

Announcing

THE INAUGURAL LONG ISLAND BASIC SKILLS GRAND PRIX SERIES



Freeport
Skating
Academy



Information inside

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The Inaugural Long Island Basic Skills Grand Prix Series

The Cantiague Figure Skating Club, Freeport Skating Academy and Iceworks Skating Academy are proud to present the Inaugural Long Island Grand Prix series. All the information you need to participate is below!

WHO:

Group 1: Skaters from Snowplow to Freeskate 6, including Limited Beginner and Beginner Test Track.

Group 2: Skaters from No Test to Preliminary, including Pre-Preliminary and Preliminary Test Track.

WHEN: November 6, 2011 at the CFSC Holiday Classic, February 2012 at the Iceworks "I Love to Skate" competition and April 2012 at the Freeport Spring Challenge and the Grand Prize awarded at the Cantiague Trophy Cup competition in May 2012.

HOW IT WORKS: Each skater will receive points for their placements at each competition. See chart below for point values. After all 3 competitions, points will be totaled to determine the 1st, 2nd and 3rd place winners. Finals will be conducted if needed. Special awards, along with a savings bond will be given out at the Trophy Cup Competition in May.

Placement	Point Total
1st	6
2nd	5
3rd	4
4th	3
5th	2
6th	1

If there is only one skater in the group, he or she will be awarded three points. If last-minute changes cause groups to become larger than six skaters, then all skaters finishing lower than sixth will receive one point. Skaters may receive bonus points for advancing in level during the course of the season.

We look forward to seeing you all this season!

Diane Klein – Cantiague Figure Skating Club
Liz Eldredge – Freeport Skating Academy
Val Murray – Iceworks Skating Academy

THE CANTIAGUE FIGURE SKATING CLUB

Welcomes you to our 7th Annual

Holiday Skate Classic

**BASIC SKILLS
“SKATE WITH US” COMPETITION**



SUNDAY, NOVEMBER 6TH, 2011

Presented by

THE CANTIAGUE FIGURE SKATING CLUB

Approved by

UNITED STATES FIGURE SKATING

Hosted by

NASSAU COUNTY DEPARTMENT OF RECREATION AND PARKS

2011 HOLIDAY SKATE CLASSIC

Sunday, November 6, 2011

Welcome to the Holiday Skate Classic! Skaters may enter as many events as they are qualified for. In an effort to encourage participation, we keep all the beginning level groups small so every skater is a winner. The Cantiague FSC reserves the right to subdivide or cancel any event if necessary. **Instructors must sign the Certification of Eligibility on the Entry Form.**

Eligibility Rules for Participants: 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. Members of USA Hockey are eligible to compete in the hockey events.

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 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 level passed (moves in the field will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

COMPETITION INFORMATION

- Ice Surface:** Measures 85 feet wide by 185 feet long and has rounded corners.
- Entry Registration** Will be done on line through our web site www.CFSCSkatingclub.org, utilizing entryeeze.
- Deadline Date:** **Entry deadline (postmark or online) is October 15, 2011.** There will be no refunds after the close of entries except events canceled by the Local Organizing Committee (rule #3047). Late entries may be accepted at the discretion of the competition committee and may require an additional \$30.00 late fee. Entries received with the incorrect competition level will require a \$30.00 change of event fee.
- Payment:** Checks or money orders only are accepted for mail in entries. (There is a \$30.00 fee for returned checks.). On line registration will include payment by credit card via entryeeze.
- Entry Fees:** \$50.00 for first event
\$25.00 for each additional event.
\$25.00 for each skater if showcase is a duet. Each skater must complete their own application.
\$15.00 ADDITIONAL fee for any mail in registrations (any entries not done online via entryeeze).
- Schedules:** Will be posted on the CFSC website: www.CFSCSKATINGCLUB.ORG as soon as possible after the close of entries. Schedules will not be mailed.
- Music:** CD's must be clearly marked with the skaters name and turned in to the registration desk at least one hour prior to the event. Tapes will not be accepted. It is the responsibility of the skater to have a backup CD in your possession. The competition officials are not responsible for the condition of your CD.
- Registration:** The registration desk will be open throughout the competition. Skaters MUST check in **at least one hour prior** to the event. It is not unusual for a warm-up for more than one event to be combined. In addition, events frequently run early, so BE READY with skates on before the event is called!
- Awards:** First, second and third places will be given medals in no test, pre-preliminary and preliminary levels. **All** competitors in other levels will receive medals.
- Video Taping:** The competition will be taped by a professional videographer. If you use your own camera, it must be battery powered. No tripods will be permitted. **NO FLASH PHOTOGRAPHY PERMITTED!**
- Practice Ice:** Will be provided, if possible and will be determined after the close of entries and announced on the website.

Online applications: www.entryeeze.com
Send any paper applications (with additional \$15.00 fee) to:

Eileen Piarz
8 Robin Lane
Plainview, N. Y. 11803

Contact Information:

E-mail: leeny211@optonline.net

Competition Information: Eileen Piarz: 516-998-6261

Club Website:

www.cfscskatingclub.org

Rink Address:

Cantiague Park Ice Rink
480 West John Street
Hicksville, N. Y. 11801

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in the order listed below (no excessive connecting steps). Referee driven format examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><u>Snowplow Sam:</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. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<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 4-6 consecutive - both directions 3. Basic one foot spin – free leg held to side of spinning leg - minimum 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 and dip 2. Forward two foot swizzles 6-8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Standstill forward inside three-turn - R & L 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><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ 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 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Standstill 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 4-6 consecutive 3. Backward one foot glide - either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p><u>Basic 8:</u></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. 1 Combination move - clockwise <u>or</u> 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 three revolutions
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Standstill forward outside three-turn - R & L 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 - R or L 	

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Format: 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. Vocal music is allowed.

- To be skated on full ice
- 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

<p><u>Snowplow Sam:</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 crossovers 4-6 consecutive in both directions 2. Basic one-foot spin – free leg held to side of spinning leg - minimum three revolutions 3. Side toe hop -either direction 4. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 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. Standstill forward inside three-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 – 2-3 each foot 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Standstill 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 4-6 consecutive 3. Backward one foot glide – either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p><u>Basic 8:</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three-turns R & L 2. Waltz jump 3. Mazurka in either direction 4. 1 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 three revolutions
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside three- turn - R & L 3. Backward stroking - 4-6 strokes 4. Backward snowplow stop - R or L 	

FREE SKATE 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

<p><u>Free skate 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. One-foot upright scratch spin from backward crossovers-minimum three revolutions 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive sets-R or L 2. Sit spin- minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p><u>Free skate 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside or inside 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 	<p><u>Free skate 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Camel spin- minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions, each foot 3. Loop/loop jump 4. Flip jump
<p><u>Free skate 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- minimum three revolutions 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate 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 four 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

<p>Free skate 1</p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. One-foot upright scratch spin from back crossovers- minimum three revolutions 3. Waltz jump from back crossovers 4. Half flip jump 	<p>Free skate 4</p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin-minimum three revolutions 3. Loop jump 4. Waltz jump/loop jump
<p>Free skate 2</p> <ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Beginning back spin 3. Waltz jump, side toe hop, waltz jump 4. Toe loop 	<p>Free skate 5</p> <ol style="list-style-type: none"> 1. Camel spin-minimum three revolutions 2. Forward upright spin to back upright spin- minimum three revolutions each foot 3. Loop/loop combination jump 4. Flip jump
<p>Free skate 3</p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin-minimum three revolutions 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop 	<p>Free skate 6</p> <ol style="list-style-type: none"> 1. Camel/sit spin combination-minimum four revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

Compulsory Event

Test Track and Well Balanced Levels

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
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
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, minimum three revolutions (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: 1:15
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin- minimum three revolutions 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:15
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 <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves 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: 1:15
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 <u>or</u> camel spin - minimum three revolutions 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:15
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Single jump combination (may not use Lutz jump or Axel) 3. Camel spin- minimum three revolutions 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves 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

Test Track Program Event

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same nonqualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions **WILL** be made for skaters including technical elements not permitted in the event description.

- 0.1 from EACH mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	JUMP ELEMENTS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front). <i>Max 2 jump sequences</i> <i>Max 2 of any same jump</i>	<i>Max 2 spins:</i> Two upright spins, no change of foot, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Beginner Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow and toe loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two upright spins, change of foot optional, no flying entry (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
Pre-Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one-half rotation (front to back or back to front including half-loop) Single rotation jumps: Salchow, toe loop and loop only. <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> Two spins of a different nature, one position only, no change of foot, no flying entry. (Min 3 revolutions)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary Test Time: 1:30 +/- 10	<i>Max 5 jump elements:</i> Jumps with not more than one rotation (no Axels). <i>Max 2 jump combinations or sequences</i> <i>Max 2 of any same type jump</i>	<i>Max 2 spins:</i> One spin in one position, no change of foot, no flying entry (Min 3 revs) and One consisting of a front scratch to back scratch, exit on spinning foot not mandatory (Min 3 revs on each foot).	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test

Well-balanced Program Requirements (U.S. Figure Skating rulebook requirements)

LEVEL	Jump Elements	Spins	Steps	Qualifications
<p>No Test</p> <p>Times Vary 1:00-1:30 +/-10</p> <p>Refer to announcement</p>	<p style="text-align: right;">Max 5</p> <p>Single Jumps (no Axel) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests.</p>
<p>Pre-preliminary</p> <p>Time: 1:30 +/- 10</p>	<p style="text-align: right;">Max 5</p> <p>Single Jumps (Axel permitted) Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.</p>
<p>Preliminary</p> <p>Time: 1:30 +/- 10</p>	<p style="text-align: right;">Max 5</p> <p>1 Axel or Waltz jump type jump Max 2 combos or sequences. Combos limited to 2 jumps Number of jumps in sequence is not limited. Only 2 different double jumps may be attempted (double Salchow, toe or loop only) Axel and no more than 2 different double jumps may be repeated as individual jumps, combos, or in sequences. Max of 2 Axels or any double jump.</p>	<p style="text-align: right;">Max 2</p> <p>Spins must be a different nature. Minimum three revolutions each. Spins may change feet, position and start with a fly.</p>	<p style="text-align: right;">Max 1</p> <p>Straight line, circular or serpentine Must use one half the ice surface</p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>

Adult Events

ADULT EVENTS: Adult 1-4, Pre-Bronze and Bronze:

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

Connecting moves and steps should be demonstrated throughout the program.

- Vocal music is allowed.
- The skater must demonstrate the required elements and may use but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time 1:30+/-10sec unless otherwise noted

<p>Adult 1</p> <p>A. Backward swizzles</p> <p>B. Forward one-foot glides, one time skater's height: R & L</p> <p>C. Two-foot turns</p> <p>D. Snowplow stops: R or L</p> <p>E. Forward curves on two feet</p>	<p>Adult 2</p> <p>A. Forward stroking</p> <p>B. Forward crossovers, clockwise and counter clockwise</p> <p>C. Backward one-foot glide: R or L</p> <p>D. Forward pivot</p> <p>E. Forward Chasses on a circle</p>
<p>Adult 3</p> <p>A. Backward crossovers, clockwise and counter clockwise</p> <p>B. Inside Mohawk, either direction</p> <p>C. Backward snowplow stops: R and L</p> <p>D. Forward progressives</p> <p>E. Beginning two-foot spin</p>	<p>Adult 4</p> <p>A. Forward three turns, outside or inside: R & L</p> <p>B. Alternate backward crossovers with two-foot transition</p> <p>C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle</p> <p>D. Power three turns: one direction only</p> <p>E. Backward Chasses on a circle</p>
<p>Adult Pre-Bronze: Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max Refer to the current U.S. Figure Skating Rulebook #3806 for specific requirements</p>	<p>Adult Bronze: Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max Refer to the current U.S. Figure Skating Rulebook #3801 for specific requirements</p>

SHOWCASE EVENTS

Showcase events are open to skaters in Basic, Free Skate, Limited Beginner through Preliminary and Adult Bronze. Groups will be divided by number of entries and ages if possible. Skaters must enter at the same level as their free skate event or highest test level of skaters in a duet. If a free skate event is not being entered, skaters must enter at their current test level or one level higher. Vocal music is permitted.

Skaters will be judged on musical interpretation and feeling, expression, and how the skating relates to the music. Show costumes are permitted, as long as they do not touch or drag on the ice. Props and scenery must be placed and removed by unaided singles and duet competitors within one minute.

6.0 Judging will be used. Deductions will be made for skaters including technical elements not permitted in the event description. A .2 deduction will be assessed by the referee against each judges' mark for each five seconds in excess of the time allowed for the performance, for handling props and scenery and for scenery assistance.

The showcase event may be skated alone or with a partner to form a duet.

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Basic 1-8	Elements only from Basic 1-8 curriculum	May not have passed any higher than Basic 8 level.	Time 1:00
Free skate 1-6/ Limited Beginner/ Beginner/ Adult 1-4	3 jump maximum. ½ rotation jumps only, plus the following full rotation jumps: Salchow and toe loop.	May not have passed any official U.S. Figure Skating free skate tests.	Time: 1:30
No Test/ Pre- preliminary/ Adult Pre- Bronze	3 jump maximum. No axels or double jumps permitted.	Must have passed no higher than U.S. Figure Skating Pre-Preliminary or Adult pre-Bronze free skate test.	Time: 1:30
Preliminary/ Adult Bronze	3 jump maximum. Axels are permitted, but no double jumps allowed.	Must have passed no higher than U.S. Figure Skating Preliminary free skate or Adult Bronze test.	Time: 1:40

HOCKEY EVENTS: Hockey 1-4 Elements and Skills Competition Hockey 1-4 participants plus members of the local hockey association are invited to this challenging skills competition. Ages should be divided by 8 & under, 10 & under, 12 & under, 14 & under, 16 & under, 18 & under, and adult. These age groups may be combined based upon number of entries.

Hockey 1-4 Elements: Each skater will perform each element when directed by a judge or referee. Format choice: All skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- To be skated on 1/3 to 1/2 ice
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p>Hockey 1</p> <ul style="list-style-type: none"> A. Moving dip or squat B. Skating forward – width of ice C. Forward swizzles- 4 to 6 in a row D. Snowplow stop E. Backward skating 	<p>Hockey 2</p> <ul style="list-style-type: none"> A. Skating forward using full strides B. Forward one-foot glides- Right and left C. Backward swizzles- 4 to 6 in a row D. Glide turns, both directions E. Moving snowplow stops
<p>Hockey 3</p> <ul style="list-style-type: none"> A. Forward C-Cuts (1/2 swizzle pumps) on a circle- R & L B. Hockey turns, R & L, with speed in and out of turn C. Forward slalom D. Forward stop and starts- 3 times E. Backward V-stop 	<p>Hockey 4</p> <ul style="list-style-type: none"> A. Forward crossovers -clockwise and counter clockwise B. Backward C-Cuts in a line (alternating 1/2 swizzle pumps) C. Backward one foot glide, R & L, one time skater’s height D. Mohawk – R to L and L to R E. Hockey stop

Hockey Skills Challenge: Have skaters complete each of the five following skills competitions. Set up each station according to the descriptions below. Skaters earn points upon placement in each station (First place- 5 points, second place – 4 points, third place – 3 points, fourth place – 2 points, fifth place – 1 point). Highest combined total wins.

1. Shooting: Using a ‘shooter tutor’, give each skater 10 pucks to shoot into the five holes. Alternate each shot into the different holes in the tutor. Most number of hits wins.
2. Fastest Skater: Starting at the center red line, have skaters complete one lap around all of the dots and behind the nets. Set up cones on each red dot to outline to course. 2-4 skaters can race at a time at different sides of the red line. Use stop watch. Fastest skater wins.
3. Stick Handling: Place two rows of staggered cones down the length of ice. Have skaters stick handle through the cones down one length and back again. Shortest time wins. A missed cone is a 5-second penalty.
4. Agility: Set up an obstacle course with cones for forward and backward skating, turns and stops. Fastest skater wins.
5. Passing: Set up stationary targets (i.e.-cones, bucket, mini-net) 25 feet away from starting line. Give each skater 10 pucks to try to hit each target. Highest number of hits wins.

2011 Cantiague FSC Holiday Skate Classic
OFFICIAL ENTRY FORM

NAME: _____ USFS/USA HOCKEY #: _____
 ADDRESS: _____ PHONE #: _____
 CITY: _____ STATE: _____ ZIPCODE: _____
 E-MAIL ADDRESS: _____ DATE OF BIRTH: _____ AGE: _____ Male Female
 HOME CLUB or RINK: _____ TESTS PASSED: *Basic Skills* _____ *Freestyle* _____ *Moves* _____
 COACH'S NAME: _____ PHONE _____
 COACH'S E-MAIL _____

Basic Elements
(no music)

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

Basic Programs
With music

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

Freeskate Elements/
Compulsories

- (no music)**
- Freeskate 1
 - Freeskate 2
 - Freeskate 3
 - Freeskate 4
 - Freeskate 5
 - Freeskate 6
 - Limited Beginner
 - Beginner
 - No Test
 - Pre-Preliminary
 - Preliminary

Freeskate Programs
With music

- Freeskate 1
- Freeskate 2
- Freeskate 3
- Freeskate 4
- Freeskate 5
- Freeskate 6
- Showcase
- Freeskate 1 - 6

Test Track Programs
(with music)

- Limited Beginner
- Beginner
- Pre-Preliminary Test
- Preliminary Test
- Showcase Lim. Beg./Beg.

Well Balanced Programs
(with music)

- No Test
- Pre-Preliminary Free Skate
- Preliminary Free Skate
- Showcase No Test/Pre-Prelim
- Showcase Preliminary

Solo Dance Events

- Dutch Waltz—3 patterns
- Cha Cha

Hockey Events

- Hockey 1
- Hockey 2
- Hockey 3
- Hockey 4
- Hockey Skills Challenge

Adult Programs

- Adult 1
- Adult 2
- Adult 3
- Adult 4
- Adult Pre-Bronze
- Adult Bronze
- Showcase—Adult 1-4
- Showcase—Adult Pre-Bronze
- Showcase-Adult Bronze

Showcase Duet —name partner here
 duet (\$25.00 each skater) with _____

First Event		\$50.00	\$_____
Additional Events or Showcase Duet or Solo Dance	_____ X	\$25.00 =	\$_____
Total Amount Enclosed			\$_____

Check Number _____ Check Amount \$ _____
 Add \$15.00 if paper submission.

DEADLINE: October 15, 2011. Registration must be done online through www.CFSCskatingclub.org. to avoid an additional \$15.00 fee.

Mailed: Postmarked by October 15, 2011. Please mail your check (*payable to CFSC*) with this form, the waiver on the back signed by parent or adult skater, to: **CFSC c/o Eileen Pisarz, 8 Robin Lane, Plainview, NY, 11803**

CERTIFICATION OF ELIGIBILITY: I hereby certify that the above skater is eligible to enter the above specified events in accordance with USFS rules and regulations. I have checked over the application and believe it to be correct.

SIGNATURE: _____ DATE : _____
Skating Instructor

*****Be sure to sign waiver/release*****

CANTIAGUE FIGURE SKATING CLUB
WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (“AGREEMENT”)

In consideration of participating in Cantiague Figure Skating Club Activities, I represent that I understand the nature of figure skating activities (“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”.

I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by own actions, or inactions, those of others participating in the “activity”, the conditions in which the activity takes place, or the negligence of the “releasees” named below; that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue the *Cantiague Figure Skating Club*, United States Figure Skating, it’s directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants, if applicable, owners, lessors of premises on which “activity” takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, the damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operation; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, that I will indemnify, save and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The *Cantiague Figure Skating Club* has the right, but not the obligation, to provide rules, regulations and/or ice monitors for the Club Ice. We hereby acknowledge that the *Cantiague Figure Skating Club* shall not be responsible for the supervision of the members at Club Ice.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect. I have also read and agree to follow the Club ice rules on the back of this waiver.

_____ Printed Name of Participant

Phone: _____
Address _____

Date: _____
Signature of Participant (age 18 or over)

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT

I, the minor’s parent and or legal guardian, understand the nature of the above referenced activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such “activity”. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss and liability, damage, or cost any Releasees may incur as the result of any such claim.

_____ Printed Name of Parent/Guardian

Date: _____
Signature of Guardian