



Sanctioned by:



*The North Jersey Figure Skating Club, Inc. announces:*

## 2010 Ice Vault Spring Basic Skills Competition

**Date:** Sunday, May 2, 2010

**Location:** Ice Vault Arena [www.icevault.com](http://www.icevault.com)  
10 Nevins Drive  
Wayne, NJ 07470  
Phone: 973-628-1500  
Fax: 973-628-1555

**Official Website:** [www.northjerseyfsc.org](http://www.northjerseyfsc.org)

**Chairperson:** Richard F. Breitweiser, Chairperson, 78 Boulevard, Westwood, NJ 07675  
(201) 358-6581, (201) 696-8046; [rfskate@optonline.net](mailto:rfskate@optonline.net). Please use e-mail.

**General:** All events will be held at Ice Vault Arena, 10 Nevins Dr., Wayne, NJ 07470. The facility has a restaurant and pro shop. **The facility does not allow any food or drink to be brought inside.** Dressing rooms are available.

**Rules:** The competition will be conducted according to the rules for the 2009-10 U.S. Figure Skating Basic Skills rulebook and shall be judged according to the Basic Skill rules.

**Eligibility:** The competition is open to ALL skaters who are current eligible (ER 1.00) members of either the Basic Skills Program and/or 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 their host Basic Skills Program/Club or any other Basic Skills Program/Club. Eligibility will be based on skill level as of closing date of entries. 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. Skaters in **other events** must adhere to the eligibility rules outlined for that event.

**Entries:**

Entries must be postmarked no later than **April 1, 2010**. Post office cancellation is required. No metered, hand stamped, certified or registered mail will be accepted. The Local Organizing Committee (LOC) reserves the right to limit entries in each category and the right to combine, divide, or cancel groups. **No changes may be made to a competitor's application once the deadline has passed. Double check your application with your coach.** Read and sign the Waiver that is located on the bottom portion of the application. Applications without the signed waiver will be returned. Late applications will be accepted at the discretion of the competition committee and will require **DOUBLE THE FEES.** **MAKE SURE YOU HAVE MARKED THE CORRECT CATEGORY. YOUR COACH MUST SIGN APPLICATION – it verifies you signed up for correct category.**

***No refunds will be granted for any reason other than events cancelled by the LOC (USFSA# 3235)***

**Fees:**

Include a check or money order payable to the **North Jersey FSC**. Cash payments will not be accepted. There will be a \$35 handling charge for returned checks. **MAKE A FULL DAY OF THE EVENTS, ENTER A PROGRAM WITH MUSIC, COMPULSORIES W/O MUSIC, SPINS, JUMPS AND SHOWCASE!**

FIRST EVENT	\$50
SECOND EVENT	\$25
THIRD EVENT ( <i>or more</i> )	\$15 EACH

**Send application and fees to: Rick Breitweiser, Chairperson  
78 Boulevard  
Westwood, NJ 07675  
(201) 358-6581, (201) 696-8046 (cell); rfb skate@optonline.net**

**Registration/Music:** The registration desk will open one hour before the first event. Participants are advised to be present **at least** one hour before their event in case the competition is running early. CDs are required. **Only CDs are allowed. Music on cassette tapes or CDR-W's will NOT be accepted.** Music must be clearly marked with the skater's name, level, and length of program and submitted at least one (1) hour before the start of the skater's event. The North Jersey Figure Skating Club, Inc. assumes no responsibility or liability for damage or loss of CDs. All competitors **must** have a duplicate CD (back-up) with them at the rink.

**Schedules:**

Schedules will be available 7-10 days prior to the start of the competition and will **ONLY** be posted on the North Jersey FSC website: [www.northjerseyfsc.org](http://www.northjerseyfsc.org). Please note that the schedule is prepared by the Referee and/or LOC after the close of entries and is based strictly on the number of events and competitors and the availability of judges. No changes to the schedule will be allowed to accommodate personal or family conflicts. **NO SCHEDULES WILL BE MAILED – CHECK THE WEBSITE.**

- Liability:** U.S. Figure Skating, the North Jersey FSC, Inc., and the Ice Vault Arena accept no responsibility for injury or damage sustained by any participant in these championships. **SKATE AT YOUR OWN RISK.**
- Limitations:** *We may not be able to accommodate all entries.* If limits must be placed on any event, entries will be based on the postmark date. Anyone closed out of an event will be notified and the applicable portion of the fee returned. Under no other circumstances will a refund be given including conflicting family activities, injuries, illness or deaths in the family (USFSA# 3235). Events with one entry ***will not*** be cancelled.
- Awards:** In all events, medals will be awarded to First, Second, Third and Fourth place winners.
- Facility:** The ice surface at Ice Vault Arena measures 200' by 85'.
- Practice Ice:** Practice ice may be available and will be announced at a later date.
- Flowers/Gifts:** Small flower arrangements and/or gifts will be sold at the competition. **You are not permitted to toss flowers or gifts and other objects onto the ice during this competition!**
- Vendors:** We plan to have video and other vendors at the competition. Check the North Jersey FSC website at [www.northjerseyfsc.org](http://www.northjerseyfsc.org) for more information. ***Flash photography is NOT allowed during the competition.***

Check the website for schedule and updates: [www.northjerseyfsc.org](http://www.northjerseyfsc.org)

**PLEASE DO NOT CALL ABOUT SCHEDULES**

Competition questions? Email: [rfskate@optonline.net](mailto:rfskate@optonline.net).

Or call (Except Schedules):

Rick Breitweiser, Chairperson  
78 Boulevard; Westwood, NJ 07675

(201) 358-6581, (201) 696-8046

*Please save this announcement for your reference.*

## ***Directions to Ice Vault Arena:***

10 Nevins Drive (Off Barbour Pond Road from Valley Road)  
Wayne, NJ 07470  
Phone: 973-628-1500  
Fax: 973-628-1555  
Pro Shop: 973-628-1500 ext. 107  
[www.icevault.com](http://www.icevault.com) (more detailed directions on website)

From Rt-23: Rt-23 to Alps Road exit (Wayne). (Rt-23 North exits directly onto Alps Road. From Rt-23 South proceed to stop sign and turn right on Alps Road.) Proceed approx. 2 miles to the traffic light at Alps and Ratzer Roads. Turn extreme right on Ratzer and proceed approx. 1 mile to the traffic light at Ratzer and Valley Roads. Turn left on Valley Road. Follow Valley Rd. for approx. 1 mile through first traffic light (Hamburg Turnpike). The next traffic light is Barbour Pond Drive, turn left. Rink is approx. 150 yards on right.

From Rt-46: Take route 46 West to the exit for Riverview Drive – Little Falls/Wayne. Take the exit and at the light, make a left and immediately get in the right lane where you will make the right turn to go onto Riverview Drive in Wayne. Go 5 lights on Riverview to Valley Road (golf course on right). Make a right onto Valley Road. Go 6 lights to Barbour Pond Road. Turn left onto Barbour Pond Road. Rink is approximately 150 yards on the right. Turn right onto Nevins Drive.

From Garden State Parkway: Garden State Parkway South to exit 159, Rt-80 West. Proceed to Rt-23 North or Rt-46 West. \*See directions from Route 23 or Route 46.

From NYC (Washington Bridge/Lincoln Tunnel): Follow Rt-46 West, Rt-80 West, or Rt-3 West. Proceed to Rt-23 North or Route 46 West and follow direction above..

From Rt-208: Rt-208 to Ewing Ave./Franklin Lakes exit. (Rt-208 North proceeds to stop sign, then left on Ewing. Rt-208 South proceed to stop sign, turn right on Ewing.) Proceed to end of Ewing Avenue. Turn left on High Mountain Road. Continue approx. 1 mile to fork. Take right fork on Belmont Ave. and proceed approx. 2 miles to 2nd traffic light. Turn right on Pompton Road. Proceed up hill to next light, turn right on the Hamburg Turnpike. Follow Hamburg Turnpike approx. 1.5 miles to Valley Road. Turn right on Valley Road. At the next traffic light turn left on Barbour Pond Road. Rink is approx. 150 yards on the right.

## ***Accommodations:***

Residence Inn  
30 Nevins Road  
Wayne, NJ 07470

Phone: 973-872-7100  
Fax: 973-872-7170

<http://marriott.com/property/propertypage/EWRWY>

# BASIC ELEMENTS EVENT: SNOWPLOW SAM – BASIC 8

Format: 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 1/3 to 1/2 ice
- No music
- **All elements must be skated in the order listed**
- Time: 1:00 or less

<p><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March 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><u>Basic 5:</u></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 - both directions</li> <li>3. One foot spin - minimum of three revolutions</li> <li>4. Hockey stop</li> <li>5. Side Toe hop -either direction</li> </ol>
<p><b><u>Basic 1</u></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><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside three turn - R &amp; L from a standstill</li> <li>2. Bunny Hop</li> <li>3. Forward spiral on a straight line - R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></b></p> <ol style="list-style-type: none"> <li>1. Forward one foot glide - either foot</li> <li>2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice</li> <li>3. Two foot turn in place forward to backward</li> <li>4. Backward two foot swizzles 6 - 8 in a row</li> <li>5. Moving snowplow stop</li> </ol>	<p><b><u>Basic 7:</u></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><u>Basic 3</u></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 turn - either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</li> <li>2. Waltz jump</li> <li>3. Mazurka - either direction</li> <li>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</li> <li>5. Beginning one-foot upright spin - optional free foot position</li> </ol>
<p><b><u>Basic 4</u></b></p> <ol style="list-style-type: none"> <li>1. Forward outside three turn - R &amp; L from a standstill</li> <li>2. Forward outside edge on a circle clockwise or counter clockwise</li> <li>3. Forward crossovers 6-8 consecutive both directions</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

## BASIC PROGRAM EVENT: SNOWPLOW SAM – BASIC 8

Format: 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><b><u>Snowplow Sam - Tots:</u></b></p> <ol style="list-style-type: none"> <li>1. March followed by a two foot glide 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><u>Basic 5:</u></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><u>Basic 1</u></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><u>Basic 6:</u></b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3-turn from a standstill - R &amp; L</li> <li>2. Bunny Hop</li> <li>3. Forward arabesque spiral on a straight line R or L</li> <li>4. Lunge - R or L</li> <li>5. T-stop - R or L</li> </ol>
<p><b><u>Basic 2</u></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 - 8 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><u>Basic 7:</u></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><u>Basic 3</u></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 turn in either direction</li> <li>4. Backward one foot glide - either foot</li> <li>5. Two foot spin</li> </ol>	<p><b><u>Basic 8:</u></b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside or forward inside three turns R &amp; L</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 FI 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>
<p><b><u>Basic 4</u></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 3 turn - R &amp; L from a standstill</li> <li>4. Backward stroking</li> <li>5. Backward snowplow stop - R or L</li> </ol>	

