

**2009 SUNSHINE INVITATIONAL**  
*HOSTED BY THE MENTOR FIGURE SKATING CLUB*  
*SANCTIONED BY THE USFSA*

- DATES:** July 18, and 19, 2009
- CHIEF REFEREE:** Jamie Hebert  
**CHIEF ACCOUNTANT:** Shirley Rego
- PLACE:** Mentor Civic Arena, 8600 Munson Road, Mentor, Ohio 44060 Rink phone (440) 974-5730
- ARENA FACILITIES:** There are two ice surface measuring 85' x 200'. Both rinks will be in use for the Sunshine Invitational Competition including all Basic Skills Events. All events will be at the Civic Center, which has dressing rooms, concession and parking.
- CO-CHAIRMAN:** Sue Clemente Home: (440)255-9496 E-Mail: [sueclemente@att.net](mailto:sueclemente@att.net)  
Ericka Folk Home: (440)350-0197 E-Mail: [alwaysonice1018@aol.com](mailto:alwaysonice1018@aol.com)
- RULES:** The competition will be conducted in accordance with the rules set forth in the current edition of the USFSA rulebook including changes from the 2009 Governing Council. Short programs will be those as listed for the 2009-2010 season.
- ELIGIBILITY:** The competition is open to all eligible registered members of the USFSA. **Test status is based as of June 1, 2009.** Single skaters may skate at their free skate level or one level higher (except where noted) **but not both.** Skaters may not compete below their test level after June 1, 2009. All events are final rounds. Juvenile level and above will be determined by random draw. All checks (fees) must be cleared and release forms received prior to skater's event.
- FEES:**
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| <b>ALL INDIVIDUAL EVENTS:</b> | \$75.00 Per Person (1 <sup>ST</sup> EVENT)-IJS<br>\$30.00 Per Person (2 <sup>ND</sup> EVENT)-IJS<br>\$65.00 Per Person (1 <sup>ST</sup> EVENT)-6.0<br>\$25.00 Per Person (2 <sup>ND</sup> EVENT)-6.0<br><br>\$10.00 Per Person (EACH ADDITIONAL EVENT) |
| <b>ALL SOLO DANCE EVENTS:</b> | \$50.00 Per Person (1 <sup>ST</sup> EVENT) If Dance is the only event<br>\$20.00 Per Person (2 <sup>nd</sup> EVENT)<br>\$10.00 Per Person (EACH ADDITIONAL EVENT)  |
| <b>BASIC SKILLS</b>           | \$30.00 Per Person (1 <sup>st</sup> EVENT)<br>\$20.00 Per Person (2 <sup>nd</sup> EVENT)   |
| <b>COUPLES DANCE EVENTS:</b>  | \$50.00 Per Person If Dance is the only event , \$20.00 Per Person if dance is additional event  |
| <b>MANEUVER TEAM:</b>         | \$50.00 Per Team   |
- There will be a surcharge of \$25.00 for any check returned for NSF. Entries must be postmarked by June 1, 2009.** Late entries will be accepted if time permits and will be subject to a \$25.00 late entry fee for 1<sup>st</sup> event and a \$15.00 late entry fee for each additional event. There will be a change fee of \$10.00 per event to modify application after the deadline.
- The application must be postmarked by June 1, 2009.** There will be no refunds except for injury documented with a physician's note after the deadline unless an event is canceled. Please mail early. Skaters may enter any event for which they are eligible. Each partner of a pair must fill out an application. Entry forms must be completely filled out including USFSA # & test levels, signed and mailed along with a check made out to: Mentor Figure Skating Club (MFSC). Send entries to:  
**Ericka Folk**  
**10944 Stonewycke Dr.**  
**Concord Twp., Ohio 44077**
- OHIO BASIC SKILLS SERIES** The Sunshine Invitational is the final competition in the 2008-2009 Ohio Basic Skills Series. Awards will be handed out on the ice for the series at the completion of the Sunshine Competition Sunday afternoon. Details of the award ceremony for the Ohio Basic Skills Series will be posted on the GCC website and the MFSC website.

- OFFICIAL NOTICES:** An official bulletin board will be in the lobby of the arena near Skater Registration. Posting of schedules and announcements there will constitute official notice to competitors, coaches and officials. Check this upon arrival.
- MANEUVER TEAMS:** **Maneuver team applications** must be accompanied with a separate check for the entire team. Team applications must include each member's USFSA number. If the application is not complete, it will not be accepted. Each maneuver team **must** have one parent designated as the contact.
- PRACTICE ICE:** There will be practice ice available in ½ hour sessions at a cost of \$12.00/session. See "**Practice Ice Application**". No music will be played. All practice ice will be at the Civic Arena.
- REGISTRATION** The official registration desk will be located in the lobby of the Civic Center. Competitors must check in at least **1 hour** before their event.
- MUSIC:** Music will be reproduced through the arena sound system from CDs furnished by each competitor. Music will be provided for compulsory dance. All music must be turned in properly labeled to registration. All skaters should have appropriate backup CDs with them. **Please note only CDs will be accepted.**
- EVENTS/ AWARDS:** Participants will receive medals for 1<sup>st</sup> through 4<sup>th</sup> place. Basic Skills Events will receive medals for 1<sup>st</sup>-6<sup>th</sup> place. Juvenile Free Skate 1<sup>st</sup> place will receive the Linda & Henry Brown Honorary Award. If numbers warrant the long program will be skated for final rounds for Juvenile, Intermediate, Novice, Junior and Senior levels.
- JUDGING SYSTEM:** The International Judging System (IJS) will be used in calculating the official results for Intermediate, Novice, Junior, and Senior Singles short and long programs and Juvenile free skate. The "6.0" judging system will be used for all remaining events and levels. You should expect additional time needed by accounting to process and post event results.
- PROGRAM CONTENT:** Competitors in IJS events are required to submit a planned program content sheet. The PPCS is to be completed **online** no later than **JULY 13, 2009**. **For those who do not submit the planned program content sheet online by July 13, a \$25 processing fee will be incurred. Please note that any PPCS submitted by paper, regardless of date, will incur a \$25 processing fee. Once entered, PPCS may be updated online at any time as often as is desired without cost-but no later than July 13, 2009.**
- To find the PPCS form go to [www.usfsa.org](http://www.usfsa.org) ; Click on Members Only and Log in with your USFSA # and password. Under Event Registration click on Online Event Registration; Click on Event Manager and then Program Content. Scroll down to locate the Sunshine Invitational and click on Add new form. Both long and short forms are on the same page so be sure to scroll to the right to register both programs. Then select your discipline and level. If you are competing at two different levels (ie- Novice Long and Junior Short) you will need to register both programs on the long form. The chief accountant will sort the PPCS into the appropriate level. If you are having difficulty with registering your PPCS please contact USFSA.*
- VIDEO / CAMERA:** Action Photos will be available from Moto Photo Photography. Personal videotaping may only be done from the stands with hand-held cameras —no lights, tripods or taping permitted at rink side. Photographs may be taken of the skater while performing. **WITHOUT A FLASH ONLY.** The flash **distracts** the skater.
- HOST HOTELS:**
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|--|---|--|
| <b>Comfort Inn</b><br>Mentor, Ohio<br>(440) 951-7333<br><a href="http://www.choicehotels.com">www.choicehotels.com</a> | <b>Holiday Inn, LaMalfa</b><br>Mentor, Ohio<br>(440) 357-0384<br><a href="http://www.lamalfa.com">www.lamalfa.com</a> | <b>Residence Inn by Marriott</b><br>Mentor, Ohio<br>(440) 392-0800<br><a href="http://www.marriot.com">www.marriot.com</a> |
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- SCHEDULE OF EVENTS:** The schedule of events and practice ice schedule will be posted at our website at [www.MentorFSC.org](http://www.MentorFSC.org) when it becomes available. **NO ADMISSION FEE WILL BE CHARGED FOR ANY EVENT.**
- INQUIRIES:** Contact Chairpersons listed above or go to our website: [www.MentorFSC.org](http://www.MentorFSC.org)

## Learn To Skate Basic Skill Element Events-Snowplow Sam through Basic 8

- Elements must be skated in the order listed-no music and no program-as directed by the judge or referee
- To be skated on Studio Rink or 1/2 of the ice surface

<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><b>Basic 1:</b></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><b>Basic 2:</b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide – either foot.</li> <li>2. Backward two foot swizzles – 6-8 in a row.</li> <li>3. Two foot turn from forward to backward in place.</li> <li>4. Moving snowplow stop.</li> <li>5. Forward alternating 1/2 swizzle pumps, in a straight line, across width of ice.</li> </ol>	<p><b>Basic 3:</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking.</li> <li>2. Forward 1/2 swizzle pumps on a circle - 6-8 consecutive, either clockwise or counter-clockwise.</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><b>Basic 4:</b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle – either clockwise or counter-clockwise.</li> <li>2. Forward crossovers – 6-8 consecutive both directions.</li> <li>3. Forward outside 3-turn - right and left.</li> <li>4. Backward stroking.</li> <li>5. Backward snowplow stop - either right or left foot.</li> </ol>	<p><b>Basic 5:</b></p> <ol style="list-style-type: none"> <li>1. Backward outside edge on a circle – either clockwise or counter-clockwise</li> <li>2. Backward crossovers - 6-8 consecutive – both directions.</li> <li>3. Beginning one foot upright spin – minimum of 3 revolutions.</li> <li>4. Hockey stop.</li> <li>5. Side toe hop – either direction.</li> </ol>
<p><b>Basic 6:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside three-turn – right and left foot from a standstill.</li> <li>2. T-stop – right or left.</li> <li>3. Bunny hop.</li> <li>4. Forward arabesque/spiral on a straight line – right or left foot.</li> <li>5. Forward lunge - right or left foot.</li> </ol>	<p><b>Basic 7:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside open Mohawk from a stand still position - right to left and left to right.</li> <li>2. Ballet jump – either right or left.</li> <li>3. Backward crossovers to a backward outside edge landing position - clockwise and counter-clockwise.</li> <li>4. Forward inside pivot – right or left.</li> </ol>
<p><b>Basic 8:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside three-turn on a circle – right and left.</li> <li>2. Waltz jump from a T position.</li> <li>3. Mazurka – either right or left.</li> <li>4. Combination move – two forward crossovers into forward inside Mohawk, step behind, step into one backward crossover and step to a forward inside edge – repeat three times – clockwise or counterclockwise.</li> <li>5. Beginning one foot upright spin – optional entry and free foot positions.</li> </ol>	<p><b>Adult Learn to Skate (21 years of age 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>

## Freestyle 1-6 Compulsory Programs

- Elements may be skated in any order with a maximum time of 1 minute or less
- Program with no music-skated as a compulsory program-to be skated on 1/2 ice surface.
- Deductions will be made for any additional elements

<p><b>Freestyle 1:</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 each.</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>Freestyle 2:</b></p> <ol style="list-style-type: none"> <li>1. Forward outside and inside spirals – right or left.</li> <li>2. Waltz three's – right or left.</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>Freestyle 3:</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>Freestyle 4:</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 – right or left.</li> <li>3. Sit spin.</li> <li>4. Loop jump.</li> <li>5. Waltz jump, loop jump.</li> </ol>
<p><b>Freestyle 5:</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>Freestyle 6:</b></p> <ol style="list-style-type: none"> <li>1. Five step Mohawk sequence – 1 set alternating pattern (refer to Basic Skills Curriculum Freestyle 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, half loop, Salchow combination.</li> <li>5. Lutz jump.</li> </ol>

**Basic Programs with Music:**

- Program is to be skated on full ice with music 1:00 +/- 10 seconds.
- Skating order of the required elements is optional, minimum number of connecting steps allowed.
- Elements are not restricted as to number of times the element is executed, length of edges, or the number of revolutions in a spin, unless otherwise stated. May use any elements from the previous levels however deductions will be made for each element from a higher level that are skated.
- Programs must contain all the required elements listed.

<p><b>Snowplow Sam Program (Tots):</b></p> <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>	<p><b>Basic 1 Program:</b></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. Backward wiggles 6-8 in a row.</li> <li>4. Forward snowplow stop.</li> </ol>
<p><b>Basic 2 Program:</b></p> <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 6-9 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>	<p><b>Basic 3 Program:</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking.</li> <li>2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 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>
<p><b>Basic 4 Program:</b></p> <ol style="list-style-type: none"> <li>1. Forward outside edge on a circle clockwise or counter clockwise.</li> <li>2. Forward crossovers 6-8 consecutive both directions.</li> <li>3. Forward outside three turn – right and left.</li> <li>4. Backward stroking.</li> <li>5. Backward snowplow stop – right or left.</li> </ol>	<p><b>Basic 5 Program:</b></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 in both directions.</li> <li>3. One foot spin – min of three revolutions.</li> <li>4. Side Toe hop – either direction.</li> <li>5. Hockey Stop.</li> </ol>
<p><b>Basic 6 Program:</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn – right and left.</li> <li>2. Bunny hop.</li> <li>3. Forward arabesque/spiral on a straight line right or left.</li> <li>4. Lunge – right or left.</li> <li>5. T-stop – right or left.</li> </ol>	<p><b>Basic 7 Program:</b></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 back outside edge landing position clockwise and counter clockwise.</li> <li>4. Forward inside pivot.</li> </ol>
<p><b>Basic 8 Program:</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns right and left.</li> <li>2. Waltz jump.</li> <li>3. Mazurka in either direction.</li> <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 one-foot upright spin – optional free foot position.</li> </ol>	

**Freeskate 1-6 Programs with Music:**

- Program is to be skated on full ice on the West Rink (200' x 85') with music 1:30 +/- 10 seconds.
- May use any elements from previous levels. Deductions will be made for each element from a higher level that is skated.
- Programs must contain all the required elements listed but may be skated in any order.

<p><b>Freeskate 1:</b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking – 4-6 strokes.</li> <li>2. Forward outside or inside consecutive edges - 2-4.</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 2:</b></p> <ol style="list-style-type: none"> <li>1. Forward outside spiral - right or left.</li> <li>2. Waltz three's - right or left.</li> <li>3. Beginning back spin.</li> <li>4. Walt jump, side toe hop, waltz jump.</li> <li>5. Toe loop.</li> </ol>
<p><b>Freeskate 3:</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.</li> <li>3. Back spin.</li> <li>4. Salchow.</li> <li>5. Waltz jump/toe loop or Salchow/toe loop.</li> </ol>	<p><b>Freeskate 4:</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence: FI spiral, FI Mohawk, BO spiral - right or left.</li> <li>2. Forward power 3's - 2-3 consecutive right or left.</li> <li>3. Sit spin.</li> <li>4. Loop jump.</li> <li>5. Waltz jump/loop jump.</li> </ol>
<p><b>Freeskate 5:</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence: FO spiral, FO 3-turn, 1 back crossover, backward inside spiral – right or left.</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 6:</b></p> <ol style="list-style-type: none"> <li>1. 5 step Mohawk sequence - 1 set alternating patterns.</li> <li>2. Camel/sit spin combination - minimum of 4 revolutions total.</li> <li>3. Split or stag jump.</li> <li>4. Waltz jump, half loop, Salchow.</li> <li>5. Lutz jump.</li> </ol>

## SINGLE FREE SKATE

*Skaters may skate at their highest Free Skate level passed or one level higher*

<b>CATEGORY</b>	<b>DURATION (±10 seconds)</b>	<b>TEST REQUIREMENTS/RESTRICTIONS</b>
<b>NO TEST BEGINNER</b>	1 min. 30 sec.	May <u>not</u> have passed Pre-Preliminary Free Skate Test. No Axels allowed.
<b>PRE-PRELIMINARY</b>	1 min. 30 sec.	May not have passed higher than Pre-Preliminary Free Skate Test. (Rule 3711)
<b>PRELIMINARY</b>	1 min. 30 sec.	May not have passed higher than Preliminary Free Skate Test. (Rule 3701)
<b>PRE-JUVENILE</b>	2 min.	May not have passed higher than Pre-Juvenile Free Skate Test. An Axel and up to <u>3</u> different double jumps may be repeated once as individual jumps, jump sequences or jump combinations. (Rule 3691)
<b>JUVENILE</b>	2 min. 15 sec.	May not have passed higher than the Juvenile Free Skate Test. Have not reached 13 years of age as of application deadline. (Rule 3681)
<b>OPEN JUVENILE</b>	2 min. 15 sec.	May not have passed higher than the Juvenile Free Skate Test. Age 13 and older as of application deadline. (Rule 3681)
<b>INTERMEDIATE</b>	2 min. 30 sec.	May not have passed higher than the Intermediate Free Skate Test. (Rule 3672)
<b>NOVICE: Ladies</b>	3 min.	May not have passed higher than the Novice Free Skate Test. (Rule 3663)
<b>Men</b>	3 min. 30 sec.	
<b>JUNIOR: Ladies</b>	3 min. 30 sec.	May not have passed higher than the Junior Free Skate Test. (Rule 3653)
<b>Men</b>	4 min.	
<b>SENIOR: Ladies</b>	4 min.	Junior or Senior Free Skate Test. (Rule #3643)
<b>Men</b>	4 min. 30 sec.	
<b>ADULT PRE-BRONZE</b>	1 min. 40 seconds. Maximum	At least 21 years of age, have not passed higher than Adult Pre-Bronze Free Skate Test or Pre-Preliminary Free Skate Test. No Lutzes, Axels or Double jumps allowed.
<b>ADULT BRONZE</b>	1 min. 50 sec. Maximum	At least 21 years of age, have not passed higher than Adult Bronze Free Skating Test or Preliminary Free Skate Test. No axels or double jumps allowed.
<b>ADULT SILVER</b>	2 min. 10 sec. Maximum	At least 21 years of age, have passed Adult Bronze but not higher than the Adult Silver Free Skating Test or Juvenile Free Skate Test. Axels allowed, no double jumps allowed.
<b>ADULT GOLD</b>	2 min. 40 sec. Maximum	At least 21 years of age, have passed Adult Silver but not higher than Adult Gold Free Skating Test or Juvenile Free Skate Test. No double flips, double Lutzes or double Axels allowed.
<b>ADULT MASTERS</b>	3 min 40 sec. Maximum	At least 21 years of age, have passed at least the Adult Gold Free Skate Test or Juvenile Free Skate Test.

## MIXED PAIR FREE SKATE

<b>PRE-JUVENILE</b>	2 min.	Must have passed Preliminary, but not Juvenile Pair Test.
<b>JUVENILE</b>	2 min. 30 sec.	Must have passed Juvenile, but not Intermediate Pair Test.
<b>INTERMEDIATE</b>	3 min.	Must have passed Intermediate, but not Novice Pair Test.
<b>NOVICE</b>	3 min. 30 sec.	Must have passed Novice but not Junior Pair Test.
<b>JUNIOR</b>	4 min.	Must have passed Junior but not Senior pair test.
<b>SENIOR</b>	4 min. 30 sec.	Must have passed Senior Pair Test.

## SIMILAR PAIR FREE SKATE

<b>JUNIOR</b>	2 min	Must have passed Pre-Preliminary Free Skate but neither partner can have passed the Novice Free Skate Test.
<b>SENIOR</b>	3 min.	Must have passed Pre-Preliminary Free Skate test and at least one partner must have passed the Novice Free Skate test or higher.

## **TEST TRACK FREE SKATE**

*Skaters may enter EITHER the test track free skate 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. skate at their highest Free Skate level passed or one level higher*

<b>CATEGORY</b>	<b>DURATION (±10 seconds)</b>	<b>TEST REQUIREMENTS/RESTRICTIONS</b>
<b>BEGINNER</b>	1 min. 30 sec	Two upright spins, change of foot optional (min 3 revolutions), jumps with not more than one-half rotation (front to back or back to front), single rotation jumps: Salchow and Toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program. Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests.
<b>PRE-PRELIMINARY</b>	1 min. 30 sec	Two solo spins of a different nature, no change of foot (min 3 revolutions and no flying spins), all single solo jumps allowed (no Axels), jump combinations or sequences using only a waltz jump, toe look, and Salchow. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program. Skaters may not have passed tests higher than U.S. Figure Skating Pre-Preliminary.
<b>PRELIMINARY</b>	1 min. 30 sec	Two spins of a different nature, combination spins allowed (min 3 revolutions each and no flying spins), jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements. Connecting moves and steps should be demonstrated throughout the program. Skaters may not have passed tests higher than the preliminary free skate test.
<b>PRE-JUVENILE</b>	2 min.	Three spins in any position (min 4 revolutions), one must be a combination spin with change of foot optional (min 3 revolutions on each foot or 6 total revolutions and no flying spins). Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 6 jumping elements. One step sequence straight line, circular, or serpentine fully utilizing the ice surface. Skaters may not have passed tests higher than the pre-juvenile free skate test.

## TEST TRACK FREE SKATE

*Skaters may skate at their highest Free Skate level passed or one level higher*

CATEGORY	DURATION ( $\pm 10$ seconds)	TEST REQUIREMENTS/RESTRICTIONS
<b>JUVENILE</b>	2 min. 15 sec.	Skaters may not have passed tests higher than Juvenile FS test. Spins: 3 spins in any position (min 4 revs). One must be a combination, with one change of foot (min 4 revs each foot). May include flying spins. Jumps: Maximum 6 jumping elements. Any single jumps and jump combinations with not more than 1½ revolutions (Axel permitted). Step Sequence: One - straight line, circular, serpentine fully utilizing ice surface.
<b>INTERMEDIATE</b>	2 min. 30 sec.	Skaters may not have passed tests higher than Intermediate FS test. Spins: 3 spins in any position (min 4 revs). One must be a combination, with at least one change of foot (min 4 revs each foot). May include flying spins. Jumps: Maximum 6 jumping elements. Any single jumps Only Double Jumps allowed – Double Salchow and Double Toe Loop. Jump combinations and sequences allowed. Step Sequence: One - straight line, circular, serpentine fully utilizing ice surface.
<b>NOVICE: Ladies Men</b>	3 min. 3 min. 30 sec.	Skaters may not have passed tests higher than Novice FS test. Spins: 3 spins in any position (min 6 revs). One must be a combination, with at least one change of foot (min 5 revs each foot). May include flying spins. Jumps: Maximum 7 jumping elements. Any single jumps Only Double Jumps allowed – Double Salchow, Double Toe Loop and Double Loop. Jump combinations and sequences allowed. One step or spiral sequence (see Rule 3640 for description).
<b>JUNIOR: Ladies Men</b>	3 min. 30 sec. 4 min.	Skaters may not have passed tests higher than the Junior FS test. Spins: 3 spins. One must be a flying spin. Solo spin (min 6 revs). Combination spin - consisting of all 3 positions and one change of foot (min 2 in each position, and min 5 revs on each foot). Jumps: Maximum 8 jumping elements for men and 7 for ladies. Any single jumps Only Double Jumps allowed – Double Salchow, Double Toe Loop, Double Loop and Double Flip. Jump combinations and sequences allowed. Men: Two different step sequences. Ladies: One step sequence and one spiral sequence (see Rule 3640 for description).
<b>SENIOR: Ladies Men</b>	4 min. 4 min. 30 sec.	Skaters must have passed the US Figure Skating Junior free Skate test. Spins: 4 spins. (min 6 revs on all solo spins) One must be a flying spin. One must be a Solo spin (min 6 revs). One must be a Combination spin - consisting of all 3 positions and one change of foot (min 2 in each position, and min 5 revs on each foot). Jumps: Maximum 8 jumping elements for men and 7 for ladies. At least 4 different Doubles and one must be a Double Lutz. Jump combinations and sequences allowed. Men: Two different step sequences. Ladies One step sequence and one spiral sequence (See Rule 3640 for description).

## COMPULSORY MOVES

*Pre-Beginner through Pre-Juvenile and Adult skaters will present a program without music no longer than the specified times. All compulsory moves will be skated on ½ ice surface. Elements may be skated in any order, and deductions will be taken for additional elements. Test requirements the same as for Free Skate events. Ladies and Men may be combined at the discretion of the referee, depending upon number of entries.*

CATEGORY	DURATION (Max.)	REQUIRED ELEMENTS
<b>LIMITED BEGINNER</b>	1 min	<ul style="list-style-type: none"> <li>– 1. Waltz Jump</li> <li>– 2. 1/2 jump of choice</li> <li>– 3. Forward or Backward Spiral</li> <li>– 4. Forward two or one-foot spin. (Free leg position optional)</li> </ul>
<b>NO TEST COMPULSORY</b>	1 min	<ul style="list-style-type: none"> <li>– 1. Loop Jump</li> <li>– 2. Jump combination to include a toe-loop (May not use loop or Axel)</li> <li>– 3. Spiral sequence must include forward and backward spiral. (Ina Bauers, spread eagles, lunges shoot the ducks may be included.)</li> <li>– 4. Solo spin-sit or camel</li> </ul>
<b>PRE-PRELIMINARY</b>	1 min	<ul style="list-style-type: none"> <li>– 1. Flip Jump</li> <li>– 2. Split Jump</li> <li>– 3. Forward Outside Edge Spiral</li> <li>– 4. Single-Single jump combination (no axel)</li> <li>– 5. Sit spin (min 3 revolutions)</li> </ul>
<b>PRELIMINARY</b>	1 min 15 sec.	<ul style="list-style-type: none"> <li>– 1. Single Jump of Choice (Axel allowed)</li> <li>– 2. Combination Spin (no change of foot)</li> <li>– 3. Straight Line or Diagonal Footwork</li> <li>– 4. Back Scratch Spin ( min 3 revolutions)</li> <li>– 5. Single/Single Jump combination (may not repeat single jump selected above)</li> </ul>
<b>PRE-JUVENILE</b>	1 min 15 sec.	<ul style="list-style-type: none"> <li>– 1. Axel Jump</li> <li>– 2. Camel Spin (min. 3 revolutions)</li> <li>– 3. Lutz/loop combination jump, with no steps or turns between jumps</li> <li>– 4. Front to back scratch spin, exit on spinning foot (min. 4 revolutions on each foot)</li> <li>– 5. Footwork sequence-straight line or diagonal.</li> </ul>
<b>ADULT PRE-ONZE/BRONZE</b>	1 min 15 sec.	<ul style="list-style-type: none"> <li>– 1. Salchow Jump</li> <li>– 2. Straight line or diagonal footwork</li> <li>– 3. Forward Outside Spiral</li> <li>– 4. Upright Scratch Spin ( min 3 revolutions)</li> <li>– 5. Waltz Jump –Toe Loop combination (no step or turn in between)</li> </ul>
<b>ADULT SILVER/GOLD</b>	1 min 15 sec.	<ul style="list-style-type: none"> <li>– 1. Back Scratch Spin (min 3 revs.)</li> <li>– 2. Straight line or diagonal footwork</li> <li>– 3. Flip or Lutz Jump</li> <li>– 4. Camel Spin (min 3 revs. in camel position)</li> <li>– 5. Waltz Jump/ Loop Jump Combination</li> </ul>

## SHORT PROGRAMS

*To be Skated on full ice surface to music of skater's choice.*

CATEGORY	DURATION (Max.)	REQUIRED ELEMENTS With music
<b>JUVENILE</b> <i>(have not reached age 13 of application deadline)</i>	2 min.	<ul style="list-style-type: none"> <li>– 1. Single-Single or Double-Single or Single-Double Combination (No Axel).</li> <li>– 2. Axel Jump.</li> <li>– 3. Double Jump of skater's choice. May not repeat jumps done in Jump Combination.</li> <li>– 4. Solo spin (min. of 4 revs; no change of foot or position; no flying spins).</li> <li>– 5. Combination spin with only one change of foot and one change of position (min. of 4 revolutions each foot).</li> <li>– 6. Step sequence (straight line, circular or serpentine).</li> </ul>
<b>OPEN JUVENILE</b> <i>(age 13 and older as of application deadline)</i>	2 min.	SAME AS JUVENILE
<b>INTERMEDIATE</b>	2 min.	2009-2010 Short program described in the USFSA rule book (3671)
<b>NOVICE</b>	2 min. 30 sec	2009-2010 Short program described in the USFSA rule book (3661 & 3662)
<b>JUNIOR</b>	2 min. 50 sec	2009-2010 Short program described in the USFSA rule book (3651 & 3652)
<b>SENIOR</b>	2 min. 50 sec.	2009-2010 Short program described in the USFSA rule book (3641 & 3642)

## COMPULSORY SPIN EVENT

Beginner through senior will present a program without music with the spins specified for their level. Program times are absolute maximums. The Test requirements for this event are the same as for the Free Skate events. All levels on ½ ice. One footwork sequence may be included, but will not be marked.

CATEGORY	DURATION (Max.)	REQUIRED ELEMENTS
<b>BEGINNER</b> (3 revs min)	1 min.	1. Forward One-foot spin    2. Two-foot spin    3. Sit Spin
<b>PRE-PRELIMINARY</b> 3 revs min in position	1 min.	1. Forward One-foot spin    2. Camel Spin    3. Sit spin
<b>PRELIMINARY</b> 3 revs min in each position	1 min. 15 sec.	<input type="checkbox"/> 1. One-foot forward Scratch Spin.    2. One-foot back spin, entry optional. <input type="checkbox"/> 3. Forward Camel to Forward Sit spin combination.
<b>PRE-JUVENILE</b> 3 revs min solo; 3 revs min each foot combo	1 min. 15 sec.	1. Camel Spin. 2. Forward sit spin to backward sit spin. 3. Spin combination with only one change of foot and one change of position.
<b>JUVENILE</b> 4 revs min solo; 4 revs min each foot combo	1 min. 15 sec.	1. Back spin (position optional). 2. Ladies: Layback or Attitude/ Men: Forward Camel Spin. 3. Creative spin combination (number of changes is free). Emphasis is on originality combined with quality spinning technique.
<b>INTERMEDIATE</b> 5 revs min solo; 5 revs min each foot combo	1 min. 30 sec.	1. Forward sit spin to backward sit spin. 2. Flying Camel Spin. 3. Creative spin combination, at least one change of foot and one change of position, emphasis is on originality combined with quality spinning technique.
<b>NOVICE</b> 6 revs min solo; 5 revs min each foot combo	1 min. 30 sec.	1. Forward Camel Spin to Backward Camel Spin. 2. Layback spin (ladies)/Crossfoot spin (men). 3. Creative spin combination, at least one change of foot and one change of position, emphasis is on originality combined with quality spinning technique.
<b>JUNIOR</b> 8 revs min solo; 6 revs min each foot combo	1 min. 40 sec.	1. Flying Sit Spin or Flying Change (reverse) Sit Spin. 2. Layback spin (ladies)/Crossfoot Spin (men). 3. Creative spin combination, at least one change of foot and one change of position, emphasis is on originality combined with quality spinning technique.
<b>SENIOR</b> 8 rev min solo; 6 revs min each foot combo	1 min. 40 sec.	1. Flying Spin (optional takeoff and landing position). 2. Creative solo spin (original variation on standard position). 3. Creative spin combination (at least one change of foot and one change of position, emphasis is on originality combined with quality spinning technique).

## SHOWCASE

Skaters to enter at their last Free Skate level passed or one level higher. **Beginner through Senior and Adult levels will skate an artistic program.** Each competitor is to select his/her own music. Vocal music may be used. There are no required elements in this event. Emphasis is placed on the theatrical and entertainment value of the skater's performance, rather than on the technical elements. The individual event durations are maximum times and are based on the 2009 National Showcase time guidelines which may vary significantly with other area competitions. Costumes and props are allowed. Props are limited to those that the skater can carry or push onto the ice **unassisted**. **The set-up cannot take more than 30 (thirty) seconds. 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.** Levels may be combined due to lack of entries. This event may be judged in combination with guest judges.

CATEGORY	DURATION (Max.)	ELIGIBILITY
<b>BEGINNER</b>	1 min. 40 sec.	May not have passed Any Free Skate Test
<b>PRE-PRELIMINARY</b>	1 min. 40 sec.	May not have passed higher than Pre-Preliminary Free Skate Test
<b>PRELIMINARY</b>	1 min. 40 sec.	May not have passed higher than Preliminary Free Skate Test
<b>PRE-JUVENILE</b>	1 min. 40 sec.	May not have passed higher than Pre-Juvenile Free Skate Test
<b>JUVENILE</b>	2 min. 10 sec.	May not have passed higher than Juvenile Free Skate Test
<b>INTERMEDIATE</b>	2 min. 10 sec.	May not have passed higher than Intermediate Free Skate Test
<b>NOVICE</b>	2 min. 10 sec.	May not have passed higher than Novice Free Skate Test
<b>JUNIOR/SENIOR</b>	2 min. 40 sec.	Must have passed Junior or Senior Free Skate Test
<b>ADULT</b>	1 min. 40 sec.	Must have passed no higher than Adult Silver or Juvenile Free Skate Test
<b>ADULT MASTERS</b>	1 min. 40 sec.	Must have passed Adult Gold or Juvenile Free Skate Test

## **COUPLES FREE DANCE**

*Skaters may skate at their highest Dance level passed or one level higher. Each couple should present a well balanced Free Dance Program that will be skated in accordance with the 2009-2010 Free Dance described in the USFSA Rule book (Rule 4270 through 4435).*

<b>CATEGORY</b>	<b>DURATION (±10 seconds)</b>	<b>TEST REQUIREMENTS/RESTRICTIONS</b>
<b>JUVENILE</b>	2 min. 15 sec.	Both skaters Must have passed the Preliminary Dance Test.
<b>INTERMEDIATE</b>	2 min. 30 sec.	Both skaters Must have passed the Bronze Dance Test.
<b>NOVICE</b>	3 Min	Both skaters Must have passed the Silver Dance Test.
<b>JUNIOR</b>	3½ min	Both skaters Must have passed the Pre-Gold Dance Test.
<b>SENIOR</b>	4min	Both skaters Must have passed the Gold Dance Test.

## **SOLO DANCE**

*Skaters may enter any dance events for which they qualify. If there are a large number of skaters at entered at one level they will be divided into groups according to birth date. Ladies and Men will compete together.*

<b>EVENT</b>	<b>Last Test Level Passed (may not have passed any individual dances from next level)</b>
<b>Dutch Waltz</b>	May not have passed higher than the Preliminary Dance Test.
<b>Rhythm Blues</b>	May not have passed higher than the Preliminary Dance Test.
<b>Cha-cha</b>	May not have passed higher than the Pre-Bronze Dance Test.
<b>Fiesta Tango</b>	May not have passed higher than the Pre-Bronze Dance Test.
<b>Hickory Hoedown</b>	May not have passed higher than the Bronze Dance Test.
<b>Ten Fox</b>	May not have passed higher than the Bronze Dance Test.
<b>Fourteen Step</b>	May not have passed higher than the Pre-Silver Dance Test.
<b>Foxtrot</b>	May not have passed higher than the Pre-Silver Dance Test.
<b>Rocker Foxtrot</b>	May not have passed higher than the Silver Dance Test.
<b>American Waltz</b>	May not have passed higher than the Silver Dance Test.
<b>Blues</b>	May not have passed higher than the Pre-Gold Dance Test.
<b>Paso Doble</b>	May not have passed higher than the Pre-Gold Dance Test.
<b>Argentine Tango</b>	May not have passed higher than the Gold Dance Test.
<b>Viennese Waltz</b>	May not have passed higher than the Gold Dance Test.

## **MUSIC INTERPRETATION**

*Skaters must enter at their current Free Skate level passed or one level higher. Categories will include Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, and Junior/Senior. Music Interpretation consists of a single program composed entirely by the skater demonstrating ability to interpret music by combining moves, turns, footwork, jumps and spins. A Warm-up period consists of 1 minute without music followed by 4 minutes with the selected music played twice. Skaters will then leave the ice and be taken to a locker room where there will be **no communications with coaches or parents**. Each skater will hear the music one more time with his/her back to the ice at rink side while the prior competitor is performing. The judges give one mark only, and the emphasis is on **interpretation** of the music. This event may be judged in combination with guest judges. Levels may be combined due to lack of entries.*

***The duration of music will be 1:30 minutes maximum for all levels.***

## **NATIONAL SHOWCASE 2010: A COMPETITION IN THEATRICAL SKATING**

Singles competitors who place 1st through 4th in a singles artistic event may qualify for National Showcase 2010. Eligible skaters will have placed 1st through 4th as previously described and will have passed the Preliminary Free Skating test and above OR completed requirements for Adult Interpretive Free Skating and above. Duets and Ensembles need not qualify by placement for National Showcase. Please contact Melissa Bowman (email patinage\_tx@verizon.net, phone 972-208-2852), Vice Chair for National Showcase.

# 2009 SUNSHINE INVITATIONAL

**Must be post marked by June 1, 2009 (must complete both forms)**  
**Sanctioned by USFSA** **July 18-19, 2009**

## *Basic Skills Entry Form* **ENTRY FORM 1 of 2**

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

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

Phone: ( \_\_\_\_ ) \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

USFS/Basic Skills #: \_\_\_\_\_ Test Level: \_\_\_\_\_ Home Club/LTS Program Name: \_\_\_\_\_

Please check boxes of events entering:

	<b>Entry Fee: \$30 for 1<sup>st</sup> event, \$20 for 2<sup>nd</sup> event</b>
Snowplow Sam (Tots)	Snowplow Sam (Tots)
Basic 1	Basic 1 program
Basic 2	Basic 2 program
Basic 3	Basic 3 program
Basic 4	Basic 4 program
Basic 5	Basic 5 program
Basic 6	Basic 6 program
Basic 7	Basic 7 program
Basic 8	Basic 8 program
Adult Learn to Skate	Freestyle 1 Program
Freestyle 1 Compulsory	Freestyle 2 Program
Freestyle 2 Compulsory	Freestyle 3 Program
Freestyle 3 Compulsory	Freestyle 4 Program
Freestyle 4 Compulsory	Freestyle 5 Program
Freestyle 5 Compulsory	Freestyle 6 Program
Freestyle 6 Compulsory	

1 <sup>st</sup> Event	\$30
2 <sup>nd</sup> Event	\$20
Additional Events	\$10

Total Fees: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Coach E-Mail: \_\_\_\_\_

### Certification 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: \_\_\_\_\_

Basic Skill Entries must complete this Basic Skills entry form and the Release Form on page 13

## 2009 SUNSHINE INVITATIONAL

**Must be post marked by June 1, 2009** (must complete pgs. 11, 12, and 13 for application to be complete)

**Sanctioned by USFSA**

**July 18-19, 2009**

### *Beginner-Senior Events Entry Form*

#### ENTRY FORM 1 of 3

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: M/F  
(as of July 18, 2009)

Address: \_\_\_\_\_ Phone Home: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work/Cell: \_\_\_\_\_

USFSA# \_\_\_\_\_ Home Club: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Partner Name: \_\_\_\_\_ Partner USFSA# \_\_\_\_\_ (Partner is required to submit a separate entry form)

#### **Please check the events you are entering:**

Free Skate	Compulsory Moves	Short Program	Mixed Pairs	Individual Showcase	Spins Only	Music Interpretation	Solo Dances	
<input type="checkbox"/> No Test Beginner	<input type="checkbox"/> Limited - Beginner	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Beginner	<input type="checkbox"/> Beginner	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Dutch Waltz	
<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> -Beginner	<input type="checkbox"/> Open Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Rhythm Blues	
<input type="checkbox"/> Preliminary	<input type="checkbox"/> No Test Level	<input type="checkbox"/> (IJS) Intermediate	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Cha-Cha	
<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Preliminary	<input type="checkbox"/> (IJS) Novice	<input type="checkbox"/> Novice	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Fiesta Tango	
<input type="checkbox"/> Juvenile(IJS)	<input type="checkbox"/> Preliminary	<input type="checkbox"/> (IJS) Junior	<input type="checkbox"/> Junior	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Novice	<input type="checkbox"/> Hickory Hoedown	
<input type="checkbox"/> Open Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> (IJS) Senior	<input type="checkbox"/> Senior	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Junior/Senior	<input type="checkbox"/> Ten Fox	
<input type="checkbox"/> Intermediate(IJS)	<input type="checkbox"/> Adult Pre-Bronze/ Bronze	<b>Test-Track</b>		<input type="checkbox"/> Novice	<input type="checkbox"/> Novice		<input type="checkbox"/> Fourteen Step	
<input type="checkbox"/> Novice(IJS)	<input type="checkbox"/> Adult Silver/Gold	<input type="checkbox"/> Beginner Test Track	<b>Similar Pairs</b>	<input type="checkbox"/> Junior/Senior	<input type="checkbox"/> Junior	<b>Couples Free Dance</b>	<input type="checkbox"/> Foxtrot	
<input type="checkbox"/> Junior(IJS)		<input type="checkbox"/> Pre-Preliminary Test Track	<input type="checkbox"/> Junior	<input type="checkbox"/> Adult	<input type="checkbox"/> Senior	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Rocker Foxtrot	
<input type="checkbox"/> Senior(IJS)		<input type="checkbox"/> Preliminary Test Track	<input type="checkbox"/> Senior	<input type="checkbox"/> Adult Masters		<input type="checkbox"/> Intermediate	<input type="checkbox"/> American Waltz	
<input type="checkbox"/> Adult Pre-Bronze		<input type="checkbox"/> Pre-Juvenile Test Track				<input type="checkbox"/> Novice	<input type="checkbox"/> Blues	
<input type="checkbox"/> Adult Bronze		<input type="checkbox"/> Juvenile Test Track				<input type="checkbox"/> Junior	<input type="checkbox"/> Paso Doble	
<input type="checkbox"/> Adult Silver		<input type="checkbox"/> Intermediate Test Track				<input type="checkbox"/> Senior	<input type="checkbox"/> Argentine Tango	
<input type="checkbox"/> Adult Gold		<input type="checkbox"/> Novice Test Track					<input type="checkbox"/> Viennese Waltz	
<input type="checkbox"/> Adult Masters		<input type="checkbox"/> Junior Test Track						
		<input type="checkbox"/> Senior Test Track	<i>Individual Showcase List Theme/Music:</i>					



- Is the practice Ice Application completed and sent?

# RELEASE FORM

## MUST BE SENT WITH ENTRY FORM FOR BASIC SKILLS – SENIOR EVENTS

### Skater/Parent Guardian Section

**SKATER:** I agree to conduct myself, both on and off the ice, in a manner that will reflect favorably upon the sport of figure skating, and that is consistent with the high standards of the sport. I agree to respect the person and property of others.

**SKATER/PARENT GUARDIAN:** I understand separately and jointly that the USFSA, the Mentor Figure Skating Club, the organizers of this competition, City of Mentor Parks Department, the City of Mentor, their appointees and employees undertake no responsibility for damages or injuries suffered by the competitor. As a condition of and in consideration of acceptance of the skater's 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, the USFSA, the club holding the competition and its officers, and their entries shall be accepted only on such condition (3222) .

Skater's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

(If skater is under age 18 then this must be signed)

## AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

In the event I am unavailable, I hereby give permission for any emergency medical treatment for \_\_\_\_\_ (please print full and complete legal name of skater) to the direction of the Chairpersons of this competition. I understand that these Chairpersons have no formal medical background but will seek care and treatment as they would their own child. I, the undersigned, will assume and take sole responsibility for all financial obligations arising out of the treatment of the above named skater.

I, the undersigned, will hold the USFSA, Mentor Figure Skating Club, the organizers, City of Mentor Parks Department, The City of Mentor, and their appointees or employees harmless from any claim rising out of any aid afforded the above named skater, be the claim of type, quality or timelessness of the aid provided.

I further indemnify all aforementioned parties from any claims any other parties of standing might have with regards to aid provided to the above named skater.

Skater's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

(If skater is under age 18 then this must be signed)

Skater's Physician Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Emergency medical information (allergies, pre-existing conditions, allergic to other medicines): \_\_\_\_\_

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

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

Policy Number \_\_\_\_\_ Name of Insured \_\_\_\_\_

# 2009 Sunshine Invitational Maneuver Team Competition

**Entry Fee -\$50 per team (Make check payable to Mentor Figure Skating Club -MFSC)**

A figure skating club may enter two teams in each Category for a maximum of fourteen teams per club. **BOTH BOYS AND GIRLS MAY SKATE ON ONE TEAM.** Skaters must compete at the same level in teams as they are in Free Skate, or, may skate up one level. There are 5 members per team with one maneuver being performed by each member. Should a skater be unable to compete due to illness or injury, a teammate may do his/her maneuver with proper notice to the referee of this event. No Skater may perform more than one jump or spin. There must be minimum of 4 skaters to compete as a team (5 is still the number that should signup). **A skater may skate on one team only.** Each team is to name a Parent Team Leader through whom any communication with the team may be handled. Team applications must be submitted on a separate application below.

**Each team must have a 28" x 12" sign, which includes the Club name and Team number.**

Please be creative in Team name and outfits. Example: Mentor Golden Blades Juvenile Team 1

CATEGORY	Eligibility	Elements:				
<b>BEGINNER</b>	May not have passed any Free Skate Test	Waltz Jump	Half Flip Jump	One Foot Spin	Lunge	Forward Spiral
<b>PRE-PRELIMINARY</b>	Passed no higher than Pre-Preliminary Free skate test	Waltz Jump	Salchow Jump	One Foot Forward Scratch Spin (min 3 revs)	Sit Spin	Forward Outside Spiral
<b>PRELIMINARY</b>	Passed no higher than Preliminary Free Skate test	Flip Jump	Salchow/Toe Loop Combination	Back Scratch Spin (no change of foot)	Lutz Jump	Forward Inside Spiral
<b>JUVENILE</b>	Passed no higher than Juvenile Free Skate test	Axel Jump	Any Combination Jump (No double jumps)	Combination spin with one change of foot with 3 revs on each foot, no change of position	Sit spin	Straight Line Footwork
<b>INTERMEDIATE</b>	Passed no higher than Intermediate Free Skate test	Axel Jump	Combination Jump consisting of one double and one single	Camel Spin	Sit-Change-Sit Spin	Circular Footwork
<b>NOVICE</b>	Passed no higher than Novice Free Skate test	Double Flip	Combination jump, at least one double jump	Combination Spin with one change of foot and two changes of position	Any Flying/Jump Spin	Serpentine Step Footwork
<b>JUNIOR/SENIOR</b>	No test requirement	Double Axel	Combination Jump, at least two double jumps	Combination Spin with one change of foot and two changes of position	Double Lutz	Spiral Step Sequence as defined in Competition Rule 3643I

*Please cut here and fill out entry form below*

## **MANEUVER TEAM APPLICATION (Entry Fee -\$50 per team)**

Team Name: \_\_\_\_\_ Team Number: \_\_\_\_\_ Home Club: \_\_\_\_\_

Team Level: \_\_\_\_\_ Parent Team Leader \_\_\_\_\_ Phone # \_\_\_\_ - \_\_\_\_ - \_\_\_\_\_

Parent Team Leader Signature (*Parent has verified team eligibility with Home Club for maximum of two teams per category*): \_\_\_\_\_

*A skater must include a Release Form & Official Entry Form, both sides completed, in this application if this is their only event. Please note: this event is subject to cancellation by the referee if competition does not have enough time for event to take place.*

SKATER'S NAME (print)	USFSA #	Highest Free Skate Test Passed
1.		
2.		
3.		
4.		
5.		

# PRACTICE ICE APPLICATION

Practice ice sessions will run at 30 minute intervals on a first-come, first-pay, first-serve basis with a fee of \$12.00 per session. Additional practice ice may be added if necessary. No music will be played. Please send a separate check to the address listed below. The schedule of events and practice ice schedule will be posted at our website at [www.MentorFSC.org](http://www.MentorFSC.org) when it becomes available. Practice Ice may also be purchased at the rink if space is available; please check at the registration desk for availability.

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## PRACTICE ICE REQUEST FOR:

Name: \_\_\_\_\_ Home Club: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

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

Email address: \_\_\_\_\_ Schedule will be e-mailed to entrants.

Must be completed:

LEVEL: Free Skate \_\_\_\_\_ CM/Short \_\_\_\_\_ Solo Dance \_\_\_\_\_

Number of Sessions requested \_\_\_\_\_ Total Cost @ \$12.00/Session \$ \_\_\_\_\_

Sessions will be assigned according to skill level.

Session times will be determined by competition schedule

We anticipate having practice ice available in the evening following the competition, and in the morning prior to competition start. A limited number of mid-day sessions will be available and will be assigned to competitors whose first scheduled event begins after noon.

Please indicate the number of practice sessions you would like in the following time blocks:

Evenings:            Thursday    # of sessions (2 max) \_\_\_\_\_  
                         Friday:        # of sessions (2 max) \_\_\_\_\_  
                         Saturday:   # of sessions (2 max) \_\_\_\_\_

Mornings:           Friday:        # of sessions (2 max) \_\_\_\_\_  
                         Saturday:    # of sessions (2 max) \_\_\_\_\_  
                         Sunday:      # of sessions (2 max) \_\_\_\_\_

The club holds the right to cancel any practice ice if there is not enough participation or if the schedule warrants. Please check at the registration desk upon arrival to sign up for available ice or if a practice ice time has been cancelled.

Practice Ice request may be sent with the application or separately to:

**Ericak Folk**  
10944 Stonewycke Dr.  
Concord Twp., Ohio 44077

Please make checks payable to **MFSC**.

Practice ice schedule will be posted at [www.mentorfsc.org](http://www.mentorfsc.org) and will be e-mailed to you if you have supplied an e-mail address.

# PROGRAM ADVERTISEMENT FORM

The Mentor Figure Skating Club invites you to submit an acknowledgement for the 2009 Mentor Sunshine Invitational, a USFSA Sanctioned event. The 2008 competition attracted more than 250 skaters as well as hundreds of spectators. In order for an acknowledgement to be included in this year's program, all camera-ready art should be submitted by **June 15, 2009**.

If you have any questions please contact **Sue Clemente: Home: (440)255-9496**  
**E-Mail: [sueclemente@att.net](mailto:sueclemente@att.net)**

**Don't forget, personal acknowledgements are a great way to thank your coach and wish your favorite skater "Good Luck"!**

Organization, Business or Individual: \_\_\_\_\_

Contact Person: \_\_\_\_\_

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

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

Daytime Telephone (\_\_\_\_\_) \_\_\_\_\_ Evening Telephone (\_\_\_\_\_) \_\_\_\_\_

## PLEASE INDICATE DESIRED SIZE OF ADVERTISEMENT

**Make checks payable to: Mentor Figure Skating Club (MFSC)**

**FORMS WILL NOT BE ACCEPTED WITHOUT PAYMENT**

_____	Back Cover * ..... (7.5" wide x 10" deep).....	\$200.00
_____	Inside Back Cover * ..... (7.5" wide x 10" deep).....	\$150.00
_____	Full Inside Page* ..... (7.5" wide x 10" deep).....	\$125.00
_____	Half Page * .. (7.5" wide x 5" deep).....	\$100.00
_____	Quarter Page * ..... (3 5/8" wide x 5" deep) .....	\$ 50.00
_____	Standard Business Card * .....	\$ 35.00
_____	Deluxe Personal Gram – two lines (up to 60 characters) .....	\$ 10.00
_____	Standard Personal Gram – one line (up to 30 characters).....	\$ 5.00

**\* Prices quoted are for camera ready art**

**Personal Grams** are an inexpensive way for parents, grandparents and friends to wish their individual skater or skating club Good Luck!

Line 1: \_\_\_\_\_ **(30 characters)**

Line 2: \_\_\_\_\_ **(Additional 30 characters)**

All forms, artwork, and checks should be mailed to the following address before June 15, 2008:

**Mentor Sunshine 2009 Program Advertisement**  
**Mentor Figure Skating Club**  
**P.O. Box 731**  
**Mentor, Ohio 44060**