

SPRING FLING 2009
SKATING CLUB OF AMHERST
7th ANNUAL BASIC SKILLS COMPETITION

Snowplow Sam through Freeskate 6
Approval # MM060609

DATE: SATURDAY, JUNE 6, 2009
PLACE: UMASS MULLINS CENTER RINK - AMHERST, MA.
TIME: 10 AM to about 2 PM

Eligibility:

1. All skaters must be current members of the U.S. Figure Skating Basic Skills Program and/or full members of U.S. Figure Skating.
2. Skaters entering Snowplow Sam through Basic 8 may not have passed any official U.S. Figure Skating test. Skaters entering Freeskate 1-6 may have passed their Pre-Preliminary Moves in the Field Test. Skaters may not have competed in any U.S. Figure Skating Interclub or Open competition.

Events:

1. Events are being offered in: A) Compulsory Moves/Elements B) Freestyle Programs, and C) Showcase. A skater may enter no more than 3 events.
2. All skaters entering events in Snowplow Sam and Basic 1 through Basic 8 must compete at their highest badge level passed. Skaters entering events in Freeskate 1 through Freeskate 6 may compete at their highest badge level passed, or may skate up one level higher, but not both.
3. Skaters will be grouped by age and badge level. Girls and Boys may be grouped together.

Judging All events will be judged by panels made up of older advanced skaters, who have had experience in both competing in skating and in teaching in Basic Skills instructional programs.

Entries:

1. Applications will be handled on a first come, first served basis. All first event requests will be honored first, and then second and third requests until all slots are filled. Any event requests not able to be met will be refunded.
2. Age and Badge/Test level passed determined as of the deadline of May 10, 2009.
3. About a week prior to the competition, the competition schedule and event groupings, along with directions to the rink will be posted on the club's website (www.scamherst.org). Click on the Spring Fling 2009 button.

Confirmation links will be emailed directly to all those who submit their email address on the entry form. If you wish to receive a mailed confirmation notice, you **must** include a self-addressed stamped envelope with your entry form.

Entry Fees: **\$25** for the first event **\$15** for the second event and **\$10** for the third event.

Late entries will be accepted only if there is space, and they are accompanied by a **\$10 late fee**. No refunds after deadline unless event is canceled by the SCA.

Deadline: **All applications must be postmarked by Sunday, May 10, 2009.**
Make checks payable to: The Skating Club of Amherst
Mail application to: Paula Rigano-Murray 45 Finn Street Northampton, MA 01060

Registration: Please arrive at the rink at least one hour before your event. Check in at the Registration Table located on the lower rink level.

- Music:** Please turn in your cassette tape or CD, clearly labeled with skater's name / level / event, at the Registration Table at least 1 hour before your event. It's advisable to bring an extra copy of each of your tapes or CDs.
- Awards:** 1. Groups will be kept to no more than five, with medals awarded to 1st, 2nd, 3rd, and ribbons to 4th & 5th.
2. Awards will be given out during posted times throughout the day.
- Ice Surface:** The Mullins Center rink is an Olympic sized rink measuring 200' x 95'.
- Questions:** Call: Paula Rigano-Murray (413) 230-9525 E-mail: rignur@comcast.net or Patti Serra (413)374-8882 E-mail: pserra13@verizon.net

EVENTS

COMPULSORY ELEMENTS SNOWPLOW SAM & BASIC 1-8 - NO MUSIC

- To be skated on ¼ ice surface without music
- All elements must be skated in the order listed.
- Each skater performs one element at a time, and will perform the next element only when directed by a judge.

<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 - 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 - 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 - 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 3 turns R and L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – forward crossovers into FI mohawk, step behind, step into 1 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 3-turn - R and L 	

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|--|--|
| <ul style="list-style-type: none"> 4. Backward stroking 5. Backward snowplow stop - R or L | |
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COMPULSORY PROGRAMS FREE SKATE 1-6 - NO MUSIC

- The skater must demonstrate the required elements and may use any additional elements from previous levels (where applicable)
- The skating order of the required elements is optional
- To be skated on ½ ice - no music permitted
- In program form, using a limited number of connecting steps
- Time: 1:00 or less
- Deductions will be made if elements from a higher level are performed

<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 Free skate 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

MUSIC PROGRAM EVENTS

BASIC PROGRAMS WITH MUSIC

The skating order of the required elements is optional. The elements are not restricted as to

<u>Basic 3</u> <ol style="list-style-type: none">1. Forward stroking2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6-8 consecutive3. Moving forward to backward two foot turn - either direction4. Backward one foot glide - either foot5. Two foot spin	<u>Basic 6:</u> <ol style="list-style-type: none">1. Forward inside 3-turn - R & L2. Bunny Hop3. Forward arabesque spiral on a straight line R or L4. Lunge - R or L5. T-stop - R or L
<u>Basic 4</u> <ol style="list-style-type: none">1. Forward outside edge on a circle clockwise or counter clockwise2. Forward crossovers 6-8 consecutive both directions3. Forward outside 3-turn - R and L4. Backward stroking5. 5. Backward snowplow stop - R or L	<u>Basic 7:</u> <ol style="list-style-type: none">1. Forward inside open Mohawk - R to L and L to R2. Ballet Jump either direction3. Back crossovers to a back outside edge landing position - clockwise and counter clockwise4. Forward inside pivot
<u>Basic 5:</u> <ol style="list-style-type: none">1. Backward outside edge on a circle - clockwise or counterclockwise2. Backward crossovers 6-8 consecutive - both directions3. One foot spin - min of three revolutions4. Side Toe hop -either direction5. Hockey stop	<u>Basic 8:</u> <ol style="list-style-type: none">1. Moving forward outside or forward inside 3 turns R and L2. Waltz jump3. Mazurka - either direction4. Combination move - clockwise or counter clockwise – (2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a forward inside edge)5. Beginning one-foot upright spin, optional free foot position

the number of times an element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Vocal music is allowed. May use elements from a previous level. Deductions will be made for each element from a higher level that are skated. Time is 1:00+/- 10 sec., to be skated on full ice

FREE SKATE PROGRAMS 1-6 WITH MUSIC

The skating order of the required elements is optional. The elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated.

Vocal music is not allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that are skated.

Time 1:30+/-10sec

Free skate 1	Free skate 4
<ol style="list-style-type: none"> 1. Advanced forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump 	<ol style="list-style-type: none"> 1. Spiral sequence:FI spiral, FI mohawk, BO spiral R or L 2. Forward power 3's, 2-3 consecutive R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Free skate 2	Free skate 5
<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 4. Waltz jump, side toe hop, waltz jump 5. Toe loop 	<ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover Backward inside spiral, R or L 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop combination jump 5. Flip jump
Free skate 3	Free skate 6
<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls 4-6 3. Back spin 4. Salchow 5. Waltz jump/Toe loop or Salchow/toe loop 	<ol style="list-style-type: none"> 1. 5 step mohawk sequence, 1 set alternating patterns 2. Camel/sit spin combination, min of 4 revolutions total 3. Split or stag jump 4. Waltz jump/1/2 loop /Salchow combination 5. Lutz jump

SHOWCASE EVENTS

- For all levels, the emphasis of the judging will be on:

- 1) originality of program
- 2) audience appeal
- 3) music interpretation
- 4) costume as it relates to program and complements the music
- 5) technical skills to a lesser degree

- Skaters will be grouped by level and age (if more than 1 group per level).
- Girls and Boys will be grouped together.
- Music must be provided by the skater and may be vocal or instrumental.
- Programs will be skated on full ice.
- Hand-held props, and those which the skater can get on and off the ice without assistance are allowed.
- Deductions will be made if skills listed as not-allowed are skated.

Basic Skills Showcase A: Skaters must not have passed any badges higher than Basic 5

Limitations: No skills other than those in Basic 1-5 are allowed in the program.

Time Limit: 1 minute +/- 10 seconds

Basic Skills Showcase B: Skaters must have passed Badge 6 and must not have passed any badges higher than Basic 8.

Limitations: No skills other than those in Basic 1-8 are allowed in the program.

Time Limit: 1 minute 30 seconds +/- 10 seconds

Basic Skills Showcase C: Skaters must have passed Freeskate 1, and must not have passed any badge higher than Freeskate Level 3 .

Limitations: No skills other than those in Basic Skills Freeskate Levels 1-3 or lower are allowed in the program.

Time Limit: 1 minute 30 seconds +/- 10 seconds

Basic Skills Showcase D: Skaters must have passed Freeskate 4, and must not have passed any badge higher than Freeskate Level 6.

Limitations: No skills other than those in Basic Skills Freeskate Levels 4-6 or lower are allowed in the program.

Time Limit: 1 minute 30 seconds +/- 10 seconds

LODGING:	Amherst Motel	408 Northampton Rd. (Rt 9)	Amherst	(413) 256-8122
	Econolodge	329 Russell St. (Rt 9)	Hadley	(413) 582-7077
	Hadley Inn	208 Russell St.	Hadley	(413) 587-9866
	Hampton Inn	24 Bay Rd.(corner of Rt. 9)	Hadley	(413) 586-4851
	Howard Johnson	401 Russell St.	Hadley	(413) 586-0114

Quality Inn
Holiday Inn Express

237 Russell St.
400 Russell Street

Hadley
Hadley

(413) 584-9816
(413) 582-0002

SPRING FLING 2009

Skating Club of Amherst *UMASS Mullins Center Amherst, Mass.
7th ANNUAL BASIC SKILLS COMPETITION – Saturday, June 6, 2009**

Name _____ Age _____ Female _____ Male _____

Street _____ City _____ State _____ Zip _____

Phone # () _____ Email Address _____

Date of Birth _____ U.S. Figure Skating # _____

Last Basic Skills Badge passed _____ Last U.S. Figure Skating Moves in Field test passed _____

Homeclub _____ Coach's Name _____

Please indicate your 1st., 2nd., 3rd. choices for events entered. Every attempt will be made to honor all choices.

Compulsory Elements:

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

Compulsory Moves:

- _____ Freeskiate 1
- _____ Freeskiate 2
- _____ Freeskiate 3
- _____ Freeskiate 4
- _____ Freeskiate 5
- _____ Freeskiate 6

Freestyle Programs to Music:

- _____ Basic 3 _____ Freeskiate 1
- _____ Basic 4 _____ Freeskiate 2
- _____ Basic 5 _____ Freeskiate 3
- _____ Basic 6 _____ Freeskiate 4
- _____ Basic 7 _____ Freeskiate 5
- _____ Basic 8 _____ Freeskiate 6

Showcase Programs:

- _____ Basic Skills A
- _____ Basic Skills B
- _____ Basic Skills C
- _____ Basic Skills D

FEES:

- 1st Event \$ 25 _____
- 2nd Event \$ 15 _____
- 3rd Event \$ 10 _____
- Late Fee \$ 10 _____
- TOTAL \$ _____

Make checks payable to: The SC of Amherst.
Please write separate checks for each event.
If applicable, please include the \$10 Late Fee.

Mail entry form and checks to: Paula Rigano-Murray 45 Finn Street Northampton, MA 01060

Deadline: All entries must be postmarked no later than May 10, 2009.

Entry fees are not refundable after the entry deadline unless the event is canceled or slots have been filled.

Confirmation Notices: All Event schedules, Flight and Skater listings, rink directions, and other pertinent information will be posted about one week before the competition on the SCA website (www.scamherst.org).

Each skater who submits their email address will be emailed the webpage link to the above information.

If you wish to receive your skater's confirmation information and rink directions in the mail, you **must** include a self-addressed stamped envelope with this application.

Certification of Competitor: This competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Skating Club of Amherst harmless from any and all liability either during practice or competition, and from any and all liability for damages to or loss of property.

Parent / Guardian signature _____ Date _____

Coach's signature _____ Date _____

Club Officer 's or _____

Program Director's signature _____ Date _____

(Please include your Basic Skills/USFSA # and all the necessary signatures in order for your entry to be accepted.)

