



Celebrating 68 Years of Skating

**2010**  
**Southern Connecticut**  
**BASIC SKILLS COMPETITION**

**March 21, 2010**  
**9:40 am – 1:50 pm**

**Part One**

**In-House Competition for Terry Conners Skating School**  
**Snowplow Sam through Kinderclass Skaters**

**Part Two**

**Open Competition for Basic Skills Skaters**  
**Basic Skills and Free Skate Compulsory Elements – no Music**  
**Basic Skills and Free Skate Program – with Music**

**Part Three**

**Open Competition for skaters "Beyond the Basics"**  
**"Beyond the Basics" Test Track Compulsory Elements – no Music**  
**"Beyond the Basics" Competitive Test Track**  
**"Beyond the Basics" Well Balanced Programs – No Test to Preliminary**



**[www.skatescsc.com](http://www.skatescsc.com)**

**Terry Conners Skating Rink**  
**Cove Island Park, 1125 Cove Road Stamford, Connecticut 06903**  
**203.977.4514**



## SOUTHERN CONNECTICUT BASIC SKILLS COMPETITION

Sponsored by Skating Club of Southern Connecticut

Approved by US Figure Skating #BSC-33148

**Sunday, March 21, 2010 9:40am – 1:50pm**

**Terry Conners Ice Rink  
Cove Island Park, 1125 Cove Road  
Stamford, CT 06903  
(203) 977-4514**

**WHO MAY COMPETE:** The competition is open to all skaters who are current eligible (ER 1.00) members of either the U.S. Figure Skating Basic Skills Program and/or current full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Part One of the competition is an in-house event open only to skaters currently enrolled in Terry Conners Skating School Snowplow Sam and Kinderclasses. Part Two and Three of the competition is open to all registered U.S. Figure Skating Basic Skills members or full U.S. Figure skating members.

Eligibility will be based on skill level as of closing date of entries. All SNOWPLOW SAM 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 Moves in the Field or Individual Dances.

For skaters in FREE SKATE 1 – 6, TEST TRACK and WELL BALANCED levels, eligibility will be based 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.

The Competition Committee may eliminate events due to insufficient entries or ice time limitations. Boys and girls may compete in the same groups.

**RULES:** This competition has been approved by US Figure Skating and will be conducted in association with U.S. Figure Skating rules governing non-qualifying and Basic Skills competitions as set forth in the 2009 Rulebook. It is agreed that the competitor and family holds Skating Club of Southern Connecticut, Terry Conners Skating School, and Terry Conners Rink 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. Non-U.S. Figure Skating judges may be used to judge some of the events. The selection of all officials will comply with the rules for competitions as set out in the US Figure Skating Rulebook and in the criteria developed for US Figure Skating Basic Skills competitions.

**ENTRY FEES:** See Entry Form for Event Fees.

*Payment must accompany the entry form.* Per USFS Rule 3235, no refunds will be granted except for event cancellation or rink closure. There will be no refunds made for withdrawals for medical reasons. Late entries will be accepted only at the discretion of the Organizing Committee. There will be a \$25.00 fee for returned checks. There will be no admission charge.

Checks should be made payable to **Skating Club of Southern Connecticut**, and should be mailed to

**Helaine Walker, Skating Club of Southern Connecticut, Post Office Box 573, Wilton, CT 06897.**

**DEADLINE:** All entries must be postmarked by **February 27, 2010**. Late entries may be accepted only at the discretion of the Competition Committee, and will be subject to a \$15.00 late fee. The number of late entries may be restricted due to time constraints.

**SCHEDULE:** The competition schedule will be posted at Terry Conners Rink and on the Skating Club of Southern Connecticut website ([www.skatescsc.com](http://www.skatescsc.com)) as soon as possible after the close of entries.

**AWARDS:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place skaters in each group. 4<sup>th</sup> place medals will be awarded when necessary.

**REGISTRATION CHECK-IN:** All competitors must check in at the Registration Desk upon arrival at the rink. Competitors are to arrive at the rink one hour prior to their scheduled event.

**MUSIC:** Only Compact Disks (CDs) will be accepted. Due to compatibility and reliability reasons music may NOT be submitted on re-recordable "CD-RW" discs. Competitors must bring their CD (labeled with skater's name, event and music length) to the Registration Desk upon checking in. Lead-in time (time before the music begins) may not exceed two (2) seconds and only one track is permitted on the CD. Each CD must be in a paper CD sleeve with a see-through window. **All competitors MUST have a back-up CD rink side during the competition** to avoid time delays. Music will be available for pick up at the Registration Desk at the conclusion of individual events. The LOC will accept no responsibility for damaged or lost CDs.

**RINK:** The ice surface measures 200' x 85'.

**DIRECT ALL INQUIRIES TO [Helaine.Walker@skatescsc.com](mailto:Helaine.Walker@skatescsc.com)**

# PART ONE

## In-House Competition for Terry Conners Skating School Snowplow Sam through Kinderclass Skaters

### BASIC SKILLS ELEMENTS EVENTS – NO MUSIC

- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed, one element at a time
- Time: 1:00 maximum

<p style="text-align: center;"><b><u>Snowplow Sam 1</u></b></p> <ol style="list-style-type: none"><li>1. March in place</li><li>2. Skate forward (8 - 10 steps)</li><li>3. Skate and glide on two feet</li><li>4. Dip in place</li></ol>	<p style="text-align: center;"><b><u>Kinderclass A</u></b></p> <ol style="list-style-type: none"><li>1. March forward</li><li>2. Skate and glide on two feet</li><li>3. Glide and dip</li><li>4. Forward swizzles (2 to 3)</li><li>5. Backward wiggles</li></ol>
<p style="text-align: center;"><b><u>Snowplow Sam 2</u></b></p> <ol style="list-style-type: none"><li>1. Skate and glide on two feet</li><li>2. Dip while moving</li><li>3. Backward wiggles</li><li>4. Forward swizzles (2 to 3)</li><li>5. Rocking horse</li><li>6. Two foot hop</li></ol>	<p style="text-align: center;"><b><u>Kinderclass B</u></b></p> <ol style="list-style-type: none"><li>1. Forward swizzles (6 to 8)</li><li>2. Backward wiggles</li><li>3. Snowplow stop</li><li>4. Rocking horse (2-3)</li><li>5. Two foot hop</li></ol>
<p style="text-align: center;"><b><u>Snowplow Sam 3</u></b></p> <ol style="list-style-type: none"><li>1. Forward one foot glide (right and left)</li><li>2. Forward swizzles (4 to 6)</li><li>3. Backward swizzles (4 to 6)</li><li>4. Snowplow stop</li><li>5. Curves</li></ol>	<p style="text-align: center;"><b><u>Kinderclass C</u></b></p> <ol style="list-style-type: none"><li>1. Forward skating</li><li>2. One foot glide (right and left)</li><li>3. Backward swizzles (6 to 8)</li><li>4. Snowplow stop</li></ol>
	<p style="text-align: center;"><b><u>Kinderclass D</u></b></p> <ol style="list-style-type: none"><li>1. Forward one foot glide (right and left)</li><li>2. Forward slalom</li><li>3. Backward swizzles to a two foot glide</li><li>4. Two foot turn in place</li></ol>

## PART TWO

### Open Competition for all eligible Basic Skills Skaters

#### BASIC SKILLS ELEMENTS EVENTS – NO MUSIC

- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed, one element at a time
- Time: 1:00 maximum

<p style="text-align: center;"><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 style="text-align: center;"><b><u>Basic 5</u></b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle, clockwise or counter-clockwise</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 style="text-align: center;"><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 1/2 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 style="text-align: center;"><b><u>Basic 6</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three-turn, right and left from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line, right or left</li> <li>4. Lunge, right or left</li> <li>5. T-stop, right or left</li> </ol>
<p style="text-align: center;"><b><u>Basic 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward 1/2 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 style="text-align: center;"><b><u>Basic 7</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk, right to left and left to right</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 style="text-align: center;"><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn – R and 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, right or left</li> </ol>	<p style="text-align: center;"><b><u>Basic 8</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three-turns, right and left</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, option free foot position</li> </ol>

## PART TWO

### Open Competition for all eligible Basic Skills Skaters

#### FREE SKATE ELEMENTS EVENTS – NO MUSIC

- 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 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 Three's, 2-3 consecutive sets, right or left</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, right or left, and forward inside spiral right or left</li> <li>2. Waltz Threes, right or left</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 three-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 Eight</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>

## PART TWO

### Open Competition for all eligible Basic Skills Skaters

### BASIC SKILLS PROGRAM EVENTS – with MUSIC

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 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 minute +/- 10 seconds

#### **Basic 3 Program**

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

#### **Basic 4 Program**

1. Forward outside edge on a circle, clockwise or counter-clockwise
2. Forward crossovers, 6-8 consecutive, both directions
3. Forward outside three-turn, right and left, from a standstill
4. Backward stroking
5. Backward snowplow stop, right or left

#### **Basic 5 Program**

1. Backward outside edge on a circle, clockwise or counter-clockwise
2. Backward crossovers, 6-8 consecutive, in both directions
3. One foot spin, minimum of three revolutions
4. Side Toe hop, either direction
5. Hockey stop

#### **Basic 6 Program**

1. Forward inside three-turn, right and left, from a standstill
2. Bunny Hop
3. Forward arabesque spiral on a straight line, right or left
4. Lunge, right or left
5. T-stop, right or left

#### **Basic 7 Program**

1. Forward inside open Mohawk, right to left and left to right
2. Ballet Jump, either direction
3. Back crossovers to a back outside edge landing position, clockwise and counter-clockwise
4. Forward inside pivot

#### **Basic 8 Program**

1. Moving forward outside or forward inside three-turns, right and left
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

## PART TWO

### Open Competition for all eligible Basic Skills Skaters

### FREE SKATE 1 - 6 PROGRAM EVENTS – with MUSIC

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 from a higher level
- Time: 1:30 minutes +/- 10 seconds.

<p style="text-align: center;"><b><u>Free Skate 1</u></b></p> <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>
<p style="text-align: center;"><b><u>Free Skate 2</u></b></p> <ol style="list-style-type: none"><li>1. Forward outside spiral, right or left</li><li>2. Beginning back spin</li><li>3. Waltz jump, side toe hop, waltz jump</li><li>4. Toe loop</li></ol>
<p style="text-align: center;"><b><u>Free Skate 3</u></b></p> <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>
<p style="text-align: center;"><b><u>Free Skate 4</u></b></p> <ol style="list-style-type: none"><li>1. Forward power three's, 2-3 consecutive, right or left</li><li>2. Sit spin</li><li>3. Loop jump</li><li>4. Waltz jump/loop jump</li></ol>
<p style="text-align: center;"><b><u>Free Skate 5</u></b></p> <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>
<p style="text-align: center;"><b><u>Free Skate 6</u></b></p> <ol style="list-style-type: none"><li>1. Camel/sit spin combination, minimum 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>

## PART THREE

### Open Competition for Skaters “Beyond the Basics” TEST TRACK COMPULSORY EVENTS – No MUSIC

Format: 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 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their Free Skate program*

#### Limited Beginner Compulsory

**Skaters may NOT have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests**

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

Time: 1:00

#### Beginner Compulsory

**Skaters may NOT have passed tests higher than U.S. Figure Skating Basic Skills Free Skate badge tests**

1. Toe loop jump
2. Salchow jump
3. Forward Scratch spin
4. Forward or backward spiral

Time: 1:00

#### No Test Compulsory

**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. 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 spiral and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included

Time: 1:00

#### Pre-Preliminary Compulsory

**Skaters may NOT have passed tests higher than U.S. Figure Skating Pre-Preliminary Free Skate Test**

1. Flip jump
2. Jump combination - waltz jump/toe loop jump OR Salchow/toe loop jump
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

Time: 1:00

#### Preliminary Compulsory

**Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skate Test but may not have passed tests higher than the Preliminary Free Skate Test**

1. Lutz jump
2. Jump combination (may not use Lutz jump or Axel)
3. 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

Time: 1:15

## PART THREE

### Open Competition for Skaters “Beyond the Basics”

#### COMPETITIVE 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 is 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

Level	Jumps	Spins	Steps	QUALIFICATIONS
<b>Limited Beginner</b>  Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front) Jump sequences are allowed. Max 5 jump elements	Two upright spins, no change of foot (Min 3 revolutions)	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
<b>Beginner</b>  Time: 1:40 max	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 Max 5 jump elements	Two upright spins, change of foot optional (Min 3 revolutions)	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
<b>Pre-Preliminary Test</b>  Time: 1:40 max	Jumps with not more than one rotation (no Axels) Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted Max 5 jump elements	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary Free Skate Test
<b>Preliminary Test</b>  Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels) Jump combinations and sequences are allowed Max 5 jump elements	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program	Skaters must have passed at least the U.S. Figure Skating Pre-Preliminary Free Skate Test but may not have passed tests higher than the Preliminary Free Skate Test

## PART THREE

### Open Competition for Skaters “Beyond the Basics” **WELL-BALANCED PROGRAM MUSIC EVENT**

Skaters may enter EITHER the competitive test track event or the free skate event but **NOT** both during the same non-qualifying competition.

#### **No Test Freeskat**

**Skaters may NOT have passed any official U.S. Figure Skating Basic Skills free skate tests**

A well balanced program consisting of:

1. Maximum of 5 jump elements. No Axels or double jumps permitted
2. Maximum of 2 spins of a different nature
3. One step sequence utilizing 1/2 ice surface

*Refer to US Figure Skating Rulebook #3721 for more information*

Time: Up to 1:30 +/- 10

#### **Pre-Preliminary A Freeskat**

**Skaters must have passed no higher than U.S. Figure Skating Pre-Preliminary Freeskat Test**

A well balanced program consisting of:

1. Maximum of 5 jump elements. No Axel and No Double Jumps permitted.
2. Maximum of 2 spins of a different nature
3. One step sequence utilizing 1/2 ice surface

*Refer to US Figure Skating Rulebook #3711 for more information*

Time: Up to 1:30 +/- 10

#### **Pre-Preliminary B Freeskat**

**Skaters must have passed no higher than U.S. Figure Skating Pre-Preliminary Freeskat Test**

A well balanced program consisting of:

1. Maximum of 5 jump elements. Axels allowed. No double jumps permitted.
2. Maximum of 2 spins of a different nature
3. One step sequence utilizing 1/2 ice surface

*Refer to US Figure Skating Rulebook #3711 for more information*

Time: Up to 1:30 +/- 10

#### **Preliminary Freeskat**

**Skaters must have passed no higher than US Figure Skating Preliminary Freeskat Test**

A well balanced program consisting of:

1. Maximum of 5 jump elements, one of which must be an Axel/waltz jump type jump
2. Maximum of 2 spins of a different nature
3. One step sequence utilizing 1/2 ice surface

*Refer to US Figure Skating Rulebook #3701 for more information*

Time: Up to 1:30 +/- 10

# SOUTHERN CONNECTICUT BASIC SKILLS COMPETITION

## Skating Club of Southern Connecticut

### ENTRY FORM

Must be postmarked by February 27, 2010

Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

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

Telephone \_\_\_\_\_ e-mail Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ USFS Basic Skills # or USFS # \_\_\_\_\_

Home Club/Skating School \_\_\_\_\_ Coach's Name \_\_\_\_\_

Highest Basic Skills Test Passed \_\_\_\_\_

#### PART ONE

##### NO MUSIC EVENTS

##### Basic Skills Elements:

Snowplow Sam 1 \_\_\_\_\_  
Snowplow Sam 2 \_\_\_\_\_  
Snowplow Sam 3 \_\_\_\_\_  
Kinderclass A \_\_\_\_\_  
Kinderclass B \_\_\_\_\_  
Kinderclass C \_\_\_\_\_  
Kinderclass D \_\_\_\_\_

#### PART TWO

##### Basic Skills Elements:

Basic 1 \_\_\_\_\_  
Basic 2 \_\_\_\_\_  
Basic 3 \_\_\_\_\_  
Basic 4 \_\_\_\_\_  
Basic 5 \_\_\_\_\_  
Basic 6 \_\_\_\_\_  
Basic 7 \_\_\_\_\_  
Basic 8 \_\_\_\_\_  
Freestyle 1 Compulsory \_\_\_\_\_  
Freestyle 2 Compulsory \_\_\_\_\_  
Freestyle 3 Compulsory \_\_\_\_\_  
Freestyle 4 Compulsory \_\_\_\_\_  
Freestyle 5 Compulsory \_\_\_\_\_  
Freestyle 6 Compulsory \_\_\_\_\_

##### Basic Skills Programs:

Basic 3 \_\_\_\_\_  
Basic 4 \_\_\_\_\_  
Basic 5 \_\_\_\_\_  
Basic 6 \_\_\_\_\_  
Basic 7 \_\_\_\_\_  
Basic 8 \_\_\_\_\_  
Freestyle 1 \_\_\_\_\_  
Freestyle 2 \_\_\_\_\_  
Freestyle 3 \_\_\_\_\_  
Freestyle 4 \_\_\_\_\_  
Freestyle 5 \_\_\_\_\_  
Freestyle 6 \_\_\_\_\_

#### PART THREE

##### BEYOND THE BASICS

##### Test Track Elements: \$30 each event

##### (No Music)

Limited Beginner \_\_\_\_\_  
Beginner \_\_\_\_\_  
No Test \_\_\_\_\_  
Pre-Preliminary \_\_\_\_\_  
Preliminary \_\_\_\_\_

##### Test Track Program: \$40 each event

##### (With Music)

Limited Beginner \_\_\_\_\_  
Beginner \_\_\_\_\_  
Pre-Preliminary \_\_\_\_\_  
Preliminary \_\_\_\_\_

##### Well-balanced Program: \$40 each event

##### (With Music)

No Test \_\_\_\_\_  
Pre-Preliminary A \_\_\_\_\_  
Pre-Preliminary B \_\_\_\_\_  
Preliminary \_\_\_\_\_

**Parts ONE and TWO:** \$30.00 first event; \$15.00 each additional event; \$15.00 late fee  
**Part THREE:** As indicated above; \$15.00 late fee

**TOTAL AMOUNT ENCLOSED** \_\_\_\_\_

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELLED.**

Make check payable to Skating Club of Southern Connecticut

Mail to Helaine Walker, Skating Club of Southern Connecticut, Post Office Box 573, Wilton, CT 06897

or drop off in person to Terry Conners Skating School office no later than February 27, 2010.

Certification of Competitor: The competitor is eligible to enter the events checked. It is agreed that the competitor and family holds Skating Club of Southern Connecticut, Terry Conners Skating School, and Terry Conners Rink 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.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

Program Director/Club Officer \_\_\_\_\_ Date \_\_\_\_\_

**FOR FASTEST RESPONSE – DIRECT ALL INQUIRIES TO Helaine.Walker@skatescsc.com**