Name of Professional - Please Print	Signature of Professional	Email or phone number

Parent/Guardian Consent: I understand that this entry form must be completed online or postmarked by June 15, 2010, and in accordance with U.S. FIGURE SKATING Rule Book Section 3235, entry fees are not refundable after the close of entries unless no competition exists in a particular event or division. Entry fees are not refundable after the close of entries unless no competition exists in a particular event or division. I understand that the skater may not have passed any official U.S. Figure Skating tests including MIF or individual dances. Further, I will not hold liable the Figure Skating Club of Minneapolis, Augsburg College Ice Arena, or the U.S. FIGURE SKATING for any injury or loss incurred by my child or myself during this competition.

 Parent / Guardian Signature _____
Date