



www.CreativingSkatingAcademy.com

Creative Classic Basic Skills Competition

April 11, 2009

In the fast paced ever- changing world of figure skating, there seems to be something missing. So much is emphasized on a skater's ability to jump and spin like every other skater. It seems our sport has turned into a repetitious dance that lacks the creativity that made this sport unique. We here at the Creative Skating Academy feel that a skater should be encouraged by their coaches to bring out the artistry within them, and restore our sport to what it once was. By including interpretive and showcase programs in our competition we hope to bring out what all our skaters already have within them, creativity.

Sheryl

**US FIGURE
SKATING®**
Basic Skills Program

Creative Classic Basic Skill Competition

Saturday, April 11th 2009 - 8:00 AM – 6:00 PM

The Coffins Sports Center

450 Craft St., West Newton, MA 02465-1750 - P: 617-699-4736., E: sf3Lts@COMCAST.NET

Hosted by the

Sheryl Franks Creative Skating Academy

Eligibility: The competition is open to all skaters who are currently eligible (ER 1.00) member of either the USFS Basic Skills Program and/or are full members of the USFS. To be eligible, skaters must have submitted a membership application or be a member in good standing. Eligibility will be based on skill level as of the closing date of entries, March 18th 2009. Basic Skills skaters through Basic 8 must skate at highest level passed and NO official U.S. Figures Skating tests may have been passed including MIF, Individual Free-skate 1 + up. Skaters may skate at the highest level passed OR one level higher BUT not both levels in the same event during the same competition.

Music: Please submit standard cassette tapes or CD's at least one hour before your event. Programs must be at the beginning of the tape or CD and be the only recording on it. Tapes/CD's should be in the "READY TO PLAY" position and labeled with the Skaters Name, Event, and Level; (no stick labels). We strongly recommend you bring an extra copy of each of your programs.

Awards: All Basic Skills Participants will receive Trophies for 1st, 2nd, 3rd, and 4th places

Rink: Ice surface is 185' x 85' with rounded corners.

Registration: Please register at the rink entrance at least 1 hour before the skater's first event.

Entry Fees: Entry fees must accompany the entry form. Applications will be handled on a first come first serve basis. We reserve the right to eliminate events do to ice availability and skater participation & to combine groups if entries warrant. Please make checks payable to Sheryl Franks & return with application to Sheryl Franks, P.O. Box 95153, Newton, MA 02495 – 0153
\$35.00 for the first event, \$15.00 2nd and 3rd events; \$20.00 fee for returned checks.

Note: Per USFS Rules 3233 & 3255, fees will be refunded only if an event is cancelled. Those skaters invited to skate an exhibition and opting to do so in a cancelled event will not receive a refund. Under no circumstances will a refund be given (including: sickness, injuries, and deaths in the family).

Deadline: Entries must be postmarked no later than, March 18th 2009 and include the competitors age & test level as of March 18th 2009.

Schedule: Schedules will be posted at www.creativeskatingacademy.com and mailed out one week prior to the competition. Those without an email address, please send a self-addressed stamped envelope along with your application.

Late Entries: Late entries will be accepted only if there is available time/space and will require a \$20.00 late entry fee. Please submit a separate check for each event and on the memo section of the check please put the skater's name.

Additional Info: Please contact Sheryl Franks @ SF3LTS@COMCAST.NET

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

- Each skater will have the option to perform one element at a time
 - A. In the order listed below (no excessive connecting steps) **OR**
 - B. Will perform each element when directed by a judge or referee
- 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 - 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. 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 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<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. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 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 -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 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 three turns R & L 2. Waltz jump 3. Mazurka - either direction 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 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 three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

- 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
- 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 - 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 in 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 from a standstill - 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 in 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 three turns R & L 2. Waltz jump 3. Mazurka in either direction 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 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 & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

Suggested Compulsory Event/Test Track and Well Balanced Levels

- 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 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
- *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 (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: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
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 or camel spin 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: 1:00
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 or camel spin 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 : 1:00
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 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 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

Competitive Test Track

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice. 6.0 Judging will be used.

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	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner	Two upright spins, no change of foot (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements. 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	Time: Up to 1:30 +/- 10
Beginner	Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	Time: 1:30 +/- 10
Pre-Preliminary Test	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe loop, and Salchow. Maximum 5 jump elements. 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	Time :1:30 +/-10
Preliminary Test	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. 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	Time :1:30 +/-10

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

No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/-10
Pre-preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/-10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/-10

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
- Time 1:30+/-10sec

Freeskate 1	Freeskate 4
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. 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
Freeskate 2	Freeskate 5
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. 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
Freeskate 3	Freeskate 6
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. 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

ARTISTIC/INTERPRETIVE

Test requirements for level are the same as the free-skate requirements. Music will be chosen by the competition committee and skaters will hear it during the warm up. Skaters will be judged on interpretation of the rhythm and character of the music, edges, footwork, and timing of the jumps and spins. **Coaching is not permitted, and no coaches in locker room.** No doubles allowed (regardless of level). The program for all levels will be 1-1 ½ minutes. Boys and girls may be combined in the same event.

SHOWCASE

This event is a form of free-skating in which the skater will be judged on overall performance. Eligibility for the event is based on the free-skating eligibility rules. The program for all levels will be 1-1 ½ minutes. Boys and girls may be combined in the same event. Props are allowed, but must be carried on and off the ice by the competitor. Competitors will be judged on: **Originality, musical interpretation, costumes, and choreography.**

Directions to the Coffins Sports Arena – The Fessenden School

(From the North Shore, New Hampshire, Maine and Northwest of Boston)

- Take Rte 128/I-95 S to Exit 21A (Rte 16 E).
- Follow Rte 16 E about 2 miles past the entrance to the Mass Pike.
- Cross over the Mass Pike and bear right on Rte 16 E.
- Continue 100 yards and take the first left onto Cherry St.

- Take the first right onto Webster St. Take the first right onto Webster St. continue past the main entrance of the Fessenden School on Waltham St. 500 feet to the traffic light and turn right onto Crafts St. Follow Crafts St. about 1000 feet to Fessenden Lane on the right.

From the South Shore or Cape Cod:

- Take Rte 3 North to Route 128/I-95 North.
- Proceed north on I-95 to Exit 21 (Rte 16).
- Turn right onto Rte 16 E.
- Follow Rte 16 E about 2 miles past the entrance to the Mass Pike.
- Cross over the Mass Pike and bear right on Rte 16 E.
- Continue 100 yards and take the first left onto Cherry St.

- Take the first right onto Webster St. Take the first right onto Webster St. continue past the main entrance of the Fessenden School on Waltham St. 500 feet to the traffic light and turn right onto Crafts St. Follow Crafts St. about 1000 feet to Fessenden Lane on the right.

From Boston:

- Take Rte I-90 W (Mass Pike) to Exit 16, West Newton.
- Bear left on the exit ramp and follow the signs to Rte 16 E.
- Cross over the Mass Pike (twice) and bear right on Rte 16 E.
- Continue 100 yards and take the first left onto Cherry St.

- Take the first right onto Webster St. Take the first right onto Webster St. continue past the main entrance of the Fessenden School on Waltham St. 500 feet to the traffic light and turn right onto Crafts St. Follow Crafts St. about 1000 feet to Fessenden Lane on the right.

Western Massachusetts

- Take Rte I-90 E (Mass Pike) to Exit 14, Routes I-95 and 128.
- After the tolls, bear right onto Rte I-95 S.
- Go to exit 21A (Rte 16 E).
- At the traffic light, turn right onto Rte 16 E.
- Follow Rte 16 E about 2 miles past the entrance to the Mass Pike.
- Cross over the Mass Pike and bear right on Rte 16 E.
- Continue 100 yards and take the first left onto Cherry St.
- Take the first right onto Webster St. continue past the main entrance of the Fessenden School on Waltham St. 500 feet to the traffic light and turn right onto Crafts St. Follow Crafts St. about 1000 feet to Fessenden Lane on the right.

The completed entry form, with fees, must be postmarked no later than March 12, 2008.
Make check or money order payable to Sheryl Franks and mail to: Sheryl Franks P.O.Box 95153
Newton ,Ma 02458. For additional information call: 617-699-4736

ENTRY FEES ARE NOT REFUNDABLE AFTER THE ENTRY DEADLINE UNLESS AN EVENT IS CANCELED.

Certification of Competitor: The Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the (Sheryl Franks Creative Skating Academy & Fessenden School or its employees and officers) harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____	Date _____
Competitor Signature _____	Date _____
Instructor/Coach Signature _____	Date _____
Program Director/Club Officer _____	Date _____