



2015

Harvest Skate Basic Skills Competition

Iron Mountain, MI

November 21, 2015

HOSTED BY:

Ice Reflections Figure Skating Club

www.icereflectionsfsc.com



Mountain View Ice Arena
400 E. Hughitt Street
Iron Mountain, MI 49801

Announcing the second annual Iron Mountain Basic Skills Competition (approved by USFS) and hosted by the Ice Reflections Figure Skating Club (IRFSC) at the Mountain View Ice Arena in Iron Mountain, Michigan.

ELIGIBILITY, RULES, AND DIRECTIONS FOR PARTICIPANTS

ELIGIBILITY: This competition is open to all skaters who are current eligible 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 October 24, 2015.**

All **Snowplow Sam and Basic Skills 1-8** skaters must skate at highest level passed or one level higher and NO official U.S. Figure Skating tests may have been passed including MIF or Individual Dances.

For **Test Track** 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.

EVENT CATEGORIES: See the attached form for each event describing the format, ice (full or half-ice), music allowed (type of music and time), required elements/moves, deductions, qualifications, and other special instructions.

ENTRY DEADLINE AND FEES: All entries must be postmarked no later than **Saturday, October 24, 2015**. Entry fees are per person, U.S. Dollars. The Basic Skills first event is \$45 and each additional event is \$20. Entry fee Beginner and Higher \$65.00 first event and each additional event is \$20.00. An entry form for each skater **must be filled out completely** and mailed with a check made payable to the Ice Reflections Figure Skating Club (or IRFSC). There will be a \$30 fee for returned checks.

REFUNDS: No refunds after closing date of October 24, 2015 unless the Ice Reflections Figure Skating Club cancels event.

REGISTRATION: The registration desk will be open at the Mountain View Ice Arena during all practice ice sessions and events on Saturday, November 21, 2015. It is the responsibility of each competitor to check the schedule posted in the ice arena for official changes and events on the day of the competition. Competitors must arrive at the arena at least one hour prior to their scheduled event time. Please check-in upon arrival. Failure to arrive, check-in with the Ice Monitor, and turn in your music at least one hour prior to the scheduled event may result in disqualification.

AWARDS: Everyone will receive an award! All events will be final rounds. All awards will be made at appropriate times throughout the competition.

SCHEDULE OF EVENTS: Tentative schedules including groups and skating times will be posted through email no later than seven days prior to the competition. Schedules will also be posted at www.icereflectionsfs.com, in the ice arena and available in the competition program on the day of the competition. All skaters should be ready to skate and check in with the Ice Monitor one hour prior to their scheduled event time.

PRACTICE ICE: Two 20 minute sessions will be available between 8:30am – 9:30am for \$15per session on Saturday, November 21st. To reserve practice ice, see attached entry form. Program music will not be played on practice ice. A limited number of skaters will be allowed on the ice during any one session. Practice ice sessions may be added or canceled based on the number of registrations with final practice ice schedule posted through email and at the ice rink.

MUSIC: The music for each event must be provided on CD's by the skater and turned in at the registration desk on competition day. Only one song allowed per disc. Tapes and CDRW CD's will not be accepted. A CD for each event should be clearly marked with the name of the skater, event entered, and length of music (not skating time). A duplicate CD should be available at rink side during the event as back up. Music must be recorded within the +/-10 second accepted time frame for the event. Music must be picked up at the registration desk after each event.

PHOTOGRAPHS: Photographs will be taken at will. The best effort will be given to have each flight pose for a photo after awards have been given.

ATTIRE: Casual figure skating attire, such as sport or skate pant with Mondor's is suggested. Skating skirt or skate dress is recommended but optional. No jeans please.

LODGING: Rooms have been reserved for Friday, November 20, 2015 at a special discount rate at the Days Inn of Iron Mountain. Their address is 2005 S. Stephenson Ave. Iron Mountain, MI. To make reservations, please call the hotel directly at 906-774-1900 and mention the "IM Basic Skills Competition".

CONTACTS: Preferred contact is by email to Becky Pomroy at icereflections@gmail.com or 906.779.3777

FACILITIES AND PARKING: All events and practice sessions will be held at the Mountain View Ice Arena at 400 E. Hughitt St. in Iron Mountain, MI. The arena has seating for spectators and a concession stand that will be open during the competition. Changing rooms are available at the arena for skaters. Free parking is available. The Mountain View Ice Arena is not a heated rink. Please plan accordingly for your skating time.

JUDGING: The events will be judged using the 6.0 judging system.



2015/2016 U.P. of Michigan Basic Skills Competition Series

Mission Statement: The purpose of these competitions is to promote a fun, introductory, competitive experience for the beginning skater.

Skaters will have the chance to compete at different clubs and arenas and earn points for a final standing.

A skater may participate in either Program with Music and/or Elements Events in any of the series competitions to be eligible for accumulating points.

Awards will be presented to skaters with the highest point totals. These awards will take place at the final competition in Marquette.

Series Point System

The program with music and elements events in each of the series competitions will be eligible for accumulating points. **Each event will have a maximum of 6 skaters.** Male skaters, 12 years of age and younger will compete with female skaters at all levels. Male skaters over the age of 12 will compete in a boys division, even if there is only one skater. The system for scoring points for the final award will be as follows:

1 SKATER	2-3 SKATERS	4 -6 SKATERS
1 ST – 3 POINTS	1 ST – 4 POINTS	1 ST – 6 POINTS
	2 ND – 3 POINTS	2 ND – 5 POINTS
	3 RD – 2 POINTS	3 RD – 4 POINTS
		4 TH – 3 POINTS
		5 TH – 2 POINTS
		6 TH – 1 POINT

At the end of the series, in the case of total points tied, all skaters tied for a place will be awarded a trophy, no ties will be broken.

Points are accumulated for program with music and elements events separately.

During regular series events, **medals or trophy's will be awarded (1-6 place)** in each level of program with music and elements events. At the end of the series season any skater who moved up a level will be awarded 6 bonus points (6 points only, whether they move up one or more levels). All points follow the skater throughout the season. Series point standings will be posted after each competition on the Marquette Figure Skating website:

www.marquettefigureskatingclub.org click on the documents and handbook page

INFORMATION REGARDING COACHES:

U.S. Figure Skating Rule MR 5.11 Coach Compliance In order to be granted access to work within U.S. Figure Skating sanctioned activities, each coach must complete the following requirements on an annual basis by July 1:

- Must be a current full member of U.S. Figure Skating - either through a member club or as an individual member;
- Must complete the coach registration process through the U.S. Figure Skating Members Only site, submit proper payment for the annual registration fee of \$30 and, if 18 years of age or older, successfully pass the background screen.
- Must complete the appropriate CER courses (A, B, C or D) depending on the highest level of students being coached as of July 1. See rule MR 5.12.
- Must submit proof of current general liability insurance with limits of \$1 million per occurrence/\$5 million aggregate.

For Basic Skills ONLY coaches - Any person, 18 and older, instructing in a U.S. Figure Skating Basic Skills Program must have successfully passed the annual background screen and be registered as a Basic Skills instructor member.

Please Note: The USFS U.P. of Michigan Basic Skills Series is sponsored equally by the participating USFS member clubs. Competition announcements will be available at all participating clubs websites. **Each competition will have its own entry forms and specific rules – so please make sure to read the entire announcement for each competition.**

Michigan has passed a Sports Concussion Law that went in to full effect June 30th, 2013. This law requires all coaches, employees, volunteers and other adults involved with a youth athletic activity to complete a concussion awareness on-line training program. The training takes approximately 30 minutes to complete. A certificate of taking the course will be provided. The law also requires the organizing entity, to obtain a signed statement by each youth athlete and a parent/guardian that acknowledges receipt of educational materials on concussions and their consequences. Signed statements will be kept on file by Director Chris Gauthier, but may be submitted at any Series competition for filing. The signature is good till they are 18 or have tested out of the Series.

4th Annual U.P. of Michigan Basic Skills Competition Series – Hosted by the following:

Event #1 – Harvest Skate Basic Skills Competition

Sponsored by Ice Reflections Figure Skating Club

November 21, 2015

Entry Deadline: October 24, 2015

Mountain View Ice Arena

Iron Mountain, MI

Contact: Becky Pomroy Email: icereflections@gmail.com Phone: 906-779-3777

Online Registration: www.entryeeze.com

Website: www.icereflectionsfsc.com for Announcement/Registration forms

Event #2 – Holiday Classic Basic Skills Competition

Sponsored by Escanaba Area Figure Skating Club

Saturday December 5th, 2015

Entry Deadline: November 6th, 2015

Wells Sports Complex

Wells, MI 49894

Contact: Mary Gauthier

Email: marygauthier@chartermi.net

Phone: 906-280-3720

Website: www.eafsc.com for Announcement/Registration forms

Online Registration: www.entryeeze.com

Event #3 - Snowflake SK8 Competition

Sponsored by Copper Country Skating Academy

January 9, 2016

Entry Deadline: December 16, 2015

John J. MacInnes Student Ice Arena

1400 Townsend Dr

Houghton, MI 49931

Contact: Jessica M. Comfort – jcomfort@mtu.edu – 906-370-5657

www.coppercountryskatingacademy.org for Announcement/Registration

Event #4 – Marquette International Open, Sponsored by Marquette Figure Skating Club

February 27th, 2016

Entry Deadline: January 17, 2016

Berry Event Center

W Fair Ave & North 3rd Street

Marquette, MI 49855

Contact: Chris Gauthier or Shannon Heikkila

Email: chrisa@chartermi.net heikks@hotmail.com

Phone: 906-249-9243 or 906-942-7315

www.marquettefigureskating.org for announcement

www.Entryeeze.com to Register

SERIES AWARDS – MARQUETTE – SATURDAY FEBRUARY 21, 2015



U.S. Figure Skating Basic Skills Competitions

EVENT: Basic Elements Event: SNOWPLOW SAM – BASIC 8

Format: Each skater will perform each element when directed by a judge or referee. **Referee driven format** examples: all skaters perform first element before moving on to the next and so on **OR** each skater performs all of the required elements before moving on to the next skater.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on 1/2 ice
- No music
- **All elements must be skated in the order listed**

Level		Skating rules / standards
Snowplow Sam 1-3		<ul style="list-style-type: none"> • March followed by a two foot glide and dip • Forward two foot swizzles 2-3 in a row • Forward snowplow stop • Backward wiggles 2-6 in a row
Basic 1		<ul style="list-style-type: none"> • Forward two foot glide and dip • Forward two foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles 6-8 in a row
Basic 2		<ul style="list-style-type: none"> • Forward one foot glide - either foot • Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot • Moving snowplow stop • Two foot turn in place- forward to backward • Backward two foot swizzles 6 - 8 in a row
Basic 3		<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive • Forward slalom • Backward one foot glide - either foot • Two foot spin – minimum three revolutions
Basic 4		<ul style="list-style-type: none"> • Standstill forward outside three-turn - Right & Left • Forward outside edge on a circle clockwise or counter clockwise • Forward crossovers 4-6 consecutive both directions • Backward stroking - 4-6 strokes • Backward snowplow stop - Right or Left
Basic 5		<ul style="list-style-type: none"> • Backward outside edge on a circle clockwise or counterclockwise • Backward crossovers 4-6 consecutive - both directions • Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions • Side toe hop -either direction • Hockey stop
Basic 6		<ul style="list-style-type: none"> • Standstill forward inside three-turn - Right & Left • Bunny Hop • Forward spiral on a straight line - Right or Left • Lunge - Right or Left • T-stop - Right or Left
Basic 7		<ul style="list-style-type: none"> • Standstill forward inside open Mohawk - Right to Left and Left to Right • Ballet Jump - either direction • Back crossovers to a back outside edge landing position clockwise and counter clockwise • Forward inside pivot
Basic 8		<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns , Right & Left • Waltz jump (from a standstill) • Mazurka - either direction • Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into Forward Inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions

EVENT: 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. Vocal music is allowed.

- Skaters may compete at the highest level they have passed, or “skate up” to one level higher.
- To be skated on full ice
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level

Level	Time	Skating rules / standards
Snowplow Sam 1-3	1:00 +/-10 max.	<ul style="list-style-type: none"> • March followed by a two foot glide and dip • Forward two foot swizzles 2-3 in a row • Forward snowplow stop • Backward wiggles 2-6 in a row
Basic 1	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward two foot glide and dip • Forward two foot swizzles 6-8 in a row • Forward snowplow stop • Backward wiggles 6-8 in a row
Basic 2	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward one foot glide - either foot • Forward alternating ½ swizzle pumps, in a straight line – 2-3 each foot • Moving snowplow stop • Two foot turn in place- forward to backward • Backward two foot swizzles 6 - 8 in a row
Basic 3	1:00 +/-10 max.	<ul style="list-style-type: none"> • Forward stroking • Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 4-6 consecutive • Forward slalom • Backward one foot glide - either foot • Two foot spin – minimum three revolutions
Basic 4	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward outside three-turn - Right & Left • Forward crossovers 4-6 consecutive both directions • Backward stroking - 4-6 strokes • Backward snowplow stop - Right or Left
Basic 5	1:00 +/-10 max.	<ul style="list-style-type: none"> • Backward crossovers 4-6 consecutive - both directions • Basic one foot spin – free leg held to side of spinning leg - minimum three revolutions • Side toe hop -either direction • Hockey stop
Basic 6	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside three-turn - Right & Left • Bunny Hop • Forward spiral on a straight line - Right or Left • Lunge - Right or Left • T-stop - Right or Left
Basic 7	1:00 +/-10 max.	<ul style="list-style-type: none"> • Standstill forward inside open Mohawk - Right to Left and Left to Right • Ballet Jump - either direction • Back crossovers to a back outside edge landing position clockwise and counter clockwise • Forward inside pivot
Basic 8	1:00 +/-10 max.	<ul style="list-style-type: none"> • Moving forward outside or forward inside three-turns Right & Left • Waltz jump (from a standstill) • Mazurka - either direction • Combination move - clockwise <u>or</u> counter clockwise – two forward crossovers into Forward Inside Mohawk, step down, cross behind, step into one back crossover and step to a forward inside edge • Beginning one-foot upright spin – free foot held to side of spinning leg or crossed position - minimum three revolutions



U.S. Figure Skating Nonqualifying Competitions

EVENT: Introductory Levels Free Skate Program - Beginner, High Beginner and No Test Levels

General event parameters:

1. Skaters will skate to the music of their choice. Vocal music is permitted at all levels.
2. Level will be determined by the highest free skate test passed. Skaters may compete at the highest level they have passed, or skate up to one level higher.
3. Minimum number of spin revolutions are in parentheses following the spin description. Revolutions must be in position.

Level	Jumps	Spins	Step Sequences	Qualifications
Beginner 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front). • Max. 2 jump sequences • Max. 2 of any same jump 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, no change of foot, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
High Beginner 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Jumps with no more than one-half rotation (front to back or back to front including half-loop) • Single rotation jumps: Salchow and toe loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump. 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skating badge tests
No-Test 1:40 Maximum	<i>Max. 5 jump elements:</i> <ul style="list-style-type: none"> • Single jumps, with the exception of the single Axel, are allowed • Maximum of 2 jump combinations or sequences • Jump combinations limited to 2 jumps • Jump sequences limited to a maximum of 3 single jumps (half-loop is not considered a single jump at this level and may be performed without counting toward jump limit) • No single Axels, double jumps or triple jumps 	<i>Max. 2 spins:</i> <ul style="list-style-type: none"> • Spins may change feet and/or position • Spins may start with a fly • Minimum 3 revs. • Spins must be of a different character (For definition see rule 4103E) 	<ul style="list-style-type: none"> • Step sequence* • Must use one-half the ice surface • Moves in the field and spiral sequences are permitted but will not be counted as elements. • Jumps may be included in the step sequence 	

EVENT: Test Track Free Skate

General event parameters:

Skaters will skate to the music of their choice. Vocal music is permitted at all levels.

Level will be determined by the highest Free Skate test passed. Skaters may compete at the highest level they have passed, or "skate up" to one level higher.

Minimum number of spin revolutions are in () following the spin description. Revolutions must be in position.

The following deductions will be taken:

- 0.1 from each mark for each technical element included that is not permitted in the event description.
- 0.2 from the technical mark for each extra element included.
- 0.1 from the technical mark for any spin that is less than the required minimum revolutions.

Level	Jumps	Spins	Step Sequences	Qualifications
Pre-Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one-half rotation (<i>front to back or back to front including half-loop</i>) • Single rotation jumps: Salchow, toe loop and loop only. • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • Two spins of a different nature, one position only. No change of foot, no flying entry. (Min. 3 revolutions) 	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test
Preliminary 1:30 +/- 10 sec.	<p><i>Maximum of 5 jump elements:</i></p> <ul style="list-style-type: none"> • Jumps with not more than one rotation (no Axels). • Max. 2 jump combinations or sequences • Max. 2 of any same type jump 	<p><i>Maximum of 2 spins:</i></p> <ul style="list-style-type: none"> • One spin in one position; no change of foot, no flying entry. (Min. 3 revolutions) • One spin consisting of a front scratch to back scratch; exit on spinning foot not mandatory. (Min. 3 revolutions per foot) 	Connecting moves and steps should be demonstrated throughout the program	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

EVENT: Introductory Levels Compulsory Event

Format: In simple 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 0.2 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	Time	Skating rules/standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two-foot or one-foot spin, minimum three revolutions (free leg position optional) 4. Forward or backward spiral
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin - minimum three revolutions 4. Forward or backward spiral
No-Test	1:15 max.	<ol style="list-style-type: none"> 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 - minimum three revolutions 4. Spiral sequence, must include a forward and backward spiral. Additional spirals and balance moves may be included.

EVENT: COMPULSORY MOVES

General event parameters:

Elements skated on ½ ice
 Elements may be performed only once
 Music is not allowed

Level	Time	Skating rules/standards
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip (for competitions held before December 31, 2014) Single Toe Loop (for competitions held after January 1, 2015) 2. Jump combination: single/single (no Axel) 3. Sit spin or camel spin - minimum three revolutions 4. Spiral sequence with one forward spiral and one backward spiral (any edge)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single Lutz 2. Jump combination: single/single (may include Axel) 3. Back upright spin - minimum three revolutions 4. Forward inside spiral

EVENT: Jumps Challenge

General event parameters:

Each jump may be attempted twice; the best attempt will be counted.

Will be skated ½ ice

Level	Time	Skating rules / standards
Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. ½ flip or ½ Lutz 3. Single Salchow
High Beginner	1:15 max.	<ol style="list-style-type: none"> 1. Waltz jump (from backward crossovers) 2. Single Salchow 3. Jump combination – waltz jump-toe loop
No-Test	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single loop 3. Jump combination – Any two ½ or single revolution jumps (no Axel)
Pre – Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single toe loop 2. Single flip 3. Jump combination - Any two ½ or single revolution jumps (no Axel)
Preliminary	1:15 max.	<ol style="list-style-type: none"> 1. Single flip 2. Single Lutz 3. Jump combination – Any single jump + single loop (may be Axel)

EVENT: Spins Challenge

General event parameters:

Spins may be skated in any order. Connecting steps are allowed, but will not be taken into consideration in scoring.

Spins may not be repeated. Only required elements may be included.

All events are skated on ½ ice.

Minimum number of revolutions are noted in parentheses.

Level	Time	Skating rules / standards
Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
High Beginner	1:30 max.	<ol style="list-style-type: none"> 1. Upright one-foot spin (3) 2. Upright two-foot spin (3) 3. Sit spin (3)
No-Test	1:30 max.	<ol style="list-style-type: none"> 1 Upright one-foot spin (3) 2 Upright two-foot spin (3) 3 Sit spin (3)
Pre – Preliminary	1:30 max.	<ol style="list-style-type: none"> 1 Upright one-foot spin (3) 2 Upright back scratch spin (3) 3 Sit spin (3)
Preliminary	1:30 max.	<ol style="list-style-type: none"> 1 Forward scratch to back scratch spin (3) 2 Combination spin with no change of foot (4) 3 Sit spin (3)



U.P. of Michigan Basic Skills Series Concussion Awareness Information

Please read the following information carefully and sign below.
Submit to competition chair of participating competition.

A form must be completed for EVERY U.P. of Michigan BS Series Skater.

A CONCUSSION IS A TYPE OF TRAUMATIC BRAIN INJURY THAT CHANGES THE WAY THE BRAIN NORMALLY WORKS.

A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until day or weeks after the injury. If a student reports one or more symptoms of concussion listed (see page 2) after a bump, blow, or jolt to the head or body, she/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she/he is symptom-free and it’s OK to return to play.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- People who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

Go to www.michigan.gov/sportsconcussion for additional information.

By signing below, I am acknowledging that I have received Concussion Awareness Information from U.P. of Michigan BBS.

Student Name (Please Print)

Parent or Guardian (Please Print)

Student Signature

Parent or Guardian Signature

Date

Date

KEEP THIS PAGE

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student should receive immediate medical attention if after a bump, blow, or jolt to the head or body she/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If a student has a concussion, his/her brain needs time to heal. While a student's brain is still healing, she/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in your students can result in brain swelling or permanent damage to their brain. They can even be fatal.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that a student has a concussion, remove the student from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she/he is symptom-free and it's OK to return to play. Rest is key to helping a student recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional. Remember concussions affect people differently. While most students with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

SIGNS OBSERVED BY STAFF

Appears dazed or stunned - Is confused about assignment or position – Forgets an instruction – Is unsure of game, score, or opponent – Moves clumsily – Answers questions slowly – Loses consciousness (even briefly) – Shows mood, behavior, or personality changes – Can't recall events prior to hit or fall – Confusion – Can't recall events after hit or fall

SYMPTOMS REPORTED BY STUDENTS

Headache or "pressure" in head – Nausea or vomiting – Balance problems or dizziness – Double or blurry vision – Sensitivity to light – Sensitivity to noise – Feeling sluggish, hazy, foggy or groggy – Concentration or memory problems – Just not "feeling right" or "feeling down"

2015 IRON MOUNTAIN BASIC SKILLS COMPETITION

ENTRY FORM

Skater's Name: _____ Age: _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Name(s): _____

Parent/Guardian Email: _____

Parent/Guardian Phone: (_____) _____

Skater's Birth date: _____ **Skater's USFS #:** _____

Highest Basic Level Passed: _____ Highest Free skate Level Passed: _____ Highest Moves Level Passed: _____

Highest Dance Level Passed _____ Skater's Club Affiliation: _____

Director's/Instructor's Name: _____

	Basic Elements:	X	Basic Program W/ Music:	X
	Snow Plow Sam 1-		Snow Plow Sam 1,2,3	
	Basic 1		Basic 1	
	Basic 2		Basic 2	
	Basic 3		Basic 3	
	Basic 4		Basic 4	
	Basic 5		Basic 5	
	Basic 6		Basic 6	
	Basic 7		Basic 7	
	Basic 8		Basic 8	

Free skate Program	X	Compulsory Elements:	X
Beginner		Beginner	
High Beginner		High Beginner	
No Test		No Test	
Pre-Preliminary		Pre-Preliminary	
Preliminary		Preliminary	

	Spins Challenge	X	Jumps Challenge	X
	Beginner		Beginner	
	High Beginner		High Beginner	
	No Test		No Test	
	Pre-Preliminary		Pre-Preliminary	
	Preliminary		Preliminary	

2015 IRON MOUNTAIN BASIC SKILLS COMPETITION

ENTRY FEES: Basic Skills \$ 45 for the first event, Beginner and Higher \$ 65.00, for each additional event \$20.00

First Event Basic Skills = \$ _____
First Event = \$ _____
Number of additional events: _____ x \$20 each = \$ _____
TOTAL EVENT FEE = \$ _____

PRACTICE ICE: \$15.00 per session, Saturday, February 7th. Please mark 1st and 2nd choice. Thank you

_____ 8:30-8:50 _____ 8:50-9:10 Number of sessions: _____ @ \$15 each
TOTAL PRACTICE ICE FEE = \$ _____

GRAND TOTAL FOR EVENT(S) AND PRACTICE ICE = \$ _____

The completed 3-page entry form with full payment must be mailed and postmarked no later than October 24 , 2015.

Make check or money order payable to "IRFSC" and mail directly to:

Becky Pomroy ~ N4394 Traders Mine Rd Iron Mtn, MI 49801

ENTRY FEES ARE NOT REFUNDALBE AFTER October 24, 2015 UNLESS EVENT IS CANCELED.

Certification of Competitor

The Competitor is eligible to enter the events checked.

U.S. Figure Skating and the clubs or organizers of competitions undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition, and against its officers, and their entries shall be accepted only on such condition.

Parent/Guardian Signature: _____

Date: _____ **Phone:** (_____) _____

Competitor Signature: _____

Date: _____

BOTTOM PORTION OF THIS PAGE TO BE COMPLETED AFTER PARENT/GUARDIAN HAS FILLED OUT ENTRY FORM TO ENSURE CORRECTNESS:

Instructor/Coach Signature: _____

Date: _____ **Phone:** (_____) _____

Email: _____

Program Director/Club Officer Signature: _____

Date: _____ **Phone:** (_____) _____

Email: _____