

Central Carolina Skating Classic
Basic Skills Competition
Eleventh Annual Competition
April 2-April 5, 2009



Sponsored by
Central Carolina Skating Club, Inc.
Sanctioned by
United States Figure Skating



Central Carolina Skating Classic 2009

US Figure Skating Basic Skills Competition Information

Facility

All events will be held at the Triangle SportsPlex, One Dan Kidd Drive, Hillsborough, NC 27278, (919) 644-0339. The facility is off I-85 at Exit 165. After exiting, follow the signs to the Sports Center. The ice rink is 85' x 200' with rounded corners and hockey barrier. The facility has a snack bar and pro-shop. The facility does not allow any food or drink to be brought inside. Dressing rooms are also available.

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. 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. Skaters in other events may skate at 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 moves in the field.

Entries

The Central Carolina Skating Classic is open to all skaters in good standing with US Figure Skating and will be governed by the rules as specified in the 2008 US Figure Skating Rule Book, except as otherwise specified. The entry fee is \$50 for the first event and \$25 for each additional event. Apply online and pay with PayPal at: **centralcarolinasc.com. (\$5 discount, if using online registration)** If mailing an application, fees must accompany the completed application. Make checks payable to the Central Carolina Skating Club, Inc. Mail the applications to: **Central Carolina Skating Classic Basic Skills Competition, c/o Suzie Zeunges, 306 South Fourth Street, Mebane, NC 27302.** Entries must be postmarked by **February 23, 2009.** Late entries may be accepted at the discretion of the Competition Committee and may require a late fee of \$25.00. Please review your choice of events closely. **Any change of event as a result of your mistake will result in a \$25 fee for each event changed.** The Central Carolina Skating Club, Inc. reserves the right to divide any event if necessary and to cancel any events (with full refund of entry fee.) Otherwise, there will be **NO refunds.** All tentative schedules and practice ice applications will be sent by e-mail. As soon as they are available, they will also be on our website at www.centralcarolinasc.com. If you do not have email, please find someone that can access the information for you. The final schedule will be posted at the Triangle SportsPlex. If you would like a copy of this announcement e-mailed to you as a "Word" file, request it at suzie.zeunges@duke.edu. There will also be a US Figure Skating Competition running at the same time. That application and announcement is separate and can be obtained on the website or through e-mail as soon as it is available.

Awards

Medals will be awarded to the **1st, 2nd, 3rd, and 4th** place winners in each event. If the number of entrants requires multiple groups, medals will be awarded to each group. There will be no qualifying rounds.

Music

Cassette tapes or CDs must be clearly marked with the skater's name and event. All tapes (must be rewound) and CDs (only one piece of music per CD) must be turned in to the registration desk at least one (1) hour prior to the event. It is **advisable and recommended** to have a backup copy.

Registration

The registration desk will be open throughout the competition. Skaters must check in at least one hour prior to the event.

Admission

Spectator admission is free to all events. There is limited seating area due to construction.

Video and Photography

Professional video taping and photography of each event will be available. Except for the official Videographers, only battery-operated cameras will be allowed. Individual video taping will be permitted in designated areas only. There will be **NO** flash photography permitted in the ice arena.

Hotel Information

Holiday Inn Express-Hillsborough, NC
919-644-7997

Inquiries

Please contact Suzie Zeunges at 919-304-2686 or at: suzie.zeunges@duke.edu if you have any questions.

BASIC SKILLS FREESKATE (Basic Skills 1-8)

(Skating order of the required elements is optional. Elements are not restricted as to number of times elements are executed, length of glides or number of turns in spins unless otherwise stated. Program to be skated on full ice surface with music which may be vocal. May use elements from previous level. .2 deductions will be taken for each element performed from a higher level. Time 1:00 +/-10 seconds)

EVENT	REQUIREMENTS	EVENT	REQUIREMENTS
Snowplow Sam-Tots	<ol style="list-style-type: none"> 1. March followed by 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 	Basic 5	<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
Basic 1	<ol style="list-style-type: none"> 1. Forward one foot glide, either foot 2. Forward two foot swizzles, 6-8 in a row 3. Backward wiggles, 6-8 in a row 4. Forward snowplow stop 	Basic 6	<ol style="list-style-type: none"> 1. Forward inside 3-turn, R&L 2. Bunny hop 3. Forward arabesque spiral on a straight line, R or L 4. Lunge, R or L 5. T-stop, R or L
Basic 2	<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 	Basic 7	<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
Basic 3	<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 	Basic 8	<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
Basic 4	<ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counterclockwise 2. Forward crossovers, 6-8 consecutive both directions 3. Forward outside three turn-R&L 4. Backward stroking 5. Backward snowplow stop-R or L 	Basic Adult	<ol style="list-style-type: none"> 1. Two foot spin 2. Forward crossovers min. 5 3. Backward skating 4. Forward snowplow stop

FREE SKATING EVENTS (Basic Skills Freeskiate 1-6)

(All program durations are to be 1:30 +/-10sec. To be skated on full ice. No vocal music. Deductions will be made if elements from a higher level are performed. Programs must contain all the required elements listed and will be judged on the following: Technical Merit and Presentation)

EVENT	REQUIREMENTS
Freeskiate 1	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump
Freeskiate 2	<ol style="list-style-type: none"> 1. Forward outside spiral R or L 2. Waltz three's R or L 3. Beginning back spin 4. Waltz jump, side toe hop, waltz jump 5. Toe loop
Freeskiate 3	<ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Advanced forward outside swing rolls, 4-6 3. Back spin 4. Salchow 5. Waltz jump/toe loop or Salchow/toe loop
Freeskiate 4	<ol style="list-style-type: none"> 1. Spiral sequence: FI spiral, FI Mohawk, BO spiral, R or L 2. Forward power 3's, 2-3 consecutive, R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump

Freestyle 5

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

Freestyle 6

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

Freestyle Adult

1. Two-foot Spin
2. Bunny hop
3. Forward outside spiral, R or L
4. Waltz jump
5. Advanced stroking, 4-6 strokes

COMPULSORY MOVES EVENT

(The required elements can be skated in any order. The elements will be skated in program form, without music, using a limited number of connecting steps on 1/2 the ice.) **Time limit for compulsory program is 1 minute max.**

EVENT	REQUIREMENTS	EVENT	REQUIREMENTS
Compulsory FS 1	<ol style="list-style-type: none"> 1. Advanced forward stroking, 4-6 consecutive strokes 2. Basic fwd outside edges and fwd. inside edges, 2-4 outside and 2-4 inside edges 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip 		<ol style="list-style-type: none"> 2. Forward power 3's, 2-3 consecutive sets, R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
Compulsory FS 2	<ol style="list-style-type: none"> 1. Fwd outside spiral, R or L and a Fwd inside spiral- R or L 2. Waltz 3's, R or L 3. Beginning back spin, entry optional 4. Waltz jump, side toe hop, waltz jump 5. Toe loop 	Compulsory FS 5	<ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, FO3, 1 back crossover, BI spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop 5. Flip
Compulsory FS 3	<ol style="list-style-type: none"> 1. Forward crossovers in figure 8 2. Advanced forward outside swing rolls, 4-6 consecutive 3. Back spin 4. Salchow jump 5. Waltz jump/ toe loop or Salchow/toe loop 	Compulsory FS 6	<ol style="list-style-type: none"> 1. Five step mohawk, 2-3 consecutive sets, clockwise or counter clockwise (refer to BS curriculum FS level 6) 2. Camel sit combination spin, min. 4 revs total 3. Split or stag jump 4. Waltz jump / half loop/Salchow combo 5. Lutz
Compulsory FS 4	<ol style="list-style-type: none"> 1. Spiral sequence, FI spiral, FI mohawk, BO spiral CW or CCW 	Adult Compulsory FS	<ol style="list-style-type: none"> 1. Forward stroking, 4-6 strokes 2. Forward crossovers, min. 5 3. Backward skating 4. Forward snowplow stop

JUMPS EVENT

Skater must have not passed a higher freeskating test than competing level. Skaters perform a series of jumps with minimal connecting footwork, without music, on half ice. Connecting steps will not affect the scoring. There will be deductions for any spins done. Jumps should be performed exactly as stated, but may be skated in any order. Skaters will be given ONE opportunity to perform each jump. Repetitions of unsuccessfully executed jumps are not allowed. Men and women will compete together. **Time limit for jump program is 1 minute max.**

REQUIRED ELEMENTS

Freestyle 1-3	2 solo jumps (waltz, toe loop or Salchow), 1 combination jump or sequence (w/ waltz jump, toe loop or Salchow)
Freestyle 4-6	2 solo jumps (loop, flip or Lutz), 1 combination jump or sequence (w/ loop, flip or Lutz)
Adult Freestyle	2 solo jumps(waltz, toe loop or Salchow); 1 combination jump or sequence(w/ waltz jump, toe loop or Salchow)

SHOWCASE

(Eligibility requirements are the same as for free skating. All showcase programs shall be skated on full ice with music, which may utilize vocals. There are no required elements. Emphasis is placed on the theatrical and entertainment value of the skater's performance rather than on technical accuracy of specific moves. Costumes and props are encouraged to help illustrate the act. Props are limited to those that skaters can hand carry or push out onto the ice themselves in one trip. Their set-up should not be more than 30 seconds. Skaters may not be assisted during the set-up time nor assisted from off ice during the number. Props may not be flame, smoke oriented or live. Deductions will be given for anything left on the ice such as paper, feathers, glitter, or anything else that could cause harm to another skater.)

EVENT	REQUIREMENTS	PROGRAM TIME
Showcase Basic	Basic Skills 1-8	Up to 1 min.
Showcase FS 1-3	Basic Freeskate 1-3	Up to 1 min.
Showcase FS 4-6	Basic Freeskate 4-6	Up to 1:30 min.
Couples Showcase Basic	No restrictions.	Up to 1:30 min.
Basic/Freeskate Adult	Adult-age 19 and above in Basic Skills	Up to 1:30 min.

INTERPRETIVE

(Music will be provided at the time of the event. Each group of skaters will listen to a music selection twice during a short warm-up. Each skater will then hear the music for the third time off the ice before individually performing their interpretation to the selected music. Judging will be based on interpretation of music and not necessarily technical ability. Skaters are not allowed to receive any coaching from instructors, parents, or anyone else during this event.)

EVENT	REQUIREMENTS
Interp Basic	Basic Skills 1-8
Interp FS 1-3	Basic Freeskate 1-3
Interp FS 4-6	Basic Freeskate 4-6
Interp Adult BS/FS	Age 19 in Basic Skills/FS

2009 Central Carolina Skating Classic

US Figure Skating Basic Skills Competition Registration Form

Name (of skater): _____ Basic Skills or US Figure Skating #: _____

Street: _____

City: _____ State: _____ Zip: _____ Telephone: (____) _____

Male Female Birth date (required): _____ E-mail (required): _____

Highest test passed as of 2/23/09: Basic Skills: _____ Basic Freeskate: _____

Name of Home Club or Rink: _____

Coach's Name(s): _____ E-mail: _____

(Needed for notifying, if changes)

Phone: (____) _____ Signature of Coach: _____

Partner's Name: _____ E-mail: _____

Accidents (3222): US Figure Skating, the Triangle SportsPlex, and the Central Carolina Skating Club, Inc. (Club) undertake no responsibility for damage or injuries suffered by skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians, and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, US Figure Skating, the Club, and against its Officers, and their entries shall be accepted only on such condition.

Signature: _____ Parent's Name: _____
 (Skaters signature or Parent/Guardian's signature if skater is a minor) (Please print)

Certificate of Eligibility: I hereby certify that the above named skater is a member in good standing with our Club and US Figure Skating, and is eligible to enter the specified events in accordance with US Figure Skating rules and regulations. **I have checked this application and believe it to be correct.**

Signature: _____
 (Must be Basic Skills Skating Director or Club Officer)

PLEASE CIRCLE THE EVENT(S) YOU ARE COMPETING IN.

Basic Skills (1-8)	Basic Freeskate	Compulsory Moves	Jumps	Showcase	Interpretive
Snowplow Sam	Freeskate 1	Compulsory FS 1	Jumps FS 1-3	Showcase Basic	Interp Basic
Basic 1	Freeskate 2	Compulsory FS 2	Jumps FS 4-6	Showcase FS 1-3	Interp FS 1-3
Basic 2	Freeskate 3	Compulsory FS 3	Jumps Adults FS	Showcase FS 4-6	Interp FS 4-6
Basic 3	Freeskate 4	Compulsory FS 4		Showcase Adult BS/FS	Interp Adult BS/FS
Basic 4	Freeskate 5	Compulsory FS 5		Couples Showcase BS/FS	
Basic 5	Freeskate 6	Compulsory FS 6			
Basic 6	Freeskate Adult	CompulsoryAdult FS			
Basic 7					
Basic 8					
Basic Adult					

1. Applications must contain the chaperone name, waivers, parental/skater signature and correct fees. Any application without these will be considered incomplete.
2. Skaters may skate at one level above their current test level as indicated on the requirements.
3. The competition committee reserves the right to combine, subdivide, or cancel any event it deems necessary.
4. A schedule of events will be e-mailed out as soon as possible after the deadline as well as posted at www.centralcarolinasc.com.

Entry fee is \$50.00 for the first event and \$25.00 for each additional event. Apply online and pay with PayPal at: centralcarolinasc.com. (\$5 discount, if using online registration) The check should be made to the Central Carolina Skating Club, Inc. The entry must be postmarked by February 23, 2009. Late entries may be accepted at the discretion of the Competition Committee and will require a late fee of \$25.00. Please review your choice of events closely. Any change of event as a result of your mistake will result in a \$25 fee for each event changed.

Fees:
 First Event: \$ 50
 Each Additional Event: No. () x \$25 \$ _____
 Total Enclosed: \$ _____

Mail all applications to:
Central Carolina Skating Classic Basic Skills Competition
c/o Suzie Zeunges, 306 South Fourth Street, Mebane, NC 27302.

2009 Central Carolina Skating Classic

Support and Encouragement Ad

\$5 per ad

Must be ***RECEIVED*** by Monday, March 16nd!

Skaters, parents, coaches, friends, family ... here is a great opportunity to send your encouragement and support during the 2009 Central Carolina Skating Classic. Fill out an ad to:

- ❖ Thank a coach or coaches
- ❖ Wish friends the best of luck
- ❖ Thank your parents for their support
- ❖ Wish your special skater or skaters the best of luck

These are just some of the ways to send your support and encouragement. These ads will be business card size in the 2008 Classic Program. Fill out a card below with a message and/or drawing and mail it in with a check/money order payable to "**Central Carolina Skating Club**" to:

Classic Encouragement Ad
2008 Central Carolina Skating Classic
c/o Becky Lenchek
213 Hill Street
Chapel Hill, NC 27514

The ads and payment must be **RECEIVED** no later than Monday, March 16th to make it into the 2009 Classic Program.

Name: _____

Email address: _____ Phone No. _____

No. of Ads: _____ x \$5 = _____

Make check payable to Central Carolina Skating Club

If there are any questions, please contact Becky Lenchek-blenchek@aol.com
