



PIONEER VALLEY PENGUIN INVITATIONAL
BASIC SKILLS COMPETITION

Hosted By:

Little Sun Valley Skating Club

Saturday, November 19, 2011

8:00 a.m. to 10:00 a.m.

EVENTS:

Basic Skills 1 through Free Skate 6 Compulsory Elements & Programs
Adult – 1 – 4 Compulsory Elements & Programs

Smead Arena (Blunt Park)
Springfield, Massachusetts

Approved by U.S. Figure Skating

Little Sun Valley SC – 2011 Penguin Invitational Basic Skills – Saturday, November 19, 2011

- Rink:** Smead Arena (Blunt Park), 1780 Roosevelt Avenue, Springfield, MA 01109
The rink measure 85 x 190 with rounded corners
- Deadline:** All entries must be postmarked no later than **October 26, 2011**. Late entries will be accepted only if time permits, and if accompanied by a late fee of \$20.00.
- Test/Age:** Test Status and age is effective as of the deadline, October 26, 2011.
- Eligibility:** The competition is open to all skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or are full members of U.S. Figure Skating. To be eligible, skaters must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club.
- Eligibility will be based on skill level as of the deadline date. All BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances.
- For the FREESKATE 1 – 6, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skaters competitive level). Skater may skate at highest free skate test level passed OR one level higher BUT not both levels in the same event during the same competition.
- Entries:** Applications will be handled on a first come, first serve basis. Late entries will be accepted ONLY if time permits. Events will be cancelled due to the lack of entries and refunds will be issued. LSV reserves the right to combine groups if entries warrant. Boys and girls may be combined in the same event, if there are not enough competitors.
- Fees:** All fees must accompany the entry form and are payable to Little Sun Valley SC. Returned checks will be assessed a \$20.00 fee per check. All entry fees are non-refundable after the deadline date according to USFS Rule #3222 unless the event is cancelled.
- First Event Fee: \$35.00
Second Event Fee: \$15.00
- Mail checks and forms to: Little Sun Valley SC, 26 Baldwin Drive, Hampden, MA 01036.
- Schedule:** The schedule will be available approximately 1 week prior to the competition date and will be published on the LSV website: <http://www.littlesunvalleyskating.org>. Hard copies will be mailed to competitors who send a **self-addressed, stamped envelope**. Skaters should check in at least 60 minutes prior to their events.
- Music:** CD is required. Programs must be the only music on the CD. It is recommended that you bring a back-up copy of your music. Music should be clearly labeled with skater's name, event, club, etc. and be turned in at the registration desk.
- Awards:** All competitors will receive an award. Medals will be awarded to 1st, 2nd, 3rd & 4th place finishers in each event. Awards will be presented at various times throughout the competition as outlined in the competition program.
- Contact Information** If further information is needed, please e-mail LSVSK8@aol.com or contact Barbara Speight at (413) 525-7514. Information is also posted on the website: <http://www.littlesunvalleyskating.org>. On the day of the competition, call Smead Arena at 413-781-2599 with any questions.
- Governing Rules:** The competition will be governed by the 2011 – 2012 U.S. Figure Skating Rulebook.
- Practice Ice:** There will be a warm up immediately prior to your event. Practice ice may be available the day of the competition based on the final schedule and will be on a first come, first served basis.
- Hotels / Directions** Will be posted on the LSV website: <http://www.littlesunvalleyskating.org>

BASIC ELEMENTS EVENTS – BASIC SKILLS BADGES 1 –8

Must skate at highest free skate level passed or one level higher; and NO official US Figure Skating tests may have been passed including MIF or Individual Dances

- Each skater will perform one element at a time when directed by a judge or referee
- To be skated on 1/3 to 1/2 ice
- No music allowed
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles - 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<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 4-6 consecutive - both directions 3. Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions 4. Side toe hop - either direction 5. Hockey stop
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot 3. Moving snowplow stop 4. Two foot turn in place - forward to backward 5. Backward two foot swizzles - 6 - 8 in a row 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Standstill forward inside 3-turn - R & L 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><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 4-6 consecutive 3. Backward one foot glide - either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Standstill forward inside open Mohawk – R to L & 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 4</u></p> <ol style="list-style-type: none"> 1. Standstill forward outside three-turn – R & L 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 4-6 consecutive both directions 4. Backward stroking 4-6 strokes 5. Backward snowplow stop - R or L 	<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 - either direction 4. 1 Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover & step to a forward inside edge 5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position – minimum three revolutions

BASIC PROGRAM EVENTS – BASIC SKILLS BADGES 1 – 8

Must skate at highest free skate level passed or one level higher; and NO official US Figure Skating tests may have been passed including MIF or Individual Dances

- 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 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:00 +/- 10 seconds

<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide and dip 2. Forward two foot swizzles – 6-8 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 crossovers 4-6 consecutive in both directions 2. Basic one foot-spin –free leg held to side of spinning leg - minimum three revolutions 3. Side Toe hop - either direction 4. Hockey stop
<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 2-3 each foot 5. Moving snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Standstill forward inside three turn - 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 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 4-6 consecutive 3. Backward one foot glide - either foot 4. Forward slalom 5. Two foot spin – minimum three revolutions 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. Standstill 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 4</u></p> <ol style="list-style-type: none"> 1. Forward crossovers 4-6 consecutive both directions 2. Standstill forward outside three turn - R & L 3. Backward stroking 4-6 strokes 4. Backward snowplow stop - R or L 	<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 - either direction 4. 1 Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position – minimum three revolutions

FREE SKATE COMPULSORY EVENTS – FREESKATE BADGES 1 – 6

Skater may skate at highest free skate test level passed (moves in the field test level will not determine competitive level) OR one level higher (but not both levels in the same event during the same competition)

- In simple 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 any additional elements from previous levels**
- A 0.2 deduction will be taken for each element performed from a higher level
- Time: 1:15 or less

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

FREESKATE PROGRAM EVENTS – FREE SKATE LEVELS 1 - 6

Skater may skate at highest free skate test level passed (moves in the field test level will not determine competitive level) OR one level higher (but not both levels in the same event during the same competition)

- 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. Connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice
- **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 +/-10 sec

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

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ADULT COMPULSORY EVENTS – ADULT 1 – 4

Skater may skate at highest free skate test level passed OR one level higher (but not both levels in the same event during the same competition)

- Each skater will perform one element at a time when directed by a judge or referee
- Unless otherwise stated, each element is to be performed in one direction (clockwise or counterclockwise) only
- To be skated on 1/3 to 1/2 ice
- No music allowed
- **All elements must be skated in the order listed**
- Time: 1:00 or less
- **ELEMENTS ARE THE SAME AS THOSE LISTED BELOW FOR THE PROGRAM EVENTS**

ADULT PROGRAM EVENTS – ADULT 1 – 4

Skater may skate at highest free skate test level passed OR one level higher (but not both levels in the same event during the same competition.

- 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. Connecting moves and steps should be demonstrated throughout the program.
- 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 +/- 10 sec. unless otherwise noted

Adult 1 A. Backward swizzles B. Forward one-foot glides, one time skater's height: R & L C. Two foot turns D. Snowplow stops: R or L E. Forward curves on two feet	Adult 2 A. Forward stroking B. Forward crossovers, clockwise and counter clockwise C. Backward one-foot glide: R or L D. Forward pivot E. Forward Chasses on a circle
Adult 3 A. Backward crossovers, clockwise and counter clockwise B. Inside Mohawk, either direction C. Backward snowplow stops: R and L D. Forward progressives E. Beginning two foot spin	Adult 4 A. Forward three turns, outside or inside: R & L B. Alternate backward crossovers with two foot transition C. Footwork sequence: 3-5 forward crossovers to an inside Mohawk: 3-5 backward crossovers; step forward inside the circle D. Power three turns: one direction only E. Backward Chasses on a circle

2011 PIONEER VALLEY PENQUIN INVITATIONAL

BASIC SKILLS ENTRY FORM

Sponsored by Little Sun Valley Skating Club – Saturday, November 19, 2011
8:00 a.m. to 10:00 a.m.

INFORMATION LISTED SHOULD BE AS OF THE DEADLINE DATE: **October 26, 2011**
PLEASE PRINT LEGIBLY – ENTRY FORM MUST BE FILLED OUT COMPLETELY

Skaters Name: _____ Mailing Address: _____ ZIP: _____	Age: _____ DOB: _____ Gender: M <input type="checkbox"/> F <input type="checkbox"/> Home Club: _____ USFS No. _____
Email address: _____	Highest Test Passed as of October 26, 2011 Freeskate: _____ Basic Badge: _____
Daytime Phone: _____ Evening Phone: _____	Coach's Name(s): _____ Coaches Phone #: _____ Coach's Email Address: _____

PLEASE ENTER ME IN THE FOLLOWING EVENTS: (Please check appropriate events)

BASIC SKILLS & FREESKATE ELEMENTS			BASIC SKILLS & FREESKATE PROGRAMS			ADULT COMPULSORY & PROGRAM
<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Free Skate 1	<input type="checkbox"/> Basic 1	<input type="checkbox"/> Basic 5	<input type="checkbox"/> Free Skate 1	<input type="checkbox"/> Adult 1 Compulsory
<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Free Skate 2	<input type="checkbox"/> Basic 2	<input type="checkbox"/> Basic 6	<input type="checkbox"/> Free Skate 2	<input type="checkbox"/> Adult 2 Compulsory
<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 7	<input type="checkbox"/> Free Skate 3	<input type="checkbox"/> Basic 3	<input type="checkbox"/> Basic 7	<input type="checkbox"/> Free Skate 3	<input type="checkbox"/> Adult 3 Compulsory
<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 8	<input type="checkbox"/> Free Skate 4	<input type="checkbox"/> Basic 4	<input type="checkbox"/> Basic 8	<input type="checkbox"/> Free Skate 4	<input type="checkbox"/> Adult 4 Compulsory
		<input type="checkbox"/> Free Skate 5			<input type="checkbox"/> Free Skate 5	<input type="checkbox"/> Adult 1 Program
		<input type="checkbox"/> Free Skate 6			<input type="checkbox"/> Free Skate 6	<input type="checkbox"/> Adult 2 Program
						<input type="checkbox"/> Adult 3 Program
						<input type="checkbox"/> Adult 4 Program

First Event \$ _____ (\$35.00)

Second Event \$ _____ (\$15.00)

TOTAL DUE \$ _____

The completed entry form, with fees, must be postmarked no later than **October 26, 2011**. Please make check(s) or money order(s) payable to **LITTLE SUN VALLEY SC** and mail to: Little Sun Valley Skating Club, 26 Baldwin Drive, Hampden, MA 01036. For additional information e-mail: LSVSK8@aol.com or call Barbara Speight at 413-525-7514.

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

Certification of Competitor: the Competitor is eligible to enter the events checked. It is agreed that the competitor and family holds the Little Sun Valley Skating Club and Smead Arena harmless from any and all liability either during practice or the competition, and from any and all liability for damages to or loss of property.

Parent/Guardian Signature _____	Date _____
Competitor Signature _____	Date _____
Instructor/Coach Signature _____	Date _____
Program Director/Club Officer _____	Date _____

Official Use Only:

Date Received: _____ *Amount:* \$ _____ *Check No.* _____ *No. of Events:* _____

2011 Penguin Invitational Skater Message Order Form

The ad cost is \$5 and will be 2" by 3.5".

Skater's Name _____ Sender's Name _____
Sender's phone # _____ Sender's email _____

Choose the Font

____ **Sample** ____ *Sample* ____ Sample ____ **Sample** ____ *Sample*

Circle Graphic Choice

No Graphic

Will email graphic to: karenkielb@charter.net



Clearly print your message below:

Please make checks payable to:
Little Sun Valley SC
and mail in with your competition
application

Example

