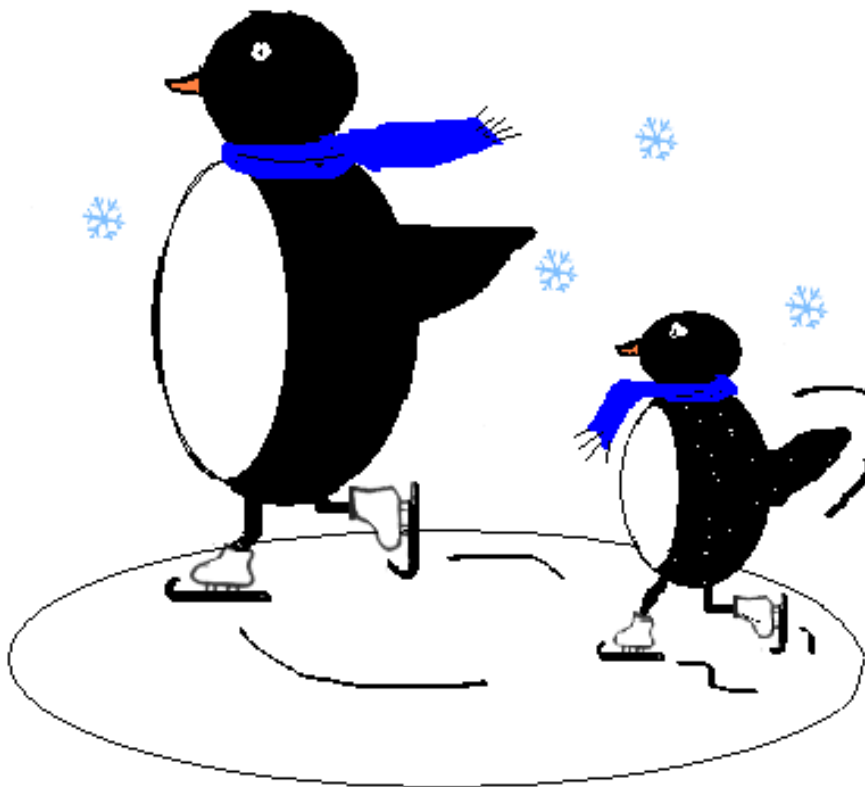


"Skate In The Park 2010"



A U.S. Figure Skating
Competition

Sunday, February 28, 2010
Brooklyn Park Community Activity Center

****NEW FOR 2010****

ONLINE REGISTRATION!

Check it out at
www.threeriversfsc.org.

Sponsored by the Three Rivers Figure Skating Club
Sanctioned by U.S. Figure Skating
Referee: Jennifer Marker Johnson
5600 – 85th Avenue North, Brooklyn Park, MN

ELIGIBILITY – The competition is open to ALL skaters that are Juvenile Freestyle and below, who are currently eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating and 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. Skaters in other events may skate at highest level passed OR one level higher BUT not less than highest level passed. Skaters must compete at the same level in compulsory and free skate, if entering both events. Entering a second event is optional.

Due to U.S. Figure Skating sanction, the Pre-Juvenile restriction for Basic Skills does not apply.

ENTRIES AND FEES – Both online and mail in (paper form) entries will be accepted. Entries may be limited to the first 150 applications received. Entry fees are per person, U.S. dollars. The first event is \$45.00 and each additional event is \$20.00.

ONLINE ENTRY

Register online at www.threeriversfsc.org and pay via a **secured credit card transaction (A 3.5% processing fee applies)**. Simply follow the Skate in the Park links at www.threeriversfsc.org and use the link to register for the competition and pay with a credit card (VISA, MASTERCARD, and DISCOVER only please). Secure **online entry must be COMPLETED by midnight on Wednesday, January 20, 2010.**

MAIL IN (paper forms) ENTRY

Mail in entries must be postmarked no later than **Wednesday, January 20, 2010**. Mail in entry forms can be found at www.threeriversfsc.org. MAIL CHECKS AND PAPER ENTRY FORMS TO:

Three Rivers FSC
c/o Joe Swerdfiger
1117 Independence Ln
Champlin, MN 55316

ONLINE & MAIL IN ENTRIES received/postmarked after January 20, 2010 will be considered late, and will be accepted at the discretion of the Chief Referee. Late entries will be assessed a \$25.00 late fee. The competition committee reserves the right to limit entries in any event or to cancel an event. Entry fees will only be refunded in accordance with refund policy below.

Notification of competition and practice ice times will be available at www.threeriversfsc.org and will NOT be available by phone, mail, or e-mail. Skater and Coaches schedules will be available via the web at www.threeriversfsc.org.

Special Note

When using the online registration, it is the skaters' and coaches' responsibility to verify that the skater has entered the correct event and level. Event changes or additions to entries made after an application has been submitted may be assessed a \$25 charge/add fee. Please also check the website, www.threeriversfsc.org for any possible changes or corrections to this application.

REFUND POLICY – Full refunds including practice ice, **minus the online processing fee**, if registration took place online, are available if withdrawal is prior to January 20, 2010. After January 20, 2010 entry refunds are only available if the competition is not held or there is a death in the competitor's immediate family. There will be NO medical refunds given. All refunds will be handled in the same order as paid with credit cards, **minus the online processing fee**, and check or cash payment will be refund via club check. Please contact Karen Walters at kwaltershome@embarqmail.com for refund information. **If you register online, the processing fee is not refundable for any reason.**

Persons using checks without sufficient funds will be charged an additional \$25.00 fee per check. All further payments must be made by cash, money order, or certified funds. Skaters will not be allowed to practice or compete until all such debts are satisfied.

AWARDS – Everyone will receive an award. All events will be final rounds. Trophies will be awarded to first, second, and third places in Freestyle events. ALL other places and events will receive medals. ALL awards will be made at appropriate times throughout the competition.

PHOTOGRAPHS & VIDEOGRAPHY – Photographs and videos will be available for purchase.

SCHEDULE OF EVENTS – Will be available online at www.threeriversfsc.org no later than February 19, 2010.

PRACTICE ICE – Practice ice will be sold in advance of the event for \$10 per 20 minute session. Information on purchasing practice ice will be included online at www.threeriversfsc.org and can be purchased online via online registration process. Any remaining ice will be sold the day of the event for \$12 per 20 minute session. Practice sessions will have designated levels, will be sold on a first come first served basis and will be limited to 20 skaters per session.

MUSIC – The music for all free skating programs must be provided on **CDs only** by the skater. No cassette tapes will be accepted. CDs should be clearly marked with the name of the skater, event entered and length of music. Competition music must be turned in at the time of registration the day of the event. Time duration is always ± 10 seconds. CDR-RW's will not be accepted. Please remember to pick up your music prior to leaving event. Three Rivers Figure Skating Club is not responsible for unclaimed music CDs.

BASIC SKILLS COMPETITION ENTRY FORM

REGISTER ONLINE AT WWW.THREERIVERSFSC.ORG *or* complete the paper form and mail in.

Name _____ Birthdate _____ Gender _____

Address _____ City _____

State _____ Zip _____ Email Address _____

Area Code/Phone # _____ U.S. Figure Skating # _____ Highest Level Passed _____

Program/Club Affiliation _____

Director's/Instructor's Name _____

Please check the event(s) you are entering (if entering two events, both must be skated at the same level):

Basic Skills		Test Track		Well Balanced	
COMPULSORY	FREE SKATE	COMPULSORY	FREE SKATE	COMPULSORY	FREE SKATE
___ Snowplow Sam	___ Snowplow Sam	___ Limited Beginner	___ Limited Beginner	___ Pre-Preliminary	___ Pre-Preliminary
___ Basic 1	___ Basic 1	___ Beginner	___ Beginner	___ Preliminary	___ Preliminary
___ Basic 2	___ Basic 2	___ Pre-Preliminary	___ Pre-Preliminary	___ Pre-Juvenile/ Open Pre-Juvenile	___ Pre-Juvenile
___ Basic 3	___ Basic 3	___ Preliminary	___ Preliminary	___ Juvenile/ Open Juvenile	___ Open pre-Juvenile
___ Basic 4	___ Basic 4	___ Pre-Juvenile/ Open Pre-Juvenile	___ Pre-Juvenile/ Open Pre-Juvenile		___ Juvenile
___ Basic 5	___ Basic 5	___ Juvenile/ Open Juvenile	___ Juvenile/ Open Juvenile		___ Open Juvenile
___ Basic 6	___ Basic 6				___ Adult Pre-Bronze
___ Basic 7	___ Basic 7				___ Adult Bronze
___ Basic 8	___ Basic 8				

ENTRY FEE IS \$45.00 FOR FIRST EVENT, \$20.00 PER EACH ADDITIONAL EVENT

First Event \$ _____
 Additional Event \$ _____
Total: \$ _____

The completed entry form, with fees, must be postmarked no later than January 20, 2010 (online registrations must be completed by midnight January 20, 2010).

Make check or money order payable to **Three Rivers FSC** and mail to: Three Rivers FSC
 c/o Joe Swerdfiger
 1117 Independence Ln
 Champlin, MN 55316

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

Skaters Messages and Practice Ice time can be purchased online.

For additional information call: Karen Walters at 952.826.4018.

SKATING SCHOOL DIRECTOR'S OR COACH'S CONSENT
(This is required for entry acceptance)

I certify that entry form information is correct and that this skater is eligible to compete at the level indicated on this form.

Name of Director or Coach (print): _____

Signature of Director or Coach: _____ Date: _____

Contact number for Director or Coach: _____

EMAIL (required): _____

Parent/Guardian Consent: I understand that this entry form must be postmarked by January 20, 2010, and in accordance with U.S. Figure Skating Rule Book CR. 10.09 entry fees are not refundable after the close of entries unless no competition exists in a particular event or division. Further, I will not holds liable Skate in the Park 2010, Three Rivers Figure Skating Club, Brooklyn Park Community Center, or US Figure Skating for any injury or loss incurred by my child or myself during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____ Date _____

SKATERS AFFILIATED WITH FIGURE SKATING CLUBS

_____ (Skaters Name) is a member in good standing with their home club and U.S. Figure Skating.

Officer's Signature: _____

Officer's Title: _____

RETURN WITH MAIL IN ENTERY FORM

BASIC SKILLS: COMPULSORY EVENTS

Each skater will have the option to perform one element at a time in the order listed below with no excessive connecting steps **OR** will perform each element when directed by a judge or referee.

To be skated on 1/2 ice. No music. 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 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. Skate forward and glide on two feet. 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 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot – either foot
<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 – minimum of two 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. Combination move - clockwise <u>or</u> 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 SKILLS: FREESTYLE EVENTS

Elements may be skated in any order and with no restrictions on number of repetitions.
 Connecting steps and elements from a previous level may be used to create a well-rounded program.
 Deductions will be taken if elements from a higher level are skated in a program.
 To be skated on full ice. 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 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 	

TEST TRACK: COMPULSORY EVENTS

Skating order of the required elements is optional. They will be performed in a program.

<p><u>LIMITED BEGINNER</u></p> <ol style="list-style-type: none"> 1. Waltz jump 2. ½ flip or ½ Lutz 3. Forward or backward spiral 4. One or two foot upright spin 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>BEGINNER</u></p> <ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. One foot upright spin (free leg optional) 4. Forward or backward spiral 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>PRE-PRELIMINARY</u></p> <ol style="list-style-type: none"> 1. Loop 2. Forward or Backward Spiral 3. Scratch Spin 4. Toe loop, Salchow or Waltz jump 5. Field Moves – Forward outside or inside edges 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>PRELIMINARY</u></p> <ol style="list-style-type: none"> 1. Lutz jump 2. Single/single combination (no Lutz or Axel allowed) 3. Sit spin 4. Spiral sequence (must include a forward and backward spiral, additional spirals and balance moves) 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>PRE-JUVENILE/OPEN PRE-JUVENILE</u></p> <ol style="list-style-type: none"> 1. Single jump (no Axel) 2. Single/single combination (No Axel. Must be two different jumps, may not repeat #1 jump) 3. Combination spin – 1 change of position no change of foot 4. Forward spiral 5. Power Pulls (forward or backward, one foot only) 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>JUVENILE/OPEN JUVENILE</u></p> <ol style="list-style-type: none"> 1. Backward Power 3's (1 circle) 2. Single Jump (Axel allowed) 3. Single/Single combination (Axel allowed, may not repeat jump #2) 4. Combination spin – 1 change of foot and no change of position 5. Forward Spiral 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>

TEST TRACK: FREE SKATE EVENTS

Skater may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both. Competitors will skate to music of their choice. The 6.0 judging system will be used. Deductions will be taken if elements are included that are not permitted in the event description. Elements may be skated in any order and with no restrictions on number of repetitions.

Level/Required Moves	Note	Ice/Size
<p><u>LIMITED BEGINNER</u></p> <ol style="list-style-type: none"> Five (5) jump elements maximum – ½ rotation jumps only (no Salchow or toe loop) jump sequences allowed. Jump sequences are allowed. Two (2) spins maximum – upright only and not change of foot (3 revs) Connecting moves and steps should be demonstrated throughout the program. 	Skater must not have passed tests higher than Basic Skills free skating	1:40 max Full ice
<p><u>BEGINNER</u></p> <ol style="list-style-type: none"> Five (5) jump elements maximum – not more than one-half rotation. Single jumps: Salchow and toe loop only. Jump combinations or sequences are allowed. Two (2) spin maximum – change of foot optional (3 revs) Connecting moves and steps should be demonstrated throughout the program 	Skaters must not have passed tests higher than Basic Skills free skating badge	1:40 max Full ice
<p><u>PRE-PRELIMINARY</u></p> <ol style="list-style-type: none"> Five (5) jumps elements maximum – single rotation jumps only (No Axels. Jump combinations or sequences are allowed. Two (2) spin maximum (min 3 revs) - must be of a different nature, combination spins are allowed. No flying spins. Connecting moves and steps should be demonstrated throughout the program 	Skaters must have not passed tests higher than Preliminary FS	1:40 max Full ice
<p><u>PRELIMINARY</u></p> <ol style="list-style-type: none"> Five (5) jump elements maximum-single rotation jumps only (no Axels). Jump combinations or sequences are allowed. Two (2) spin maximum (3 revs) – must of different nature, combinations are allowed. No flying spins. Connecting moves and steps should be demonstrated throughout the program 	Skaters must have passed Pre-Preliminary FS and not higher than Preliminary	1:30 Minutes +/- 10 seconds Full ice
<p><u>PRE-JUVENILE/OPEN PRE-JUVENILE</u></p> <ol style="list-style-type: none"> Five (5) jump elements maximum- single rotation jumps only (no Axels); jump combinations or sequences are allowed. Three (3) in any position (3 revs) – one must be a combination spin with a change of foot optional (3 rev on each foot). No flying spins. One step sequence straight line, circular, or serpentine fully utilizing ice surface. 	Skaters must have passed Preliminary FS but not higher than Pre-Juvenile FS	2:00 Minutes +/- 10 seconds Full ice
<p><u>JUVENILE/OPEN JUVENILE</u></p> <ol style="list-style-type: none"> Six (6) jump elements maximum – single jumps and jump combinations with not more than 1 ½ rotations (Axels permitted). Three (3) spins in any position (4 revs). One must be a combination spin with at least one change of foot (4 revs on each foot). May include flying spins. One step sequence straight line, circular, or serpentine fully utilizing ice surface 	Skaters must have passed Pre-Juvenile FS but not higher than Juvenile FS	2:15 Minutes +/- 10 seconds Full ice

WELL BALANCED PROGRAMS: COMPULSORY EVENTS

Skating order of the required elements is optional. They will be performed in a program.

<p><u>PRE-PRELIMINARY</u></p> <ol style="list-style-type: none"> 1. Single jump. 2. Single/single combination (Axel allowed, may not repeat #1 jump). 3. Sit spin. 4. Spiral Sequence – must include a forward and backward spiral. Additional spirals and balance moves may be included. 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>PRELIMINARY</u></p> <ol style="list-style-type: none"> 1. Lutz jump 2. Single/single combination (Axel allowed, may not repeat #1 jump). 3. Camel spin. 4. Spiral sequence (must include a forward and backward spiral). 5. Forward Power 3's (right or left). 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>PRE-JUVENILE/OPEN PRE-JUVENILE</u></p> <ol style="list-style-type: none"> 1. Single jump (may include axel). 2. Single/single combination or double/single combination jump. 3. Combination spin – 1 change of foot minimum six total revolutions. 4. Forward spiral. 5. Power Pulls (forward or backward, one foot only). 	<p>No Music 1:00 minute or less ½ Sheet Ice</p>
<p><u>JUVENILE/OPEN JUVENILE</u></p> <ol style="list-style-type: none"> 1. Axel. 2. Single/single, single/double or double/single combination jump. 3. Combination spin – one change of foot and one change of position. 4. Backward Spiral. 5. Backward Power 3's – one circle, either direction. 	<p>No Music 1:30 minute or less Full Sheet Ice</p>

WELL BALANCED PROGRAMS: FREE SKATE EVENTS

Deductions will be taken if elements from a higher level are skated in a program.
 Elements may be skated in any order and with no restrictions on number of repetitions.
 Connecting steps and elements from a previous level may be used to create a well-rounded program.

Level/Required Moves	Ice Size/Time
<p><u>PRE-PRELIMINARY</u> Pre-Preliminary Free Skating Test. Requirements per Rule 3711. NO AGE LIMIT. (No Double Jumps Allowed) Axel is allowed.</p>	1:30 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>PRELIMINARY</u> Preliminary Free Skating Test. Requirements per Rule 3701. NO AGE LIMIT.</p>	1:30 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>PRE-JUVENILE</u> Pre-Juvenile Free Skating Test. Requirements per Rule 3691. Under age 13 as of entry close date.</p>	2:00 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>OPEN PRE-JUVENILE</u> Pre-Juvenile Free Skating Test. Requirements per Rule 3691. Age 13 or older as of entry close date</p>	2:00 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>JUVENILE</u> Juvenile Free Skating Test. Requirements per Rule 3681. Under age 13 as of entry close date.</p>	2:15 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>OPEN JUVENILE</u> Juvenile Free Skating Test. Requirements per Rule 3681. Age 13 or older as of entry close date.</p>	2:15 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>ADULT PRE BRONZE</u> Must have passed no higher than Adult Pre-Bronze FS test or Pre Pre FS test requirements per rule 3805.</p>	1:40 Minutes <i>+/- 10 seconds</i> Full ice
<p><u>ADULT BRONZE</u> Must have passed no higher than Adult Bronze free skate test or the preliminary FS test requirements per rule 3800.</p>	1:50 Minutes <i>+/- 10 seconds</i> Full ice