



*Announcement & Entry Form
for
2011 Lake Minnetonka Competition*

“sunflower classic”

Basic Skills & Test Track

Saturday/Sunday - March 12-13, 2011

*Minnetonka Ice Arena
3401 Williston Road
Minnetonka, MN 55345
952-939-8310*

Hosted by the Lake Minnetonka FSC

Sanctioned by U.S. Figure Skating

Referee: Marlys Larson

Account: Gay Ann Louiselle

*Deadline for Registration Postmarked by
February 11, 2011*

The Lake Minnetonka FSC is hosting its 3rd annual Figure Skating Competition March 12-13, 2011 at Minnetonka Ice Arena.

The purpose of the Competition is to promote a positive experience at the beginning levels of skating and a fun competitive experience for the higher levels of skaters.

Eligibility: *The competition is open to all skaters that are registered members of the US Figure Skating Basic Skills Program and /or are current full members of US Figure Skating and are members 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. The skater's eligibility will be based on skill/test level as of the closing date of the competition.*

All Snowplow Sam and Basic Skills skaters through Basic 8 must skate at the highest level passed and no official U.S. Figure Skating test may have been passed including MIF or individual dances.

For the Free skate 1-6, Test Track and Well balanced levels, 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 up a level but must compete at the same level in compulsory and freestyle, if entering both events.

Due to US Figure Skating sanction, the Pre-Juvenile restriction for Basic Skills does not apply. The rules and regulations of U.S. Figure Skating as set forth in the 2010-11 Official Rulebook, with changes and clarifications as posted on the USFS web site will govern this competition. It is the responsibility of the skater and Coach to be aware of all changes.

Entries and Fees: *All entries must be postmarked no later than **Friday, February 11, 2011** and are limited to the first 150 applications received. Late entries will be accepted at the discretion of the LMFSC. Entry fees are per person, U.S. dollars. The first event is \$50.00 and each additional event is \$15.00. **NO** refunds after closing date unless event is cancelled by LMFSC. There will be a \$35.00 fee for returned checks, and a skater will not be allowed on the ice until all fees and charges are paid in full.*

Entry Forms Must Be Filled out Completely and returned with a ***Size 10 self-addressed stamped envelope*** and check for registration fees made payable to: LMFSC (Lake Minnetonka FSC)

*Mail To: LMFSC
c/o Nancy Kaufmann
430 Peavey Lane
Wayzata, MN 55391*

LOC Chair: *Nancy Kaufmann email: Nancy@icesnice.com*

Awards: *Everyone will receive an award. All events will be final rounds. Awards will be presented to competitors off-ice after the official results are posted for each event.*

Photographs & Video's: *Photographs and Videos will be available for purchase.*

Schedule of Events: *Information regarding groups and skating times will be mailed out prior to the beginning of competition. If a **Size 10 self-addressed stamped envelope** is sent in with registration.*

Music: *Music for all free skating programs must be provided on **CDs only** by skater. No cassette tapes will be accepted. CDs should be clearly marked with skaters name, event and length of music. Competition music must be turned in at time of registration. Time duration is always +/- 10 seconds. **CDR-RW's** will not be accepted.*

Practice Ice: Practice ice can be purchased in advance of the event for \$12 per 20 minute session. Any practice ice not sold by the day of competition will be sold on the day of the event for \$15 per 20 minute session, sold on a first come first served basis and limited to 20 skaters per session. Practice ice will be available Saturday March 12, 2011 and Sunday, March 13, 2011.

Information on purchasing practice ice will be sent out with your competition schedule.

Basic Elements Event: SNOWPLOW SAM – BASIC 8

- Each skater will perform one element at a time and will perform all the elements before going onto the next skater
- To be skated on 1/2 ice
- No music
- **ALL ELEMENTS MUST BE SKATED IN THE ORDER LISTED**
- Time: 1:00 or less

<p>Snowplow Sam - Tots:</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>Basic 5:</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>Basic 1</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>Basic 6:</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>Basic 2</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>Basic 7:</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>Basic 3</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>Basic 8:</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>Basic 4</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 thru 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 	

Free Skate Event: 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: 1:15 or less*

<p><u>Free skate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. <i>Advanced forward stroking - 4-6 consecutive</i> 2. <i>Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside</i> 3. <i>Scratch spin from backward crossovers</i> 4. <i>Waltz jump from backward crossovers</i> 5. <i>Half flip jump</i> 	<p><u>Free skate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. <i>Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise</i> 2. <i>Forward power 3's, 2-3 consecutive sets-R or L</i> 3. <i>Sit spin</i> 4. <i>Loop jump</i> 5. <i>Waltz jump/loop jump</i>
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. <i>Forward outside spiral - R or L and a forward inside spiral - R or L</i> 2. <i>Waltz Three's - R or L</i> 3. <i>Beginning back spin - entry optional</i> 4. <i>Waltz jump, side toe hop, waltz jump series</i> 5. <i>Toe loop jump</i> 	<p><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. <i>Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral</i> 2. <i>Camel spin</i> 3. <i>Forward upright spin to back upright spin</i> 4. <i>Loop/loop jump</i> 5. <i>Flip jump</i>
<p><u>Free skate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 1. <i>Forward crossovers in a figure 8</i> 2. <i>Advanced forward outside swing rolls 4 - 6 consecutive</i> 3. <i>Back spin</i> 4. <i>Salchow jump</i> 5. <i>Waltz jump/toe loop or Salchow/toe loop</i> 	<p><u>Free skate level 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. <i>Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Free skate 6)</i> 2. <i>Camel, sit spin combination - minimum of 4 revolutions total</i> 3. <i>Split jump or stag jump</i> 4. <i>Waltz jump, ½ loop, Salchow combination</i> 5. <i>Lutz jump</i>

Free Skate 1-6 MUSIC EVENT

- *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*

<i>Freestyle 1</i>	<i>Freestyle 4</i>
<ol style="list-style-type: none"> 1. <i>Advanced Forward stroking. 4-6 strokes</i> 2. <i>Scratch spin from back crossovers</i> 4. <i>Waltz jump from back crossovers</i> 5. <i>Half flip jump</i> 	<ol style="list-style-type: none"> 1. <i>Forward power 3's, 2-3 consecutive R or L</i> 2. <i>Sit spin</i> 2. <i>Loop jump</i> 4. <i>Waltz jump/loop jump</i>
<i>Freestyle 2</i>	<i>Freestyle 5</i>
<ol style="list-style-type: none"> 1. <i>Forward outside spiral R or L</i> 2. <i>Beginning back spin</i> 4. <i>Waltz jump, side toe hop, waltz jump</i> 4. <i>Toe loop</i> 	<ol style="list-style-type: none"> 1. <i>Camel spin</i> 2. <i>Forward upright spin to back upright spin</i> 3. <i>Loop/loop combination jump</i> 4. <i>Flip jump</i>
<i>Freestyle 3</i>	<i>Freestyle 6</i>
<ol style="list-style-type: none"> 1. <i>Forward crossovers in a figure 8</i> 2. <i>Back spin</i> 3. <i>Salchow</i> 4. <i>Waltz jump/Toe loop or Salchow/toe loop</i> 	<ol style="list-style-type: none"> 1. <i>Camel/sit spin combination, min of 4 revolutions total</i> 2. <i>Split or stag jump</i> 3. <i>Waltz jump/1/2 loop /Salchow combination</i> 4. <i>Lutz jump</i>

Compulsory Event: TEST TRACK & WELL BALANCED

- In program form, using a limited number of connecting steps, the skating order of the required elements is optional
- 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
<i>Limited Beginner Compulsory</i>	<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 ½ sheet ice
<i>Beginner Compulsory</i>	<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 ½ sheet ice
<i>No Test Compulsory</i>	<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 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 ½ sheet ice
<i>Pre-Preliminary Compulsory</i>	<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 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 ½ sheet ice
<i>Preliminary Compulsory</i>	<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 ½ sheet ice
<i>Pre- Juvenile/Open Pre-Juvenile Compulsory</i>	<ol style="list-style-type: none"> 1. Single Jump (may not use Axel) 2. Jump combination, single/single (two single jumps with no turn in between, must be two different jumps) 3. Combination spin-1 foot change, minimum 6 total revolutions 4. Forward Spiral 5. Power pull (front or back, one foot only) 	Skaters must have passed at least the U.S. Figure Skating preliminary free skate test but may not have passed tests higher than the Pre-Juvenile Free Skate Test	Time :1:15 ½ sheet ice
<i>Juvenile/Open- Juvenile Compulsory</i>	<ol style="list-style-type: none"> 1. Axel 2. Jump combination single/single 3. Single jump 4. Combination spin with 1 change of foot, no change of position 5. Forward Spiral 6. Back Power 3's one circle only 	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than the juvenile free skate test	Time :1:30 Full sheet ice

FREE SKATE PROGRAM EVENT: TEST TRACK

Skaters may enter EITHER 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 No Age Limit	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. No Axel Allowed	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests	Time: 1:40 max
Beginner No Age Limit	Two upright spins, change of foot optional (min 3 revolutions and no flying spins), jumps with not more than one-half rotation (front to back or back to front including half-loop), 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: 1:40 max
Pre-Preliminary Test No Age Limit	Two spins held in one position only of a different nature, no change of foot (min 3 revolutions and no flying spins). Jumps with not more than one rotation (front to back or back to front including half-loop.) Single rotation jumps: Salchow, toe loop, and loop only. Jump combinations and sequences with the above jumps are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed the U.S. Figure Skating pre-preliminary free skate test	Time :1:40 max
Preliminary Test No Age Limit	At least 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 jumping elements. Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed the U.S. Figure Skating-preliminary free skate test	Time :1:30 +/- 10 sec
Pre-Juvenile Test (Under 13 Yrs as of 2/11/2011) Open Pre-Juvenile Test (13 Yrs or older as of 2/11/2011)	Three spins in any position (min 3 revolutions), one must be a combination spin with change of foot optional (min 4 revolutions on each foot or 6 total revolutions and no flying spins). Jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed. Maximum 5 jumping elements. One step sequence straight line, circular or serpentine fully utilizing ice surface.	Skaters must have passed the US Figure Skating Pre-Juvenile free skate test.	Time: Up to 2:00 +/- 10 sec
Juvenile Test (Under 13 Yrs as of 2/11/2011) Open Juvenile Test (13 Yrs or older as of 2/11/2011)	Any single jumps and jump combinations with not more than 1 1/2 rotations. (Axel permitted) Maximum 5 jumping elements. Three spins in any position (min 4 revolutions). One must be a combination spin with one change of foot (min 4 revolutions on each foot. May include flying spins. One step sequence straight line, circular or serpentine fully utilizing ice surface.	Skaters must have passed at least the U.S. Figure Skating pre-juvenile free skate test but may not have passed tests higher than juvenile free skate test.	Time: 2:15 +/- 10 sec

FREE SKATE PROGRAM EVENT: TEST TRACK

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
<i>Intermediate Test</i>	<i>Three spins in any position (min 4 revolutions), one must be a combination spin with at least one change of foot (min 4 revolutions on each foot). May include flying spins. Any single jumps. Double Salchow and the Double Toe Loop are allowed.. Maximum 6 jump elements. One step sequence straight line, circular, or serpentine fully utilizing ice surface. See T.R. 32.05</i>	<i>Skaters must have passed at least the U.S. Figure Skating juvenile free skate test but may not have passed tests higher than intermediate free test..</i>	<i>Time: Up to 2:30 +/- 10 sec</i>
<i>Novice Test</i>	<i>Three spins in any position (min 6 revolutions), one must be a combination spin with at least one change of foot (min 5 revolutions on each foot). May include flying spins. Any single jumps, Only double jumps allowed Double Salchow, Double Toe Loop and Double Loop. Maximum 7 jump elements for men and 6 for ladies. One step or spiral sequence. See rule 3660 for description.</i>	<i>Skaters must have passed at least the U.S. Figure Skating intermediate free skate test but may not have passed tests higher than novice free test.</i>	<i>Time: Ladies 3:00 +/-10 sec. Men 3:30 +/-10 sec.</i>
<i>Junior Test</i>	<i>Three Spins-one must be a spin in one position, one a Flying spin (min 6 revolutions) and a combination spin consisting of all three basic spin positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). Any single jumps., Double jump may only be the Double Salchow, Double Toe Loop, Double Loop and Double flip. Jump combinations and sequences allowed. Maximum 8 jump elements for men and 7 for ladies. One step sequence of advanced difficulty covering the full ice surface. See rule 3650 for description.</i>	<i>Skaters must have passed at least the U.S. Figure Skating novice free skate test but may not have passed tests higher than junior free test.</i>	<i>Time: Ladies 3:30 +/-10 sec. Men 4:00 +/-10 sec.</i>
<i>Senior Test</i>	<i>Maximum of three spins-one must be a spin in one position, one a flying spin (min 6 revolutions) and one spin combination consisting of all three basic spin positions and one change of foot (minimum 2 in each position and minimum 5 revolutions on each foot). At least four different double jumps one must be a Double Lutz. Jump combinations and sequences allowed. Maximum 8 jump elements for men and 7 for ladies . Men: Two different step sequences. Ladies; One step sequence and one spiral sequence. See rule 3640 for description.</i>	<i>Skaters must have passed at least the U.S. Figure Skating junior free skate test.</i>	<i>Time: Ladies 4:00 +/-10 sec. Men 4:30 +/-10 sec.</i>

FREE SKATE EVENT: WELL BALANCED PROGRAM

Skaters may enter EITHER 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.

0.3 from EACH mark for each technical element included that is not permitted in the event description.

0.4 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
No Test No Age Limit	Single Jumps(no Axel). Max 3 combos or sequences Combos limited to 2 jumps, but on e 3 jump is permitted. Number of jumps in sequence is not limited. Max 5 jumps. Spins must be a different nature. Min, 3 revolutions each. Spins may change feet and start with a fly. 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 test.	Time :1:00-1:30 +/-10 sec
Pre-Preliminary Test No Age Limit	Maximum of 5 jumps elements. Axels allowed. No double jumps permitted. Maximum of 2 spins of a different nature. One step sequence utilizing ½ ice surface.	Open to skaters who have passed Pre-Preliminary Free Skate test but no higher.	Time :1:30 +/-10 sec
Preliminary Test No Age Limit	Maximum of 5 elements, one of which must be an axel/waltz jump-type jump. Maximum of 2 spins of a different nature. One step sequence utilizing ½ the ice surface.	Open to skaters who have passed Preliminary Free Skate test but no higher.	Time :1:30 +/-10 sec
Pre-Juvenile Test (Under13 Yrs as of 2/11/2011)	Maximum of five jumps, one of which must be Axel type jump). Maximum three spins of a different nature. One Step sequence fully utilizing the ice surface.	Open to skaters who have passed Pre-Juvenile Free Skate test but no higher.	Time :2:00 +/-10 sec
Open Pre-Juvenile Test (13 Yrs or older as of 2/11/2011))	Maximum of five jumps, one of which must be Axel type jump). Maximum three spins of a different nature. One Step sequence fully utilizing the ice surface.	Open to skaters who have passed Pre-Juvenile Free Skate test but no higher.	Time :2:00 +/-10 sec
Juvenile Test (Under13 Yrs as of 2/11/2011)	Maximum of five jumps, one of which must be Axel-type jump).Maximum of three spins of a different nature (one of which must be a flying spin, one a combination spin with a least one change of position, and one a spin with only one position with no change of foot and no flying entry). Maximum of one step sequence fully utilizing the ice surface.	Open to skaters who have passed Juvenile Free Skate test but no higher.	Time :2:15 +/-10 sec
Open Juvenile Test (13 Yrs or older as of 2/11/2011))	Maximum of five jumps, one of which must be Axel-type jump).Maximum of three spins of a different nature (one of which must be a flying spin, one a combination spin with a least one change of position, and one a spin with only one position with no change of foot and no flying entry). Maximum of one step sequence fully utilizing the ice surface.	Open to skaters who have passed Juvenile Free Skate test but no higher.	Time:2:15 +/- 10 sec
Intermediate Test Under 18 yrs as of 2/11/2011	Maximum of six jump elements (one of which must be an Axel-type jump). Maximum of three spins of a different nature one of which must be a flying spin and one a combination spin with at least one change of position. Combination spin must have 8 revolutions total. The third spin is the skaters choice but must have at least 5 revolutions. Maximum of one step sequence fully utilizing the ice surface.	Open to skaters who have passed Intermediate Free Skate test but no higher.	Time:2:30 +/- 10 sec

ENTRY FORM

Name _____ Age (as of 2/11/11) _____ Sex _____

Last First

Address _____ City _____

State _____ Zip Code _____ Birth Date _____

Area Code/Phone # Day _____ Evening _____ Cell # _____

U.S. Figure Skating number _____ Highest Level Passed _____

Program/Club Affiliation _____

Email address: _____

Please check the event(s) you are entering:

Basic Elements:

- _____ Snowplow Sam
- _____ Basic 1 _____ Basic 5
- _____ Basic 2 _____ Basic 6
- _____ Basic 3 _____ Basic 7
- _____ Basic 4 _____ Basic 8

Basic Free Skate Program:

- _____ Snowplow Sam
- _____ Basic 1 _____ Basic 5
- _____ Basic 2 _____ Basic 6
- _____ Basic 3 _____ Basic 7
- _____ Basic 4 _____ Basic 8

Free Skate Elements/Compulsories:

- _____ Free Skate 1
- _____ Free Skate 2
- _____ Free Skate 3
- _____ Free Skate 4
- _____ Free Skate 5
- _____ Free Skate 6

Free Skate Program:

- _____ Free Skate 1 _____ Free Skate 4
- _____ Free Skate 2 _____ Free Skate 5
- _____ Free Skate 3 _____ Free Skate 6

Free Skate Elements/Compulsories: Test Track

- _____ Limited Beginner Compulsory
- _____ Beginner Compulsory
- _____ No Test Compulsory
- _____ Pre-Preliminary Compulsory
- _____ Preliminary Compulsory
- _____ Pre-Juvenile Compulsory
- _____ Open Pre-Juvenile Compulsory
- _____ Juvenile Compulsory
- _____ Open Juvenile Compulsory

Test Track

- _____ Limited Beginner
- _____ Beginner
- _____ Pre-Preliminary
- _____ Preliminary
- _____ Pre-Juvenile
- _____ Open Pre- Juvenile
- _____ Juvenile
- _____ Open Juvenile
- _____ Intermediate
- _____ Novice
- _____ Junior
- _____ Senior

Free Skate Events

Well Balanced

- _____ No Test
- _____ Pre-Preliminary
- _____ Preliminary
- _____ Pre-Juvenile
- _____ Open Pre- Juvenile
- _____ Juvenile
- _____ Open Juvenile
- _____ Intermediate

Free Skate Elements/Compulsories: Well Balanced

- _____ Limited Beginner Compulsory
- _____ Beginner Compulsory
- _____ No Test Compulsory
- _____ Pre-Preliminary Compulsory
- _____ Preliminary Compulsory
- _____ Pre-Juvenile Compulsory
- _____ Open Pre-Juvenile Compulsory
- _____ Juvenile Compulsory
- _____ Open Juvenile Compulsory

**ENTRY FEE IS: \$ 50.00 First Event
\$ 15.00 Each Additional Event**

**First Event \$ _____
Additional Events \$ _____
Additional Events \$ _____**

Total Due: \$ _____

LAKE MINNETONKA BASIC SKILLS & TEST TRACK COMPETITION

All entries must be **postmarked** no later than **Saturday, February 11, 2011** and are limited to the first 150 applications received. Late entries will be accepted at the discretion of the LOC organizers. Entry fees are per person, U.S. dollars. The first event is \$50.00 and each additional event is \$15.00. **NO** refunds after closing date unless event is cancelled by LMFSC.

There will be a \$35.00 fee for returned checks, and a skater will not be allowed on the ice until all fees and charges are paid in full.

Entry Forms & Practice Ice Requests (Pages 11-13) must be filled out completely and returned with a **Size 10 self-addressed stamped envelope and check for registration fees made payable to:**

LMFSC (Lake Minnetonka FSC)
Mail To:
LMFSC
c/o Nancy Kaufmann
430 Peavey Lane
Wayzata, MN 55391

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

SKATER/PARENT/GUARDIAN VERIFICATION AND RELEASE I do hereby agree to assume all risk of injury resulting from, caused by, or in connection with the conduct and management of the competition and to waive and release any claims against US Figure Skating Officials, US Figure Skating, Minnetonka Ice Arena, and the Lake Minnetonka FSC. If the competitor is under 18 years of age, parent or guardian must grant permission to compete. I fully understand that the fees associated with this competition are non-refundable and that I am an amateur. Check all the events you plan to participate in. It is both the skater's and the coach's responsibility to verify that the information is correct.

Signature Skater/Parent/Guardian: _____ Date _____

INSTRUCTOR/COACH CERTIFICATION: To the best of my knowledge, the information on this form is true and correct. **By signing this form you certify that you are registered with US Figure Skating and comply with all rules set forth by US Figure Skating as being a registered coach.**

Signature: _____ Phone: [____] _____
 (Please Print)

Membership number _____ This membership number will be checked with US Figure Skating for compliance.

HOME CLUB RELEASE This skater is a member in good standing with our club and has our permission to participate.

Signature: _____ Title _____ Date _____
 Program Director or Club Officer



Wish Your Skater

Good Luck!!!!

Want to wish your skater Good Luck? Send a good luck note to be put in the competition book.

Fill out the lines below and return with \$ 5.00 payment. Make check payable to:

LMFSC
c/o Nancy Kaufmann
430 Peavey Lane
Wayzata, MN 55391

Example: Suzie Skater

Best of Luck!
We Love you!
Mom & Dad

Skaters Name: _____

Message:
(2 line Max)

Signed: _____

Deadline: February 11, 2011