

Lighthouse Figure Skating Club of Cape Cod, Inc.

2nd Annual Basic Skills Competition

Sunday August 10th 2008

Name: _____ Age: _____ M/F: _____ DOB: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone # _____ E-Mail Address: _____

Club or Rink: _____ USFS # _____

Coach's Name: _____ Coach's Phone # _____

Highest Level Passed : _____ (as verified by the skater's coach only)

Please Check the Event(s) you are entering:

Elements: (No Music/No Program)

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

Freeskate Compulsories (No Music/Half Ice Program)

Freeskate 1 Freeskate 6
 Freeskate 2 Beginner
 Freeskate 3 Pre-Preliminary
 Freeskate 4 Preliminary
 Freeskate 5

Basic Programs with Music (Full Ice)

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

Freeskate Program with Music (Full Ice)

Freeskate 1 Beginner
 Freeskate 2 Pre-Pre A
 Freeskate 3 Pre-Pre B
 Freeskate 4 Preliminary A
 Freeskate 5 Preliminary B
 Freeskate 6

Showcase: Snowplow-4 Basic 5-8 FS 1-3
 FS 4-6 Beginner Pre-Pre/Preliminary

Entry Fee: First Event \$30.00
Each Additional Event (+15.00 each) _____
(+\$10.00 late fee if applicable) _____
Total Enclosed: _____

Completed Entry Forms and Checks made out to Lighthouse FSC must be postmarked by July 10th 2008 and mailed to:

Lighthouse FSC c/o Briana Lackenby 180 Castlewood Circle Hyannis MA 02601

Entry Fees are non-refundable except in the event of cancellation of competition

Lighthouse FSC of Cape Cod Inc and Mid-Cape Ice Arena assume no responsibilities for injuries to the skater, parents/guardians or spectators and will not be held responsible or liable for injuries during practice or competition, and from damage to or loss of personal property.

Signature of Skater, Parent or Guardian (if Minor) _____ Date _____

The above named member is a member in good standing for the 2007 - 2008 season and is eligible to compete in this event.

Signature Club Officer/Director: _____ Date _____

Please Check-out our website for competition schedule and available practice ice

www.lighthousefigureskatingclub.com

Lighthouse Figure Skating Club of Cape Cod Inc.
2nd Annual Basic Skills Competition
Approval # MM081008

When: Sunday August 10th 2008

Where: Tony Kent Arena - 8 South Gages Way S. Dennis MA 02660

Eligibility: Open to all Skaters including Adults who meet the following criteria:

- Currently members of a US Figure Skating Basic Skills Program
- Currently Members of the USFS as Individual members or through a US Figure Skating Club/Organization
- Applicants may not have passed anything higher than the pre-preliminary freeskating test and must be members in good standing with their club or basic skills program.
- Members of other organizations may compete but must register with the host basic skills program/club or another approved basic skills program or club.
- Skaters must compete at their highest level passed as of July 10th 2008 or **ONE** level higher **BUT** not both levels in the same competition. Skaters in snowplow sam through basic 8 may not have passed any official USFS Freestyle or MIF tests
- Skaters in the Freeskate 1 and higher events may skate at their highest test level passed or **ONE** level higher **BUT** not both in the same competition and may have passed the pre-preliminary moves in the field USFS test
- If a participant has skater in the Beginner or No-Test category at a non-qualify event then they must skate at that level or higher in approved Basic Skills Competitions
- Both tapes and CDs can be played on our sound system, we also offer a full menu snack-bar and Moon's pro shop with laces, tights, dresses, guards, skilled skate sharpening and much more.

Entry Fee: \$30.00 First Event and \$15.00 Additional Events

Applications: Must be postmarked by July 10th 2008 and should be sent with check or money order made out to Lighthouse FSC to:

Lighthouse FSC Inc.
c/o Briana Lackenby
180 Castlewood Circle
Hyannis, MA 02601

If deadline has passed entry fees will be accepted if space is available at the discretion of the Lighthouse organizing committee and will be subject to a \$10.00 late fee

Visit our website for competition schedule and availability of practice ice the day of the event, practice ice will be available the morning of the event: www.lighthousefigureskatingclub.com

**** Schedule will be posted no later than 1 week before the event, NO SCHEDULES WILL BE MAILED all information will be available on our website, directions and map to arena also available on web site, please e-mail blackenby@hotmail.com or call 508-776-9002 with any questions.

ELEMENTS EVENT -BASIC SKILLS CURRICULUM

- To be skated on 1/3 to 1/2 ice
- No music
- All elements must be skated in the order listed
- Each skater will have the option to perform one element at a time in a simple program format (no excessive connecting steps) **OR** will perform the next element when directed by a judge or referee. (Referee driven format examples: all skaters perform 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).
- Time 1:00 or less

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| <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 – (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 |
| <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 4. Backward stroking 5. Backward snowplow stop - R or L | |

COMPULSORY PROGRAMS FREESKATE 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

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| <p><u>Freestyle 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>Freestyle 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>Freestyle 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>Freestyle 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>Freestyle 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>Freestyle 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 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 |

MUSIC PROGRAM EVENTS

Basic Programs 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 allowed.

May use elements from a previous level. Deductions will be made for each element from a higher level that is skated. Time is 1:00+/- 10 sec., to be skated on full ice

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|---|---|
| <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 – (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 |
| <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 4. Backward stroking 5. Backward snowplow stop - R or L | |

Freestyle 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 is skated.

Time 1:30+/-10sec

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|---|---|
| <p>Freestyle 1</p> <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 | <p>Freestyle 4</p> <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 |
| <p>Freestyle 2</p> <ol style="list-style-type: none"> 1. Forward outside 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 | <p>Freestyle 5</p> <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 |
| <p>Freestyle 3</p> <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 | <p>Freestyle 6</p> <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 |

BEYOND THE BASICS TEST LEVEL CHART

| Compulsory Programs | | |
|---------------------|---|------------------------------------|
| Level Passed | Competition Level | HIGHEST OFFICIAL TESTS ALLOWED |
| NONE | Beginner or Pre-Preliminary NOT BOTH | Pre-Preliminary MIF |
| Pre-Preliminary | Pre-Preliminary or Preliminary NOT BOTH | Pre-Preliminary FS/Preliminary MIF |
| Preliminary | Preliminary | Preliminary FS/Preliminary MIF |
| Programs with Music | | |
| Level Passed | Competition Level | HIGHEST OFFICIAL TESTS ALLOWED |
| NONE | Beginner or Pre-Preliminary NOT BOTH | Pre-preliminary MIF |
| Pre-Preliminary | Pre-Preliminary or Preliminary NOT BOTH | Pre-Preliminary FS/Preliminary MIF |
| Preliminary | Preliminary | Preliminary FS/Preliminary MIF |

**** If a skater competes in a Beginner Category or higher they may not go back to compete in the Basic Skills Freeskate Categories
If a skater has passed the Pre-Juvenile Moves in the Field or higher, they may not compete in an approved Basic Skills competition.**

BEYOND THE BASICS EVENTS

COMPULSORY EVENTS: These events will be skated on half ice in a program format with **NO MUSIC**, order of elements is optional, additional elements from lower levels is allowed but deductions will be made for elements from higher levels. Time Limit is 1:00 or less, unless otherwise stated.

Beginner (No Test) Compulsory Program- May not have passed any official U.S. Figure Skating Freeskating tests.

1. Waltz jump
2. Salchow jump
3. Half flip or half lutz jump
4. Upright scratch spin (min. 3 revolutions)
5. Forward spiral

Pre-preliminary Compulsory Program- Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test.

1. Flip jump
2. Combination jump consisting of any two single jumps (No Axel)
3. Split jump
4. Sit spin (min. 3 revolutions)
5. Forward outside spiral

Preliminary Compulsory Program- Must have passed no higher than U.S Figure Skating Preliminary Freeskating Test.
Time: 1:15 max

1. Single jump of choice (Axel permitted)
2. Combination jump consisting of any two single jumps (may not repeat single jump selected above)
3. Camel spin (min. 3 revolutions)
4. Combination spin (no change of foot)
5. Footwork sequence – straight line or diagonal

FREESKATE EVENTS

Vocal Music is NOT allowed in the following events, full ice will be utilized, time limit is 1:30 +/- 10 sec.

Beginner (No Test) Freeskate Program- May not have passed any official U.S. Figure Skating Freeskating tests. (Refer to the Rulebook #3721) TIME: 1:30 +/- 10 sec.

A well-balanced program consisting of single jumps (no axel or doubles permitted), at least one jump combination or series, a minimum of two spins of a different nature (combination spins permitted but NO flying spins) and one step or spiral sequence.

Pre-preliminary Freeskate Program A and B - Must have passed no higher than U.S. Figure Skating Pre-preliminary Freeskating test: TIME: 1:30 +/- 10 sec.

- **Pre-preliminary Freeskate A:** A well-balanced program consisting of all single revolution jumps (no axels or double jumps permitted), single combination jumps, single jump sequences. A minimum of two spins of a different nature. (Combination spins permitted but NOT flying spins) One step sequence or spiral sequence.
- **Pre-preliminary Freeskate B:** A well-balanced program consisting of all single revolution jumps (axel permitted), single combination jumps, single jump sequences, no double jumps permitted. A minimum of two spins of a different nature. (Combination spins permitted NOT flying spins) (Refer to the Rulebook #3711)

Preliminary Freeskate Program- Must have passed no higher than U.S. Figure Skating Preliminary Freeskate Test. (Refer to USFSA rulebook #3701). TIME: 1:30 +/- 10 sec.

- **Preliminary Freeskate A:** A well-balanced program may include all single jumps which may be repeated as individual jumps, jump sequences or jump combinations (NO axels or double jumps permitted). A minimum of two spins of a different nature. (Combination and Flying Spins are Permitted). One step sequence or spiral sequence.
- **Preliminary Freeskate B:** A well balanced program, may include all single jumps, axels and two different double jumps which may be repeated as individual jumps, jump sequences or jump combinations. A minimum of two spins of a different nature. (Combination and flying spins permitted). One step sequence or spiral sequence.

SHOWCASE EVENTS

Deductions will be made for props left on the ice during the performance; all events are HAND HELD PROPS ONLY.

May have vocal music, judging to emphasize interpretation of music rather than technical skills, costumes should compliment the music

Snowplow Sam- Basic 4: Skaters who have passed Level of Snowplow Sam through Basic 4 are eligible to compete at this level. Program duration is 1:00 +/- 10 sec, Vocal music is permitted. **HAND HELD PROPS ONLY**

Basic 5-8: Skaters who have passed Basic 5-8 are eligible for this category; Skaters may be working on but may NOT have passed Freeskate 1. Program duration 1:00 +/- 10 sec. Vocal music is allowed. **HAND HELD PROPS ONLY**

Freeskate 1-3: Skaters may have passed Freeskate levels 1-3, Program Length is 1:30 +/- 10 sec. Vocal Music is allowed. **HAND HELD PROPS ONLY**

Freeskate 4-6: Skaters may have passed Freeskate levels 4-6, but NOT the pre-preliminary USFS moves in the field or Freeskate test. Program Duration 1:30 +/- 10 sec. Vocal Music is allowed, **HAND HELD PROPS ONLY**

Beginner (No Test): Skaters may NOT have passed any official USFS tests. Content to follow what is allowed in Beginner Freeskate event, elements from higher levels not allowed. Program duration is 1:30 +/- 10 sec. Vocal Music is allowed, **HAND HELD PROPS ONLY.**

Pre-Preliminary/Preliminary: May NOT have passed higher than the USFS Preliminary Freeskate test, time limit is 1:30 +/- 10 sec. Content to follow what is allowed in Pre-Pre A, Pre-pre B or Preliminary Freeskate events. **HAND HELD PROPS ONLY**

Once you get to the arena please check out our club bulletin board for recommended places to eat, local attractions, and local entertainment.

If you have questions please do not hesitate to ask one of our staff members we will be happy to help. Directions/maps to and from the facility are available on our web site

www.lighthousefigureskatingclub.com

We look forward to seeing you all on beautiful, sunny Cape Cod!!