



weSKATE

Intra-Rink COMPETITION

SUNDAY MARCH 16, 2008

ISI Endorsement # 9614-2008

The Wonderland Skating School would like to invite you to participate in our annual Basic Skills competition, which will be held on **Sunday, March 16, 2008, with competition events to begin at 3:15PM.**

ELIGIBILITY: This event is open to all skaters who have been enrolled in the Wonderland Skating or Hockey Schools since April 1, 2007. Skaters who have passed FS5 or USFS Pre-pre Freeskating tests are not eligible to participate.

EVENTS: There will be events offered that will be appropriate for *every skater*, young or old, large or small, short or tall! *Basic Hockey Skills* events will also be offered.

AWARDS: Skaters will be grouped into flights in each event entered, by their age and skill level. A maximum of three skaters will participate in each flight and medals will be awarded, in grand style, to the first, second and third place winners from each flight.

ENTRIES: All skaters are encouraged to enter all events at their current skill level **and** one level higher. Skaters may not compete at a level below their current test level. Please ask your instructor or Lisa to assist you in filling out your applications and to schedule extra ice time for practice and private lessons, if desired.

FEES: The entry fee for the first event skated is \$35 and \$15 for each additional event. All entry form and fees must be received by **March 8, 2008.** Application materials can either be mailed or dropped off at the Wonderland of Ice.

PRACTICE ICE: Will be available for purchase on Saturday March 15th and on Sunday March 16th. All competitors will have a general warm-up the day of the competition from 2:15 – 3:00PM, prior to the start of the event.

FOR MORE INFORMATION: Speak with any of the Wonderland Skating School instructors, Lisa or Bethany at 576-8118 or LISA@WONDERLANDOFICE.COM

Wonderland of Ice weSKATE Competition March 16, 2008

COMPULSORY MOVES REQUIREMENTS

***ELEMENTS TO BE SKATED ON HALF ICE. *NO MUSIC.
*ONE ELEMENT AT A TIME.**

TOTS: *Age 6 and under. Tots may be accompanied on the ice by their coach.*

1. PROPER WAY TO FALL DOWN AND GET UP
2. MARCH IN PLACE
3. MARCH **or** SKATE FORWARD
4. ONE STANDING STILL SWIZZLE
5. TOUCH TOES WHILE MOVING OR STANDING STILL

BASIC ONE:

1. MARCH IN PLACE
2. MARCH **or** SKATE FORWARD
3. ROCKING HORSE
4. FORWARD LEMONS (2 to 4)
5. FORWARD TWO FOOT GLIDE

BASIC TWO:

1. GLIDE FORWARD ON TWO FEET AND DIP
2. SNOW PLOW STOP
3. TWO FOOT HOP ON THE SPOT
4. BACKWARD WIGGLES
5. FORWARD LEMONS (6 to 8)

BASIC THREE:

1. FORWARD ONE FOOT GLIDE RIGHT **and** LEFT
2. BACKWARD SKATING
3. FORWARD STROKING
4. BUNNY HOP
5. FORWARD TWO FOOT CURVES AROUND A LINE

BASIC FOUR:

1. TURN FROM FORWARD TO BACKWARD, IN PLACE, RIGHT **and** LEFT
2. SKATE BACKWARDS ACROSS THE RINK
3. BACKWARD SWIZZLES
4. FORWARD PUMPING ON THE CIRCLE, CLOCKWISE **and** COUNTER CLOCKWISE
5. BEGINNING TWO FOOT SPIN (2 Revolutions)

BASIC FIVE:

1. BETTER FORWARD STROKING
2. BACKWARD TWO FOOT GLIDE
3. TURN FROM FORWARD TO BACKWARD WHILE MOVING, RIGHT **and** LEFT
4. FORWARD PUMPING ON THE CIRCLE TO ONE FOOT OUTSIDE EDGES, RIGHT **and** LEFT FOOT
5. FORWARD PUMPING ON THE CIRCLE TO ONE FOOT INSIDE EDGES, RIGHT **and** LEFT FOOT

Wonderland of Ice *weSKATE* Competition March 16, 2008

COMPULSORY MOVES REQUIREMENTS page 2

***ELEMENTS TO BE SKATED ON HALF ICE. *NO MUSIC.
*ONE ELEMENT AT A TIME.**

BASIC SIX:

1. BACKWARD PUMPING ON A CIRCLE, CLOCKWISE **and** COUNTER CLOCKWISE
2. PROPER FORWARD STROKING
3. BEGINNING FORWARD SPIRAL OR EXTENSION
4. BACKWARD ONE FOOT GLIDE RIGHT **and** LEFT FOOT
5. TWO FOOT TURN FROM FORWARD TO BACKWARD ON THE CIRCLE, CLOCKWISE
6. TWO FOOT TURN FROM FORWARD TO BACKWARD ON THE CIRCLE, COUNTER CLOCKWISE

BASIC SEVEN:

1. FORWARD INSIDE OPEN MOHAWK, RIGHT TO LEFT
2. FORWARD INSIDE OPEN MOHAWK, LEFT TO RIGHT
3. BACKWARD PUMPING ON THE CIRCLE TO ONE FOOT OUTSIDE EDGES, RIGHT **and** LEFT FOOT
4. BACKWARD PUMPING ON THE CIRCLE TO ONE FOOT INSIDE EDGES, RIGHT **and** LEFT FOOT
5. ADVANCED FORWARD STROKING

ALPHA:

1. FORWARD STROKING
2. FORWARD CROSSOVERS RIGHT OVER LEFT
3. FORWARD CROSSOVER LEFT OVER RIGHT
4. ONE FOOT SNOW PLOW STOP
5. ONE ADDITIONAL MOVE OF SKATER'S CHOICE FROM A LOWER TEST LEVEL

BETA:

1. BACKWARD STROKING
2. BACKWARD CROSS STROKES RIGHT OVER LEFT
3. BACKWARD CROSS STROKES LEFT OVER RIGHT
4. T-STOP – RIGHT **or** LEFT FOOT OUTSIDE EDGE
5. ONE ADDITIONAL MOVE OF SKATER'S CHOICE FROM A LOWER TEST LEVEL

GAMMA:

1. RIGHT **and** LEFT FORWARD OUTSIDE THREE TURNS
2. RIGHT FORWARD INSIDE OPEN MOHAWK COMBINATION
3. LEFT FORWARD INSIDE OPEN MOHAWK COMBINATION
4. HOCKEY STOP
5. ONE ADDITIONAL MOVE OF SKATER'S CHOICE FROM A LOWER TEST LEVEL

DELTA:

1. RIGHT **and** LEFT FORWARD INSIDE THREE TURNS
2. CONSECUTIVE FORWARD OUTSIDE **and** INSIDE EDGES
3. LUNGE **or** SHOOT THE DUCK
4. BUNNY HOP
5. ONE ADDITIONAL MOVE OF SKATER'S CHOICE FROM A LOWER TEST LEVEL

Wonderland of Ice *weSKATE* Competition March 16, 2008

FREESTYLE EVENT REQUIREMENTS

***ELEMENTS TO BE SKATED ON HALF ICE. *NO MUSIC.
*IN PROGRAM FORM, IN ANY ORDER**

FREESTYLE ONE:

1. FORWARD SPIRAL
2. ONE-HALF FLIP JUMP
3. WALTZ JUMP
4. TWO FOOT SPIN
5. LUNGE

FREESTYLE TWO:

1. BALLET JUMP
2. ONE-HALF LUTZ JUMP
3. FORWARD OUTSIDE **and** INSIDE EDGE SPIRALS
4. ONE-HALF TOE WALLEY
5. ONE-FOOT SPIN

FREESTYLE THREE:

1. SALCHOW JUMP
2. TOE LOOP **or** TOE WALLEY JUMP
3. BACKWARD SPIRAL
4. CHANGE FOOT SPIN
5. PIVOT OF THE SKATER'S CHOICE

FREESTYLE FOUR:

1. FLIP JUMP
2. LOOP JUMP
3. ONE-HALF LOOP JUMP
4. TWO DIFFERENT BACKWARD SPIRALS, ONE ON EACH FOOT
5. SIT SPIN

OPEN FREESTYLE EVENTS

IN THIS EVENT SKATERS WILL PERFORM A PROGRAM **WITH OR WITHOUT MUSIC**.
MUSIC WILL BE OF THE SKATER'S CHOICE, PLEASE PROVIDE MUSIC ON CASSETTE TAPE
OR CD, AND BRING TWO COPIES, BOTH CLEARLY LABELED. VOCAL MUSIC IS ALLOWED.
PROGRAM LENGTH IS 1 – 1 ½ MINUTES. SKATERS WILL USE THE ENTIRE ICE SURFACE.
THESE EVENTS HAVE NO REQUIREMENTS, RESTRICTIONS AS FOLLOWS:

- OPEN FREESTYLE A:** WALTZ AND HALF-ROTATION JUMPS ONLY
OPEN FREESTYLE B: NO LOOP, FLIP OR LUTZ JUMPS ALLOWED
OPENFREESTYLE C: NO FLIP OR LUTZ JUMPS ALLOWED
OPEN FREESTYLE D: NO LUTZ JUMPS ALLOWED

Wonderland of Ice weSKATE Competition March 16, 2008

EVENT REQUIREMENTS page 2

INTERPRETIVE SKATING EVENTS

THIS EVENT IS OPEN TO ALL SKATERS AND IS EVERYONE'S CHANCE TO SHOW OFF AND **HAVE FUN!!!** DURING THE ON ICE WARM-UP THE COMPETITORS WILL LISTEN TO A PRE-SELECTED PIECE OF MUSIC THREE TIMES.

ALL OF THE SKATERS WILL BE TAKEN TO A SOUNDPROOF ROOM WHILE THE FIRST SKATER PERFORMS. EACH SKATER WILL BE ALLOWED TO LISTEN TO THE MUSIC WITH THEIR BACK TO THE ICE WHILE THE SKATER IMMEDIATELY BEFORE THEM PERFORMS.

ONCE THE WARM-UP HAS STARTED, COMPETITORS ARE NOT ALLOWED TO HAVE ANY CONTACT WITH THEIR COACHES, PARENTS, FRIENDS OR OTHER COMPETITORS...THIS IS TO ENCOURAGE ORIGINAL AND **CREATIVE** PERFORMANCES.

SKATERS ARE SCORED ONLY ON THEIR ABILITY TO INTERPRET THE SELECTED MUSIC THROUGH BOTH TRADITIONAL AND NON-TRADITIONAL ICE SKATING MOVEMENTS. THIS IS AN OPPORTUNITY TO SHOW OFF YOUR DANCE LESSONS AND MUSIC VIDEOS.

TECHNICAL SKATING SKILLS WILL NOT BE JUDGED IN THIS EVENT. THIS IS AN EVENT PURELY FOR FUN AND ANYTHING GOES!

COMPETITORS WILL BE GROUPED BY BASIC SKILLS LEVELS AND AGE.
APPROXIMATE PROGRAM LENGTH, ONE MINUTE.

Jump and Spin Challenge

SKATERS WILL BE GROUPED BY SKILL LEVEL INTO

- ❖ **BEGINNER** (Tots and Basic One)
- ❖ **LOW** (Basic Two & Basic Three)
- ❖ **MEDIUM** (Basic Four through Basic Seven)
- ❖ **HIGH** (Alpha through Delta)
- ❖ **ADVANCED** (All Freestyle Levels)

SKATERS WILL BE ASKED TO PERFORM ANY TWO JUMPS AND ANY TWO SPINS OF THEIR CHOICE WITH CONNECTING STEPS USED IN BETWEEN EACH JUMP AND EACH SPIN, SO THAT THEY ARE SKATING A CONTINUOUS ROUTINE.

ROUTINES WILL BE PERFORMED ON HALF-ICE WITH NO MUSIC WITH NO TIME LIMIT.

EVENT REQUIREMENTS page 3

HOCKEY EVENTS

HOCKEY ONE:

1. FORWARD STRIDE
2. BACKWARD SKATING
3. HOCKEY STOP RIGHT **or** LEFT
4. CROSSOVER SIDE STEPPING DRILL TO THE RIGHT **and** TO THE LEFT
5. BACKWARD SCISSORS

HOCKEY TWO:

1. FORWARD CROSSOVERS CLOCKWISE
2. FORWARD CROSSOVERS COUNTER CLOCKWISE
3. TURN FROM FORWARD TO BACKWARDS TO THE RIGHT **and** TO THE LEFT
4. BACKWARD ONE FOOT GLIDE RIGHT **and** LEFT FOOT
5. SKATE THROUGH OBSTACLE COURSE

HOCKEY THREE:

1. BACKWARD CROSSOVERS CLOCKWISE
2. BACKWARD CROSSOVERS COUNTER CLOCKWISE
3. ALTERNATING FORWARD CROSSOVER PATTERN
4. ADVANCED HOCKEY STOPS TO THE RIGHT **and** LEFT
5. ADVANCED OBSTACLE COURSE WITHOUT THE PUCK

HOCKEY FOUR:

1. ADVANCED FORWARD HOCKEY STRIDE WITH ARM SWING
2. ONE FOOT FORWARD POWER PULLS RIGHT **and** LEFT
3. ALTERNATING BACK CROSSOVER PATTERN
4. FORWARD INSIDE MOHAWKS RIGHT **and** LEFT
5. ADVANCED OBSTACLE COURSE WITH THE PUCK

SURPRISE EVENTS

SKATERS WILL BE GROUPED BY SKILL LEVEL AND AGE AND WILL BE ASKED TO PERFORM A SERIES OF "TASKS" ON THE ICE.

COMPETITORS WILL BE JUDGED ON DEGREE OF COMPLETION OF THE PRESCRIBED TASKS AND/OR TIME REQUIRED.

TECHNICAL SKATING SKILLS WILL NOT BE JUDGED IN THIS EVENT. THIS IS AN EVENT PURELY FOR FUN AND ANYTHING GOES!

HOCKEY SKATERS ARE STRONGLY ENCOURAGED TO PARTICIPATE IN THE SURPRISE EVENTS!