

TRI-STATE MEMORIAL FREE SKATING CHAMPIONSHIPS

Thursday April 20th – Saturday April 22nd, 2006



*Hosted by the Midland Figure Skating Club
Sanctioned by USFS
EGL112205MH*



The Forty-first (41st) Annual Tri-State Memorial Free Skating Championships will be held at the new Midland Civic Arena, 405 Fast Ice Drive, Midland MI 48642. The arena is located at the Bay City Road interchange on U.S. 10 for easy access from the rink to the airport, hotels, and other Midland attractions.

The Midland Figure Skating Club will host the competition, to be held Thursday April 20th (if needed) through Saturday April 22nd. An Audrey Weisiger Seminar will be offered on Sunday April 23 with private lessons offered by the presenters on April 24 (information attached). Registrations for the Seminar will be accepted with your competition registration, until filled.

RULES

The USFS Competition Rules stated in The 2006 Official U.S. Figure Skating Rulebook will govern the conduct of the competition.

ELIGIBILITY

All USFS and CFSA eligible skaters may register and compete. Skaters must be registered members of USFS or CFSA. Test status as of March 1, 2006 will determine competition level. Single skaters may compete at their free skating test level as of March 1st or at one level higher, but NOT both (except solo dance). Skaters may not compete below their test level as of March 1, 2006.

EVENTS & AWARDS

Events offered will include Free Skating from Limited Beginner to Senior, and Adult (skaters must be 21 or older at close of entries to enter Adult events), Compulsory Programs, Short Programs, Spins, Couples & Solo Dance, Pairs, and Showcase. All events will be final rounds. Medals will be awarded for first through fourth place winners. Award presentation will take place immediately following the posting of flight results. A Club Trophy will be awarded to the Club that accumulates the most points, based on number of skaters from a Club and their placements.

ENTRIES & FEES

Entries must be postmarked no later than March 1, 2006. Late entries will be accepted up to March 8 if space permits, but a \$25 late fee will be charged.

Fees are per person, per event, in U.S. dollars, as follows:

First Single Event	\$65.00
Additional Single Event	\$30.00
Pairs & Couples Dance, Duet Showcase (per person for first event).....	\$50.00
Pairs & Couples Dance (per person for each additional event).....	\$30.00

Skaters may enter any event for which they are eligible, but a \$25 fee will be assessed if forms are received with incomplete or illegible information, missing assignments, missing pages or an event is registered in error and must be moved in the schedule. A \$20 fee will be charged for returned checks. Pairs, Dance and Showcase Duets require that each partner register separately. **NO REFUNDS AFTER THE MARCH 1ST DEADLINE UNLESS THE REQUEST IS FOR MEDICAL REASONS OR CANCELLATION OF AN EVENT FOR LACK OF PARTICIPATION.**

Fill out the Entry Form completely, and mail with a check, payable to: Midland FSC (Tri State 2006), to:

Midland FSC (Tri State 2006); Eline Morabito, Entries Chair; 1801 Brookfield Drive; Midland MI 48642.

A stamped, self-addressed, business-size envelope must be enclosed with your Entry Form. It will be used to send the skater's registration confirmation, event schedule, and practice ice request form.

PRACTICE ICE

Practice ice will be available starting Thursday April 20, 2006. The fee is \$10 for a 25-minute session if request is postmarked by April 10th, and \$12 after that date and during the competition. The practice ice schedule and request form will be sent to each skater, together with registration confirmation and an event schedule, approximately 3-4 weeks after the closing date of March 1st. Each competitor may request one pre-paid practice session for each event entered. Music will not be played during practice ice. Payment must accompany the practice ice request form. Additional practice may be scheduled during the competition if space is available.

REGISTRATION

The registration desk will be open on Wednesday April 19 from 4 – 8 pm and will be located in the lobby of the Civic Arena. During the competition, the desk will open 1 ½ hours prior to the start of the first event, and will remain open until one hour before the last event. Competitors **MUST** register at least one hour prior to their first event, and should plan to be at the rink a minimum of one hour before each event in which they will compete.

OFFICIAL NOTICES

An official bulletin board will be available in the arena lobby. Postings on this board will be deemed sufficient official notice to competitors, coaches, and officials.

SCHEDULE OF EVENTS

A proposed schedule of events, confirmation of registration and available practice ice time will be mailed (if an envelope was sent with your registration form) to each competitor approximately 3-4 weeks after the closing date of March 1st. Check the official bulletin board for any changes immediately on arrival. Posting of schedule changes and announcements on the official bulletin board shall constitute sufficient official notice of any changes.

OFFICIAL ARENA

All practice and competition will be at the Midland Civic Arena. The main competition ice surface measures 100' X 200', and the second surface to be used measures 85' X 200'. Dressing rooms, ample parking, a concession stand and a video game arcade are available.

VENDORS

Ledin Video will be offering videos of each event, and photos of individual skaters. Other vendors will exhibit a wide variety of skating-related items for sale during the competition.

MUSIC

Music must be on cassettes or compact discs (CDs) provided by the skater/coach, and must be turned in at registration. Music will be provided for compulsory dance events. Tapes and CDs must be clearly labeled with competitor's name and event; label CDs on the case and/or directly on the CD with a felt tip pen. CDs must be submitted in cases. Skaters and coaches are advised to have available back-up cassettes and CDs for each event requiring music. Cassettes should not exceed 30 minutes in length, and 10 – 12 minute cassettes are preferred. Cassettes and CDs should be recorded on one side only.

SCORING

Scoring will be on the 6.0 system.

COMPETITION QUESTIONS?

Ann Ward
abward6@yahoo.com
(989) 835-3624

FREE SKATE EVENTS

Categories, Times and Requirements

Skaters may compete at their current test level or one level higher unless otherwise noted. Balanced program requirements are defined in Rule 3630.

<u>CATEGORY</u>	<u>TIME</u> (minutes)	<u>REQUIRED ELEMENTS</u>
Limited Beginner	1:30	May not have passed the Pre-Preliminary Free Skate Test. May include ½ revolution jumps plus salchows and toe loops and combinations consisting of these jumps. Upright forward one and two foot spins allowed (minimum 3 revolutions), but no flying spins or combination spins permitted. One step and/or spiral sequence required.
Beginner	1:30	May not have passed the Pre-Preliminary Free Skate Test. Single jumps allowed (no axels or double jumps permitted), at least one jump combination or sequence, but no more than three in total, a minimum of two spins of a different nature (minimum 3 revolutions), and one step or spiral sequence. (Rule 3721).
Pre-Preliminary A	1:30	Must have passed the Pre-Preliminary Free Skate Test and no higher. Same requirements as Pre-Preliminary B, but no axels or double jumps.
Pre-Preliminary B	1:30	Must have passed the Pre-Preliminary Free Skate Test and no higher. Axels permitted, but no double jumps. (Rule 3711).
Preliminary Limited	1:30	Must have passed the Preliminary Free Skate Test and no higher. May include axels, but no double jumps.
Preliminary	1:30	Must have passed the Preliminary Free Skate Test and no higher. May include axels, plus up to 2 different double jumps which can be repeated in combination or sequence. (Rule 3701).
Pre-Juvenile	2:00	Must have passed the Pre-Juvenile Free Skate Test and no higher. (Rule 3691).
Juvenile	2:15	Must be under age 13 as of closing date. Must have passed the Juvenile Free Skate Test and no higher. No restrictions as to jumps or spins allowed. (Rule 3681)
Open Juvenile	2:15	Must be 13 years old or older as of closing date. Must have passed the Juvenile Free Skate Test and no higher. No restrictions as to jumps or spins allowed. (Rule 3681)
Intermediate	2:30	Must have passed the Intermediate Free Skate Test and no higher. No restrictions as to jumps or spins allowed. (Rule 3672)
Novice	3:00 (Ladies) 3:30 (Men)	Must have passed the Novice Free Skate Test and no higher. No restrictions as to jumps or spins allowed. (Rule 3663)
Junior	3:30 (Ladies) 4:00 (Men)	Must have passed the Junior Free Skate Test and no higher. No restrictions as to jumps or spins allowed. (Rule 3653)
Senior	4:00 (Ladies) 4:30 (Men)	Must have passed the Senior Free Skate Test. No restrictions as to jumps or spins allowed. (Rule 3643)

Adult Pre-Bronze	1:40 maximum	Must be 21 years or older as of closing date. Must have passed the Adult Pre-Bronze Free Skate Test. No axels or double jumps permitted.
Adult Bronze	1:40 maximum	Must be 21 years or older as of closing date. Must have passed the Adult Bronze Free Skate Test . No axels or double jumps permitted. (Rule 3801).
Adult Silver	2:10 maximum	Must be 21 years or older as of closing date. Must have passed the Adult Silver Free Skate Test. Axels permitted, but no double jumps. (Rule 3791).
Adult Gold	2:40 maximum	Must be 21 years or older as of closing date. Must have passed Adult Gold Free Skate Test.. No triple jumps. (Rule 3781).

COMPULSORY MOVES AND SHORT PROGRAM EVENTS

Categories, Times and Requirements

Beginner through Pre-juvenile compulsory moves events will be skated on one-half (1/2) of the ice surface with no music. Juvenile through Senior short program events will be skated on full ice with music. Moves must be skated exactly as stated and may be skated in any order. There must be no change of foot between jumps in a combination jump. Axel is considered a single jump unless otherwise indicated. If the program exceeds the time limit, that portion of the program will not be judged. All moves at all levels are to be connected in a free flowing presentation. Excessive footwork and added elements will be penalized. Spin revolutions must be in position to be counted.

All times listed are maximums.

COMPULSORY MOVES

<u>CATEGORY</u>	<u>TIME</u>	<u>REQUIRED ELEMENTS</u>
Beginner	1:15	½ flip or lutz jump, salchow jump, upright scratch spin (minimum 3 revolutions), waltz jump, forward spiral
High Beginner	1:15	Waltz jump/toe loop combination, loop jump, salchow jump, upright scratch spin (minimum 3 revolutions), forward spiral
Pre-Preliminary	1:15	Flip jump, single-single jump combination (no axel), sit spin (minimum 3 revolutions), forward outside spiral, split jump
Preliminary	1:30	Single jump (axel permitted), single-single jump combination (may not repeat jump above), camel spin (may not commence with a jump, minimum 3 revolutions), combination spin (no change of foot, minimum 3 revolutions in position), step sequence – straight line or diagonal
Pre-Juvenile	1:30	Single jump (may not be repeated in combination), single-single jump combination (must include loop), combination spin with 1 change of foot, no change of position (may not commence with jump, minimum 4 revolutions each foot), solo spin (may not commence with a jump, minimum 4 revolutions), step sequence
Adult Pre-Bronze	1:30	Forward crossovers, backward crossovers, spiral sequence, one-foot upright spin (minimum 3 revolutions)
Adult Bronze	1:30	Waltz jump, salchow jump, one-foot back spin (minimum 3 revolutions), footwork sequence
Adult Silver	1:30	Toe loop, flip jump, single-single combination (no axel), camel spin (minimum 3 revolutions), footwork sequence

Adult Gold	1:30	Footwork sequence, lutz jump, single-single combination, sit spin (minimum 4 revolutions), combination spin with one change of foot and change of position (minimum 4 revolutions each foot)
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SHORT PROGRAMS

<u>CATEGORY</u>	<u>TIME</u>	<u>REQUIRED ELEMENTS</u>
Juvenile	2:00	Axel (may not be repeated in combination). Lutz jump One jump combination consisting of one single jump and one double jump in either order, or two double jumps Solo spin – minimum 4 revolutions in position (may not commence with a jump). Spin combination with only one change of foot and one change of position (minimum 4 revolutions each foot) Step sequence (straight line, circular, or serpentine)
Intermediate	2:00	As stated by the 2006 USFS Official Rulebook (Rule 3671).
Novice	2:30	As stated by the 2006 USFS Official Rulebook (Rules 3661 & 3662).
Junior	2:50	As stated by the 2006 USFS Official Rulebook (Rules 3651 & 3652) for the 2006-2007 season.
Senior	2:50	As stated by the 2006 USFS Official Rulebook (Rules 3641 & 3642) for the 2006-2007 season.

SPIN EVENTS

Categories, Times and Requirements

Test requirements are the same as for Free Skating. All levels will be skated on half ice. Spins must be skated as stated, but in any order. All skaters must include one field element in their program, such as a spread eagle, bauer, or spiral, and one footwork sequence. Skaters will link elements together with minimal crossovers, but should use turns and moves in the field instead. If the program exceeds the time limit, that portion of the program will not be judged. *All times listed are maximums.* MEN AND LADIES MAY BE GROUPED TOGETHER.

<u>CATEGORY</u>	<u>MINUTES</u>	<u>REQUIRED ELEMENTS</u>
Pre-Preliminary	1:30	One-foot spin (min 3 revs) Two-foot spin (min 3 revs) Sit spin (min 3 revs) Footwork sequence of any pattern Spiral, bauer, or spread eagle
Preliminary	1:30	One foot spin (min 5 revs) Sit spin (min 3 revs) Camel spin (min 3 revs) Footwork sequence of any pattern Spiral, bauer, or spread eagle
Pre-Juvenile	1:30	Camel spin (min 4 revs) Spin with only one change of foot, (no change of position, min 4 revs per foot) Front to back scratch spin (min 4 revs per foot) Spiral, bauer, or spread eagle Footwork sequence of any pattern
Juvenile	1:30	Spin combination with one change of foot and one change of position (min 4 revs per foot) Flying camel spin (min 5 revs)

		Change foot spin (min 5 revs per foot) Spiral, bauer, or spread eagle Footwork sequence of any pattern
Open Juvenile	1:30	Spin combination with one change of foot and one change of position (min 4 revs per foot) Flying camel spin (min 5 revs) Change foot spin (min 5 revs per foot) Spiral, bauer, or spread eagle Footwork sequence of any pattern
Intermediate	2:00	Camel spin to back camel spin (min 4 revs per foot) Layback (min 5 revs) (Ladies Only) Camel Spin (min 5 revs) (Men Only) Combination spin with 2 positions and only one change of foot (min 5 revs per foot) Spiral, bauer, or spread eagle Footwork sequence of any pattern
Novice	2:00	Flying Camel (min 6 revs), Spin combination with 2 changes of position and 1 change of foot (min 15 revs total), Layback (min 6 revs) (Ladies Only), Cross-foot spin (min 6 revs) (Men Only) Spiral, bauer, or spread eagle Footwork sequence of any pattern
Junior	2:00	Flying spin (min 8 revs) Layback (min 8 revs) (Ladies Only) Cross-foot spin (min 6 revs) (Men Only) Combination Spin with 3 positions and only one change of foot (min 15 revs total) Spiral, bauer, or spread eagle Footwork sequence of any pattern
Senior	2:00	Flying spin (min 6 revs) Spin combination with at least 2 changes of position & 2 changes of foot (min 15 revs total) Solo spin of skater's choice (min 8 revs) Spiral, bauer, or spread eagle Footwork sequence of any pattern

PAIRS FREE SKATE EVENTS

Categories, Times and Requirements

<u>CATEGORY</u>	<u>TIME</u>	<u>REQUIREMENTS</u>
Preliminary	1:30	See 2006 Official Rulebook, Rule 4100
Pre-Juvenile	2:00	See 2006 Official Rulebook, Rule 4091
Juvenile	2:30	See 2006 Official Rulebook, Rule 4081
Intermediate	3:00	See 2006 Official Rulebook, Rule 4071
Novice	3:30	See 2006 Official Rulebook, Rule 4062
Junior	4:00	See 2006 Official Rulebook, Rule 4052
Senior	4:30	See 2006 Official Rulebook, Rule 4042
Adult Bronze	2:10	See 2006 Official Rulebook, Rules 4124 & 4125
Adult Silver	2:40	See 2006 Official Rulebook, Rules 4122 & 4123
Adult Gold	3:10	See 2006 Official Rulebook, Rules 4120 & 4121

DANCE EVENTS

Categories and Dances

Each dance is considered an event and is judged separately, e.g., Canasta Tango is one event, Blues is one event. Couples and solo skaters may enter as many events for which they qualify. Any dance event with a large number of entries may be divided into groups by the birth date of the older partner. The Referee will determine the number of patterns to be skated.

SOLO DANCE

Open to both men and ladies. Men and ladies events may be combined. Skaters may select dances at their current test level and/or one level higher. Two or fewer Adult entries will be combined with the corresponding standard event.

<u>CATEGORY</u>	<u>DANCES</u>
Preliminary	Canasta Tango, Rhythm Blues, Dutch Waltz
Pre Bronze	Fiesta Tango, Cha-Cha, Swing
Bronze	Willow Waltz, Ten Fox, Hickory Hoedown
Pre Silver	European Waltz, Foxtrot, Fourteenstep
Silver	American Waltz, Tango, Rocker Foxtrot
Pre Gold	Paso Doble, Blues, Starlight Waltz
Gold	Argentine Tango, Quickstep, Viennese Waltz

COUPLES DANCE

Each dance is considered an event and is judged separately. Couples may select dances from the lists below.

<u>CATEGORY</u>	<u>DANCES / RESTRICTIONS</u>
Pre-Juvenile	<u>Rhythm Blues, Canasta Tango</u> (Both partners must not have completed the Bronze Dance Test)
Juvenile	<u>Fiesta Tango, Willow Waltz</u> (Both partners must not have completed the Pre-Silver Dance Test)
Intermediate	<u>European Waltz, 14 Step</u> (Both partners must not have completed the Silver Dance Test)
Novice	<u>Blues, Starlight Waltz</u> (Both partners must not have completed the Pre-Gold Dance Test)
Junior	<u>Austrian Waltz, Paso Doble</u> (Both partners must not have completed the Gold Dance Test)
Senior	<u>Paso Doble, Yankee Polka</u> (Both partners must have completed the Gold Dance Test)

ADULT COUPLES DANCE

Each dance is considered an event and is judged separately. Couples may select dances from the lists below.

<u>CATEGORY</u>	<u>DANCES / RESTRICTIONS</u>
Adult Pre-Bronze	<u>Dutch Waltz, Cha Cha</u> (Both partners must have completed the Pre-Bronze Dance Test, but no higher than the Bronze Dance Test)
Adult Bronze	<u>Cha Cha, Ten Fox</u> (One partner must have passed at least one Pre-Silver Dance, Adult or standard; the other partner must have passed at least one Bronze Dance, Adult or standard. Neither may have passed more than one Silver Dance, Adult or standard.)
Adult Silver	<u>European Waltz, Tango</u> (One partner must have passed at least one Silver Dance, Adult or standard; the other partner must have passed at least one Pre-Silver Dance, Adult or standard. Neither may have passed more than one Pre-Gold Dance, Adult or standard.)
Adult Pre-Gold	<u>Rocker Foxtrot, Kilian</u> (One partner must have passed at least one Pre-Gold Dance, Adult or standard; the other partner must have passed at least one Silver Dance, Adult or standard. Neither partner may have completed the Gold Dance Test, Adult or standard.)
Adult Gold	<u>Paso Doble, Westminster Waltz</u> (One partner must have passed at least one Gold Dance, Adult or standard; the other partner must have passed at least one Pre-Gold Dance, Adult or standard.)

ARTISTIC SHOWCASE

Artistic Showcase: Showcase events are to be skated to music of the skater's choice (the competition committee reserves the right to reject selection if deemed inappropriate). Programs should be designed specifically to entertain and/or emotionally move the audience. Costumes are encouraged. Props will be allowed and the skater will have thirty (30) seconds to place and remove the prop. Props must be limited to those that the skater can carry on and off the ice unassisted through the normal skater's entrance door. Props are not allowed on ice during warm up. Test requirements for each showcase group are the same as the freestyle levels indicated.

SINGLES SHOWCASE

Includes Adult and Student skaters. Any event with a large number of entries may be divided into groups by birth date.

<u>CATEGORY</u>	<u>TIME (max)</u>	<u>RESTRICTIONS</u>
I. Beginner / Pre-Pre / Prelim / Adult Pre-Bronze	1:30	No axels, No double jumps.
II. Pre-Juvenile / Juvenile / Adult Bronze	1:30	Axels allowed, No double jumps.
III. Intermediate / Novice / Adult Silver & Gold	1:30	May include one double jump.
IV. Junior / Senior	1:30	No restrictions

DUET SHOWCASE

The Duet may consist of two Adult skaters, two Student skaters, or one adult and one Student skater, without regard to gender. Skaters must enter the category matching the highest free skate test level skater in the pair. Entry fees are per each person. Any event with a large number of entries may be divided into groups by the birth date of the older partner.

<u>CATEGORY</u>	<u>TIME (max)</u>	<u>RESTRICTIONS</u>
I. Beginner / Pre-Pre / Prelim / Adult Pre-Bronze	1:30	No axels, No double jumps.
II. Pre-Juvenile / Juvenile / Adult Bronze	1:30	Axels allowed, No double jumps.
III. Intermediate / Novice / Adult Silver & Gold	1:30	May include one double jump.
IV. Junior / Senior	1:30	No restrictions

WISH YOUR SKATER LUCK!

Wish Your Skater Luck! Personal "Happy" Ad (\$10)
Maximum 50 characters (including spaces)

Please describe greeting desired and your skater's name and club on a separate sheet of paper, and include with entry forms.

.For larger ads or questions about ads, contact Joy Buchanan at flags4joy@chartermi.net.

COMPETITION QUESTIONS?

Ann Ward
abward6@yahoo.com
(989) 835-3624

TRI STATE MEMORIAL FREE SKATING CHAMPIONSHIPS
April 20 – 22, 2006

Entry Form

Last Name: _____ First Name: _____ Birth Date: _____
 Female: _____ Male: _____ USFS/CFSA#: _____ Home Club: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: (____) _____ Email Address: _____
 Last Test Passed: Free Skate: _____ Dance: _____ Moves: _____ Pairs: _____
 DANCE Partner's Name _____ PAIR Partner's Name _____
 Professional's Name: (print) _____ Phone (____) _____
 Address: _____ City: _____ State: _____ Zip: _____

EVENT SELECTION

Check desired events

<u>Free Skate</u>	<u>Compulsory Moves</u>	<u>Adult Free Skate</u>	<u>Pairs</u>	<u>Spins</u>	<u>Showcase Singles</u>
<input type="checkbox"/> Ltd Beginner	<input type="checkbox"/> Beginner	<input type="checkbox"/> Pre-Bronze	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Pre-Prelim	<input type="checkbox"/> Event I
<input type="checkbox"/> Beginner	<input type="checkbox"/> High Beginner	<input type="checkbox"/> Bronze	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Event II
<input type="checkbox"/> Pre-Pre A	<input type="checkbox"/> Pre-Prelim	<input type="checkbox"/> Silver	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Pre-Juvenile	<input type="checkbox"/> Event III
<input type="checkbox"/> Pre-Pre B	<input type="checkbox"/> Preliminary	<input type="checkbox"/> Gold	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Event IV
<input type="checkbox"/> Prelim. Ltd	<input type="checkbox"/> Pre-Juvenile		<input type="checkbox"/> Novice	<input type="checkbox"/> Open Juvenile	
<input type="checkbox"/> Preliminary		<u>Ad Compuls Moves</u>	<input type="checkbox"/> Junior	<input type="checkbox"/> Intermediate	<u>Showcase Duets</u>
<input type="checkbox"/> Pre-Juvenile	<u>Short Programs</u>	<input type="checkbox"/> Pre-Bronze	<input type="checkbox"/> Senior	<input type="checkbox"/> Novice	<input type="checkbox"/> Event I
<input type="checkbox"/> Juvenile	<input type="checkbox"/> Juvenile	<input type="checkbox"/> Bronze		<input type="checkbox"/> Junior	<input type="checkbox"/> Event II
<input type="checkbox"/> Open Juv	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Silver	<u>Adult Pairs</u>	<input type="checkbox"/> Senior	<input type="checkbox"/> Event III
<input type="checkbox"/> Intermediate	<input type="checkbox"/> Novice	<input type="checkbox"/> Gold	<input type="checkbox"/> Bronze		<input type="checkbox"/> Event IV
<input type="checkbox"/> Novice	<input type="checkbox"/> Junior		<input type="checkbox"/> Silver		
<input type="checkbox"/> Junior	<input type="checkbox"/> Senior		<input type="checkbox"/> Gold		
<input type="checkbox"/> Senior					

DANCE

Check each individual dance you wish to compete in; check standard or adult.

____ Standard Solo Dance ____ Adult Solo Dance

Preliminary	<input type="checkbox"/> Rhythm Blues	<input type="checkbox"/> Dutch Waltz	<input type="checkbox"/> Canasta Tango
Pre-Bronze	<input type="checkbox"/> Fiesta Tango	<input type="checkbox"/> Cha Cha	<input type="checkbox"/> Swing
Bronze	<input type="checkbox"/> Willow Waltz	<input type="checkbox"/> Ten Fox	<input type="checkbox"/> Hickory Hoedown
Pre-Silver	<input type="checkbox"/> Foxtrot	<input type="checkbox"/> Fourteenstep	<input type="checkbox"/> European Waltz
Silver	<input type="checkbox"/> Tango	<input type="checkbox"/> Rocker Foxtrot	<input type="checkbox"/> American Waltz
Pre-Gold	<input type="checkbox"/> Paso Doble	<input type="checkbox"/> Blues	<input type="checkbox"/> Starlight Waltz
Gold	<input type="checkbox"/> Quickstep	<input type="checkbox"/> Viennese Waltz	<input type="checkbox"/> Argentine Tango

____ Standard Couples

____ Adult Couples

Pre-Juvenile	<input type="checkbox"/> Rhythm Blues	<input type="checkbox"/> Canasta Tango	Adult Pre-Bronze	<input type="checkbox"/> Dutch Waltz	<input type="checkbox"/> Cha Cha
Juvenile	<input type="checkbox"/> Fiesta Tango	<input type="checkbox"/> Willow Waltz	Adult Bronze	<input type="checkbox"/> Cha Cha	<input type="checkbox"/> Ten Fox
Intermediate	<input type="checkbox"/> European Waltz	<input type="checkbox"/> 14-Step	Adult Silver	<input type="checkbox"/> European Waltz	<input type="checkbox"/> Tango
Novice	<input type="checkbox"/> Blues	<input type="checkbox"/> Starlight Waltz	Adult Pre-Gold	<input type="checkbox"/> Rocker Foxtrot	<input type="checkbox"/> Kilian
Junior	<input type="checkbox"/> Austrian Waltz	<input type="checkbox"/> Paso Doble	Adult Gold	<input type="checkbox"/> Paso Doble	<input type="checkbox"/> Westminster
Senior	<input type="checkbox"/> Paso Doble	<input type="checkbox"/> Yankee Polka			

Tri State Memorial Free Skating Championships — April 20-22, 2006

CERTIFICATION

By Contestant

I am an eligible skater under the rules of United States Figure Skating and/or the Canadian Figure Skating Association to enter the event(s) selected on my Entry Form.

Signature: _____ Date: _____

By Club Officer or Test Chair

To the best of my knowledge, the information provided by the contestant on this Entry Form is true and correct. The contestant is a member in good standing of our club.

Signature: _____ Date: _____

By Coach

To the best of my knowledge, the information indicated on this Entry Form is true and correct.

Signature: _____ Date: _____

WAIVER OF CLAIMS FOR INJURY

The competitor and family holds the Midland Figure Skating Club and the Midland Civic Arena harmless from any and all liability for injuries to the Contestant, and from any and all liabilities for damages to, or loss of property. I also understand that no refunds will be made after March 1st except for medical reasons or cancellation of an event.

Skater's Signature (if over age 18) _____ Date: _____

Parent/Guardian Signature: (for skater under age 18) _____ Date: _____

IN CASE OF EMERGENCY

Permission is granted to the representatives of the Midland FSC/Tri State Championships to administer or seek medical attention for the skater named on this Entry Form, in the case of my absence, or for myself if I am unable to communicate.

Skater's Signature (if over age 18) _____ Date: _____

Parent/Guardian Signature: (for skater under age 18) _____ Date: _____

Relevant Medical Information (allergies, pre-existing conditions, etc.) _____

Skater's Insurance Company _____

Policy No. _____ Name of Insured _____

ENTRY FEES AND DEADLINE

Entries must be postmarked by March 1, 2006. Late entries will be accepted until March 8 with a \$25 late fee. A \$25 fee for correcting a wrong entry, and a \$20 fee for returned checks, may also be assessed.

Entry fees \$ _____ + skater luck ad in program \$ _____ = Total \$ _____

Make check payable to: Midland FSC (Tri State 2006) and mail with completed forms (pages 9 & 10) to:

Midland FSC (Tri State 2006); Eline Morabito, Entries Chair; 1801 Brookfield Drive; Midland MI 48642.

HOTELS

Ashman Court Marriott	111 West Main Street, Midland MI 48640-5154 989-839-0500 or 800-282-7778	www.ashmancourtmarriott.com
Fairview Inn & Suites	2200 West Wackerly Street, Midland MI 48640 989-631-0070 or 800-422-2744	www.fairviewinnmidland.com
Hampton Inn	6701 Eastman Ave, Midland MI 48642 989-837-4000 or 800-426-7866	www.hampton-inn.com
Holiday Inn Hotel	1500 West Wackerly Street, Midland MI 48640 989-631-4220 or 800-622-4220	www.midlandhi.com
Midland Motor Inn	1815 South Saginaw Road, Midland MI 48640 989-631-0570	www.midlandmotel.net
Sleep Inn	2100 West Wackerly Street, Midland MI 48640 989-837-1010 or 888-837-1010	www.sleep-inn-mi.com
Valley Plaza Resort	5221 Bay City Road, Midland MI 48642 989-496-2700 or 800-825-2700	www.valleyplazaresort.com



Driving Instructions:

From Detroit: I-75 north to US-10 West (exit 162B). Proceed approx. 11 miles to the Bay City Road exit. Turn left on Bay City Rd. and proceed west approx. 0.75 mile to arena on the left.

From Jackson/Lansing: US-127 north to US-27. Continue north on US-27 M-20 East (near Mt. Pleasant). Proceed east on M-20 to Buttles St. (in Midland). Turn right on Buttles St. (one-way) and proceed southeast approx. 5 blocks to Rodd Street. Turn left on Rodd St. (one-way) and proceed northeast approx. 1 mile to Saginaw Road. Turn right on Saginaw Rd. and proceed southeast approx. 1.5 miles to Bay City Road. Turn left on Bay City Rd. (one-way). Turn left on Bay City Rd. and proceed east approx. 2 miles to arena on the right.

From Grand Rapids: US-131 north to M-46 (exit 120). Proceed east on M-46 to M-66. Proceed north on M-66 to M-20 East. Proceed east on M-20 to Buttles St. (in Midland). Turn right on Buttles St. (one-way) and proceed southeast approx. 5 blocks to Rodd Street. Turn left on Rodd St. (one-way) and proceed northeast approx. 1 mile to Saginaw Road. Turn right on Saginaw Rd. and proceed southeast approx. 1.5 miles to Bay City Road. Turn left on Bay City Rd. (one-way). Turn left on Bay City Rd. and proceed east approx. 2 miles to arena on the right.



Midland Figure Skating Club

Presents

Grassroots to Champions



With World and Olympic Coach
Audrey Weisiger

And Presenters

Chris Conte and Nick Perna

Sunday, April 23rd, 2006
8:00am - 3:00pm
Midland Civic Arena
Midland, Michigan

Seminar Details

The Midland Figure Skating Club is proud to present Audrey Weisiger's *Grassroots to Champions* Seminar.

This one-day seminar is available to skaters of all ages in Pre-Preliminary through Senior levels and their coaches.

Parents are encouraged to attend as well. Skaters should feel free to attend this seminar with or without their coach.

- Skaters will be divided into smaller groups according to skater ability levels.
- On and Off Ice Instruction will be provided by Audrey Weisiger, Chris Conte and Nick Perna.
- Seminar includes Dartfish Technology Presentation
- Jump instruction will be provided using the Pro Motion Pole Harness
- Lunch will be provided to all participants.
- Private Lessons are available after the seminar with Audrey Weisiger, Chris Conte and Nick Perna on Sunday, April 23rd. Space is limited, reserve your lesson today!
- Additional private lessons will be available on Monday, April 24th with Chris Conte and Nick Perna.

Grassroots Staff

Audrey K. Weisiger

- World and Olympic Coach
- Current coach of Olympic competitor Timothy Geobel
- USFS double gold Medalist in figures and freestyle
- PSA Master Rated
- 1999 PSA Coach of the Year
- 2000 PSA Key Note Speaker

Chris Conte

- PSA rated coach and choreographer
- Expert in Dartfish Technology
- Choreographer to International Skaters in Pairs and Freestyle
- Principal Skater in Ice Capades and Disney on Ice
- Certified Instructor of Therapeutic Pilates

Nick Perna

- Jumping Pole Expert
- PSA Master rated
- Former Pairs skater who is now a National and International coach for beginners through the Olympic elite.
- Staff Instructor for Team USA Camps

What are Grassroots to Champions Seminars?

The Grassroots mission is to raise the technical level of US skaters over the next 4 years. The seminars focus on teaching coaches and their skaters how to develop from the first steps on to the ice into a championship caliber competitor.



The main topics covered in this seminar:

- jumps from singles to doubles to triples to quads
- off-ice jumping for correct air positions
- correct take-off prints and landings
- alignment of body positions
- how to use the jumping pole with Nick Perna
- how Dartfish can speed the learning process with Chris Conte
- proper equipment fitting
- how to prepare for competition
- Grassroots to Champions lecture on the process of becoming a skater in full bloom
- select tots, how to identify talent in your group lesson programs
- conditioning the body for skating at the elite level
- how to create the total package

***Enrollment is limited!
Sign up today!***

It is agreed that the participant and family holds the Grassroots staff, Midland FSC, and Midland Civic Arena staff harmless from any and all liability for damages or loss of property. I/we assume the risks of participating in the seminar and waive all claims for any personal injury.

Skater/ Parent or guardian if under 18

Date

Do you have more questions about the seminar?

Please contact Laura Colsia at:
Lauramo31@yahoo.com
or call (989)295-1234

Hosted by:
Midland Figure Skating Club
P.O. Box 1371
Midland, Michigan 48641-1371
www.MidlandFigureSkatingClub.org

Grassroots Registration Form

Please Check One:

- Skater Registration: \$100.00 before March 1st,
\$135.00 after March 1st Deadline
- Coach Registration: \$50.00 before March 1st,
\$75.00 after March 1st Deadline
- Coach with 4 or more students attending (free)

Participant Name _____

Birth Date _____ Gender _____

Skating Club _____

Address _____

City _____ State _____ Zip _____

Phone # _____

Email Address _____

Highest FS test passed _____

Most difficult jump attained _____

Name of Coach _____

Private Lesson Request

(limit one 30 min lesson per coach)

Pay coach directly at seminar. Students will be assigned either a 25 or 30 minute lesson depending upon availability at the time registration is received. Additional Ice costs (TBD) will apply.

Sunday, April 23rd, 2006

Audrey Weisiger \$50.00 / 30 min

Chris Conte \$50.00 / 30 min

Nick Perna \$50.00 / 30 min

Monday Evening, April 24th, 2006

Chris Conte \$50.00 / 30 min or \$42 / 25 min

Nick Perna \$50.00 / 30 min or \$42 / 25 min

Total Amount Enclosed: \$ _____

Full payment for seminar must accompany application. Make checks payable to MFSC and send to:

Eline Morabito

Grassroots to Champions

1801 Brookfield Dr.

Midland, MI 48642

Grassroots to Champions Sponsors:

