



**Flathead Valley
Invitational
February 12-13, 2010**

Basic Skills Competition
Hosted by the Whitefish Figure Skating Club
Stumptown Ice Den
725 Wisconsin Ave
Whitefish, Montana
www.whitefishfigureskatingclub.org

Competition Co-Chair:
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Deadline: Postmarked by January 11, 2010



3rd Annual Flathead Valley Invitational
Whitefish FSC Whitefish, Montana
US Figure Skating Basic Skills Approval #
www.whitefishfigureskatingclub.org

Competition

Skate Your Heart Out 2010 will be held Friday February 12 and Saturday February 13 2010 at Stumptown Ice Den 725 Wisconsin Avenue, Whitefish, MT. This competition will be hosted by the Whitefish Figure Skating Club. It has been approved by the USFS Basic Skills Program. This is a non-qualifying competition. Rules in the current USFS Rulebook will be observed unless otherwise stated in this announcement. Questions regarding this announcement may be directed to [Jane Moody 406-270-8861, janesnotmoody@hotmail.com](mailto:janesnotmoody@hotmail.com) or to [Jennifer Boye 406-250-1207 boye@aboutmontana.net](mailto:boye@aboutmontana.net)

Facility

The Stumptown Ice Den is a NHL surface that measures 200 x 85. The rink is located at 725 Wisconsin Avenue, Whitefish. This event is open to the public with no admission charge.

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 January 11, 2010. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances. For the Free skate 1-6 and Well Balanced levels, eligibility will be based only upon highest free skate test level passed (moves in the field test level will not determine skater's competitive level). Skaters may skate at highest level passed OR one level higher BUT not both levels in the same event during the same competition.

Entries

The referee and competition committee reserve the right to combine Ladies and Men's events where permitted by the current USFS Rulebook. Events divided by age may be combined in the case of insufficient entrants. Events may be skated with more than 6 skaters per warm-up group. The competition committee reserves the right to divide events into multiple, equal-sized groups. All events that are divided into groups will be Final Rounds. There will be no skate-offs.

Entry forms, Medical releases and entry fees must be mailed to the Registrar: Skate Your Heart Out 2010, Whitefish Figure Skating Club, P.O. Box 4593, Whitefish, MT 59937. **Entries must be postmarked by January 11, 2010.** Late entries will be accepted at the discretion of the referee and the organizing committee and may be subject to a \$20 late fee. No entries will be accepted after the draw has been completed. All returned checks are subject to a \$25.00 processing fee. The entry fee for returned checks must be paid in cash, money order or cashier's check to the registrar prior to the skater's first event for the skater to compete. The Whitefish Figure Skating Club reserves the right to eliminate events due to ice availability and skater participation. **ENTRY FORMS MUST BE FILLED OUT COMPLETELY** and returned with fee check. **Send in your entries early!!!**

Fees

First event: \$30.00 for Basic Skills and freeski and \$45.00 for higher levels (Non test, Pre-preliminary, Preliminary). **Second event:** \$20.00; **Third and subsequent events:** \$10.00 each. Skaters entered in the team event need to each send individual payment for that event - \$10 per member.

Official Notices

An official bulletin board will be maintained at the competition site. The official schedule showing starting times for each event and the draw will be posted on the bulletin board. The official schedule supersedes all other schedules. Notices posted on this bulletin board are considered as sufficient notice to all competitors. Events will not be delayed for skaters who arrive late. Decisions by the Referee in all matters will be final.

Registration

The registration desk will be located at the rink Friday, February 12, 2010. Participants are asked to turn in their competition music to the registration desk no later than **one hour prior** to their event. Participants are to be in the rink and ready to skate **one hour** before their event is scheduled to begin. Please register promptly when entering the ice rink.

Music

Competitors are asked to turn in a CD of their music to the registration desk no later than **one hour prior** to your event. Music will be available for pick-up at the registration desk after the event has been completed. CDs must be *clearly* marked with the *name* of the skater, the music time and the *event* they are entering. Each CD must have only music for one program on it. For CD's, only provide music burned on CD/R's. No CD/RW's. Please have a backup CD available at rinkside during your events. No cassette tapes.

Awards

Everyone will receive an award. All events will be final rounds. Medals will be awarded to first, second, and third places. ALL other places will receive ribbons. Awards will be presented immediately after the official posting for each event.

Practice Ice

Practice Ice will be made available through the Whitefish Figure Skating Club. Reservations for all practice ice must be made and paid for in advance. Practice sessions will be held each day of the competition. Practice ice will be \$10.00 per 20-minute session. Extra sessions may become available after the schedule is determined, at \$12.00 per session. These openings will be sold on a first-come, first-serve basis. Contact the practice ice monitor during practice sessions to request additional time. There will be no refunds for those who do not appear for their reserved practice session. Practice sessions are non-transferable.

Test Session

There will be a test session on Friday, February 12, 2010 for skaters testing levels Pre Preliminary through Novice Moves in the Field and Freeskate. Practice ice for the test session will be \$10 per 20-minute session and will be from 10 a.m. to 11 a.m. February 12. All skaters interested in testing will need to turn in the enclosed test form with their complete entry forms.

PLEASE MAIL ENTRIES TO:

Tammy Tallent, Registrar
c/o WFSC PO Box 4593
Whitefish, MT 59937

DEADLINE: Postmark by January 11, 2010

BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Each skater will have the option to perform one element at a time in the order listed below (no excessive connecting steps) **OR** will perform each element when directed by a judge or referee.

- To be skated on 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 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 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 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 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 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 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 -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. 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 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 6 - 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<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. Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	

BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

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

<p><u>Snowplow Sam - Tots:</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-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 outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6:</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - 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 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 across width of ice 5. Moving snowplow stop 	<p><u>Basic 7:</u></p> <ol style="list-style-type: none"> 1. 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 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 6 -8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<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 in either direction 4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3 turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	

FREE SKATE 1-6 COMPULSORY EVENT

In 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 but is not required to use any additional elements from previous levels
- A .2 deduction will be taken for each element performed from a higher level
- Time: 1:15 min or less

<p><u>Free skate level 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. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump 	<p><u>Free skate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets-R or L 3. Sit spin 4. Loop jump 5. Waltz jump/loop jump
<p><u>Free skate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Beginning back spin - entry optional 4. Waltz jump, side toe hop, waltz jump series 5. Toe loop jump 	<p><u>Free skate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence, FO spiral, forward outside 3 turn, one backward crossover, backward inside spiral 2. Camel spin 3. Forward upright spin to back upright spin 4. Loop/loop jump 5. Flip jump
<p><u>Free skate level 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 4. Salchow jump 5. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Free skate level 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 4 revolutions total 3. Split jump or stag jump 4. Waltz jump, ½ loop, Salchow combination 5. Lutz jump

FREE SKATE 1-6 MUSIC EVENT

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 min +/-10sec

<p><u>Free skate 1</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking 4-6 strokes 2. Scratch spin from back crossovers 3. Waltz jump from back crossovers 4. Half flip jump 	<p><u>Free skate 4</u></p> <ol style="list-style-type: none"> 1. Forward power 3's, 2-3 consecutive R or L 2. Sit spin 3. Loop jump 4. Waltz jump/loop jump
<p><u>Free skate 2</u></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><u>Free skate 5</u></p> <ol style="list-style-type: none"> 1. Camel spin 2. Forward upright spin to back upright spin 3. Loop/loop combination jump 4. Flip jump
<p><u>Free skate 3</u></p> <ol style="list-style-type: none"> 1. Forward crossovers in a figure 8 2. Back spin 3. Salchow 4. Waltz jump/Toe loop or Salchow/toe loop 	<p><u>Free skate 6</u></p> <ol style="list-style-type: none"> 1. Camel/sit spin combination, min of 4 revolutions total 2. Split or stag jump 3. Waltz jump/1/2 loop /Salchow combination 4. Lutz jump

**COMPULSORY EVENTS FOR
NONTEST -PRELIMINARY LEVELS**

In 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 .2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than their free skate program*

LEVEL	ELEMENTS	<u>QUALIFICATIONS</u>	PROGRAM LENGTH
No Test Compulsory	1. Loop jump 2. Jump combination to include a toe loop (may not use a loop or Axel) 3. Solo spin- sit <u>or</u> camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time:1:00
Pre-Preliminary Compulsory	1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit <u>or</u> camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included.	Skaters must have passed at least the U.S. Figure Skating pre-preliminary free skate test but may not have passed tests higher than the preliminary free skate test	Time :1:15

Freeskate Events
For Nontest –Preliminary Levels
Well-balanced Program Requirements
(U.S. Figure Skating rulebook requirements)

<p>No Test Free skate</p>	<p>A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3721 for more information</i></p>	<p>May <u>not</u> have passed any official U.S. Figure Skating free skate tests</p>	<p>Time: 1:30+/-10 sec</p>
<p>Pre-preliminary Free skate</p>	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3711 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test</p>	<p>Time: 1:30+/-10 sec</p>
<p>Preliminary Free skate</p>	<p>A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface</p> <p><i>Refer to U.S. Figure Skating rulebook #3701 for more information</i></p>	<p>Must have passed no higher than U.S. Figure Skating Preliminary free skate test.</p>	<p>Time: 1:30+/-10 sec</p>

TEAM FREESKATE 1-6 - COMPULSORY

This is intended as a fun event. Each team may decide in advance which skater will perform each element.

- Teams will consist of a minimum of three skaters.
- Each team will complete their elements before the next team performs.
- Elements will be performed in isolation.
- Judging will be done with one mark for each element (skater) for total team points.
- No music.

Team Freeskate 1-6 Compulsory - Required Elements	
<p><u>Freeskate level 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 2. Scratch spin from backward crossovers 3. Waltz jump from backward crossovers 	<p><u>Freeskate level 4 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence: FI Spiral, FI Mohawk, BO spiral, clockwise or counter clockwise 2. Forward power 3's, 2-3 consecutive sets - R or L 3. Loop jump
<p><u>Freeskate level 2 Compulsory</u></p> <ol style="list-style-type: none"> 1. Forward outside spiral - R or L. and a forward inside spiral - R or L 2. Waltz Three's - R or L 3. Toe loop jump 	<p><u>Freeskate level 5 Compulsory</u></p> <ol style="list-style-type: none"> 1. Spiral sequence: FO spiral, forward outside 3 turn, one backward crossover, BI spiral 2. Forward upright spin to back upright spin 3. Flip jump
<p><u>Freeskate level 3 Compulsory</u></p> <ol style="list-style-type: none"> 1. Advanced forward outside swing rolls 4 - 6 consecutive 2. Back spin 3. Waltz jump/toe loop or Salchow/toe loop 	<p><u>Freeskate level 6 Compulsory</u></p> <ol style="list-style-type: none"> 1. Five step Mohawk sequence - 1 set alternating pattern (refer to Basic Skills Curriculum Freeskate 6) 2. Camel/ sit spin combination - minimum of 4 revolutions 3. Lutz jump

JUMP EVENTS

- Jumps must be skated exactly as stated and in the order stated.
- Connecting steps may be used but will not affect scoring.
- Jumps will be repeated two times, the best of the two will be marked.
- Duration: 1.00 min. **No music allowed.**

Jump Event – required elements	
<p><u>Nontest</u></p> <ul style="list-style-type: none"> •Waltz jump • Salchow 	
<p><u>Pre-Preliminary</u></p> <ul style="list-style-type: none"> •Loop jump •Single/single combination 	<p><u>Preliminary</u></p> <ul style="list-style-type: none"> •Flip jump •Single/single combination

SPIN EVENTS

- Skated without music on ½ ice.
- No additional elements may be added.
- Connecting steps consisting of turns and edges are permitted, but will not affect the marks.
- Elements may be skated in any order but must be skated as stated.
- Elements may only be attempted one time.

Spin Event – required elements	
<p><u>Nontest</u></p> <ul style="list-style-type: none"> •One foot upright spin (min. 3 revolutions) •Two Foot Spin (min. 3 revolution, optional entry) 	
<p><u>Pre-Preliminary</u></p> <ul style="list-style-type: none"> •One foot upright spin (min. 3 revolutions) •One foot back spin (min. 3 revolution, optional entry) •Sit spin 	<p><u>Preliminary</u></p> <ul style="list-style-type: none"> •Sit spin (min. 3 revolutions) •Layback or attitude spin (min. 4 revolutions) •One foot back spin (min. 3 revolution, optional entry)

TEAM COMPULSORY – NONTTEST - PRELIMINARY

This is intended as a fun event. Each team may decide in advance which skater will perform each element.

- Teams will consist of a minimum of three skaters.
- All teams will be against the boards and have their representative perform the required element. Elements will be skated in the order listed with each team performing the element before moving on to the next element.
- Judging will be done with one mark for each element (skater) for total team points.
- No music.**

Team Compulsory -Required Elements
<ol style="list-style-type: none"> 1. Waltz jump 2. Back spin 3. Forward spiral 4. Lutz jump

ARTISTIC FREESKATING EVENTS

- For routines of a more serious or dramatic nature. This event will be skated as a rhythmic interpretation to music of the skater's choice.
- Costumes are to be more conservative than the Showcase category, and should be compatible with the theme and mood of the music. No props are allowed, including hand-held.
- Focus on choreography and interpretation of music and theme.
- Technical difficulty of jumps and spins will be given no weight in the marks.
- Vocal music is permitted.

Artistic-Dramatic A

Open to skaters who have passed no higher than USFS Basic Skills Freeskate 3. Music duration: 1:30min or less.

Artistic-Dramatic B

Open to skaters who have passed USFS Basic Skills Freeskate 4 and have not tested any USFS Freeskate tests (Beginner or No test). Music duration: 1:30 min or less.

Artistic-Dramatic C

Open to skaters who have passed no higher than USFS Preliminary Freeskating test. Music duration: 1:30 min or less.

SHOWCASE EVENTS

- This is a costume event, costumes complement music.
- It will be skated to music of the skater's choice, may have music with words.
- Props may be used, but due to ice size, only hand-held props are allowed, no large structural props. Skaters do not have to always have hold of the prop, but it must be of a nature that it could be picked up and carried at any time in the routine (i.e. hats, canes, scarves, hoola hoops, etc.), and that skater can get on and off ice without assistance.
- Event will be judged on showmanship, choreography and entertainment appeal, emphasizing interpretation of music rather than technical skills.
- Technical difficulty of jumps and spins are not judged.
- Vocal music allowed.

Showcase/Light Entertainment A

Open to skaters who have passed no higher than USFS Basic Skills Freeskate 3. Music duration: 1:30 min or less.

Showcase/Light Entertainment B

Open to skaters who have passed USFS Basic Skills Freeskate 4 and have not tested any USFS Freeskate tests (Beginner or No test). Music duration: 1:30 min or less.

Showcase/Light Entertainment C

Open to skaters who have passed no higher than USFS Preliminary Freeskating test. Music duration: 1:40 min.

Interpretive Improv Nontest - Preliminary

During the scheduled skating warm-up, skaters will listen twice to music selected for this event. Skaters will then skate to the same music. Skaters will be awarded one mark for presentation. Judging will be on interpretation, style and composition. Professionals will not be allowed to help entrants in this event. Men and women may compete against each other. Conservative dress is encouraged. Qualifications to compete in a given level are the same as freestyle.

OFFICIAL ENTRY FOR 2010 SPIN INTO SPRING
Entries Must be Postmarked by February 10, 2010

Name: _____ Birth date: _____ Age: ___ Sex: M F
 Address: _____
 City: _____ State: _____
 Zip: _____
 Phone () _____
 Email: _____
 Home Club: _____ USFS
 Number: _____
 Highest Test Passed: Basic Skills: _____ Moves: _____
 Freeskate: _____ Date passed: _____
 Coach's Name: _____ Phone () _____

Please check the event(s) you wish to enter:

Basic Elements		Compulsories		Well balanced
Snowplow _____		Freeskate 1 _____	Team Freeskate 1 _____	Non-test _____
Basic 1 _____	Basic 5 _____	Freeskate 2 _____	Team Freeskate 2 _____	Pre-prelim _____
Basic 2 _____	Basic 6 _____	Freeskate 3 _____	Team Freeskate 3 _____	Pre-Pre _____
Basic 3 _____	Basic 7 _____	Freeskate 4 _____	Team Freeskate 4 _____	Preliminary _____
Basic 4 _____	Basic 8 _____	Freeskate 5 _____	Team Freeskate 5 _____	
		Freeskate 6 _____	Team Freeskate 6 _____	

(List team name on line)

Basic Program	Free Skate Music	Well Balanced FS Program	Team Compulsory Event
Snowplow _____	Freeskate 1 _____	Non-test _____	Team Name _____
Basic 1 _____ Basic 5 _____	Freeskate 2 _____	Pre-preliminary _____	
Basic 2 _____ Basic 6 _____	Freeskate 3 _____	Preliminary _____	
Basic 3 _____ Basic 7 _____	Freeskate 4 _____		
Basic 4 _____ Basic 8 _____	Freeskate 5 _____		
	Freeskate 6 _____		

Artistic	Showcase	Interpretive	Jumps	Spins
Artistic A _____	Showcase A _____	Nontest _____	Nontest _____	Nontest _____
Artistic B _____	Showcase B _____	Pre-Pre _____	Pre-Pre _____	Pre-Pre _____
Artistic C _____	Showcase C _____	Preliminary _____	Preliminary _____	Preliminary _____

ENTRY FEE

1st Event: \$30 Basic Skills and Freeskate levels/ \$40 Higher levels and adult) - **2nd Event:** \$15.00 - **3rd events:** \$10.00

Late Fee (After January 11th) \$20.00 **TOTAL** _____

Mail form with entry fee and medical release to the Registrar: Whitefish Figure Skating Club, P.O. Box 4593, Whitefish, MT 59937. Make Checks Payable to: WFSC. Entries must be postmarked no later than February 10, 2010. Returned checks (NSF) will be subject to a \$25.00 fee.

COMPETITOR/PARENT/GUARDIAN STATEMENT

I understand that this entry must be Postmarked by January 11, 2010. The Competition Committee reserves the right to limit the number of entries accepted or cancel an event due to time constraints. The undersigned agrees to hold harmless the USFS, Whitefish Figure Skating Club and Stumptown Ice Den, their employees and agents from any loss, damage, and/or injury that may be sustained by the entrant in any manner while participating in any of the activities of said competition. This release must be signed by the parent or guardian if entrant is under 21 years of age.

 Parent or Guardian Signature

 Competitor's Signature

COACH'S CERTIFICATION: I have read this entry form and certify that it is complete and that the skater is eligible to enter the specified events. **I understand that failure to check the correct event will result in skater disqualification.**

 Coach's Signature

 Date

CLUB CERTIFICATION: I have read this entry form and certify that it is complete and to the best of my knowledge, the entrant is eligible to enter the specified events. He/She is a member of my club in good standing, and is an eligible skater in accordance with the rules of the United States Figure Skating Association.

 Club Officer

 Date

AUTHORIZATION FOR EMERGENCY TREATMENT

In the event I am unavailable, I give permission for any emergency medical treatment for:

Skaters Name USFS Number

Name of Authorizing Person: _____

Address: _____ City: _____ State/Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Medical information: _____

Name of Physician: _____ Phone: _____

Name of Insurance Company: _____

Policy Number: _____ Name of Insured: _____

Signature: _____ Date: _____

Relationship to Skater: _____

(Must be Parent or Guardian if Skater is under 18 years of age)

PRACTICE ICE REQUEST FORM
Skate Your Heart Out 2010
Practice Ice Requests Must be Postmarked by January 11, 2010

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone () _____ Email: _____
Home Club: _____ USFS Number: _____
Coach's Name: _____ Phone () _____
Events Entered: 1. _____
 2. _____
 3. _____
 4. _____

Practice ice will be available on Friday and Saturday at Stumptown Ice Den. The practice schedule will be determined once the competition schedule is completed.

All practice sessions are tentatively scheduled to be approximately 20 minutes in length and are \$10.00 per session. Update will be posted should more ice time become available. Enclose a check or money order for the correct amount due when sending your request.

Practice ice must be reserved and paid for in advance. **PRACTICE ICE FEE IS NON-REFUNDABLE.** Additional practice ice time may be available on first-come, first-serve basis. It is the responsibility of the skaters to check the official bulletin board to sign-up for additional practice ice time.

Check skating level:
Nontest - Preliminary _____
Basic Skills Freeskate level 1-6: _____

Number of sessions requested _____ X \$10.00 _____ Amount Due
Test Session Practice Ice _____ X \$10.00 _____ Amount Due

Make checks payable to: WFSC

Whitefish Figure Skating Club

Test Chair – Donna Taylor
PO Box 4593 Whitefish, MT 59937
dltsocialworker@yahoo.com

Whitefish Figure Skating Club
Test Application

Skater's Name:	Test Date:
Address:	USFS Number:
City, State, Zip	Phone Number: Cell Number:
Home Club:	Age:
Test Requested:	Coach's Phone: Coach's Cell: Coach's Email:
Test Chair Signature:	

Test Fees:

Circle all fees that apply

Test Level	Moves	Freeskate
Pre Preliminary	\$20	\$15
Preliminary	\$25	\$20
Pre Juvenile	\$30	\$25
Juvenile	\$30	\$25
Intermediate	\$40	\$35
Novice	\$45	\$40

Adult Pre Bronze, Bronze	\$25	\$25
Adult Silver	\$35	\$30
Adult Gold	\$45	\$40

Non Home Club Member fee: \$15

Total Enclosed: _____

Parent Signature: _____

*Please make checks payable to Whitefish Figure Skating Club
Mail all forms to: WFSC PO Box 4593 Whitefish, MT 59937

Accommodations:

Duck Inn
1305 Columbia Ave.
Whitefish, Mt. 59937
406-862-3825

www.duckinn.com

Grouse Mountain Lodge
Hwy 93 & Fairway Dr.
Whitefish, Mt. 59937
406-862-3000

www.grousemountainlodge.com

Hidden Moose Lodge (B&B)
1735 East Lakeshore Drive
Whitefish, Mt. 59937
406-862-6515
888-733-6667

www.hiddenmooselodge.com

Pine Lodge
920 Spokane Ave
Whitefish, Mt. 59937
406-862-7600
800-305-7463

www.thepinelodge.com

Whitefish Lake Lodge
1380 Wisconsin Ave.
Whitefish, Mt. 59937
406-862-2929
866-872-6310

lodge@whitefishlake.com

Lodges listed above have agreed to offer a reduced rate to competitors for the Flathead Valley Invitational event. All lodges are located within 3 miles from the rink. Please mention this when you call for reservations. Rates vary with each individual lodge. Some include a continental or hot breakfast. Some are small with limited availability. Other choices are available through the Whitefish Chamber of Commerce.

Whitefish Chamber of Commerce

**520 E. Second St
Whitefish, MT. 59937**

406-862-3501