

# 2006 MLK Day Competition

The Lincoln Center Figure Skating Club invites you to participate in the fifth annual MLK Day Competition on January 16, 2006 at the Hamilton Center Ice Arena. The rink is located at 2501 Lincoln Park Drive, Columbus, Indiana, 47201.

**Eligibility:** Skaters may compete in events qualified by their U.S.F.S.A. Basic Skills test level or their ISI test level as of December 5, 2005 or one level higher. Skaters may compete in only one level of basic skills. Males and females may be placed in the same group when necessary.

**Entries & Fees:** All entries must be postmarked by **December 5, 2005**. No refunds will be made unless the event is cancelled due to lack of entries. Entry fees are \$35.00 for first event (non Basic Skills Event)  
\$25.00 for first Basic Skills event  
\$15.00 for each additional event

Late entries will be accepted at the discretion of the competition committee with a \$15.00 late fee. Returned checks will have a \$20.00 fee. Please include a **self addressed stamped envelope** or your **email** address in order to receive a copy of the competition schedule and any practice ice information.

Make checks payable to **Lincoln Center F.S.C.** and mail to: Jenni Cashen  
1187 Emerald Lakes Drive, #206  
Greenwood, IN 46143

Questions can be directed to:

Jenni Cashen at (812) 376-2588 (Daytime) or (317) 887-9401 (Evening) or by email at [jcashen@earthlink.net](mailto:jcashen@earthlink.net).

Schedules will be posted on our website at [www.lincolncenterfsc.org](http://www.lincolncenterfsc.org).

**Facilities:** The competition will be held at Hamilton Center Ice Arena. The ice surface is 85' x 200' with slightly rounded corners. A snack bar, skate shop, and dressing rooms will be made available during the competition. There will be a registration desk located in the lobby where skaters should check in 45 minutes before their event.

**Music:** The Lincoln Center F.S.C. will provide music for Tiny Tots through Basic Freestyle 3 & 4. Coaches who are coming should contact Jenni Cashen to receive music by December 5<sup>th</sup> in order for the CD's to be mailed to your rink. ***This is new music for the 2006 year!*** Skaters must provide their own music for Beginner-Preliminary Freestyle, Adult Freestyle, Synchronized, and Showcase. Tapes or CDs will be accepted and should be clearly marked with the skater's name. Please turn one copy in at the registration desk and bring a back up as well.

**Awards:** All skaters will receive an award immediately following their event. Please leave your skates and costumes on for the photographs. Photos will be available for purchase, but we will not have a video tape service available for the event. A team trophy will be awarded to the club/rink who earns the most combined points for all events excluding the host club.

**Practice Ice:** Practice ice will be available for purchase before the competition after the competition schedule is complete. To be notified of the schedule, please include a **self addressed stamped envelope** or your **email address** with your application. A studio rink is also available to purchase warm up time on before your event at the rink that day.

**Accommodations:** The Sleep Inn is the official hotel for the Lincoln Center FSC and is holding rooms for the MLK Competition at a rate of \$62.95 for standard rooms (2 queen beds). All rooms have internet access, coffee makers, hair dryers, irons, & ironing boards. It also has an indoor pool with sauna and fitness center. Please mention the Lincoln Center Figure Skating Club when making your reservations.

**Sleep Inn & Suites Lakeside**  
**2335 Jonathan Moore Pike**  
**Columbus, IN 47201**  
**(812) 372-7200**

## **BASIC SKILLS EVENTS:**

*All Basic Skills events will be skated on half ice and will be skated to the music provided by the Lincoln Center F.S.C. It is the same music that will be used for the 2006 competitions. Extra elements are not allowed in programs and will result in deductions. Specified elements may be repeated within the program.*

**Tiny Tots:** (Skaters who are five years old or younger and who have not passed Basic 1 or Pre Alpha)

1. Skate forward
2. Dip
3. Backward wiggles
4. Forward two foot glide
5. Forward swizzles/sculling

**Basic 1:** (Skaters who are working on or have passed Basic 1 or Pre Alpha only)

1. Forward two foot glide
2. Forward two foot swizzles/sculling
3. Snow plow stop (one or two foot)
4. Backward Wiggles
5. Choose one: a) Forward one-foot glide, b) Backward two-foot sculling, or c) Backward two-foot glide

**Basic 2:** (Skaters who are working on or have passed Basic 2 or Pre Alpha only)

1. Backward skating
2. Backward two-foot glide
3. Backward two-foot sculling/swizzles
4. Forward one-foot glide, right or left foot
5. Choose one: a) Forward stroking, b) Forward two-foot sways (slalom), or c) Backward one-foot glide

**Basic 3:** (Skaters who are working on or have passed Basic 3 or Alpha only)

1. Forward stroking, showing neat footwork
2. Backward one foot glide, right or left foot
3. Forward one-foot swizzle pumps on a circle, either direction
4. Forward to backward two-foot turn on a circle, both directions
5. Choose one: a) Forward crossovers, either direction, minimum of 5, b) Two foot spin, or c) Forward outside edge on a circle, right and left foot

**Basic 4:** (Skaters who are working on or have passed Basic 4 or Beta only)

1. Forward crossovers, clockwise (minimum of 5)
2. Forward crossovers, counter clockwise (minimum of 5)
3. Forward outside three turns, right and left
4. Backward snow plow stop
5. Choose one: a) Forward outside edge on a circle, right and left foot, b) Side toe hop (mazurka), or c) Two foot spin

**Basic 5:** (Skaters who are working on or have passed Basic 5 or Beta only)

1. Backward crossovers, clockwise (minimum of 5)
2. Backward crossovers, counter clockwise (minimum of 5)
3. Beginning one foot spin
4. Side toe hop (mazurka)
5. Choose one: a) Backward outside edges on a circle, right and left, b) Bunny hop, or c) Lunge

**Basic 6:** (Skaters who are working on or have passed Basic 6 or Gamma only)

1. Forward inside three turn, right and left foot
2. T-stop, left or right foot
3. Straight line spiral, left or right foot
4. Bunny Hop
5. Choose one: a) Lunge, b) Waltz jump, or c) Ballet jump

**Basic 7:** (Skaters who are working on or have passed Basic 7 or Gamma only)

1. Forward inside open Mohawk, right and left foot
2. Ballet jump, either direction
3. Backward crossovers to a backward outside edge landing position, both directions
4. Forward inside pivot
5. Choose one: a) Waltz jump, b) Beginning scratch spin, or c) Moving outside three turns on a circle, right and left foot

**Basic 8:** (Skaters who are working on or have passed Basic 8 or Delta only)

1. Moving forward inside or outside three turns on a circle, right and left foot
2. Waltz jump
3. Beginning scratch spin
4. Combination move: Two forward crossovers into forward inside Mohawk, cross behind, step into backward crossover and step to forward inside edge, repeat (either direction)
5. Choose one: a) Half Flip, b) Forward edge spiral, or c) Mazurka

**Basic Free Skate 1 :** (Skaters who are working on or have passed Basic Free Skate 1)



1. Consecutive forward inside edges
2. Half Flip
3. Waltz Jump
4. Forward spiral, straight line or on an edge
5. One foot or scratch spin from backward crossovers



**Basic Free Skate 2:** (Skaters who are working on or have passed Basic Free Skate 2)

1. Forward outside spiral (either foot)
2. Toe Loop
3. Waltz jump/side toe hop/waltz jump
4. Consecutive back outside edges (4-6)
5. Scratch spin

**Basic Free Skate 3** (Skaters who are working on or have passed Basic Free Skate 3)

1. Backward crossovers in a figure 8
2. Salchow
3. Half Lutz
4. Back spin
5. Forward inside spiral

**Basic Free Skate 4** (Skaters who are working on or have passed Basic Free Skate 4)

1. Sit Spin
2. Waltz jump/toe loop combination
3. Three consecutive half flips
4. Forward power three turns (minimum of 3); either direction
5. Spiral sequence: FI spiral, FI Mohawk, BO spiral (either direction)

**Beginner I Free Skate: (Music Length is 1:30)** Open to all skaters who have passed Basic Freestyle 4 or ISI Freestyle 4, but **not** passed the U.S.F.S.A. Pre-Preliminary freestyle test. Only half revolution jumps permitted as well as salchow and toe loop.

**Beginner II Free Skate: (Music length is 1:30)** Open to all skaters who have passed Basic Freestyle 4 or ISI Freestyle 4, but **not** passed the U.S.F.S.A. Pre-Preliminary freestyle test. All single jumps permitted, but **no** axels or double jumps.

**Pre-Preliminary A Freestyle: (Music length is 1:30)** May have passed Pre-Preliminary FS test and no higher. All single jumps permitted, **no** axels permitted, **no** double jumps permitted.

**Pre-Preliminary B Freestyle: (Music length is 1:30)** May have passed Pre-Preliminary FS test and no higher. All single jumps including axel are permitted. **No** double jumps. See SSR 4.12.

**Preliminary A Freestyle: (Music length is 1:30)** May have passed Preliminary FS test and no higher. All single jumps including axel are permitted. **No** double jumps.

**Preliminary B Freestyle: (Music length is 1:30)** May have passed Preliminary FS test and no higher. May include axels and up to 2 different double jumps which may be repeated. See SSR 4.10.

**Preliminary C Freestyle: (Music Length is 1:30)** Open to skaters age 12 & older. May have passed Preliminary FS test and no higher. Single jumps only (No Axels)

**Adult Pre Bronze Free Skate: (Music length is 1:30)** Open to all skaters who have not passed the USFSA Bronze Free Skate test. A program will be skated to music of the skater's choice on the whole ice surface and may include any half revolution jumps including toe loops and salchow's

**Adult Bronze Free Skate: (Music length is 1:30)** Open to skaters who have not passed the USFSA Silver Free Skate Test. A program will be skated to music of the skater's choice on the whole ice surface and may include any single jumps, but NO AXELS.

**Pre-Preliminary Moves in the Field :** (Skaters who have not passed the USFSA Pre-Preliminary MIF Test)

1. Forward inside edges
2. Backward outside edges
3. Waltz Eight

**Preliminary Moves in the Field :** (Skaters who have not passed the USFSA Preliminary MIF Test)

1. Power 3 turns
2. Backward crossovers to alternating backward outside edges.

**Dance I:** (Open to skaters who have not passed all of the USFSA Preliminary Dances)

1. Dutch Waltz (2 patterns)
2. Rhythm Blues (2 patterns)

**Dance II:** (Open to skaters who have not passed all of the USFSA Pre Bronze Dances)

1. Cha Cha (2 patterns)
2. Fiesta Tango (2 patterns)

**Compulsory Moves Events:** All compulsory moves events will be skated with no music on half of the ice surface. Minimal connecting steps are allowed. Moves may be skated in any order and no additional elements are permitted. Elements may not be repeated.

**Beginner I Compulsory Moves:** (1 Minute or less)

1. Forward Crossovers, 5 each direction
2. Half Flip
3. Forward Lunge
4. Two foot spin

**Beginner II Compulsory Moves:** (1 minute or less)

1. Back Crossovers, 5 each direction
2. Waltz jump/toe loop combination
3. Forward spiral, straight line or outside edge
4. One foot spin (free foot position optional)

**Pre Preliminary Compulsory Moves:** (1 minute or less)

1. Forward inside spiral
2. Salchow
3. Jump combination consisting of two single jumps, NO AXELS
4. Scratch spin

**Preliminary Compulsory Moves:** (1:15 or less)

1. Loop Jump
2. Jump combination consisting of two single jumps, may include axels
3. Sit spin
4. Straight line footwork sequence

**Adult Pre Bronze Compulsory Moves:** (1:00 or less)

1. Forward crossovers, 5 each direction
2. Forward spiral, straight line or outside edge
3. Waltz jump
4. One foot spin

**Adult Bronze Compulsory Moves:** (1:00 or less)

1. Salchow
2. Waltz jump/toe loop combination
3. Back spin
4. Forward edge spiral

**Showcase Events**

*Skated to music of the skater's choice (vocal music is permitted) on the whole ice surface. Programs should stress creativity, musical interpretation, and overall artistic performance. Hand held props are allowed.*

**Showcase I: (Music length is 1:30):** Open to Basic Skills and Beginner I FS skaters. Skaters may do half jumps, including toe loops and salchows.

**Showcase II: (Music length is 1:30):** Open to Beginner II and Pre-preliminary skaters. Skaters may do single jumps only (NO AXELS).

**Showcase III: (Music length is 1:00-2:00):** Open to Pre-Preliminary & Preliminary skaters. Skaters may do single jumps including axels only.

**Showcase IV: (Music length is 1:30-2:00)** This level is open to adults only. Single jumps only (no axels).

## 2006 MLK Day Competition Entry Form

Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Street Address: \_\_\_\_\_

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

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

Club/Rink: \_\_\_\_\_ Birth Date: \_\_\_\_\_

USFSA Number \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Coach's Phone: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Coach's email: \_\_\_\_\_

**Waiver of Claims for Injury:** The competitor and competitor's family hereby waive all claims for injury arising from or during this competition, practice time, or any other time spent at the Hamilton Center Ice Arena. Hamilton Center, Columbus Parks and Recreation, and the Lincoln Center Figure Skating Club are held harmless from any and all damages due to injury and/or loss of property.

\_\_\_\_\_  
Signature of Parent or Guardian

**Entry Fee is \$35 for the first event, \$15 for each additional event, and \$25 for Basic Skills events. Please make checks payable to *Lincoln Center F.S.C.* Please check events entered:**

Tiny Tot _____	Beginner I Freestyle _____
Basic 1 _____	Beginner II Freestyle _____
Basic 2 _____	Pre-Preliminary A Freestyle _____
Basic 3 _____	Pre-Preliminary B Freestyle _____
Basic 4 _____	Preliminary A Freestyle _____
Basic 5 _____	Preliminary B Freestyle _____
Basic 6 _____	Preliminary C Freestyle _____
Basic 7 _____	
Basic 8 _____	Adult Pre Bronze Freestyle _____
	Adult Bronze Freestyle _____
Basic Free Skate 1 _____	
Basic Free Skate 2 _____	
Basic Free Skate 3 _____	Dance I _____
Basic Free Skate 4 _____	Dance II _____
Pre-Preliminary MIF _____	
Preliminary MIF _____	Showcase I _____
Beginner I Compulsory Moves _____	Showcase II _____
Beginner II Compulsory Moves _____	Showcase III _____
Pre Preliminary Compulsory Moves _____	Showcase IV _____
Preliminary Compulsory Moves _____	
Adult Pre Bronze Compulsory Moves _____	
Adult Bronze Compulsory Moves _____	

**Mail to :Jenni Cashen  
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