

EVENT INFORMATION

WARM-UP TIMES

- 5 minutes: Interpretive Spotlight, Team Interpretive, Pairs, Open Freestyle, Dance Figures, Artistic, Freestyle, Family Spotlight, Solo Spotlight, Couples Spotlight, Rhythmic, Team Compulsories, Tots -- Delta
- 3 minutes: Jump & Spin (1.5 minutes for each, first jumpers, then spinners)
Solo Compulsories, Footwork, Ensemble
- 0 minutes: Stroking, Production, Synchronized (built-into Production & Synchro event times)

STROKING There will not be a warm-up for Stroking events.
Basic level skaters will be asked to skate forward, only, but in both directions until told to stop.

Remind them it is not a race! Crossovers are not judged. Will go as a group.

Freestyle 1-4 skaters will be asked to skate forward and backward around the perimeter of the rink until told to stop. Will go as a group..

Strokes and crossovers (or cutbacks) are judged.

Freestyle 5 and higher skaters will skate a Figure 8 pattern, forward and backward.

One figure eight forward, mohawk at center ice, one figure eight backward, stop.

Strokes and crossovers (or cutbacks) are judged. Will go one at a time.

4-PERSON JUMP & SPIN

Full ice -- Skater 1 performs maneuver 1 twice, Skater 2 performs maneuver 2 twice, Skater 3 performs maneuver 3 twice, Skater 4 performs maneuver 4 twice: Jump 1, Jump 2, Spin 1, Spin 2.

Example: Medium, Freestyle 1-3

Maneuver 1: 1/2 Flip or Toe Loop;

Maneuver 2: Waltz Jump or Salchow;

Maneuver 3: 2-Foot or 1-Foot Spin;

Maneuver 4: Pivot (Forward or Backward) (Technically not a spin -- we know)

INTERPRETIVE SPOTLIGHT

The first skater in each warm-up event group will be asked to report to the chaperone area early to hear the music for the first time. All other skaters will hear the music during warm-up and just before they skate.

(1) First skater in each warm-up group -- report to chaperone area early. Just before warm-up, we will play the music for the first time for that skater.

(2) During warm-up, we will play music two more times for all skaters.

(3) All but first two skaters are taken somewhere they can't hear the music.

(4) While first skater performs; second skater will sit or stand with back to the ice surface, face to the wall, to hear the music one more time. Same procedure to be repeated for each additional skater in that warm-up.



ROBERT UNGER

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Competition

ICE CHALET - KNOXVILLE

APRIL 29-MAY 1, 2022

Something for Everyone