



The Kent Skating Club
Presents

Skating For Skills 2010
March 6-7, 2010

Sanctioned by:



Approved by:



Member of the 2009-10 Basic Skills Series

Application deadline: postmarked by January 25, 2010

Kent Skating Club Presents

Skating For Skills 2010

Sanctioned by U.S. Figure Skating and Approved by U.S. Figure Skating Basic Skills

- Dates: Saturday, March 6 and Sunday, March 7, 2010
- Location: Kent State University Ice Arena, 650 Loop Road, Kent, Ohio 44242
- Purpose: The Skating For Skills Competition is held to promote a fun, introductory, competitive experience for the beginning skater.
- Co-Chairman: Lisa Rhoades rhoades@uakron.edu
Julie Zeager juliez0@yahoo.com
Nicky Kappenhagen nrksk8@netscape.net
- Rules: This competition will be conducted in accordance with the rules set forth in the current edition of the U.S. Figure Skating rulebook.
- 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 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, January 25, 2010. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at their 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 the 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 on level higher BUT not both levels in the same event during the same competition.
- Entry Fees: Basic Skills: \$35 for 1st event and \$20 for each additional event
Adult, Beginner, Pre-preliminary & Preliminary: \$50 for 1st event
and \$20 for each additional event
Maneuver Team: \$50 per team
Solo Dance: \$20 for each dance if they are the only events registered
- *Skaters registering in both a Basic Skills event and a Beginner event must pay the Beginner 1st event fee and then the additional event fee for the other events.
- Make checks payable to: The Kent Skating Club
- Please ensure you have checked the correct boxes when completing your registration form. If you incorrectly mark a box that results in the event needing to be changed, you will be assessed a \$15 fee per changed event.
- Please Note: There will be a service charge assessed of \$30 for all NSF check. Payment of cashiers check or Money order will only be accepted.
- Deadline: **Completed applications and entry fees must be postmarked by Monday, January 25, 2010.** If space permits applications may be accepted after this date, however a \$15 late fee will be assessed. A parent or guardian AND a club official or Learn-To-Skate director must sign the application.
- Mail to: The Kent Skating Club
c/o Skating for Skills
P.O. Box 1122
Kent, Ohio 44240

*Please do not use any mail or overnight service that requires a signature to accept.

- Refunds:** There will be no refunds.
- Entries:** There is no limit on the number of entries from each participating club or rink in any event. In the event of a large number of entries to a single level, skaters will be divided into groups according to age. Events will be divided into groups by male and female at the Beginner, Pre-Preliminary and Preliminary levels, however the Kent Skating Club reserves the right to combine male and female skaters if there is less than two (2) entries in any event. The Kent Skating Club also reserves the right to combine the Adult levels into one event if there is less than two (2) entries in either event.
- Skaters may skate at their test level or one level higher but not both. Skaters may enter either the Test Track or the Well-balanced Free Skating but NOT both.
- Facilities:** There are two ice surfaces which will be used for the Skating For Skills Competition. The Recreation Rink is 150' x 80' and the Main Rink is 200' x 85'. In the description of each event it states on which rink the event will be held. However, we reserve the right to change rinks at the time of scheduling. Please check the schedule to verify on which rink the event is to be held.
- The Kent State Ice Arena has dressing rooms, concessions and parking. The Kent Skating Club will provide a boutique and vendor tables. Sweatshirts and t-shirts will be available with the Skating For Skills logo and all competitors' names. Many other vendors will be present as well as videographer to capture your events on dvd's and an official photographer for awards.
- Registration:** On the day of the competition, all skaters must check in at the registration desk located in the rink lobby. The registration desk will be open one hour before the first event. Skaters should be at the rink, checked in and ready to compete one hour prior to the scheduled time of their event.
- Music:** All music length is +/- 10 seconds unless it is stated as max. Music will be reproduced through the arena sound system from CDs and cassettes that are furnished by each skater. Maxell brand cds are NOT preferred. CDs are preferred but high quality C-10 or C-12 tapes will be accepted. Skaters are required to deliver their music to the registration desk at the time of registration and at least one hour before the event warm up time. All music must be turned in properly labeled at the time of registration. All skaters should have appropriate backup music with them at rink side. Music should be reclaimed at the Registration Table following the event.
- Awards:** All participants in all categories of Basic Skills events will receive ribbons, with 1st through 4th place designated and all others receiving Honorable Mention. All others will be awarded medals for 1st through 3rd place. Ribbons will be awarded for 4th place and all others will receive Honorable Mention ribbons.
- Club Trophy:** A traveling trophy will be awarded to the club or arena accumulating the most points during the competition. Points will be awarded to the first four (4) places in each event as follows: 4 points for 1st place, 3 points for 2nd place, 2 points for 3rd place and 1 point for 4th place.
- Host Hotels:**
- | | |
|-------------------------|----------------------------|
| Fairfield Inn | Marriott TownePlace Suites |
| 9783 State Route 14 | 795 Mondial Parkway |
| Streetsboro, Ohio 44241 | Streetsboro, Ohio 44241 |
| (330) 422-1166 | (330) 422-1855 |
- Event Schedule:** A competition schedule, including event numbers and times will be posted on our website, www.kentskatingclub.net, approximately one week prior to the competition. Please continue to check our website for updates and changes.
- Practice Ice:** There will be practice ice available in ½ hour sessions at \$10 per ½ hour session if postmarked by February 26, 2010. Practice ice will be available on both the Recreation rink and the Main rink. Please see the Practice Ice application. Walk-ons will be available at \$12 per ½ hour session.
- Coaches:** All coaches attending Skating for Skills are required to be U.S. Figure Skating members and must comply with U.S. Figure Skating rules and guidelines. Since Skating for Skills is a sanctioned event all coaches must complete the Coaches Registration through U.S. Figure Skating. If you have not met the requirements of the U.S. Figure Skating as a Coach/Professional, then you may not attend this sanctioned event. Coaches will need to check in at the registration desk.

Learn To Skate Basic Skill Element Events – Snowplow Sam through 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 ½ of the ice surface on the Recreation Rink (150'x80')
- No music
- Time: 1:00 or less
- All elements must be skated in the order listed

<p style="text-align: center;">Snowplow Sam (TOTS)</p> <ol style="list-style-type: none"> 1. March forward 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 style="text-align: center;">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 style="text-align: center;">Basic 2</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 style="text-align: center;">Basic 3</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 style="text-align: center;">Basic 4</p> <ol style="list-style-type: none"> 1. (From a Standstill) Forward outside 3-turn, right and left 2. Forward outside edge on a circle, either clockwise or counter-clockwise 3. Forward crossovers –6-8 consecutive, both directions 4. Backward Stroking 5. Backward snowplow stop, either right or left foot 	<p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">Adult Learn to Skate (21 years or older)</p> <ol style="list-style-type: none"> 1. Forward outside edge – right and left on a circle (not consecutive) 2. Forward inside edge – right and left on a circle (not consecutive) 3. Forward crossovers, both directions on a circle 4. Forward outside 3-turn, either foot

Freestyle 1-6 Compulsory Programs – 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 ½ of the ice surface on the Recreation Rink (150'x80") 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 and 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 5. Flip 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, ½ loop, Salchow combination 5. Lutz jump

Basic Programs with Music – Snowplow Sam through Basic 8 Program

- 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 on the Recreation Rink (150' x 80')
- 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

Snowplow Sam (TOTS) 1. March followed by a two foot glide forward and dip 2. Forward two foot swizzles 2-3 in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop	Basic 1 Program 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
Basic 2 Program 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	Basic 3 Program 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either direction, 6-8 consecutive 3. Moving forward to backward two foot turning 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 - R & L (From a standstill) 4. Backward stroking 5. Backward snowplow stop - R or L	Basic 5 Program 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
Basic 6 Program 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	Basic 7 Program 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
Basic 8 Program 1. Moving forward outside or forward inside 3-turns, R and L 2. Waltz jump 3. Mazurka, either direction See next box →	4. Combination move – clockwise or counter clockwise – two forward crossovers into forward inside 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

Freeskate Programs 1-6 with music

- The skating order of the required elements is optional.
- To be skated on the Main rink (200' x 85')
- 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.
- Connecting moves and steps should be demonstrated throughout the program.
- 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.
- Time 1:30 +/- 10 sec.

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

Compulsory Events: Limited through Preliminary

- 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 on the Main rink (200' x 85'). **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 may have the option to skate one level higher in compulsories than their free skate program*

<u>LEVEL</u>	<u>ELEMENTS</u>	<u>QUALIFICATIONS</u>	<u>PROGRAM LENGTH</u>
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ 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	Time: 1:00 Maximum
No Test Compulsory	<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	Time: 1:00 Maximum
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 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. 	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time: 1:00 Maximum
Preliminary Compulsory	<ol style="list-style-type: none"> 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. 	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	Time: 1:15 Maximum

Compulsory Moves Adult Pre-Bronze through Adult Bronze

- Element may be skated in any order with a time of 1 min. 30 sec max.]
- To be skated on ½ ice on the Main rink (200' x 85').
- All spins minimum of 3 revolutions
- 21 years of age or older

Adult Pre-Bronze	1. Salchow 2. Backward Spiral 3. Half Lutz jump 4. Backward Crossovers 5. One foot spin
Adult Bronze	1. Salchow 2. Sit spin 3. Single jump, not repeating Salchow (no Axels) 4. Backward Spiral 5. Waltz/toe loop jump

Spins – Beginner through Preliminary

- Elements may be skated in any order on half sheet of ice on the Main rink (200' x 85').
- A minimum of 3 revolutions
- Time: 1 min. 15 sec. max.

Beginner	<ol style="list-style-type: none"> 1. Two foot up-right spin 2. Forward one foot spin 3. Sit spin – in a recognizable sitting position
Pre-Preliminary	<ol style="list-style-type: none"> 1. Forward one foot spin 2. Camel spin 3. Sit spin – in a recognizable sitting position
Preliminary	<ol style="list-style-type: none"> 1. Combination spin with 1 change of foot and 1 change of position 2. Back spin 3. Solo spin of skaters choice – no flying entrance

Test Track or Well-Balanced Free Skate

Note: Skaters may enter **EITHER** the **Test Track** or the **Well-Balanced Free Skate** but **NOT** both. Competitors will skate to music of their choice on the Main rink (200' x 85'). Deductions **WILL** be made for skaters including technical elements not permitted in the event description. 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.

Test Track

Beginner 1:40 max.	Two upright spins, change of foot optional (min. 3 revolutions), jumps with not more than ½ rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jumps elements. Connecting moves and steps should be demonstrated throughout the program.	Must not have passed any USFS test higher than Basic Skills free skating badge levels.
Pre-Preliminary 1:30 +/- 10	Two spins held in one position of a different nature, no change of foot (min 3 revolutions and no flying spins). Jumps with one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Must not have passed higher than USFS Pre-Preliminary Free Skate test.
Preliminary 1:30 +/- 10	Two spins of a different nature, combination spins allowed (min 3 revolutions and no flying spins). Jumps with not more than one rotation (NO AXELS). Jump combinations and sequences are allowed. Maximum of 5 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Must have passed at least the USFS Pre-Preliminary free skate test but not have passed higher than USFS Preliminary Free Skate test.

Well – balanced Program Requirements

No Test Free skate 1:30 +/- 10	Jumps: maximum 5 jump elements, no axels or double jumps permitted. Spins: maximum 2 spins of different nature. Steps: one step sequence utilizing ½ ice surface Refer to USFS rulebook #3721	Must not have passed any USFS free skate test.
Pre-Preliminary 1:30 +/- 10	Jumps: maximum 5 jump elements, axels allowed, <u>no double jumps permitted.</u> Spins: maximum 2 spins of different nature. Steps: one step sequence utilizing ½ ice surface. Refer to USFS rulebook #3711	Must have passed no higher than USFS Pre-Preliminary free skate test.
Preliminary 1:30 +/- 10	Jumps: maximum 5 jump elements, one of which must be an axel/waltz jump-type jump. Spins: maximum 2 spins of different nature Steps: one step sequence utilizing ½ ice surface. Refer to USFS rulebook #3701	Must have passed no higher than Preliminary free skate test.
Adult Pre-Bronze 1:40 max.	Refer to USFS rulebook #3805	Skaters must have passed no higher than adult Pre-Bronze free skate test or the Pre-preliminary free skate test.
Adult Bronze 1:50 max.	Refer to USFS rulebook #3800	Skaters must have passed no higher than Adult Bronze free skate test or the Preliminary Free skate test.

Solo Dance – Skaters may enter any dance event for which they qualify. If there are a large number of skaters entered at one level they will be divided into groups according to birth date. Ladies and men will compete together. To be skated on the Main rink (200' x 85').

Category	Test Requirements
Dutch Waltz	May not have passed higher than the Preliminary Dance Test
Canasta Tango	May not have passed higher than the Preliminary Dance Test
Rhythm Blues	May not have passed higher than the Preliminary Dance Test
Swing Dance	May not have passed higher then the Pre-Bronze Dance Test
Cha Cha	May not have passed higher then the Pre-Bronze Dance Test
Fiesta Tango	May not have passed higher then the Pre-Bronze Dance Test

Jumps – Skaters may compete at their current test level or one level higher but not both. To be skated on full ice on the Recreation Rink (150' x 80') with no music. Jumps should be performed exactly as stated. Skaters will be given the opportunity to perform each jump twice. Skaters should only perform the jump the second time if they are not satisfied with the first attempt. If the jump is performed twice, then the second attempt will be the jump judged.

Category	Elements
Beginner	Waltz Jump Jump Combination – two single jumps – no axels
Pre-Preliminary	Toe loop Jump Combination – two single jumps – no axels
Preliminary	Loop Jump Combination – two single jumps

Survivor – Skaters may compete at their current test level or one level higher but not both. This is to be skated on 3/4 ice on the Recreation Rink (150' x 80') with no music. Skaters will warm up 2 at a time on ¼ of the ice and compete on the other ¾ of the ice. Skaters in each level will compete to see who can hold the longest spiral, spin and jump. An overall winner will be determined at each level by adding the length of jump, spin and spiral and the highest total wins.

- For the Jump, the length of time in the air will count. The designated jump will be videoed and then measured by a computer software program called Dartfish. The jump must be landed on one foot. Each skater will get 2 attempts at the longest jump if they are not satisfied with their first attempt. The longest air time is what counts.
- For the Spin, any spin may be used. Timing of the spin will begin when the skater steps on the spinning foot and will end when the skater steps/falls off the spinning foot. The spin will be timed by an official with a stopwatch. The longest spin is what counts.
- The Spirals will be skated one at a time and will be timed by an official with a stopwatch. Timing will begin when the free leg reaches hip level and will stop when the free leg drops below hip level. The longest spiral is what counts.

Category	Elements	Test Requirements/Restrictions
Beginner	Waltz Jump One foot spin Forward Spiral	Must not have passed the Pre-Preliminary Free Skate Test.
Pre-Preliminary	Waltz Jump One foot spin Forward Spiral	Must have passed the Pre-Preliminary Free Skate Test.
Preliminary	Waltz Jump One foot spin Forward Spiral	Must have passed the Preliminary Free Skate Test.

Artistic – Program to be skated on full ice on the Main rink (200' x 85'). Each competitor is to select his/her own music and may have music with vocals. There are no required elements in this event. Emphasis is placed on the theatrical and entertainment value of the skater's performance, rather than on the technical elements. Costumes and hand held props are allowed. Props are limited to those that the skater can hold. No props may touch the ice. No flame or smoke, wet mops, whipped or shaving cream, or any substance that may alter the ice in any way. No cap guns or loud noises. Levels may be combined due to lack of entries.

Category	Duration	Test Requirements
Beginner	1:30 +/- 10 seconds	May not have passed the Pre-preliminary Free Skating Test
Pre-Preliminary	1:30 +/- 10 seconds	May not have passed higher than the Pre-Preliminary Free Skating Test
Preliminary	1:30 +/- 10 seconds	May not have passed higher than the Preliminary Free Skating Test

2010 Skating For Skills Maneuver Team Competition

A figure skating club may enter two teams in Beginner, Pre-Preliminary and Preliminary Competition for a maximum of six teams per club. Skaters may only skate for their home club. Both boys and girls may skate on one team. There are three to five members per team with one maneuver being performed by each skater and no skater should perform more than two maneuvers. Should a skater be unable to compete due to illness or injury, a teammate may do his maneuver with proper notice to the referee of this event. There must be a minimum of three skaters to compete as a team. A skater may skate on one team only.

Beginner Team	Pre-Preliminary Team	Preliminary Team
May not have passed any official US Figure Skating Free skating tests. 1. Waltz jump 2. One foot spin – minimum 3 revolutions 3. Forward spiral 4. Lunge 5. Bunny hop	May not have passed higher than Pre-Preliminary Free skating test. 1. Waltz jump 2. Salchow 3. One foot spin – minimum 3 revolutions 4. Toe loop 5. ½ Flip	May not have passed higher than the Preliminary Free skating test. 1. Flip jump 2. Forward spiral 3. Back scratch spin – minimum 3 revolutions 4. Lutz jump 5. Salchow/toe loop

Each team is to name a Team Leader through whom any communication with the team may be handled. Each team must be submitted on separate application. Each team must have a sign which includes the Club name and Team name.

Team Name: _____ Team Number: _____ Home Club: _____

Team Level: _____

Team Leader: _____ Phone: (____) _____ E-mail: _____

Skater's Name	USFS #	Highest Free skate Test Passed
1.		
2.		
3.		
4.		
5.		

Entry Fee: \$50 per team

Application must be postmarked by Monday, January 25, 2010

Make Check payable to: The Kent Skating Club

Please mail entry form, Certificate/Waiver Form/Medical/Release Form and payment to:

The Kent Skating Club
c/o Skating for Skills
P.O. Box 1122
Kent, Ohio 44240

Kent Skating Club Skating For Skills 2010

March 6-7, 2010

Entry Form

Must be postmarked by Monday, January 25, 2010

Please print all information:

Competitor's Name: _____ Birth Date: _____ Age: _____ Sex: M or F

Address: _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ E-mail Address: _____

USFS #: _____ Home Club: _____ Highest Free skating Test Passed: _____

USFS Basic Skills #: _____

Please check each event entered.

	Entry Fee: \$35 for 1st event* and \$20 for each additional event		Entry Fee: \$50 for 1st event* and \$20 for each additional event
	Snowplow Sam (Tots)		No Test Free Skating
	Basic 1		Pre-Preliminary Free Skating
	Basic 2		Preliminary Free Skating
	Basic 3		Adult Pre-Bronze Free Skating
	Basic 4		Adult Bronze Free Skating
	Basic 5		Test Track Beginner
	Basic 6		Test Track Pre-Preliminary
	Basic 7		Test Track Preliminary
	Basic 8		Beginner Spin Compulsory
	Adult Learn to Skate		Pre-Preliminary Spin Compulsory
	Freestyle 1 Compulsory		Preliminary Spin Compulsory
	Freestyle 2 Compulsory		Limited Beginner Compulsory
	Freestyle 3 Compulsory		No Test Compulsory
	Freestyle 4 Compulsory		Pre-Preliminary Compulsory
	Freestyle 5 Compulsory		Preliminary Compulsory
	Freestyle 6 Compulsory		Adult Pre-Bronze Compulsory
	Snowplow Sam (Tots) Program		Adult Bronze Compulsory
	Basic 1 Program		Dutch Waltz Solo Dance
	Basic 2 Program		Canasta Tango Solo Dance
	Basic 3 Program		Rhythm Blues Solo Dance
	Basic 4 Program		Swing Dance Solo Dance
	Basic 5 Program		Cha Cha Solo Dance
	Basic 6 Program		Fiesta Tango Solo Dance
	Basic 7 Program		Beginner Jumps
	Basic 8 Program		Pre-Preliminary Jumps
	Freestyle 1 Program		Preliminary Jumps
	Freestyle 2 Program		Beginner Survivor
	Freestyle 3 Program		Pre-Preliminary Survivor
	Freestyle 4 Program		Preliminary Survivor
	Freestyle 5 Program		Beginner Artistic
	Freestyle 6 Program		Pre-Preliminary Artistic
			Preliminary Artistic

***Skaters registering in both a Basic Skills event and a Beginner event or higher must pay the Beginner 1st event fee of \$50 and then the additional event fee for all other events.**

First Event: \$ _____ (\$35 for the left column above and \$50 for the right column above or the higher of the two if entering events in both columns)

Additional Events: \$ _____ (\$20 for each additional event)

Solo Dance: \$ _____ (\$20 for each dance) If Solo Dance are only events registered, then each dance is \$20.

Total \$ _____

* Make checks payable to: The Kent Skating Club

Mail to: The Kent Skating Club
c/o Skating for Skills
P.O. Box 1122
Kent, Ohio 44240

Competitor's Name: _____

Coach Information: As a coach, I hereby agree to comply with U.S. Figure Skating rules and guidelines to attend this sanctioned event.

Signature:	Date:
Name of Coach (printed):	Phone: ())
E-mail:	USFS #:

Certification of Eligibility

I hereby approve this entry and certify that this skater is a member in good standing of this club or Learn to Skate Program, is an amateur in accordance with USFS rules, and to the best of my knowledge is eligible to enter the specified events.

Signature of Competitor, Parent or Guardian, if minor: _____ Date: _____

Signature of Learn to Skate Director or Club Official: _____ Title: _____ Date: _____

Signature of Coach/Professional: _____ Date: _____

Waiver of Responsibility

SKATER/PARENT/GUARDIAN: I understand and agree that the USFS and the Kent Skating Club, including its Board of Directors, and all volunteers assisting in the organization of the competition undertake no responsibility for damages or injuries, or loss of property suffered by the SKATER, COMPETITOR, PARENT AND/OR GUARDIAN. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, USFS, the KENT SKATING CLUB, including its Board of Directors and all volunteers assisting in the organization of the competition. SKATER/PARENT/GUARDIAN acknowledge that their entry forms shall be accepted only on such condition.

Signature of Competitor: _____ Date: _____

Signature of Parent/Guardian (if minor): _____ Date: _____

Authorization for Emergency Medical Treatment

In the event I am unavailable, I hereby give permission for any emergency medical treatment for _____ (please print full legal name of skater) to the direction of the Chairpersons of this competition. I understand that these Chairpersons have no formal medical background but will seek appropriate care and treatment. I, the undersigned, will assume and take sole responsibility for all financial obligations arising out of the treatment of the above named individual.

I, the undersigned, will hold U.S. Figure Skating, the Kent Skating Club, the organizers, Kent State University and their appointees or employees harmless from any claim rising out of any aid afforded the above named individual. I further indemnify all above mentioned parties from any claims and other parties might have with regards to aid provided to the above named individual.

Skater's Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____

Person to contact in an emergency if parent/guardian cannot be reached:

Name: _____ Relationship: _____ Phone: ())

Skater's Physician's Name: _____ Phone: ())

Skater's Dentist's Name: _____ Phone: ())

Emergency Medical Information (allergies, pre-existing conditions, allergies to medications, etc...): _____

Name of Insurance Company: _____ Name of Insured: _____ Policy #: _____

Practice Ice Application

Friday, March 5, 2010

Practice ice will be on Friday, March 5. Each practice session will be 30 minutes. Each practice session will be limited in the number of skaters permitted on the ice. All schedules for practice ice will be on the Kent Skating Club website www.kentskatingclub.net. Each 30 minute session will be \$10 if postmarked by February 26, 2010. Walk-ons will be available at the \$12 per 30 minute session. Please check below which practice ice sessions you would prefer. Practice ice applications will be taken on a first come first serve basis and the deadline to mail is postmarked Friday, February 26, 2010. No practice ice applications will be accepted by mail after February 26, 2010.

Friday, March 5, 2010

Main Rink Practice Ice (200' x 85')

_____ 2:45-3:15pm

_____ 3:15-3:45pm

Recreation Rink Practice Ice (150' x 80')

_____ 6:45-7:15pm

_____ 7:15-7:45pm

_____ # of sessions x \$10.00 = _____

After February 26, 2010 walk-ons will be available at the \$12 per 30 minutes session.

Name of skater: _____ Phone: (____) _____

Please write a separate check for Practice Ice.

Make checks payable to: The Kent Skating Club

Mail to: The Kent Skating Club
 c/o Skating for Skills
 P.O. Box 1122
 Kent, Ohio 44240

The Kent Skating Club holds the right to cancel any practice ice if there is not enough participation.



BASIC SKILLS / BEGINNER SYNCHRONIZED SKATING EVENTS

For all events: No skaters may have passed higher than the preliminary test in any discipline, and the majority of the team must be "no test."

A. Basic Skills Beginner 1

A team of 8 to 16 skaters. The majority of the team must be under 9 on the preceeding July 1.

Program duration: 1 ½ - 2minutes +/- 10 sec.

Required elements:

- a. **Circle:** 1 circle, include a 2-foot turn and a forward inside and/or forward outside edge glide
- b. **Line:** Cover the ice and include only forward skating skills.
- c. **Block:** Cover the ice and include only one configuration.
- d. **Wheel:** A 4-spoke wheel with backward pumps.
- e. **Intersection:** 2 lines facing each other, forward 2-foot glide at the point of intersection.

RESTRICTIONS:

- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand.
- No changes or direction and traveling within elements.
- No steps or moves in Basic 6 or higher.

B. Basic Skills Beginner 2

A team of 8 to 16 skaters. The majority of the team must be 9 – 11 years old on the preceeding July 1.

Program duration: 1 ½ - 2minutes +/- 10 sec.

Required elements:

- a. **Circle:** 1 circle, include the combination move* from Basic 8
- b. **Line:** Cover the ice may include both forward and backward skating skills.
- c. **Block:** Cover the ice and include 1 or 2 configurations.
- d. **Wheel:** Wheel of choice with backward pumps.
- e. **Intersection:** 2 lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.

RESTRICIONS:

- No additional elements allowed.
- Holds may only include shoulder-to-shoulder and hand-to-hand
- No changes or direction and traveling within elements.
- No steps or moves in Free Skate 2 or higher.

C. Basic Skills Beginner 3

A team of 8 to 16 skaters. The majority of the team must be at least 12 years old on the preceeding July 1

Program duration: 2–2 ½ minutes +/- 10 sec.

Required elements:

- a. **Circle:** 1 circle, include the combination move* from Basic 8
- b. **Line:** Cover the ice must include both forward and backward skating skills.
- c. **Block:** Cover the ice and include 2 or 3 configurations.
- d. **Wheel:** Wheel of choice.
- e. **Intersection:** 2 lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.

RESTRICTIONS:

- No changes or direction and traveling within elements.

* The combination move is element C in Basic 8: Two forward crossovers into a forward inside mohawk, step down or cross behind, step into a backward crossover, step forward onto a forward inside edge glide. It does not need to be repeated, and does not need to be done in both directions.

2010 Skating For Skills SYNCHRONIZED SKATING COMPETITION

March 6-7, 2010

ENTRY FORM 1: Team Information

Team name:		U.S. Figure Skating #:	
Club: (if applicable)			
Team contact person:			
Daytime phone number:		E-mail:	
Address:		City	State / ZIP
Primary coach:		U.S. Figure Skating #	
Daytime phone number:		E-mail:	
Number of skaters:		Number of alternates:	

Please check the level and/or event (s) entered:

- BS Beginner 1
- BS Beginner 2
- BS Beginner 3

Entry Fee: Enclosed is

\$ _____ for ____ beginner events \$ 50 per team / beginner event
 \$ _____ for ____ competitors \$ 5 per skater / beginner event

Checks should be made payable to:

The Kent Skating Club

Please send all forms and fees to:

The Kent Skating Club
 c/o Skating for Skills
 P.O. Box 1122
 Kent, Ohio 44240

All fees and entry forms must be
 Received by:

January 25, 2010

Beginner teams may choose to represent either a full member club or a U.S. Figure Skating Basic Skills school / program.

2010 Skating for Skills
SYNCHRONIZED SKATING COMPETITION
March 6-7, 2010

ENTRY FORM 2: Team Entry Form

Team Name:	Level:
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SKATER NAMES IN ALPHABETICAL ORDER Last name first	Birth date	U.S. Figure Skating #**	Highest MITF test passed *
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
Alt. 1.			
Alt. 2.			
Alt. 3.			
Alt. 4.			

** Skaters may be either full U.S. Figure Skating members or Basic Skills members.

2010 Skating for Skills SYNCHRONIZED SKATING COMPETITION

March 6-7, 2010

ENTRY FORM 3: Liability Waiver / Certification by Club Officer

Team Name:	Level:
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U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer or skating school director: *All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.*

Print Name:	Signature
Title:	
Club or Basic Skills program name:	

**Kent Skating Club
Skating for Skills 2010**

Advertising Order Form

Deadline: February 15, 2010

- _____ Back Cover – 8 ½” x 11” - \$175.00
- _____ Inside Cover – Front – 8 ½” x 11” - \$150.00
- _____ Inside Cover – Back – 8 ½” x 11” - \$150.00
- _____ Full Page Ad – 8 ½” x 11” - \$100.00
- _____ Half Page Ad – 4 ¼” x 5 ½” - \$50.00
- _____ Business Card – ¼ Page - \$25.00
- _____ Personal Gram (Use box below) \$10.00
- _____ Patron Ad Listing – 1 line of copy - \$5.00
- _____ Event Sponsorship – Company name listed as sponsor on result board - \$75.00

* All prices are for Camera-ready art (except for Patron Ads, which will be a typed list). Space will be reserved when we receive payment, a signed copy of this form and your camera-ready advertising copy.

Advertiser: _____

Address: _____

Phone: (____) _____

Contact Person: _____

Please make checks payable to: The Kent Skating Club

Please return this form and payment to:

The Kent Skating Club
c/o Skating for Skills
P.O. Box 1122
Kent, Ohio 44240

Patron Ad (Print copy here): _____

Personal Gram: Please use black ink below. Your Personal Gram will appear exactly as you create it below.