



*Carolinas Figure Skating Club
Announces*



*The Third Annual
John Smith Memorial Basic Skills Competition
September 17-19, 2010
At*



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

THE 2010 JOHN SMITH MEMORIAL BASIC SKILLS COMPETITION

Hosted by the Carolinas Figure Skating Club



Sanctioned by: US Figure Skating ()
September 17-19th, 2010

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 2010-2011 edition of the US Figure Skating Rulebook.

Entries and Fees: On line electronic application (required) is available at www.carolinasfsc.org. Entries received after August 25, 2010 will be subject to a \$25.00 late fee. Basic Skills Entry Fee is \$70 for 1st event; \$40 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 15, 2010. 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 or one level higher 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, Tricia Warters @ skatersmom@hotmail.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.carolinascfsc.org approximately September 10th, 2010

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 704-845-5911

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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
- Time: 1:00 +/- 10 seconds
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level

<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. 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 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 	

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

Adult 1 A. Backward swizzles B. Forward one-foot glides, one time skater's height: R & L C. Two-foot turns D. Snowplow stops: R or L E. Forward curves on two feet	Adult 2 A. Forward stroking B. Forward crossovers, clockwise and counter clockwise C. Backward one-foot glide: R or L D. Forward pivot E. Forward Chasses on a circle
Adult 3 A. Backward crossovers, clockwise and counter clockwise B. Inside Mohawk, either direction C. Backward snowplow stops: R and L D. Forward progressives E. Beginning two-foot spin	Adult 4 A. Forward three turns, outside or inside: R & L B. Alternate backward crossovers with two-foot transition C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk; 3-5 backward crossovers; step forward inside the circle D. Power three turns: one direction only E. Backward Chasses on a circle
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	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

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.
- 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

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

LEVEL	Jumps	Spins	Steps	Qualifications
No Test Time 1:00-1:30 +/-10	<p style="text-align: right;">Max 5</p> Single Jumps (no Axel) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited	<p style="text-align: right;">Max 2</p> Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	<p style="text-align: right;">Max 1</p> Straight line, circular or serpentine Must use one half the ice surface	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.
Pre-preliminary Time: 1:30 +/- 10	<p style="text-align: right;">Max 5</p> Single Jumps (Axel permitted, no doubles) Max 3 combos or sequences Combos limited to 2 jumps, but one 3 jump is permitted Number of jumps in sequence is not limited Axel may be repeated as individual jump, combo, or sequence. Max 2 Axels.	<p style="text-align: right;">Max 2</p> Spins must be a different nature Minimum three revolutions each Spins may change feet and start with a fly	<p style="text-align: right;">Max 1</p> Straight line, circular or serpentine Must use one half the ice surface	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test.

Well Balanced Program Compulsory Events

Format: 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; no music 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*

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 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:1:15
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 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 :1:15

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.

Snowplow Sam	1:30 max
Basic 1-8	1:30 max
FS 1-3	1:30 max
FS 4-6	1:30 max
No Test- Pre-Preliminary	1:30 max

Summary of Basic Skills Events

Basic Skills Program	Basic FS	Compulsory	Showcase	Adult Basic Skills
Snowplow Sam	Freeskate 1	Comp. FS 1	Snowplow Sam	Adult Basic Skills 1
Basic Program 1	Freeskate 2	Comp. FS 2	Showcase Basic 1-8	Adult Basic Skills 2
Basic Program 2	Freeskate 3	Comp. FS 3	Showcase FS 1-3	Adult Basic Skills 3
Basic Program 3	Freeskate 4	Comp. FS 4	Showcase FS 4-6	Adult Basic Skills 4
Basic Program 4	Freeskate 5	Comp. FS 5	Showcase NT-Pre-Pre	Adult Pre Bronze
Basic Program 5	Freeskate 6	Comp. FS 6		Adult Bronze
Basic Program 6				
Basic Program 7		No Test CM		
Basic Program 8		Pre-Pre CM		
Well Balanced Program				
No Test FS				
Pre-Preliminary FS				

Any questions, please contact competition chairman, Tricia Warters, skatersmom@hotmail.com

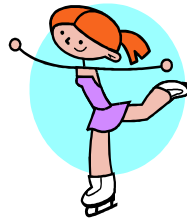
**Send your love and best wishes from home
with a
Competition Program Ad !!!!!!!**

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:

Name: _____ **Phone #:** _____

Circle One:



Good Luck ads are \$5.00 each. Please make checks payable to Carolinas FSC and return NO LATER THAN August 25th, 2010.

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

**Mail to:
Amy Gough
9426 Belmont Lane
Marvin, NC 28173**

Questions: algough@yahoo.com

**2010 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.

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 25th, 2010.

Acceptance:

Signature _____

Name

Title

Date: _____

Total Due: _____ **Check payable to : Carolinas FSC**

Mail to: Amy Gough
9426 Belmont Lane
Marvin, NC 28173

Questions: algough@yahoo.com