



**1<sup>st</sup> ANNUAL MAPLEWOOD BASIC SKILLS COMPETITION**  
**September 26-27, 2009**

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**SCHEDULED OFFICIALS**

Chief Referee  
Chief Accountant  
Music

Devon Beck  
Lexi Kastner  
William "Chip" Rauth

North Little Rock, Arkansas  
Aitkin, Minnesota  
Bloomington, Minnesota

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**St. Croix Valley Recreation Center**

1675 Market Drive  
Stillwater, Minnesota  
651/430-2601

South Rink: 85' x 200' and North Rink: 85' x 200'

Sanctioned by



Hosted by:

**The Maplewood Figure Skating Club**

The 1<sup>st</sup> Annual Basic Skills Competition held in conjunction with the  
**30th ANNUAL MAPLEWOOD FALL CLASSIC**  
**September 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup>, 2009**

Free Skating ★ Spins ★ Compulsory/Short Program ★ Artistic Free  
Skating ★ Interpretive ★ Jumps ★ Test Track ★ Dance

## ELIGIBILITY:

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.

All SNOWFLOW 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. For the Free skate 1-6, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

Skaters may compete in as many events for which they qualify at their test level as of August 7<sup>th</sup>, 2009. If there is more than one group at a given level, skaters will be grouped according to age.

## ENTRIES:

Entry fee will be \$40.00 for the first event and \$20.00 for each additional event. Make checks payable to the **Maplewood Figure Skating Club**. **Entries, along with the required fees, and a self-addressed, stamped business sized (No. 10) envelope must be postmarked (not metered) by August 7<sup>th</sup>, 2009.** Late entries will only be accepted at the discretion of the Maplewood Figure Skating Club. **A \$2 fee will be assessed if a No. 10, self-addressed envelope is NOT included with entry.** Address all entries and inquiries to:

Nikki Bennis  
8036 Hudson Blvd N  
Oakdale, MN 55128  
651-501-3667

e-mail: [adamnikki@comcast.net](mailto:adamnikki@comcast.net) (preferred method of communication)

Please check our web site, [www.mfscskate.org](http://www.mfscskate.org) for any possible changes or corrections to this application.

Please note that your instructor and an authorized group/club person is required to sign your application form. Her/His signature verifies your level of competition and the events you are competing in and to certify the information included on your form.

***Event changes or additions to entries made after an application has been submitted may be assessed a \$25 change/add fee.***

## REFUNDS:

There will be no refunds after **August 14<sup>th</sup>, 2009**, unless your event is canceled by us for lack of participation.

## REGISTRATION:

The registration desk at the St. Croix Valley Recreation Center will be open during all practice and competition sessions. **Competitors should arrive at the arena 45 minutes before the scheduled time of their event.** All schedules will be posted on an official bulletin board at the St. Croix Valley Recreation Center. It is the responsibility of each competitor to check this board for official schedules and notices.

## PRACTICE ICE:

There will be no official practice ice included in your registration fee. Practice ice will begin on Friday, September 25<sup>th</sup>, 2009. **Practice ice sign up information will be mailed with your competition schedule.** Practice ice will be available for purchase on Friday, September 25<sup>th</sup>, Saturday, September 26<sup>th</sup> and Sunday, September 27<sup>th</sup>.

## CANCELLATIONS:

Any scheduled event may be canceled or combined if there are fewer than three entrants or if the Chief Referee determines that insufficient ice time is available to complete all events in an orderly manner. Skaters will be notified if their event is canceled or combined.

**ADMISSION:**

There will be no admission fee to the Maplewood Fall Classic. Refreshments will be available during the competition and practices at the St. Croix Valley Recreation Center

**MUSIC:**

Only CD's (standard compact disc format only) will be accepted. They should be clearly marked with the skater's name and event. CD's must contain only **one** track and be recorded on **CD-R** media (**no CD-RW's** due to compatibility problems). It is suggested that you have a duplicate CD available with you. You must turn your music in at the registration desk when you register, **NO EXCEPTIONS**. All care will be taken, but the Maplewood Figure Skating Club can assume no responsibility for the CDs. CDs will be returned to the registration desk after each event. CDs not collected prior to the end of the competition will only be returned at the participant's request and expense.

**AWARDS:**

Every participant will receive an award. Awards will be presented off-ice after results for each event are posted. The awards desk is located next to the photographer.

**VIDEOTAPING AND PICTURES:**

Videotape of the individual competitor's performance will be available. An official photographer will be present to take event and individual awards pictures.

**LOST AND FOUND:**

Lost and Found items may be claimed at the registration desk

**ACCOMMODATIONS:**

See our web site, [www.mfscskate.org](http://www.mfscskate.org) for a list of recommended hotels nearby.

## **BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8 (COMPULSORY)**

- 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><b>Snowplow Sam - Tots:</b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward 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><b>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<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> </ol>
<p><b>Basic 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 – 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<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 - 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> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn - R &amp; L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## **BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8 (FREESKATE)**

- 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><b>Snowplow Sam - Tots:</b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 2-6 in a row</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle clockwise or counterclockwise</li> <li>2. Backward crossovers 6-8 consecutive - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b>Basic 1</b></p> <ol style="list-style-type: none"> <li>1. Forward two foot glide</li> <li>2. Forward two foot swizzles 6 -8 in a row</li> <li>3. Forward snowplow stop</li> <li>4. Backward wiggles 6-8 in a row</li> </ol>	<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward 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><b>Basic 2</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<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> </ol>
<p><b>Basic 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 – 8 consecutive</li> <li>3. Moving forward to backward two foot turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<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 - 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> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b>Basic 4</b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn - R &amp; L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## **FREE SKATE ELEMENTS EVENT: FREE SKATE 1-6 (COMPULSORY)**

- 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 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: 1:00 or less

<p><b>Free skate level 1</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><b>Free skate level 4</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</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b>Free skate level 2</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><b>Free skate level 5</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><b>Free skate level 3</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><b>Free skate level 6</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 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>

## **FREE SKATE EVENT: FREE SKATE 1-6 (FREESKATE)**

- 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 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><b>Free skate level 1</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><b>Free skate level 4</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</li> <li>5. Waltz jump/loop jump</li> </ol>
<p><b>Free skate level 2</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><b>Free skate level 5</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><b>Free skate level 3</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><b>Free skate level 6</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 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>

## 2009 Maplewood Basic Skills Competition Entry and Certification Form

This form must be postmarked by August 7<sup>th</sup>, 2009. Late entries are only accepted at the discretion of the referee and may be subject to a \$25 late fee.

First Name (print) _____		Last Name (print) _____	
Birthdate _____	Age _____	Male ___	Female ___
Address _____			
City _____		State _____	Zip Code _____
Program/ Club (Full Name) _____			
Parent or Guardian Name (s) _____			
Phone _____		E-Mail _____	
U.S.F.S.# _____		Highest Level Passed _____	

	ELEMENTS (NO MUSIC)	PROGRAM (MUSIC)		ELEMENTS (NO MUSIC)	PROGRAM (MUSIC)
<b>SNOWPLOW</b>				<b>FREESKATE 1</b>	
<b>BASIC 1</b>				<b>FREESKATE 2</b>	
<b>BASIC 2</b>				<b>FREESKATE 3</b>	
<b>BASIC 3</b>				<b>FREESKATE 4</b>	
<b>BASIC 4</b>				<b>FREESKATE 5</b>	
<b>BASIC 5</b>				<b>FREESKATE 6</b>	
<b>BASIC 6</b>					
<b>BASIC 7</b>					
<b>BASIC 8</b>					

### Release and Certification of Contestant:

Competitors waive all claims for injury during the competition and all practice sessions. Competitors must be amateurs and eligible to enter the event(s) checked on this Entry Form under the rules of U.S. Figure Skating. I also indicate that the information on this form is true and correct.

\_\_\_\_\_  
Parent or Guardian Signature \_\_\_\_\_  
Date

### Certification of U.S. FIGURE SKATING Director/Instructor

To the best of my knowledge the above is true and correct. The competitor is a member in good standing of my club.

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

\_\_\_\_\_  
Signature \_\_\_\_\_  
Date

First Event \$40                      \$ \_\_\_\_\_

Additional Events \$20 each                      \$ \_\_\_\_\_                      **TOTAL: \$ \_\_\_\_\_**

Mail completed form, check or money order, made payable to **Maplewood FSC** and **a self-addressed, stamped No. 10 business-sized** envelope to:

**Nikki Bennis, 8036 Hudson Blvd N , Oakdale, MN 55128**  
e-mail: [adamnikki@comcast.net](mailto:adamnikki@comcast.net) ----- 651-501-3667

**ADVERTISING**  
**30th ANNUAL MAPLEWOOD FALL CLASSIC**  
**2009 PROGRAM**

Several advertising options are available. You may submit your own artwork or purchase a one-line listing on the patron's page. If you choose to submit your own artwork and it is not copy-ready, please be sure to add the set up charge to your total advertising cost. Artwork may be submitted in a variety of standard formats (i.e. Adobe PDF) Please contact Nancy Skuta – contact information below – for more details.

**ADVERTISING RATES:**

<b>OPTION</b>	<b>PRICE</b>	<b>AMOUNT DUE</b>
Full Page (8.5" x 11 ")	\$ 130.00	\$_____
Half Page (8.5" x 5.5")	\$ 80.00	\$_____
Quarter Page (4.25, x 5.5")	\$ 50.00	\$_____
Set-up Charge for the above ads if not copy ready:		
Full Page	\$ 25.00	\$_____
Half Page	\$ 25.00	\$_____
Quarter Page	\$ 15.00	\$_____
<b>TOTAL AMOUNT ENCLOSED FOR AD(S):</b>		\$_____

**ADVERTISING ARTWORK:**

Ad artwork (if applicable) and check made to Maplewood FSC must be postmarked by September 3, 2009.  
Artwork and questions to:

Nancy Skuta  
2235 Grafton Avenue North  
Oakdale, MN 55128  
[skuta@juno.com](mailto:skuta@juno.com)  
651 770 0552