

# Strongsville Skating Spring Fling

HOSTED AND SPONSORED BY THE STRONGSVILLE SKATING CLUB

SANCTIONED BY US FIGURE SKATING

SATURDAY, APRIL 17 AND SUNDAY, APRIL 18, 2010

HOOVER ARENA 15381 ROYALTON RD. STRONGSVILLE, OH 44136

**PURPOSE:** The Strongsville Spring Skating Fling Competition was established to generate interest and encourage participation in the sport of ice skating among basic skill skaters.

Chairman: Scott Zimmerman (440) 724-8308 springfling2010@ameritech.net  
Chief Referee: Holly Jinks (260) 486-1910 holskate@aol.com

**ELIGIBILITY: BASIC SKILLS PORTION:** 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 US 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 US Figure Skating tests 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 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 who have passed no higher than the Preliminary Free Skating or Adult Bronze Free Skating Tests are eligible to compete. Eligibility will be based on level as of closing date of entries.

**ENTRIES:** All entries must be postmarked by **March 5, 2009**. Late entries will be accepted only if room allows. If there are less than two (2) entries in any event, The Strongsville Skating Club reserves the right not to conduct the event. There will be separate events for boys and girls in the Pre-Preliminary and Preliminary compulsory and free skating events and Adult events, depending on the number of entries received. We reserve the right to combine or further divide any event.

## Entry Fees:

GROUP	1 <sup>ST</sup> EVENT	2 <sup>ND</sup> EVENT	EACH ADDITIONAL
BASIC SKILLS	\$35.00	\$20.00	\$5.00
BEGINNER THRU ADULT	\$50.00	\$20.00	\$5.00
SOLO DANCE	\$20.00	\$10.00	\$5.00

**Skaters registering in two or more events must pay the highest 1<sup>st</sup> event fee, then 2<sup>nd</sup> and then Additional event fees apply.**

Please Note: There is a **\$20.00 late fee** for all applications submitted after the deadline and accepted and a \$35.00 service charge assessed for processing a NSF check. **No refunds** will be issued after the closing date. There will also be a **\$20.00 Change of Event Fee**.

**MAIL TO:** Spring Fling  
PO Box 361764  
Strongsville, OH 44136

**AWARDS:** All skaters in all events will receive medals. All events will be final rounds. Awards presentation schedule will be posted at the Awards table during the competition. All skaters are asked to wear their skates & competition outfits for awards presentations.

**SCHEDULE OF EVENTS:** Will be posted on the Official Club Bulletin Board as well as the Strongsville website, [www.strongsvilleskating.com](http://www.strongsvilleskating.com), no later than four to five days prior to the competition. Please continue to check our web site for updates.

**FACILITIES:** There will be two (2) ice surfaces at Ice Land USA that are 200' X 85'. There will be dressing rooms available for competitors and a concession to purchase sandwiches and snacks. The Strongsville Skating Club will also have vendor tables.

**REGISTRATION:** On the day of the competition, all skaters must check in at the registration table in the lobby. Registration will be open one hour prior to the start of the competition. Skaters should be at the rink, checked in, and ready to compete one hour before their first scheduled event.

**MUSIC:** The music for all free skating programs must be provided on a CD. The CD is to be turned in at registration at least 1 hour before competition time. Competitors must have a spare CD at rink side to be used in case of technical difficulties. Only one music track is to be recorded on CD. **No cassette tapes will be played.**

**VIDEOTAPING AND PHOTOGRAPHY:** This service will be available, more information will be posted on the clubs web site as the competition draws closer.

**PRACTICE ICE:** Practice ice will be available in 30 minute sessions for \$10.00 a session. Please fill out the enclosed practice ice form and include it with your application. It will be sold on a First Come, First Served basis.

**VENDORS:** If you are interested in being a vendor at the competition, please e-mail Janet Wene at: [jawene@yahoo.com](mailto:jawene@yahoo.com) for an application and full details.

**COACHES CREDENTIALS:** All coaches wishing to receive credentials for the competition must show legal picture ID (e.g. Driver's License). A coach badge must be worn by all coaches wanting to be permitted rinkside with skaters.

<b>HOTELS:</b>	HOLIDAY INN	SUPER 8 MOTEL
	15471 ROYALTON RD	15385 ROYALTON RD
	STRONGSVILLE, OH 44136	STRONGSVILLE OH 44136
	(440) 238-6352	(440) 238-0170

## Learn to Skate Basic Skill Elements – Snowplow Sam through Basic 8 and Adult Learn to Skate

Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform 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 below.** Time: 1:00 or less

<p><b>Snowplow Sam (TOTS)</b></p> <ol style="list-style-type: none"> <li>1. March forward 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 style="text-align: center;">Basic 1</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 style="text-align: center;">Basic 2</p> <ol style="list-style-type: none"> <li>1. Forward one foot glide – either foot</li> <li>2. Forward Alternating 1/2 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 style="text-align: center;">Basic 3</p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward 1/2 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 style="text-align: center;">Basic 4</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, either right or left foot</li> </ol>	<p style="text-align: center;">Basic 5</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 – min of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop –either direction</li> </ol>
<p style="text-align: center;">Basic 6</p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn, right and left foot from standstill</li> <li>2. Bunny hop</li> <li>3. Forward spiral on a straight line, either foot</li> <li>4. Lunge, either right or left</li> <li>5. T-stop, either right or left</li> </ol>	<p style="text-align: center;">Basic 7</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 backward outside edge landing position - clockwise and counter clockwise</li> <li>4. Forward inside pivot – R or L</li> </ol>
<p style="text-align: center;">Basic 8</p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns-Right &amp; Left</li> <li>2. Waltz Jump</li> <li>3. Mazurka, either R or L</li> <li>4. Combination move-clockwise or counter-clockwise-2 forward crossovers into FI Mohawk, step behind, step into 1 back crossover and step to a FI edge</li> <li>5. Beginning one foot spin-optional entry and free foot position.</li> </ol>	<p><b>Adult Learn to Skate (21 years or older)</b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge – right and left on a circle (not consecutive)</li> <li>2. Forward inside edge – right and left on a circle (not consecutive)</li> <li>3. Forward crossovers, both directions on a circle</li> <li>4. Forward outside 3-turn, either foot</li> </ol>

### Compulsory Programs Freeskate 1-6 - No Music

In program form, using a limited number of connecting steps, the skating order of required elements is optional. Skated on 1/2 ice. No music allowed. Skater must demonstrate required elements & 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><b>Freeskate level 1 Compulsory</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>Freeskate level 4 Compulsory</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>Freeskate level 2 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Forward outside and 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>Freeskate level 5 Compulsory</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>Freeskate level 3 Compulsory</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>Freeskate level 6 Compulsory</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 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, 1/2 loop, Salchow combination</li> <li>5. Lutz jump</li> </ol>

## Basic Programs with Music – Snowplow Sam through Basic 8 Program

Skating order of required elements is optional. Elements are not restricted as to the number of times element is executed or length of glides, number of revolutions, etc. unless otherwise specified. To be skated on full ice. Vocal music is allowed. 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.

<b>Snowplow Sam (TOTS)</b> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide forward and dip</li> <li>2. Forward two foot swizzles 2-3 in a row</li> <li>3. Backward wiggles 2-6 in a row</li> <li>4. Forward snowplow stop</li> </ol>	<b>Basic 1 Program</b> <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. Backward wiggles 6-8 in a row</li> <li>4. Forward snowplow stop</li> </ol>
<b>Basic 2 Program</b> <ol style="list-style-type: none"> <li>1. Forward one foot glide – either foot</li> <li>2. Two foot turn in place – forward to backward</li> <li>3. Backward two foot swizzles 6-8 in a row</li> <li>4. Forward alternating ½ swizzle pumps, in a straight line across width of ice</li> <li>5. Moving snowplow stop</li> </ol>	<b>Basic 3 Program</b> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Forward ½ swizzle pumps on a circle, either direction, 6-8 consecutive</li> <li>3. Moving forward to backward two foot turning either direction</li> <li>4. Backward one foot glide, either foot</li> <li>5. Two foot spin</li> </ol>
<b>Basic 4 Program</b> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle either direction</li> <li>2. Forward crossovers 6-8 consecutive both directions</li> <li>3. From a standstill, forward outside three turn, R and L</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop, R and L</li> </ol>	<b>Basic 5 Program</b> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle either direction</li> <li>2. Backward crossovers 6-8 consecutive, both direction</li> <li>3. One foot spin – min 3 revolutions</li> <li>4. Side Toe hop</li> <li>5. Hockey stop</li> </ol>
<b>Basic 6 Program</b> <ol style="list-style-type: none"> <li>1. From a standstill, forward inside 3-turn, R and L</li> <li>2. Bunny hop</li> <li>3. Forward arabesque/spiral on a straight line</li> <li>4. Lunge</li> <li>5. T-stop</li> </ol>	<b>Basic 7 Program</b> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk, R to L and L to R</li> <li>2. Ballet jump</li> <li>3. Back crossovers to a back outside edge landing position clockwise and counter clockwise</li> <li>4. Forward inside pivot</li> </ol>
<b>Basic 8 Program</b> <ol style="list-style-type: none"> <li>1. Moving forward outside or inside 3-turns, R and L</li> <li>2. Waltz jump</li> <li>3. Mazurka, either direction</li> </ol> See next box →	<ol style="list-style-type: none"> <li>4. Combination move – clockwise or counter clockwise – two forward crossovers into forward inside Mohawk, step behind, step into one back crossover and step to a forward inside edge</li> <li>5. Beginning upright one foot spin – optional free foot</li> </ol>

## Freestyle Programs 1-6 with music

Skating order of required elements is optional. Elements are not restricted as to the number of times element is executed, or length of glides, number of revolutions, etc. unless otherwise stated. Connecting moves & steps should be demonstrated throughout the program. Vocal music is allowed. Skater must demonstrate 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 +/- 10 seconds

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

## COMPULSORY MOVES BEGINNER THROUGH PRELIMINARY & ADULT

Program to be skated on half ice without music. In program form, using a limited number of connecting steps, the skating order of the required elements is optional. *Skaters may have the option to skate one level higher in compulsory that their Free Skate Program.* A 0.2 deduction will be taken for each element performed from a higher level.

CATEGORY	TIME	QUALIFICATIONS	REQUIRED ELEMENTS
<b>Limited Beginner</b>	1:00 Max	Skaters may not have passed Tests higher than USFS Basic Skills free skate badge tests.	<ol style="list-style-type: none"> <li>1. Waltz Jump</li> <li>2. ½ jump of choice</li> <li>3. Forward two-foot or one-foot spin (free leg position optional)</li> <li>4. Forward or backward spiral</li> </ol>
<b>No Test</b>	1:00 Max	Skaters may not have passed Tests higher than USFS Basic Skills free skate badge Tests, no official USFS free skate test passed.	<ol style="list-style-type: none"> <li>1. Loop Jump</li> <li>2. Jump combination to include a toe loop (may not use an axel or loop)</li> <li>3. Solo spin-sit or camel</li> <li>4. Spiral sequence-must include a forward &amp; backward spiral-additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included.</li> </ol>
<b>Pre-Preliminary</b>	1:00 Max	Skaters may not have passed test higher than USFS Pre-Preliminary free skate test.	<ol style="list-style-type: none"> <li>1. Flip Jump</li> <li>2. Jump combination-waltz jump/toe loop or salchow/toe loop</li> <li>3. Solo spin-sit or camel</li> <li>4. Spiral sequence-must include a forward &amp; backward spiral-additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included.</li> </ol>
<b>Preliminary</b>	1:15 Max	Skaters must have passed at least the USFS Pre-Preliminary free skate test but may not have passed higher than the Preliminary free skate test.	<ol style="list-style-type: none"> <li>1. Lutz Jump</li> <li>2. Jump combination (may not use lutz or axel)</li> <li>3. Camel spin</li> <li>4. Spiral sequence-must include a forward &amp; backward spiral-additional spirals and balance moves such as Ina Bauers, spread eagles, lunges, and shoot the ducks may be included.</li> </ol>
<b>Adult No Test</b>	1:30 Max	Must not have passed any USFS free skate tests. Age 21 or older	<ol style="list-style-type: none"> <li>1. Forward spiral</li> <li>2. Half-flip jump</li> <li>3. Forward crossovers</li> <li>4. Waltz jump</li> <li>5. One foot spin</li> </ol>
<b>Adult Pre-Bronze</b>	1:30 Max	Must not have passed higher than Adult Pre-Bronze free skate test. Age 21 or older.	<ol style="list-style-type: none"> <li>1. Salchow Jump</li> <li>2. Backward spiral</li> <li>3. Half-lutz jump</li> <li>4. Backward crossovers</li> <li>5. One foot spin</li> </ol>
<b>Adult Bronze</b>	1:30 Max	Must no have passed higher than Adult Bronze free skate test. Age 21 or older.	<ol style="list-style-type: none"> <li>1. Salchow jump</li> <li>2. Sit spin</li> <li>3. Single jump, not repeating salchow-no axel permitted</li> <li>4. Backward spiral</li> <li>5. Waltz jump/toe loop combination</li> </ol>

## COMPETITIVE TEST TRACK 2009-10 (EFFECTIVE September 1, 2009)

Skaters may enter EITHER the test track free skate program or the well-balanced track free skate program but NOT both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted. The 6.0 judging system will be used for all Test Track events.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- From EACH mark for each technical element included that is not permitted on the event description
- From the technical mark for each extra or lacking element
- For any spin with less than required revolutions

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
<b>Limited Beginner Test Track</b>  Time: 1:40 Max	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (Min 3 revolutions)	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.
<b>Beginner Test Track</b> Time: 1:40 Max	Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: salchow & toe loop only Jump combinations & sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (Min 3 revolutions)	Connecting moves & 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.
<b>Pre- Preliminary Test Track</b> Time: 1:40 Max	Jumps with not more than one rotation (no axels). Jump combinations or sequences using only a waltz jump, toe loop, and salchow are permitted. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot. (Min 3 revolutions and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters may not have passed test higher than U.S. Figure Skating Pre-preliminary free skate test.
<b>Preliminary Test Track</b> Time: 1:30 +/- 10	Jumps with not more than one rotation (no axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature combination spins allowed. (Min 3 revolutions each and no flying spins)	Connecting moves and steps should be demonstrated throughout the program.	Skaters must have passed at least the U.S. Figure Skating Pre-preliminary free skate test but may not have passed tests higher than the Preliminary free skate test.

## FREE SKATE WELL BALANCED PROGRAM

Free skating events will be in accordance to the rules set forth in the current edition of the USFS rulebook. To compete in adult events, skater must be 21 years of age or older.

LEVEL	QUALIFICATIONS	PROGRAM LENGTH
No Test (Beginner)	May not have passed any official U.S. Figure Skating free skate tests. Refer to as per rule #3721	1:30 +/-10
Pre-Preliminary	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test. Refer to as per rule #3711	1:30 +/-10
Preliminary	Must have passed no higher than U.S. Figure Skating Preliminary free skate test. Refer to as per rule #3701	1:30 +/-10
Adult Pre-Bronze	Must have passed no higher than Adult Pre-Bronze free skate test or Pre-preliminary free skate test. Refer to as per rule # 3806	1:40 Max
Adult Bronze	Must have passed no higher than Adult Bronze free skate test or preliminary free skate test. Refer to as per rule # 3801	1:50 Max

### SPIN EVENTS-BEGINNER THROUGH PRELIMINARY

All levels will present a program without music with spins specified for their appropriate level. Connecting moves are permitted between spins. Spins may be done in any order. *There will be deductions for any jumps.* Programs can be no longer than stated times. All levels will be done on half-ice surface.

LEVEL	ELEMENTS	PROGRAM LENGTH
<b>Beginner</b> (3 revs min)	<ol style="list-style-type: none"> <li>1. Forward one foot spin</li> <li>2. Two foot spin</li> <li>3. Sit spin</li> </ol>	1:00 max
<b>Pre-Preliminary</b> (3 revs min. in position)	<ol style="list-style-type: none"> <li>1. Forward one foot spin</li> <li>2. Camel spin</li> <li>3. Sit spin</li> </ol>	1:00 max
<b>Preliminary</b> (3 revs min. in each position)	<ol style="list-style-type: none"> <li>1. One foot forward scratch spin</li> <li>2. One foot back spin, entry optional</li> <li>3. Forward camel to forward sit spin combination</li> </ol>	1:15 max
	1.	

### SOLO DANCE EVENTS

Skaters may enter as many dances as they qualify for and ladies and men will compete together. The referee will determine the number of patterns to be skated.

DANCES	LAST TEST LEVEL PASSED
Dutch Waltz	May not have completed the Preliminary Dance Tests.
Canasta Tango	May not have completed the Preliminary Dance Tests.
Rhythm Blues	May not have completed the Preliminary Dance Tests.
Cha-Cha	May not have completed the Pre-Bronze Dance Tests
Fiesta Tango	May not have completed the Pre-Bronze Dance Tests
Swing Dance	May not have completed the Pre-Bronze Dance Tests

### ARTISTIC SHOWCASE EVENTS

Eligibility by test level as described for Free Skating events. Vocal music can be used. Appropriate costumes are encouraged but not mandatory and should not pose a safety hazard to the skater. Judging will emphasize artistic expression, originality, creativity, and musical interpretation, rather than technical skills. *Skater must be able to get any props on and off the ice without assistance. No flame or smoke, wet mops, whipped or shaving cream, or any substance that may alter the ice in any way. No cap guns or loud noises.*

CATEGORY	DURATION	ELIGIBILITY
Beginner	1:40 max	May not have passed any USFS Free skate test
Pre-Preliminary	1:40 max	May not have passed higher than USFS Pre-Preliminary Free skate test
Preliminary	1:40 max	May not have passed higher than USFS Preliminary Free skate test



# Strongsville Skating Club Spring Fling Competition

April 17 and 18, 2010

*Entry Form must be postmarked by March 5, 2010*

Please print following information:

Competitor's name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex: M/F

Address: \_\_\_\_\_ City \_\_\_\_\_ St: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

USFS# \_\_\_\_\_ Home Club \_\_\_\_\_ Highest FS Test Passed: \_\_\_\_\_

USFS Basic Skills # \_\_\_\_\_ Learn To Skate Program Name \_\_\_\_\_

	<b>Entry Fee: \$35 for 1<sup>st</sup> event,\$20 2<sup>nd</sup> event, \$% ea addl. event</b>	
	Snowplow Sam (Tots)	Snowplow Sam (Tots) Basic Program with music
	Basic 1	Basic 1 Program with music
	Basic 2	Basic 2 Program with music
	Basic 3	Basic 3 Program with music
	Basic 4	Basic 4 Program with music
	Basic 5	Basic 5 Program with music
	Basic 6	Basic 6 Program with music
	Basic 7	Basic 7 Program with music
	Basic 8	Basic 8 Program with music
	Adult Learn to Skate	
	Freeskate 1 Compulsory Program-No music	Freeskate 1 Program with music
	Freeskate 2 Compulsory Program-No music	Freeskate 2 Program with music
	Freeskate 3 Compulsory Program-No music	Freeskate 3 Program with music
	Freeskate 4 Compulsory Program-No music	Freeskate 4 Program with music
	Freeskate 5 Compulsory Program-No music	Freeskate 5 Program with music
	Freeskate 6 Compulsory Program-No music	Freeskate 6 Program with music

	<b>Entry Fee: \$50 1<sup>st</sup> event,\$20 2<sup>nd</sup> event,\$5 ea addl.event</b>	
	Limited Beginner Compulsory Moves	Limited Beginner Test Track Program
	No Test Compulsory Moves	Beginner Test Track Program
	Pre-Preliminary Compulsory Moves	Pre-Preliminary Test Track Program
	Preliminary Compulsory Moves	Preliminary Test Track Program
	Adult No Test Compulsory Moves	
	Adult Pre-Bronze Compulsory Moves	
	Adult Bronze Compulsory Moves	No Test (Beginner) Well-Balanced Program
		Pre-Preliminary Well-Balanced Program
	Adult Pre-Bronze Well Balanced Program	Preliminary Well-Balanced Program
	Adult Bronze Well Balanced Program	

	Beginner Spins	Beginner Artistic Showcase
	Pre-Preliminary Spins	Pre-Preliminary Artistic Showcase
	Preliminary Spins	Preliminary Artistic Showcase

	Dutch Waltz	Swing Dance
	Canasta Tango	Cha-Cha
	Rhythm Blues	Fiesta Tango

1<sup>st</sup> Event Fee: \$ \_\_\_\_\_  
 2<sup>nd</sup> Event Fee: \$ \_\_\_\_\_  
 \_\_\_\_\_ Add'l. events X \$5 = \$ \_\_\_\_\_  
 Late fee: \$ \_\_\_\_\_  
 TOTAL \$ \_\_\_\_\_

*Checks Payable to: SSC-Spring Fling*

**Mail to:** Spring Fling  
 P.O. Box 361764  
 Strongsville, OH 44136

**NOTE: Only completed applications will be scheduled for the competition**

Competitor's name: \_\_\_\_\_ USFS #: \_\_\_\_\_  
Coach Name(required): \_\_\_\_\_ Phone # \_\_\_\_\_  
Coach E-Mail(required): \_\_\_\_\_

### CERTIFICATE OF ELIGIBILITY

I hereby approve this entry and certify that this skater is a member of this **Club or Learn to Skate Program**, is an amateur in accordance with USFS rules, and to the best of my knowledge is eligible to enter the specified events.

Signature of Competitor or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Club Officer or Learn to Skate Director: \_\_\_\_\_

Title: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Coach: \_\_\_\_\_ Date: \_\_\_\_\_

### WAIVER OF RESPONSIBILITY

Skater or Guardian: I understand and agree that the USFS and the Strongsville Skating Club, including its Board of Directors and all volunteers assisting in the organization of the competition undertake no responsibility for damages or injuries, or loss of property suffered by the **Skater, Competitor, or Guardian**. 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; USFS, SSC, and volunteers. Skater or Guardian acknowledges that their entry forms shall be accepted only on such condition.

Signature of Competitor or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

### AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

In the event I am unavailable, I hereby give permission for any emergency treatment to the direction of the Chairperson of this competition. I understand that the Chairperson has no formal medical background but will seek appropriate care and treatment. I will assume and take sole responsibility for all financial obligations arising out of the treatment.

I will hold USFS, SSC, Ice Land USA, and their appointees or employees harmless from any claim rising out of any aid afforded. I further indemnify and hold harmless all the above mentioned parties any and all liability, claims, losses, or damages on my account. This includes participating in this competition, during practice ice, or at any other time on Hoover Arena premises.

Signature of Competitor or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Any relevant Medical Information; i.e. allergies, pre-existing conditions:

\_\_\_\_\_  
\_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

# PRACTICE ICE FORM

Practice ice will be available before the competition on April 17 and 18, 2010.

Each session will be 30 minutes in length and program music will not be played. There will be a limited number of skaters allowed on each session. Practice ice will be assigned on a first come first serve basis. The practice ice schedule will be posted on the club's web site:

[www.strongsvilleskating.com](http://www.strongsvilleskating.com).

*Each session is \$10.00, a separate check should be written to: SSC-Practice Ice*

**Please circle each day & time requested:**

SATURDAY     7:00 to 7:30am  
                   7:30 to 8:00am  
                   8:00 to 8:30am  
                   8:30 to 9:00am

SUNDAY       7:30 to 8:00am  
                   8:00 to 8:30am  
                   8:30 to 9:00am

Practice ice will be assigned according to the day of your scheduled event or events. Please sign up for the number of practice sessions you want. They are scheduled on a first come, first serve basis.

\_\_\_\_\_ # OF SESSIONS X \$10.00 = \_\_\_\_\_

After April 8, 2010, walk-ons will be available for \$13.00 per 30 minute session.

NAME OF SKATER: \_\_\_\_\_

CONTACT PHONE NUMBER: \_\_\_\_\_

The Strongsville Skating Club reserves the right to cancel and/or combine any practice ice sessions due to lack of participation. You will be notified should your session be cancelled.

## MANEUVER TEAM COMPETITION WITH A TWIST!

- Each team must consist of 3 club skaters and 2 skaters from your club's/rink's Learn To Skate Program.
- Skaters may only skate for their home club/rink LTS Program.
- A skater may skate on one team only
- There are 5 members per team with 1 maneuver performed by each member
- There must be a minimum of 4 skaters to compete as a team (5 is still the number that should sign up)
- No one skater may perform more than 1 jump or spin
- Each Club/LTS program may enter up to 10 teams-2 per level
- Both boys and girls may skate on the same team

LEVEL	QUALIFICATIONS	REQUIRED ELEMENTS
<b>Beginner Team</b>	Club Members: Passed no USFS free skate test LTS Participants: Working on basic 3-8 only	<ol style="list-style-type: none"> <li>1. Waltz jump</li> <li>2. Two-foot spin</li> <li>3. Forward lunge R or L</li> <li>4. Backward 1-foot glide R or L</li> <li>5. 2 Consecutive bunny hops</li> </ol>
<b>Pre-Preliminary Team</b>	Club Members: Passed no higher than USFS Pre-preliminary free skate test. LTS Participants: Passed no higher than Freeskate Level 3	<ol style="list-style-type: none"> <li>1. Waltz jump from back crossovers</li> <li>2. One-foot scratch spin from back crossovers</li> <li>3. Half-flip jump</li> <li>4. Toe loop jump</li> <li>5. Basic forward outside &amp; inside consecutive edges (3-4 outside; 3-4 inside)</li> </ol>
<b>Preliminary Team</b>	Club Members: Passed no higher than USFS Preliminary free skate test LTS Participants: Passed no higher than Freeskate Level 6	<ol style="list-style-type: none"> <li>1. Salchow jump</li> <li>2. Forward spiral R or L foot</li> <li>3. Waltz jump/toe loop combination</li> <li>4. Sit spin</li> <li>5. Flip jump</li> </ol>
<b>“Dress Your Coach For Success Team”</b>	Each team must consist of 3 Club members, any 2 LTS Participants, and 1 coach (no skates needed for coach).	Each team member must be able to skate the width of the arena carrying a “small prop” without tripping or falling. Further details will be reviewed with participants by referee just prior to event!

2010 SPRING FLING COMPETITION  
**"MANEUVER TEAM COMPETITION WITH A TWIST"**  
 (April 17-18, 2010)

For the following maneuver team events, **each team must consist of 3 club members and 2 skaters from your club's/rink's LTS program.** Skaters may only skate for their home club/rink LTS program. This new concept is designed to better join together club members with potential club members—learn to skate participants! All skaters on each team should be given the opportunity to spend a little practice time working together in an effort to more closely join these two groups and offer each skater the opportunity to make new friends! **Each Club/LTS program may enter up to 10 teams-2 per category listing! Both boys and girls may skate on the same team.** There are 5 members per team with 1 maneuver being performed by each member. Should a skater be unable to compete due to illness/injury, a teammate may do his/her maneuver with prior notice to the referee. **There must be a minimum of 4 skaters to compete as a team** (5 is still the number that should sign up). **No one skater may perform more than 1 jump or spin. A skater may skate on one team only.** Each team is to name a Team Leader through whom all communication with the team will be handled. Team applications must be submitted on a separate application. Each team must have a sign 22"x28" which includes the Club/LTS Program name and Team #.

Examples:      Strongsville SC/Hoover Arena LTS                                      Forestwood FSC/LTS  
                     Pre-Preliminary Team #1    Dress Your Coach Team #2

Team Name \_\_\_\_\_ Team Level \_\_\_\_\_ Home  
 Club \_\_\_\_\_

SKATER'S NAME	USFS# or BASIC SKILLS#	HIGHEST USFS FREESKATE or BASIC SKILLS TEST PASSED
1.		
2.		
3.		
4.		
5.		

**ENTRY FEE-\$50 PER TEAM**  
**Application must be postmarked by midnight MARCH 5, 2010**  
 Check/Money Order payable to: SSC-Spring Fling  
 Mail Application, Release/Medical Form, and Payment to:  
 Spring Fling Maneuver Teams  
 P.O. Box 361764  
 Strongsville, OH 44136

***NOTE: This event is subject to cancellation by the referee if competition does not have enough time for event to take place.***

# 2010 SPRING FLING COMPETITION

Hosted by The Strongsville Skating Club

April 17-18, 2010

## PROGRAM ADVERTISING FORM

The finished program will measure 5-1/2" x 8-1/2" and will be printed black/white only with a colorful cover. It will be made available to all competitors at a cost of 50 cents each. The perfect opportunity to advertise your company or promote your message to over 1,000 people! Please make sure your camera-ready ad (ads can also be digital) will fit into the size specifications listed below.

Contact Name \_\_\_\_\_

Phone/Cell Number \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

_____ Outside Back Cover (1 available)	5"W x 8" H	\$ 100
_____ Inside Front Cover (1 available)	5"W x 8"H	80
_____ Full Page	5"W x 8"H	60
_____ Half-Page	5"W x 4"H	40
_____ Quarter-Page	5"W x 2"H	20
_____ Personal Message/Business Card	2-1/2"W x 2"H	10
_____ Patron Ad listing	(1 line of copy)	5

***Please return this completed form along with your ad copy & check to:***

Spring Fling -Ads

P. O. Box 361764

Strongsville, OH 44136

***Deadline for ads: March 25, 2010***

***\*\*Art can also be mailed to XXXXXX@ Email address***

***Please make check payable to SSC-Spring Fling***

***For additional information/questions please contact XXXXX @ phone number or via email.***

***Additional contact: Jan Wene: [jawene@yahoo.com](mailto:jawene@yahoo.com) or 440-346-7579***

**2010 SPRING FLING COMPETITION**  
**Hosted by The Strongsville Skating Club**  
**April 17-18, 2010**

Hoover Arena  
15381 Royalton Road  
Strongsville,OH 44136

**VENDOR APPLICATION FORM**

Dear Vendor,

Thank you for your interest in being a vendor at the 2010 Spring Fling Competition. The Competition promises to be even bigger and better this year! If you have been a vendor with us in years' past we thank you for your support and if you are a new vendor this year, we welcome you to another great event hosted by our Club. Please return this page, signed, along with the attached form and your payment by January 20 to guarantee your space. Vendors will not be asked to give the competition a percent of sales, however we are asking each vendor to donate a gift item(s) for our raffle valued at \$25 or more. This gift will be collected from each vendor at 10AM on Saturday, April 17, the first day of the competition.

Jan Wene, Vendor Chair, [jawene@yahoo.com](mailto:jawene@yahoo.com) or 440-346-7579 (8am-noon)

**Vendor Terms & Conditions**

- A vending space (approximately 5' x 10') will be available to you from the start of the competition on Saturday, April 17 to the close of the competition on Sunday, April 18. You will have access to the arena for set-up beginning at 4PM on Friday, April 16 or you may wish to set up beginning at 7:00AM on Saturday, April 17. All vendors must be ready for sales by 9:30 AM on the first day of the competition.
- We will provide you with a table ( 6 or 8ft.) only if you request one.
- Only vendors with skating-related items or services will be permitted at the competition.
- Fee schedule for single & double spaces are listed on the attached form.
- Each vendor holds the Strongsville Skating Club, Hoover Arena operated by IceLand USA, and any representatives of such, harmless from any and all liability for injuries and from any and all liability for damages or loss of property.
- The Competition Committee reserves the right to decline any vendors is the requesting vending space is not available before or after the closing date of January 20, 2010

**Please return this letter with your signature indicating your acceptance of the above conditions along with the attached form completed, and your payment in full (payable to SSC-Spring Fling) by January 20, 2010.**

\_\_\_\_\_  
Vendor's Signature

\_\_\_\_\_  
Vendor's Company

\_\_\_\_\_  
Date

\_\_\_\_\_  
E-Mail

**Spring Fling Competition  
April 17-18, 2010  
Vendor Form**

Name of Company \_\_\_\_\_

Vendor Contact \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

Phone/Cell Number \_\_\_\_\_

**Vending Space**

\$50 for 2 days-single space (approx. 5' x 10') \$ \_\_\_\_\_

\$100 for 2 days-double space (approx. 5' x 20') \_\_\_\_\_

Need tables: 1 per single space (2 for double) Yes/No? \_\_\_\_\_

Need electricity; 1 outlet per vendor Yes/No?  
(Vendors must provide extension cord (recommend 75 ft.) and power bar if needed) \_\_\_\_\_

Would you like to purchase a meal ticket for \$15 which entitles you to eat in  
Pro/Volunteer Hospitality Room for both days of the Competition? Yes/No \_\_\_\_\_  
If so, please include this amount in your check)

Would you like to place a coupon/flyer in the gift bags all registered skaters receive? \_\_\_\_\_  
(If yes, we would need the items shipped to us at the address on the letter no later than Monday April 5)

**Additional Requirements**

- Please be sure all tables are covered
- Bring duct tape to tape down all cords
- Make sure all items are priced or signage indicates pricing
- Chairs may not be available so be sure to bring folding chairs/stools with you
- Food will be available from the concession at the rink-no outside food allowed according to rink policy

**Please mail letter, this form and your check (payable to SSC-Spring Fling) to:  
Spring Fling Vendors  
P. O. Box 361764  
Strongsville, Oh 44136**

**\*\*Deadline to guarantee space: January 20, 2010\*\***

