

**TRI-STATE SYNCHRONIZED SKATING
CHAMPIONSHIPS**
Hosted by the Kalamazoo Figure Skating Club

February 13, 2010

S2 Arena
5076 Sports Drive
Kalamazoo, Michigan 49009
Sanctioned by US Figure Skating and Skate Canada

IJS to be used for all divisions as stated in the USFS rulebook



35th ANNUAL TRI-STATE SYNCHRONIZED SKATING TEAM CHAMPIONSHIPS

February 13, 2010

Sanctioned by U.S. Figure Skating and Skate Canada

The Kalamazoo Figure Skating Club will host the 35th annual Tri-State Synchronized Team Skating Championships held at S2 Arena, 5076 Sports Drive, Kalamazoo, MI 49009. The competition will be on Saturday, February 13, 2010. Practice ice will be available on Friday, February 12, 2010.

General Information:

Two arenas, which have identical 85' x 200' surfaces, will be used. Full warm-ups with music will take place in one arena with the competition skated in the other arena.

The Tri-State Synchronized Skating Competition is sanctioned by U.S. Figure Skating and will be conducted under the rules set forth in the 2009-2010 edition of the U.S. Figure Skating Rulebook and this announcement. Particular note should be taken of these sections:

- Rule 3080: Eligibility to compete
- Rule 1450: Events to be skated
- Rules 4660-4791: Requirements for each level
- Rule 3530: Duration and Warm-up Periods of Synchronized Team Skating

Liability:

U.S. Figure Skating, Kalamazoo Figure Skating Club, and S2 Arena accept no responsibility for injury or damage sustained by any participant in this competition. This is in accordance with Rule 3322 of the 2009-2010 edition of the official U.S. Figure Skating rulebook.

Judging System:

The ISU judging system (IJS) will be used for collegiate, adult, intermediate, novice, junior and senior events. For all other events, the 6.0 system will be used. However, testing of the ISU judging system may be performed for some of these levels.

All teams competing in a level judged under the IJS will be required to complete a planned program content sheet. Blank sheets are found in this announcement. Each team's Planned Program Content sheet must be completed by the team coaches/contact people via their Member's Only profile at www.usfsaonline.org 2 weeks prior to the competition.

Applications:

All applications must be postmarked no later than **December 15, 2009**. Each team must submit a typed list of all team members' and alternates' names, birth dates, and U.S. Figure Skating numbers. Use the enclosed team roster form. Mail completed applications including entry form, team roster, waiver form, practice ice application and pre-order forms to:

Amy Bauer
4543 Wimbledon Way
Kalamazoo, MI 49009

Fees:

The entry fee for each event is \$120 per team plus \$22 per competitor, including alternates. The entry fee for beginner is \$50 per team plus \$5 per skater. All fees are due when applications are submitted and must be payable in U.S. dollars only. There will be no refunds under any circumstances. Late registrations will be accepted at the discretion of the competition chair. Please make checks payable to: **Kalamazoo Figure Skating Club**.

Tri-State Ceremony:

The Tri-State Council of Figure Skating Clubs will be holding an award ceremony during the lunch break. All teams are asked to send two representatives from each team with their team banner.

Warm-up:

Off-ice warm-up areas will be assigned to all teams prior to entering the locker room due to limited space. No team warm-up will be permitted in the lobby. Teams are encouraged to find alternate space before arriving at the rink.

Questions – Amy Bauer, Sk8amy02@aol.com or 269-598-9184

SECTION 1: BASIC SKILLS / BEGINNER EVENTS

For all events: No skaters may have passed higher than the preliminary test in any discipline, and the majority of the team must be "no test."

- A. Basic Skills Beginner 1** A team of 8 to 16 skaters. The majority of the team must be under 9 on the preceding July 1.
Program duration: 1 ½ - 2 minutes +/- 10 sec.
Required elements:
a. **Circle:** 1 circle, include a 2-foot turn and a forward inside and/or forward outside edge glide
b. **Line:** Cover the ice and include only forward skating skills.
c. **Block:** Cover the ice and include only one configuration.
d. **Wheel:** A 4-spoke wheel with backward pumps.
e. **Intersection:** 2 lines facing each other, forward 2-foot glide at the point of intersection.
RESTRICTIONS:
- *No additional elements allowed.*
- *Holds may only include shoulder-to-shoulder and hand-to-hand.*
- *No changes or direction and traveling within elements.*
- *No steps or moves in Basic 6 or higher.*
- B. Basic Skills Beginner 2** A team of 8 to 16 skaters. The majority of the team must be 9 – 11 years old on the preceding July 1.
Program duration: 1 ½ - 2 minutes +/- 10 sec.
Required elements:
a. **Circle:** 1 circle, include the combination move* from Basic 8
b. **Line:** Cover the ice may include both forward and backward skating skills.
c. **Block:** Cover the ice and include 1 or 2 configurations.
d. **Wheel:** Wheel of choice with backward pumps.
e. **Intersection:** 2 lines facing each other, forward 2-foot or 1-foot glide at the point of intersection.
RESTRICIONS:
- *No additional elements allowed.*
- *Holds may only include shoulder-to-shoulder and hand-to-hand*
- *No changes or direction and traveling within elements.*
- *No steps or moves in Free Skate 2 or higher.*
- C. Basic Skills Beginner 3** A team of 8 to 16 skaters. The majority of the team must be at least 12 years old on the preceding July 1
Program duration: 2–2 ½ minutes +/- 10 sec.
Required elements:
a. **Circle:** 1 circle, include the combination move* from Basic 8
b. **Line:** Cover the ice must include both forward and backward skating skills.
c. **Block:** Cover the ice and include 2 or 3 configurations.
d. **Wheel:** Wheel of choice.
e. **Intersection:** 2 lines facing each other, forward 1-foot glide or forward lunge at the point of intersection.
RESTRICTIONS:
- *No changes or direction and traveling within elements.*

* *The combination move is element C in Basic 8: Two forward crossovers into a forward inside mohawk, step down or cross behind, step into a backward crossover, step forward onto a forward inside edge glide. It does not need to be repeated, and does not need to be done in both directions.*

These levels are part of the U.S. Figure Skating Basic Skills program. Basic Skills competition guidelines will be used. There will be no more than 6 teams in each group, and judges must only be members of U.S. Figure Skating at least 16 years old. If there are not enough entries, Beginner 1 and Beginner 2 can be combined, at the discretion of the chief referee.

SECTION 2: U.S. FIGURE SKATING STANDARD COMPETITIVE EVENTS

- A. Preliminary:** A team of 8 to 16 skaters. All skaters must be under 12. The majority of the team must be under 10 on the preceding July 1.
Program duration: 2 minutes.
Well balanced program: Rule 4710
- B. Pre-Juvenile:** A team of 8 to 12 skaters. The majority of the team must be under 12 on the preceding July 1.
Program duration: 2 minutes.
Well balanced program: Rule 4760
- C. Open Juvenile:** A team of 8 to 12 skaters. The majority of the team must be under 19 on the preceding July 1. All skaters must have passed the pre-preliminary moves in the field test.
Program duration: 2 ½ minutes.
Well balanced program: Rule 4770
- D. Juvenile:** A team of 12 to 20 skaters. Skaters must be under 13 on the preceding July 1 and have passed the preliminary moves in the field test.
Program duration: 3 minutes.
Well balanced program: Rule 4700
- E. Intermediate:** A team of 12 to 20 skaters. Skaters must be under 18 on the preceding July 1 and have passed the pre-juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 4690
- F. Novice:** A team of 12 to 20 skaters. ***Skaters must be under 16 on the preceding July 1 with the exception that a maximum of four (4) may be 16 or 17*** and have passed the juvenile moves in the field test.
Program duration: 3 ½ minutes.
Well balanced program: Rule 4680
- G. Junior:** A team of 12 to 16 skaters. Skaters must be at least 12 and under 19 on the preceding July 1. All skaters must have passed the intermediate moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 minutes
Well balanced program and short program: Rule 4670
- H. Senior:** A team of 16 skaters. Skaters must be at least 14 on the preceding July 1 and have passed the novice moves in the field test.
Short program duration: Maximum 2 minutes, 50 seconds
Free skate duration: 4 ½ minutes.
Well balanced program and short program: Rule 4660
- I. Open Collegiate** A team of 8 to 16 skaters. Skaters must be enrolled in a college or university as a full-time student.
Program duration: 3 minutes.
Well balanced program: Rule 4790
- J. Collegiate:** A team of 12 to 20 skaters. Skaters must be enrolled in a college or university as a full-time student and have passed the juvenile moves in the field test.
Program duration: 4 minutes.
Well balanced program: Rule 4670
- K. Open Adult:** A team of 8 to 12 skaters. The majority of skaters must be 19 years or older on the preceding July 1.
Program duration: 2 ½ minutes.
Well balanced program: Rule 4780

L. Masters: A team of 12 to 20 skaters. Skaters must be at least 25, and the majority of the team must be at least 35 on the preceding July 1.
 Program duration: 3 minutes.
 Well balanced program: Rule 4740

M. Adult: A team of 12 to 20 skaters. ***Skaters must be at least 21 years of age or older on the preceding July 1.*** All skaters must have passed either the preliminary moves in the field test, the adult bronze moves in the field test, the preliminary figure test or the preliminary dance test.
 Program duration: 3 ½ minutes
 Well balanced program: Rule 4730

Crossover Rules: The chart below illustrates where crossover skaters are allowed. The shaded areas indicate no crossovers are allowed. An “X” indicates crossovers are allowed between the two levels, providing all requirements are met as defined Rules 4660 – 4791.

Level Athlete is Skating In	Preliminary	Pre - Juvenile	Open Juvenile	Juvenile	Intermediate	Novice	Junior	Senior	Open Collegiate	Collegiate	Open Adult	Masters	Adult
Preliminary													
Pre - Juvenile													
Open Juvenile													
Juvenile						X							
Intermediate													
Novice				X			X	X					
Junior						X		X		X			
Senior						X	X			X			X
Open Collegiate													
Collegiate							X	X					X
Open Adult													
Masters													X
Adult								X		X		X	

Music:
 Rules governing music selection can be found in the U.S. Figure Skating rulebook, rules 2660-4791.

- Only CDs (standard Compact Disk format) will be accepted.
- CDs: Must be clearly marked with name, event entered, and music length.

All music must be picked up at the completion of the competition. CDs will not be mailed back to competitors.
Due to compatibility and reliability reasons no music may be submitted on re-recordable “CDRW” discs.

Each CD must have only **ONE** track on it. In the case of short and free skate programs, two separate CDs must be used. Two (2) copies of the music must be submitted at registration when the team checks in. All teams must have an additional copy of their music available for practice sessions. The organizing committee will not accept responsibility for damage or loss of CDs but will take every precaution to ensure their safety. Please have a designated skater give a signal to start the music. Movement must commence within 10 seconds after the start of the music. There will be a one-minute warm-up on the official surface. Warm up timing begins when the **FIRST** skater enters the ice.

Practice Ice:
 Practice ice sessions will be available to all teams on Friday, February 12, 2010. Sign up for practice ice must be made with the enclosed application. Please note that practice ice will be on the official competition rink if possible. **NO REFUNDS ON CANCELLED SESSIONS.**

Registration:
 Registration will be available at the start of practice ice Friday through the end of the competition. The coach or team manager for each team must register and pick up their team packet no later than 1 hour prior to the time of the team’s locker room assignment.

Please make sure that you print legibly or type all email addresses for the contact person and the coach. The confirmation letter, tentative schedule and practice ice schedules will be emailed to the contact person and primary coach listed on the entry form in.

Souvenirs:

Competition pins and programs are available by pre-order. Clothing and other vendors will be available at the competition. Videotaping will be provided by Lightening Video, Inc.

Admission:

Teams will be provided with credentials for all competitors, two coaches, and two chaperones per team. Admission tickets are available for pre-order with the enclosed form. Tickets \$5, children 5 and under are free.

Tri-State Hotel Accommodations

HOTEL	ADDRESS	PHONE #	PRICE/AMENITIES
Fairfield Inn - West	6420 Cracker Barrel Blvd. Kalamazoo, MI 49009	269-353-6400	\$79.00 – breakfast
TownPlace Suites	5683 S. 9 th Street Kalamazoo, MI 49009	269-353-1500	\$89.00 – breakfast
Residence Inn	1500 E. Kilgore Rd. Kalamazoo, MI 49001	269-349-0855	\$99.00 – Studio
Hampton Inn - West	5059 S. 9 th Street Kalamazoo, MI 49009	269-372-1010	\$89.00 – breakfast
Holiday Inn - West	2747 S. 11 th Street Kalamazoo, MI 49009	269-375-6000	\$99.00 – full restaurant
Radisson	100 West Michigan Ave. Kalamazoo, MI 49007	269-343-3333	\$115.00 – full restaurant
Clarion Hotel	3600 E. Cork St. Kalamazoo, MI 49001	269-385-3922	\$89.00
Country Inn & Suites	1912 East Kilgore Kalamazoo, MI 49002	269-382-2303	\$89.00 – breakfast
Comfort Inn	739 W. Michigan Ave. Kalamazoo, MI 49007	269-384-2800	\$89.99 – breakfast
Econo Lodge	3750 Easy St. Kalamazoo, MI 49001	269-388-3551	\$54.99 – breakfast
Best Western – East	3640 E. Cork St. Kalamazoo, MI 49001	269-381-1900	\$89.00 – breakfast
Hampton Inn – East	1550 E. Kilgore Kalamazoo, MI 49001	269-344-7774	\$90.00 – breakfast

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 13, 2010

PRACTICE ICE APPLICATION

Practice ice will be sold in 15-minute segments and are reserved on a first-come, first-serve basis based on the postmarked date on the received entry form. The cost of each segment is \$100.00 in U.S. Dollars only. **NO REFUNDS ON PRACTICE ICE.**

Team Name:	Club:	Level:
Contact Person:	Cell Phone:	E-mail:

Friday, February 12, 2010

Please indicate preference for practice ice time (1=first, 6=last)

- 3:00 – 5:00 pm 5:00 – 7:00 pm
 7:00 – 9:00 pm 9:00 – 11:00 pm

Saturday, February 13, 2010

- 6:00 – 8:00 am

Does this team have cross skaters? _____ If so, on what other level? _____

Number of segments _____ @ \$100.00/per segment = \$ _____

Fill out a separate practice ice application for each team from each club (you may reproduce this form).

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 13, 2010

PIN, PROGRAM, & ADMISSION TICKET PRE-ORDER FORM

If you would like to preorder competition pins, programs, or admission tickets, please fill out below and enclose with the registration forms. Pins, programs, and admission tickets will be included with your registration packet. Preorder prices for pins and programs reflect a discount. Admission for children 5 and under is free.

_____ Competition Pins x \$5.00 = \$ _____

_____ Programs x \$5.00 = \$ _____

_____ Admission Tickets x \$5.00 = \$ _____

TOTAL = \$ _____

Please make checks payable to Kalamazoo Figure Skating Club. Mail with completed Application Form, Team Roster Form, Waiver Form, and Practice Ice Form to:

Amy Bauer
4543 Wimbledon Way
Kalamazoo, MI 49009

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 13, 2010

TEAM ROSTER

Club Name	
Team Name	
Division	
Coach(s)	

- Please list skaters alphabetically.
- Place an * asterisk next to each skater who crosses over to another team & identify to which team they cross over.
- Computer generated rosters are acceptable.

Team Member	Birth date	USFS #	Highest MIF test passed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
Alt. 1			
Alt. 2			
Alt. 3			
Alt. 4			

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

February 13, 2010

WAIVER FORM

Team Name:	Level:
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U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. 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, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

It is agreed that the competitors and family (by virtue of their signatures above) holds the Kalamazoo Figure Skating Club, S2 Arena, and all others harmless from any and all liability either during practice or the competitions, and from any and all liability for damages to or loss of property.

Skater's name in alphabetical order	Skater signature or parent / guardian (if skater is under 18)
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
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16.	
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18.	
19.	
20.	
21.	
22.	
23.	
24.	
Alt. 1	
Alt. 2	
Alt. 3	
Alt. 4	

Club officer/Skating Director(Beginner Teams): All of the skaters listed on the team entry form are to the best of my knowledge, eligible members in good standing and eligible to compete under U.S. Figure Skating or Skate Canada rules.

Print Name:	Signature
Title:	
Club name:	

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS

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COLLEGIATE CERTIFICATION

For collegiate and open collegiate teams **ONLY**

Collegiate and open collegiate teams must comply with Rule 4720 (collegiate) or Rule 4790 (open collegiate). Athletes must be considered full-time students by the college or university they attend, as of the entry deadline for this event. Use a separate form for each institution the members attend, collect all of the forms and send them together. Students may also choose another method to prove their student status, such as a print out of an unofficial transcript or a letter from the registrar.

Team Name:	Level:
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LAST NAME	FIRST NAME	STUDENT ID NUMBER
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
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21.		
22.		
23.		
24.		

TO BE COMPLETED BY THE REGISTRAR:

I certify that the students listed above are considered full-time students by the following institution:

Name of Registrar: _____

Signature: _____ Date: _____

TRI-STATE SYNCHRONIZED SKATING CHAMPIONSHIPS
February 13, 2010
PROGRAM ADVERTISEMENT

KALAMAZOO FIGURE SKATING CLUB

AD RATES

_____ \$250.00 Outside back cover	_____ \$200.00 Front/back inside cover
_____ \$175.00 Full page	_____ \$100.00 Half page
_____ \$50.00 1/4 page	_____ \$25.00 Business card

Make checks payable to: Kalamazoo Figure Skating Club

Mail completed form and check to:

Amy Bauer
4543 Wimbledon Way
Kalamazoo, MI 49009
Sk8Amy02@aol.com

AD DEADLINE: January 15, 2010

ADVERTISER'S NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CONTACT PERSON _____

SPECIAL INSTRUCTIONS _____

Ad's can be submitted electronically to: **Sk8Amy02@aol.com** or attached to this form.

Planned Program Content: 2010 Tri-States
Preliminary, Pre-juvenile, Open Juvenile, Juvenile

Name of team: _____

Level of team: ___ Preliminary ___ Pre-Juvenile ___ Open Juvenile ___ Juvenile

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

2009-2010 Season

Free Skate

This sheet must contain all of the following elements:

Juvenile, Open Juvenile (6 Elements)

- G. One Block Element
- H. One Circle Element
- I. **One** Intersection Element
- J. One Line Element
- K. One Wheel Element
- L. **One Movement in Isolation**

Preliminary, Pre-Juvenile (5 Elements)

- F. Block
- G. Circle
- H. Intersection*
- I. Line
- J. Wheel

** For preliminary and pre-juvenile, the intersection must be forwards.*

Additional elements may be included in the program. These additional elements will be judged as transitions.

Transition elements must be listed on this sheet, and identified as such with a short description.

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Collegiate & Open Collegiate

2010 Tri-States

Name of team: _____

Level of team: _____ Collegiate _____ Open Collegiate

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
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14	
15	

2009-2010 Season

Free Skate

This sheet must contain all of the following elements:

Collegiate (12 elements)

- A. One Block
- B. One Line
- C. One Circle
- D. Two Different wheels
- E. Two Different intersections
- F. One No hold step sequence
- G. Two Movements in Isolation
- H. One Moves in the Field
- I. One choice of: spin, line, block or circle

Open Collegiate (9 elements)

- A. One Block Element
- B. One Circle Element
- C. **One** Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. **One Movement in Isolation**

Additional elements may be included in the program. These additional elements will be judged as transitions.

Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as:
Transition – Circle, Intersection

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Intermediate & Novice

2010 Tri-States

Name of team: _____

Level of team: ____ Intermediate ____ Novice

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
2	
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7	
8	
9	
10	
11	
12	

2009-2010 Season

Free Skate

This sheet must contain all of the following elements:

Intermediate (7 Elements)

- A. One Block Element
- B. One Circle Element
- C. Two Intersection Elements
- D. One Line Element
- E. One Wheel Element
- F. One Movement in Isolation

Novice (8 Elements)

- G. One Block Element
- H. One Circle Element
- I. **One** Intersection Element
- J. One Line Element
- K. One Wheel Element
- L. One Movement in Isolation
- M. **One No Hold Block**

Additional elements may be included in the program. These additional elements will be judged as transitions, and will not receive point value.

Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as:
Transition – Circle, Intersection

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: Junior and Senior

2010 Tri-States

Name of team: _____

Level of team: _____ Junior Short _____ Junior Free Skate
 _____ Senior Short _____ Senior Free Skate

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
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15	
16	

2009-2010 Season

Short Program

<p><u>Senior (8 Elements)</u></p> <p>A. Intersection B. Intersection C. Circle D. Circle E. Block F. No Hold Step Sequence G. Moves in the Field H. Spin</p>	<p><u>Junior (7 Elements)</u></p> <p>A. Intersection B. Intersection C. Wheel D. Wheel E. Block F. Line G. Circle</p>
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There may NOT be any additional elements.

Free Skate

Senior (12 elements)

A. One Block
 B. One Line
 C. One Circle
 D. Two Different wheels
 E. Two Different intersections
 F. One No hold step sequence
 G. Two Movements in Isolation
 H. One Moves in the Field
 I. One choice of: spin, line, block or circle

Junior (8 elements)

A. One Block
 B. One Line
 C. One Circle
 D. One Wheel
 E. Two Different intersections
 F. One No hold step sequence
 G. One Movement in Isolation
 H. **One Additional element (block, line, circle or wheel)**
 I. **One choice of: upright spin or moves in the field**

Additional elements may be included in the program. These additional elements will be judged as transitions. Transition elements must be listed on this sheet, and identified as such with a short description.

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____

Planned Program Content: 2010 Tri-States

Adult, Open Adult & Masters

Name of team: _____

Level of team: _____ Adult _____ Open Adult _____ Masters

ELEMENTS TO BE LISTED IN ORDER OF SKATING THE PROGRAM

	<i>Element</i>
1	
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2009-2010 Season

This sheet must contain all of the following elements:

Adult (7 Elements)

- A. One Block Element
- B. One Circle Element
- C. **One** Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. One Movement in Isolation
- G. One additional element to be selected from **moves in the field or spin**

Open Adult (5 elements)

- A. Block
- B. Circle
- C. Intersection*
- D. Line
- E. Wheel

Masters (6 elements)

- A. One Block Element
- B. One Circle Element
- C. **One** Intersection Element
- D. One Line Element
- E. One Wheel Element
- F. **One Movement in Isolation**

Additional elements may be included in the program. These additional elements will be judged as transitions.

Transition elements must be listed on this sheet, and identified as such with a short description.

Example: a transition that consisted of a circle and an intersection would be listed as: Transition – Circle, Intersection

Name of Coach: _____

Signature of Coach: _____

E-Mail Address: _____