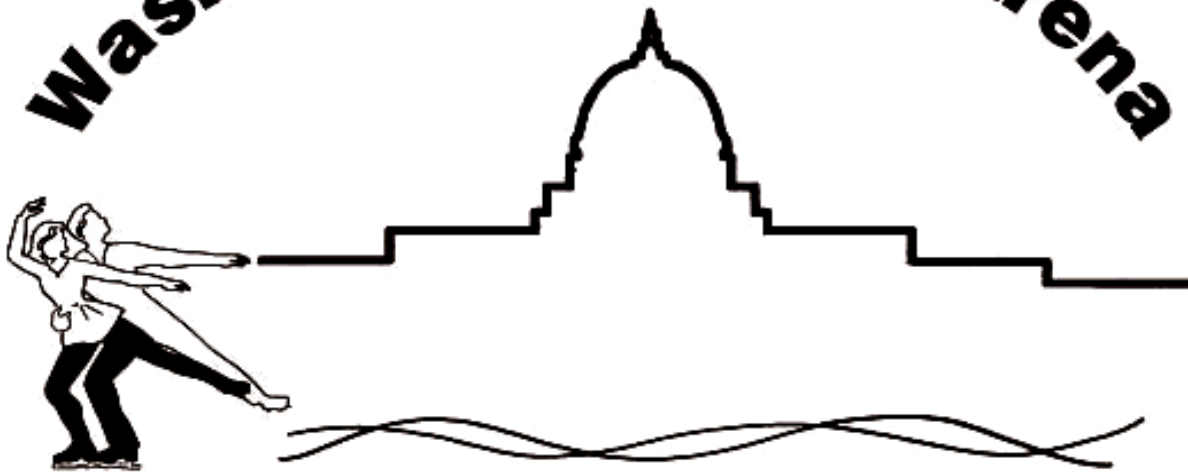


16th Annual

Washington Park Ice Arena



Jefferson City, MO

ISS Capital City Classic

Hosted By:

Jefferson City Parks & Recreation
427 Monroe Street
Jefferson City, MO 65101
Phone: 573-634-6480
Fax: 573-6346489

Capital
Classics



City of Jefferson



John Landwehr
Mayor

Capital City Classic 2009

Washington Park Ice Arena
Jefferson City, Missouri
March 14-15, 2009
ISI Endorsement # ????????????

December 30, 2008

Dear Skating Director or Team Coach,

Washington Park Ice Arena is proud to invite you to The Capital City Classic to be held March 14-15, 2008 in Jefferson City, Missouri. Enclosed you will find a competition packet to copy and post as soon as possible. Entry forms must be postmarked by February 15, 2009. All skaters who are current members of the Ice Skating Institute and the US Figure Skating are invited to participate. If you have any questions please contact me at (573) 634-6480 or by e-mail at rbruemmer@jeffcitymo.org.

Rachel Bruemmer
Skating Director

**16th ANNUAL ISI CAPITAL CITY CLASSIC
WASHINGTON PARK ICE ARENA
JEFFERSON CITY, MISSOURI
March 14-15, 2009**

The Jefferson City Department of Parks and Recreation and the Washington Park Ice Arena invite you to attend the 16th Annual Capital City Classic ISI Competition. All entry forms must be signed by the team coach or skating director and postmarked on or before February 15, 2009. All skaters must compete at their highest test level passed as of the registration deadline.

Eligibility

- *The competition is open to all current members of ISI, skaters and teams, and members of US Figure Skating under the joint Statement of Policy.
- *Skaters must skate at their highest registered test level as of February 15, 2009. USFS Basic Skills skaters should enter at the highest level that match their level of ability.
- *USFS skaters who have passed the Pre Preliminary through Senior freestyle tests as of February 15, 2009 should enter as follows. (See the chart below.)

If you are an active USFS member who has competed at or above the Novice level (individual or synchronized) at any USFS National Championship within the last two years we must be notified on the entry forms.

Excerpt from Joint Statement of Policy: U.S. Figure Skating further agrees at the participation of U.S. Figure Skating members in ISI-endorsed recreational skating activities, such as recitals, shows and exhibitions, tests and competitions, endorsed by the ISI is hereby permitted without violating the rules of U.S. Figure Skating, provided that such activities

- 1) are conducted by ISI member rinks, clubs or skating schools in their normal course of business;
- 2) are not conducted by or for the benefit of a third party that exceeds the spirit of this Statement of Cooperation;
- 3) do not include the participation of U.S. Figure Skating member skaters who are or have been active U.S. Championship competitors at or above the Novice level within the past two years unless participation has been permitted as described below; and
- 4) are not intended for television or internet broadcast or re-broadcast. This paragraph represents a grant of special permission from U.S. Figure Skating, in the spirit of cooperation with the ISI, to allow its members to participate in ISI-endorsed recreational skating activities without the need for a separate U.S. Figure Skating sanction.

USFS Test Passed:

Pre Preliminary
Preliminary
Pre Juvenile
Juvenile
Intermediate
Novice
Junior
Senior

Skater may compete no lower than:

Freestyle 3
Freestyle 4
Freestyle 4
Freestyle 5
Freestyle 6
Freestyle 7
Freestyle 8
Freestyle 8

Events

This competition is open to all levels in the following events:

Tot through Delta solo, Freestyle 1-10 solo, Special Skater 1-10 solo, Solo Compulsories, Spins, Stroking (Pre-Alpha through Delta only), Spotlight events, Rhythmic events, Couple Events, Artistic, Interpretive events, Footwork (FS 1-10 only), Solo Dance, Jump and Spin Teams 2 or 4+ people, and Synchronized Skating.

Groups will be divided by age and gender based on the entries received.

Entry Forms

All entry forms must be postmarked no later than February 18, 2008 and must have the signature of the team coach or skating director for verification. All entry forms and fees should be sent to:

Jefferson City Parks and Recreation Department
427 Monroe St.
Jefferson City, MO 65101
Attn: Rachel Bruemmer

Entry Fees

First event:	\$35.00
Each additional family member:	\$20.00
Each additional event:	\$12.00
Team skaters:	\$12.00 per skater

Music

All music should be submitted on a clearly labeled CD one hour before each individual skater's event. All skaters are reminded to bring their back up CDs.

Awards

The top five finishers in each group will receive awards, as well as team points to go toward the overall team awards. The top three team awards, as well as the percentage award will be presented at the conclusion of the competition.

Location

Washington Park Ice Arena is located at 711 Kansas Street, Jefferson City, 65109.

*From Highway 54- Exit at Business 50/Missouri Blvd. Turn left at stoplight onto Missouri Blvd. Turn left at stoplight onto Kansas St. Proceed approximately ½ block to 711 Kansas St.

*From Highway 50 –

Heading West – turn left onto Missouri Blvd. at stoplight. Turn left at stoplight onto Kansas St. Proceed approximately ½ block to 711 Kansas St.

Heading East – Exit at Dix Rd. Go right at top of exit ramp. Get into the left turn lane and turn left onto Missouri Blvd. Turn right at stoplight onto Kansas St. Proceed approximately ½ block to 711 Kansas St.

Facility

The Washington Park Ice Arena measures 200' X 85' with bleacher spectator seating and includes 6 dressing rooms.

Hotel Accommodations

There are several hotels here in Jefferson City. The hotels located the closest to the arena are:

Capital Plaza Hotel & Convention Center
415 W. McCarty Street
Jefferson City, Missouri
573-635-1234

Holiday Inn Express
1716 Jefferson Street
Jefferson City, Missouri
573-634-4040

Hotel Deville
319 W. Miller Street
Jefferson City, Missouri
573-636-5231

Coaches and Judges Meeting

There will be a judges meeting prior to the start of the competition, the exact time will be announced later. Each team is responsible for sending one judge for every 10 events entered. Please be aware that coaches have an obligation to volunteer their time as an official. If a coach is not qualified or does not meet this obligation, they must make a \$10.00 donation to the judge's raffle basket.

Rules

This competition will be conducted in accordance with the guidelines contained in the current edition of the ISI Judges Manual, and the ISI Skaters and Coaches Handbook.

Additional Information

For additional information, please contact Rachel Bruemmer at (573) 634-6480 or email: rbruemmer@jeffcitymo.org

Tot 1-4 COMPULSORIES

Tot 1: Marching While Moving, Proper Way to Fall Down, Proper Way to Get Up

Tot 2: 2-Foot Jump, Single Swizzle, Beginner 2-Foot Glide

Tot 3: Push & Glide Stroke, Forward Swizzle (3 times), Dip or Teapot

Tot 4: T-Position and Push (Right), Backward Swizzle (3 times), 2-Foot or 1-Foot Snowplow Stop

PRE-ALPHA - DELTA COMPULSORIES

Pre-Alpha: Forward Swizzles , Backward Wiggles, 2 Foot Glide

Alpha: Right Forward Crossovers , 1-Foot Snowplow Stop, Forward Stroking

Beta: Backward Stroking, Left Backward Crossovers , Right T-Stop

Gamma: Right Forward Outside 3-Turn, Left Forward Inside Mohawk Combo, Hockey Stop

Delta: Left Forward Inside 3-Turn, Lunge, Bunny Hop

FREESTYLE 1-10 SOLO COMPULSORIES

Freestyle 1: 2-Foot Spin, Waltz Jump, 1/2 Flip Jump

Freestyle 2: Ballet Jump, 1/2 Lutz Jump, 1-Foot Spin

Freestyle 3: Salchow Jump, Backward Pivot, Toe Loop Jump

Freestyle 4: Flip Jump, Sit Spin, 1/2 Loop Jump

Freestyle 5: Camel Spin, Lutz Jump, Fast Back Scratch Spin

Freestyle 6: Jump combination, Choice spin (Cross-foot/Layback/Sit-Change-Sit), Split jump

Freestyle 7: Two Walley jumps, Flying Camel spin, Double Toe Loop jump

Freestyle 8: Double Flip jump, Flying Sit Spin, Split Lutz jump

Freestyle 9: Double Lutz jump, Flying Camel into Jump Sit spin, Axel-Double Loop jump combo

Freestyle 10: Double Axel-Double Toe Loop jump combo, Death Drop, Three Arabian Cartwheel or Butterfly jumps

In accordance with the ISI rules, all solo compulsories events will be held in a mini program style with a minimum of connection steps. Elements do NOT have to be skated in the order listed!

If time allows, we will hold all compulsories events on full ice.

Spins

All skaters must skate a program without music containing all of the required elements listed for their level. Each required element may be attempted only once in the program. Connecting steps should be limited and are not judged. Spins programs are not to exceed **1 minute**. There is no penalty for skating under the duration listed. All Spins events will be held on half ice and performed according to the current ISI Skaters and Coaches Handbook.

Spins Beginner (Freestyle 1-3)

Forward Inside Pivot
1-Foot Spin
Backward Pivot

Spins Beginner High (Freestyle 4-5)

Sit Spin
Camel Spin
Fast Back Scratch Spin

Spins Intermediate (Freestyle 6-8)

Flying Camel
Sit-Change-Sit Spin
Spin Combination with one change of foot and at least three body positions

Spins Advanced (Freestyle 9-10)

Flying Sit Spin
Camel-Change-Camel Spin
Spin Combination with minimum two change of foot and at least four body positions

Solo Dances

Dance 1	Progressive Sequence
Dance 2	Dutch Waltz
Dance 3	Canasta Tango
Dance 4	Cha Cha
Dance 5	Willow Waltz
Dance 6	14 Step
Dance 7	Rocker Foxtrot
Dance 8	Paso Doble
Dance 9	Starlight Waltz
Dance 10	Argentine Tango

Capital City Classic

JUMP AND SPIN TEAM REQUIREMENTS

4 Person Teams:

LOW

two-foot glide
backward swizzles (at least 3)
forward crossovers R/L
forward crossovers L/R
backward stroking
left foot outside edge T-stop

INTERMEDIATE

one-half flip
one-foot spin
toe loop jump
change-foot spin
loop jump
sit spin

MEDIUM

right forward outside three turn
left forward outside three turn
hockey stop
forward inside edges
forward outside edges
lunge

HIGH

axel jump
camel-sit-upright spin
double salchow jump
sit-change-sit spin
split lutz jump
flying camel

***Low teams are for levels Pre-Alpha-Beta**

***Medium teams are for levels Gamma-Delta**

***Intermediate teams are for levels Freestyle 1-4**

***High teams are for levels Freestyle 5-10**

***Please see rule book for other criteria.**

2 Person Teams:

LEVEL

Low
Medium
Intermediate
High

REQUIRED JUMP

two-foot hop or bunny hop
half-flip or toe loop
half-loop or axel
double salchow or
double loop

REQUIRED SPIN

two-foot spin
two-foot spin or one-foot spin
sit spin or back spin
flying camel spin or
flying sit spin

Levels include:

***Low**

***Medium**

***Intermediate**

***High**

Alpha-Delta

FS 1- 3

FS 4 - 5

FS 6 - 10



15th Annual Capital City Classic
 March 14-15, 2009
 Washington Park Ice Arena
 ISI Endorsement # ??????????



Individual Entry Form

MALE- FEMALE

Last Name		First Name		ISI Member #	Exp.Date
Address			Date of Birth	Age as of 3/14/09	
City	State	Zip code	Phone # (Day)	Phone # (Night)	

Name of Home Rink _____ Name of Coach _____
Are you an active USFS member who has competed at or above the Novice level at any USFS National Championship within the last two years? Yes No

INDIVIDUAL EVENTS

<p><u>Pre-Alpha - Delta</u></p> <input type="checkbox"/> Solo <input type="checkbox"/> Stroking <input type="checkbox"/> Solo Compulsories <input type="checkbox"/> Spotlight <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Light Entertainment <input type="checkbox"/> INDICATE LEVEL Pre-Alpha - Delta Special Skater (1-10) <input type="checkbox"/> Check if applicable	<p><u>Freestyle 1-10</u></p> <input type="checkbox"/> Solo <input type="checkbox"/> Spins <input type="checkbox"/> Footwork <input type="checkbox"/> Interpretive <input type="checkbox"/> Solo Compulsories <input type="checkbox"/> Artistic <input type="checkbox"/> Rhythmic <input type="checkbox"/> Ball <input type="checkbox"/> Ribbon <input type="checkbox"/> Hoop <input type="checkbox"/> Spotlight <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Light Entertainment <input type="checkbox"/> INDICATE LEVEL	<p><u>Jump & Spin Teams</u></p> <input type="checkbox"/> Low (Pre-Alpha—Delta) <input type="checkbox"/> Med. (Freestyle 1-3) <input type="checkbox"/> Int. (Freestyle 4-5) <input type="checkbox"/> High (Freestyle 6-10) Partner Name _____ Partner ISI # _____ <p><u>Solo Dance 1-10</u></p> <input type="checkbox"/> INDICATE LEVEL	<p><u>Tots</u></p> <input type="checkbox"/> Solo <input type="checkbox"/> Solo Compulsories <input type="checkbox"/> Spotlight INDICATE LEVEL (1-4) <input type="checkbox"/> Entry deadline is February 15, 2009. \$25 Late fee must accompany late entry. We reserve the right to limit the number of entries and to refuse late entries. NO REFUNDS Partner age on 3/14/09
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PARTNER EVENTS	Sim	Mix	Partner Name	Partner ISI#	Partner age on 3/14/09
<input type="checkbox"/> Dance Level _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight Low (Pre-Alpha - Delta)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight Med. (Freestyle 1-4)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Couple Spotlight High (Freestyle 5-10) <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Lt. Entertainment	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____
<input type="checkbox"/> Family Spotlight	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____

I skate at this competition at my own risk and in consideration of the opportunity to participate in this competition I recognize that such an undertaking involves an element of risk; therefore, we assume all risks and hazards incidental to such participation and do hereby release, absolve, indemnify and agree to hold harmless the City of Jefferson Parks Department, its agents, employees, officers, or volunteers, and the ISI. Neither the City of Jefferson Parks Department, nor any of said persons shall be held financially responsible for any injury, illness, or death incurred as a direct result of this activity.

Entry Fees: Make checks payable to **Jefferson City Parks and Recreation**
 First event \$35.00 \$ _____
 Each additional family member \$20.00 \$ _____
 Additional events _____ @ \$12.00 \$ _____
 Late Fee (after 2/15/09) \$25.00 \$ _____
 Total Enclosed: \$ _____

Skater Signature _____ date _____ Parent Signature _____ date _____

Mail to: Jefferson City Parks and Recreation Department
 427 Monroe Street
 Jefferson City, MO 65101
 Attn: Rachel Bruemmer

I declare that the above information is true, that this skater's tests are registered, that the skater is a current individual member of the ISI, and is skating in the proper categories and levels.

Instructor Signature _____ Instructor ISI # & Judges Certification _____

Office Use Only:
 Date Received _____ Amount _____ CK # _____

