



*Carolinas Figure Skating Club  
Announces*



*The Second Annual  
John Smith Memorial Basic Skills Competition  
September 18-20, 2009  
At*




*4705 Indian Trail – Fairview Road  
Indian Trail, NC 28079*

# THE 2009 JOHN SMITH MEMORIAL BASIC SKILLS COMPETITION

Hosted by the Carolinas Figure Skating Club



Sanctioned by: US Figure Skating (BSC-32178)  
September 18-20th, 2009

**Location:**  4705 Indian Trail-Fairview Road Indian Trail, NC 28079

**Rules:** This competition will be conducted in accordance with the rules set forth in the 2009-2010 edition of the US Figure Skating Rulebook.

**Entries and Fees:** On line electronic application (required) is available at [www.carolinasfsc.org](http://www.carolinasfsc.org). Entries received after August 1, 2009 will be subject to a \$25.00 late fee. Basic Skills Entry Fee is \$65 for 1<sup>st</sup> event; \$35 for additional events. **Carolinas FSC reserves the right to limit entries by event based on entries received prior to the deadline, if estimated skating time exceeds available ice time. Further, Carolinas FSC reserves the right to divide or combine any event if necessary and to cancel any events (with full refund of entry fees).**

**Refunds:** Will be made **ONLY** if an event is cancelled by CFSC, otherwise there will be **NO** refunds. **Competition cancellations due to acts of God will not be refunded.** A \$30.00 fee will be assessed for all returned checks.

Confirmation of your entry form information will be sent to you via e-mail. Please include your coach's e-mail address as well so that we may include them in the confirmation. Practice Ice schedule will be emailed 2 weeks prior to competition.

**Eligibility:** The competition is open to ALL skaters who are currently eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of US Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing of US Figure Skating. Skaters may compete in as many events as qualified by USFS Test levels as of August 1, 2009. Skaters may skate up one level but not both levels in the same event during the competition.

**SNOWPLOW SAM & BASIC SKILLS SKATERS through Basic 8** must skate at the highest level passed and NO official USFS tests may have been passed including **MIF or Dance tests**. **Skaters competing in Basic Free Skate 1-6 and Beyond The Basics** may skate at the highest level passed OR one level higher but **NOT BOTH LEVELS IN THE SAME EVENT** during the same competition and may have passed **Pre-Preliminary MIF**.

**NOTE:** If a skater competes at a non-qualifying competition in a "Beginner or No Test" category, then that skater must compete at the equivalent level or higher level in a Basic Skills approved competition.

**Judging:** All judging will be done by USFS appointed judges in accordance with USFS standards. The 6.0 system of scoring will be used.

**Awards:** All Basic Skills Event skaters will receive an award. All Basic Skills Events are final round events. Medals will be awarded to the top four skaters in each flight for all other events.

**Music:** Skaters must supply their music 1 hour prior to event on a CD, clearly labeled with name, event to be skated and duration of music. **CD's must have only one track!** Music must be submitted at registration. We recommend each skater have a back-up CD of their music on hand at the competition.

**Registration:** The registration desk will be open at the front entrance of the rink 1 hour prior to the start of the competition and remain open throughout the competition. Skaters must check in 1 hour prior to their event. Skaters are required to check the schedule posted at the rink for the scheduled events. The posting of any changes or announcements shall be considered sufficient notice to competitors.

**Questions:** **Competition Chairman, Kelly Ciaramella @ 704-907-1670**  
**knitteriam@carolina.rr.com**

**Facility:** Extreme Ice Center has two ice surfaces that measure 85'x 200' with rounded corners and hockey barriers and seating in each arena. The rink also has a puddle surface as well as dressing rooms, snack bar, and a pro shop. The facility does not allow outside food or drink.

**Schedule of Events:** This will be e-mailed to participants and made available on the Carolinas Figure Skating Club website at [www.carolinasfsc.org](http://www.carolinasfsc.org) approximately September 10th, 2009

**Practice Ice:** Will be determined after the close of entries and will be available on line. All skaters and coaches will be e-mailed when this is available.

**Videotaping and Photography:** Professional videotaping and photography will be available. No power source will be available for individual videotaping; however, it is permitted from the seating area only. **FLASH PHOTOGRAPHY is NOT permitted as it is a distraction and danger to our skaters.**

**Hotel Information:**

Comfort Inn 9701 E. Independence Blvd. Matthews, NC 704-854-5911



**Basic Skills Events:**  
**SNOWPLOW SAM – BASIC 8 Program Events:**

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. Vocal music is allowed. Skater may use elements from a previous level. A .2 deduction will be taken for each element performed from a HIGHER level.

<p><b><u>Snowplow Sam – Tots:</u></b>  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>	<p>1:00  +/- 10 seconds</p>
<p><b><u>Basic 1</u></b>  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>	<p>1:00  +/- 10 seconds</p>
<p><b><u>Basic 2</u></b>  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>	<p>1:00  +/- 10 seconds</p>
<p><b><u>Basic 3</u></b>  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 in either direction  4. Backward one foot glide – either foot  5. Two foot spin</p>	<p>1:00  +/- 10 seconds</p>
<p><b><u>Basic 4</u></b>  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 &amp; L  4. Backward stroking  5. Backward snowplow stop – R or L</p>	<p>1:00  +/- 10 seconds</p>
<p><b><u>Basic 5:</u></b>  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</p>	<p>1:00  +/- 10 seconds</p>

<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn – R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop – R or L</li> </ol>	<p>1:00 +/- 10 seconds</p>
<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk – R to L and L to R</li> <li>2. Ballet Jump either direction</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> <li>5. Beginning one-foot upright spin – optional free foot position</li> </ol>	<p>1:00 +/- 10 seconds</p>
<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka in either direction</li> <li>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</li> </ol>	<p>1:00 +/- 10 seconds</p>

**ADULT EVENTS:**

Adult Basic Skills Levels – use elements from the Basic Skills Adult 1-4 curriculum Basic-Must have passed no higher than Adult 4. Time: 1:40 max

## FREE SKATE EVENT: FREE SKATE 1-6

- 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. 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

<b>Freestyle 1:</b> 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	1:30 +/- 10 seconds  judged 6.0
<b>Freestyle 2:</b> 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	1:30 +/- 10 seconds  judged 6.0
<b>Freestyle 3:</b> 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	1:30 +/- 10 seconds  judged 6.0
<b>Freestyle 4:</b> 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	1:30 +/- 10 seconds  judged 6.0
<b>Freestyle 5:</b> 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	1:30 +/- 10 seconds  judged 6.0
<b>Freestyle 6:</b> 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	1:30 +/- 10 seconds  judged 6.0

## COMPULSORY MOVES EVENT: FREE SKATE 1-6

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional; 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

<p><b><u>COMPULSORY FS level 1</u></b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking – 4-6 consecutive</li> <li>2. Basic forward outside edges and forward inside consecutive edges – 2-4 outside and 2-4 inside</li> <li>3. Scratch spin from backward crossovers</li> <li>4. Waltz jump from backward crossovers</li> <li>5. Half flip jump</li> </ol>	<p>1:00 max</p> <p>half ice</p>
<p><b><u>COMPULSORY FS level 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral – R or L. and a forward inside spiral – R or L</li> <li>2. Waltz Three's – R or L</li> <li>3. Beginning back spin – entry optional</li> <li>4. Waltz jump, side toe hop, waltz jump series</li> <li>5. Toe loop jump</li> </ol>	<p>1:00 max</p> <p>half ice</p>
<p><b><u>COMPULSORY FS level 3</u></b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in a figure 8</li> <li>2. Advanced forward outside swing rolls 4 – 6 consecutive</li> <li>3. Back spin</li> <li>4. Salchow jump</li> <li>5. Waltz jump/toe loop or Salchow/toe loop</li> </ol>	<p>1:00 max</p> <p>half ice</p>
<p><b><u>COMPULSORY FS level 4</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</li> <li>2. Forward power 3's, 2-3 consecutive sets-R or L</li> <li>3. Sit spin</li> <li>4. Loop jump Waltz jump/loop jump</li> </ol>	<p>1:00 max</p> <p>half ice</p>
<p><b><u>COMPULSORY FS level 5</u></b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</li> <li>2. Camel spin</li> <li>3. Forward upright spin to back upright spin</li> <li>4. Loop/loop jump</li> <li>5. Flip jump</li> </ol>	<p>1:00 max</p> <p>half ice</p>
<p><b><u>COMPULSORY FS level 6</u></b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6)</li> <li>2. Camel, sit spin combination – minimum of 4 revolutions total</li> <li>3. Split jump or stag jump</li> <li>4. Waltz jump, ½ loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>	<p>1:00 max</p> <p>half ice</p>

## SHOWCASE EVENTS

All programs will be skated on full ice with music; vocal music is allowed. There are no required elements. Emphasis is on the theatrical and entertainment value of the skater's performance rather than technical aspects. Only a presentation mark will be given. Props are limited to small hand props and items the skater can get on and off the ice without assistance. **NO FLAMES or SMOKE Oriented props may be used. NO LIVE ANIMALS may be used. Props must not leave anything on the ice that may harm another skater such as glitter, feathers, etc.** All Showcase events will be judged 6.0.

<b>Snowplow Sam</b>	1:30 max
<b>Basic 1-8</b>	1:30 max
<b>FS 1-3</b>	1:30 max
<b>FS 4-6</b>	1:30 max

### Summary of Basic Skills Events

<b>Basic Skills Program</b>	<b>Basic FS</b>	<b>Compulsory</b>	<b>Showcase</b>	<b>Adult Basic Skills</b>
Snowplow Sam	Freestyle 1	Comp. FS 1	Snowplow Sam	Adult Basic Skills 1
Basic Program 1	Freestyle 2	Comp. FS 2	Showcase Basic 1-8	Adult Basic Skills 2
Basic Program 2	Freestyle 3	Comp. FS 3	Showcase FS 1-3	Adult Basic Skills 3
Basic Program 3	Freestyle 4	Comp. FS 4	Showcase FS 4-6	Adult Basic Skills 4
Basic Program 4	Freestyle 5	Comp. FS 5		
Basic Program 5	Freestyle 6	Comp. FS 6		
Basic Program 6				
Basic Program 7				
Basic Program 8				

Any questions, please contact competition chairman, Kelly Ciaramella @ 704-907-1670 or knitteriam@carolina.rr.com

**Send your love and best wishes from home  
with a  
Competition Program Ad !!!!!!!**

**Ads are limited to 15 words or less and will appear with the icon of your choice in a business card sized space. All ads will be placed in the congratulatory ad section of the competition program.**

**Message:**

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**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Circle One:**



**Good Luck ads are \$5.00 each. Please make checks payable to Carolinas FSC and return NO LATER THAN August 7<sup>th</sup>, 2009.**

**One Ad per form; Please copy this form for additional ads.**

**Mail to:  
Stacey Polak  
1005 Enderbury Drive  
Indian Trail, NC 28079**

**Questions: [spolak@carolina.rr.com](mailto:spolak@carolina.rr.com)**

**2009 John Smith Memorial Competition**  
**Program Ad Insertion Order**

**Advertiser:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Phone #:** \_\_\_\_\_ **Contact:** \_\_\_\_\_

**Ad Sizes:**

**Full page: 4 ½" x 7"**  
**Half page: 4 ½" x 3 ½"**  
**¼ page: 4 ½" x 2 ½"**  
**Business Card: 2" X 3 ½"**

**Inside Front Cover: \$100** \_\_\_\_\_ **(full page)**  
**Inside Back Cover: \$100** \_\_\_\_\_ **(full page)**  
**Outside Back Cover: \$150** \_\_\_\_\_ **(full page)**

Full Page Inside: \$75 \_\_\_\_\_  
½ Page Inside: \$50 \_\_\_\_\_

\*\*\*The above ads can include directions to your location and a coupon if you would like to include one.

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¼ Page: \$25 \_\_\_\_\_  
business card: \$20 \_\_\_\_\_

**Please include camera ready or black and white artwork for each ad. All ads and artwork must be received by August 7<sup>th</sup>, 2009.**

**Acceptance:**

**Signature** \_\_\_\_\_

**Name**

**Title**

**Date:** \_\_\_\_\_

**Total Due:** \_\_\_\_\_ **Check payable to : Carolinas FSC**

**Mail to: Stacey Polak**  
**1006 Enderbury Dr.**  
**Indian Trail, NC 28079**

**Questions: spolak@carolina.rr.com**