

## **Basic Skills Competition Information:**

### **What is the competition about and who is it for??**

The competition is for any Snowplow Sam thru Basic 8 and any Freestyle 1-6 skater.

The competition will take place at the VFW arena **Sunday January 22, 2012.**

There are three selections that are available for competition, Basic Elements event, Freeskate program with music and Freeskate Compulsories without music.

**Basic Elements Event:** The skater will be asked to skate the listed elements in the form provided. A private coach is not required or recommended. (Elements tested are taken from the United States Figure Skating Basic Skills Program).

**Freeskate program with music:** The skater will perform a one minute routine with music on a full sheet of ice. A private coach is not required but **recommended.** Elements are listed in the application form.

**Freeskate Compulsories-no music:** The skater will perform the elements that are listed in the application form upon request of the judges. A private coach is not needed.

All skaters may compete in the level they have just recently passed or one above. (This means they do not have to compete in the level they are currently practicing).

*Example 1:* A skater tested in November and passed into basic 4 so they may compete in basic 3 or basic 4, it is their choice.

*Example 2:* A skater in basic 5 tested in November and did not pass so they may compete in basic 4 or basic 5.

**All skaters are encouraged to compete in this competition; every skater will receive a medal regardless of their place.**

Entry Fee is \$15.00 for Snowplow Sam thru Freestyle and any additional event is \$5 (example; competing in Freestyle 2 and also participating in the Freeskate routine with music)

Application forms are located at the VFW arena on the Basic Skills bulletin board as well as at our website, [www.northernlightsfsc.com](http://www.northernlightsfsc.com)

**\*Application due date is December 30, 2011\***

If you have any questions please contact (Shannon Kronlund at 701-739-5168 or Katie Boespflug at 218-791-8691. You may also email at [northernlightsfsc@mail.com](mailto:northernlightsfsc@mail.com))

NORTHERN LIGHTS FIGURE SKATING CLUB  
BASIC SKILLS COMPETITION  
EAST GRAND FORKS MN  
January 22, 2012

The Northern Lights FSC Basic Skills Competition is sponsored by Northern Lights FSC and approved by the United States Figure Skating. Competition will be held at the VFW Memorial Arena, 711 3<sup>rd</sup> St SE, East Grand Forks, MN on Sunday January 22, 2012.

**ELIGIBILITY** - The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Basic Skills Program and/or are full members. To be eligible, skaters must have submitted a membership application or be a member in good standing. Skaters who have passed no higher than Freestyle 8 and are currently enrolled in either a Basic Skills Program or are full members are eligible to compete. 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. Skaters in other events may skate at the highest level passed, OR one level higher, but not both levels in the same event during the same competition. Skaters must compete at highest level passed as of the designated closing date for entries. Skaters who have passed any complete official U.S. Figure Skating Tests no longer qualify to compete in the badge levels (i.e. Snowplow Sam, Basics, Freeskate).

**Please note:** If a skater competes at a qualifying or non-qualifying competition in a "Beginner or No Test" category, then that skater is ineligible for our Basic Skills competition (example: if a skater competes at our Northern Star competition, they would not be eligible for our Basic Skills competition).

**ENTRIES AND FEES** - All entries must be postmarked no later than **December 30, 2011**. Entry fees are per person in US dollars. The first event is \$15.00 and each additional event is \$5.00. NO refunds after closing date unless the event is cancelled by Northern Lights FSC. ENTRY FORMS MUST BE FILLED OUT COMPLETELY and returned with fee check made payable to Northern Lights FSC. There will be a \$20.00 fee for returned checks.

**AWARDS** - Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second and third places. All awards will be made at appropriate times throughout the competition.

**SCHEDULE OF EVENTS** - Information regarding groups and skating times will be mailed out one week prior to the beginning of competition as well as posted on our website, [www.northernlightsfsc.com](http://www.northernlightsfsc.com)

**MUSIC** - The music for all free skating programs must be provided on CD's only by the skater. Music should be clearly marked with the name of the skater, event entered and length of music (not skating time). Competition music is to be turned in at the time of registration. Time duration is always +/- 10 seconds. Please make sure a back up CD is available on hand.

**NORTHERN LIGHTS FSC**  
**BASIC SKILLS COMPETITION ENTRY FORM**

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

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

Email address \_\_\_\_\_

Area code / phone # \_\_\_\_\_

USFS/Basic Skills Membership Number \_\_\_\_\_

Current Basic Skills/Freestyle Skating Level \_\_\_\_\_

Club/Program Affiliation \_\_\_\_\_

Instructor's Name \_\_\_\_\_

Instructor Phone # \_\_\_\_\_

**PLEASE CHECK THE EVENTS YOU ARE ENTERING:**

ELEMENTS EVENT:

_____ Snowplow Sam	_____ Basic 5
_____ Basic 1	_____ Basic 6
_____ Basic 2	_____ Basic 7
_____ Basic 3	_____ Basic 8
_____ Basic 4	

FREESKATE PROGRAM - WITH MUSIC

_____ Freeskate 1	_____ Freeskate 4
_____ Freeskate 2	_____ Freeskate 5
_____ Freeskate 3	_____ Freeskate 6

FREESKATE COMPULSORY

_____ Freeskate 1	_____ Freeskate 4
_____ Freeskate 2	_____ Freeskate 5
_____ Freeskate 3	_____ Freeskate 6

**ENTRY FEE IS \$15.00 FOR FIRST EVENT, \$5.00 FOR EACH ADDITIONAL EVENT**

First Event \$ \_\_\_\_\_

Additional Event \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

The completed entry form with fees must be postmarked no later than **December 30, 2011**.

Make check or money order payable to Northern Lights FSC and mail to: Northern Lights FSC Po Box 132, East Grand Forks MN 56721. For additional information, contact Shannon Kronlund at 701-739-5168 or Katie Boespflug at 218-791-8691. You may also email us at [northernlightsfsc@mail.com](mailto:northernlightsfsc@mail.com)

**ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELLED BY NORTHERN LIGHTS FSC.**

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Northern Lights FSC / VFW Arena harmless from any and all liability either during the competition or after 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 \_\_\_\_\_

Competitor Signature \_\_\_\_\_

Date \_\_\_\_\_

## EVENTS FOR BASIC SKILLS COMPETITION

### ELEMENTS EVENT - (Snowplow Sam - Basic 8 Levels)

- To be skated on one-half to one-third ice
- No music
- All elements must be skated in the order listed
- Time: 1 minute or less
- Each skater performs one element at a time and will perform the next element ONLY when directed by a judge or referee. (format examples: each skater performs element 1 before moving on to element 2 and so on OR each skater performs all of the required elements before moving on to the next skater.)

### REQUIRED ELEMENTS:

#### Snowplow Sam

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

#### Basic 1

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

#### Basic 2

1. Forward one foot glide- either foot
2. Forward alternating  $\frac{1}{2}$  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

#### Basic 3

1. Forward stroking
2. Forward  $\frac{1}{2}$  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 3 revolutions

#### **Basic 4**

1. Standstill forward outside 3 turn - right and left
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, right and left

#### **Basic 5**

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 3 revolutions
4. Side toe hop, either direction
5. Hockey stop

#### **Basic 6**

1. Standstill forward inside 3-turn, R and 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

#### **Basic 7**

1. Standstill forward inside open Mohawk, R to L and L to R
2. Ballet jump, either direction
3. Backward crossovers to a backward outside edge landing position, clockwise and counter-clockwise
4. Forward inside pivot

#### **Basic 8**

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-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 3 revolutions

## **FREESKATE 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

### **Freeskate level 1 Compulsory**

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 edges
3. Scratch spin from backward crossovers-minimum 3 revolutions
4. Waltz jump from backward crossovers
5. Half-flip jump

### **Freeskate level 2 Compulsory**

1. Forward outside 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

### **Freeskate level 3 Compulsory**

1. Forward crossovers in a figure 8
2. Advanced forward outside swing rolls, 4-6 consecutive
3. Back spin-minimum 3 revolutions
4. Salchow
5. Waltz jump / toe loop or Salchow / toe loop

### **Freeskate level 4 Compulsory**

1. Forward power 3's, 2-3 consecutive sets, R or L
2. Sit spin-minimum 3 revolutions
3. Loop jump
4. Waltz jump / loop jump

### **Freestyle level 5 Compulsory**

1. Camel spin-minimum 3 revolutions
2. Forward upright spin to back upright spin-minimum 3 revolutions, each foot
3. Loop/loop combination jump
4. Flip jump

### **Freestyle level 6 Compulsory**

1. Five step Mohawk sequence: 1 set alternating pattern (refer to Basic Skills curriculum, Freestyle level 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

## **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.

- To be skated on full ice.
- 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

### **Freestyle level 1**

1. Advanced forward stroking (4-6 strokes)
2. One-foot upright scratch spin from back crossovers-minimum 3 revolutions
3. Waltz jump from backward crossovers
4. Half-flip jump

### **Freestyle level 2**

1. Forward outside spiral, R or L
2. Beginning back spin-3 minimum revolutions
3. Waltz jump, side toe hop, waltz jump
4. Toe loop jump

### **Freestyle level 3**

1. Forward crossovers in a figure 8
2. Back spin-minimum 3 revolutions
3. Salchow
4. Waltz jump / toe loop or Salchow / toe loop

### **Freestyle level 4**

1. Forward power 3's, 2-3 consecutive sets, R or L
2. Sit spin-minimum 3 revolutions
3. Loop jump
4. Waltz jump / loop jump

### **Freestyle level 5**

1. Camel spin-minimum revolutions
2. Forward upright spin to back upright spin-minimum 3 revolutions each foot
3. Loop/loop combination jump
5. Flip jump

**Freestyle level 6**

1. Camel, sit spin combination, minimum of 4 revolutions total
2. Split jump or stag jump
4. Waltz jump,  $\frac{1}{2}$  loop, salchow combination
5. Lutz jump