

<p><b>TOTS 1</b></p> <ol style="list-style-type: none"> <li>1. March in place</li> <li>2. Dip in place</li> <li>3. March then glide on two feet</li> </ol>	<p><b>TOTS 2</b></p> <ol style="list-style-type: none"> <li>1. Backward wiggles</li> <li>2. Forward 2 foot swizzles</li> <li>3. Dip while moving</li> </ol>	<p><b>TOTS 3</b></p> <ol style="list-style-type: none"> <li>1. Forward skating</li> <li>2. Forward one foot glide</li> <li>3. Forward snowplow stop</li> </ol>
<p><b>BASIC 1</b></p> <ol style="list-style-type: none"> <li>1. Forward Swizzles across the rink</li> <li>2. Two-foot glide</li> <li>3. Backward wiggles</li> <li>4. Snowplow stop</li> </ol>	<p><b>BASIC 2</b></p> <ol style="list-style-type: none"> <li>1. Backward swizzles</li> <li>2. Forward one foot glides L&amp;R</li> <li>3. Forward ½ swizzle pumps</li> <li>4. Snowplow stop</li> <li>5. Two foot turns</li> </ol>	<p><b>BASIC 3</b></p> <ol style="list-style-type: none"> <li>1. Forward stroking</li> <li>2. Backward one foot glides L &amp; R</li> <li>3. Forward slalom</li> <li>4. Two-foot spin</li> <li>5. Pumps in a circle both direction</li> </ol>
<p><b>BASIC 4</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers L &amp; R</li> <li>2. Forward outside 3 turns L&amp;R</li> <li>3. Backward stroking across the rink</li> <li>4. Backward snowplow stop</li> <li>5. Forward outside edges L&amp;R</li> </ol>	<p><b>BASIC 5</b></p> <ol style="list-style-type: none"> <li>1. Backward crossovers L&amp;R</li> <li>2. Back outside edges on circle L &amp; R</li> <li>3. Beginning one-foot spin</li> <li>4. Side toe hop L &amp; R</li> <li>5. Hockey stop</li> </ol>	<p><b>BASIC 6</b></p> <ol style="list-style-type: none"> <li>1. Forward inside 3 turns L &amp; R</li> <li>2. T-stop L or R</li> <li>3. Forward spiral L or R</li> <li>4. Forward lunge L or R</li> <li>5. Bunny hop</li> </ol>
<p><b>BASIC 7</b></p> <ol style="list-style-type: none"> <li>1. Mohawks L &amp; R</li> <li>2. Backward crossovers to landing position L &amp; R</li> <li>3. Ballet jump</li> <li>4. Forward inside pivots L &amp; R</li> </ol>	<p><b>BASIC 8</b></p> <ol style="list-style-type: none"> <li>1. Moving forward outside 3 turns L &amp; R</li> <li>2. Moving forward inside 3 turns L &amp; R</li> <li>3. Waltz jump - optional entrance</li> <li>4. One-foot upright spin - optional entrance</li> <li>5. Combination sequence</li> </ol>	
<p><b>FREESTYLE 1</b></p> <ol style="list-style-type: none"> <li>1. Advanced forward stroking across the rink &amp; back</li> <li>2. Waltz jump from backward crossovers</li> <li>3. ½ flip jump</li> <li>4. Scratch spin from back crossovers</li> <li>5. Forward outside consecutive edges</li> </ol>	<p><b>FREESTYLE 2</b></p> <ol style="list-style-type: none"> <li>1. Forward outside and inside spirals L &amp; R</li> <li>2. Beginning back spin</li> <li>3. Waltz jump side toe hop waltz jump</li> <li>4. Toe loop jump</li> <li>5. Waltz threes</li> </ol>	<p><b>FREESTYLE 3</b></p> <ol style="list-style-type: none"> <li>1. Forward crossovers in figure 8 pattern</li> <li>2. Back spin with free foot crossed</li> <li>3. Salchow jump</li> <li>4. Waltz jump/toe loop Combination</li> <li>5. Forward swing rolls</li> </ol>
<p><b>FREESTYLE 4</b></p> <ol style="list-style-type: none"> <li>1. Spiral sequence forward inside mohawk back outside spiral L &amp; R</li> <li>2. Loop jump</li> <li>3. Waltz jump/loop jump combination</li> <li>4. Sit spin</li> <li>5. Power three's</li> </ol>	<p><b>FREESTYLE 5</b></p> <ol style="list-style-type: none"> <li>1. Camel spin</li> <li>2. Loop/loop combination jump</li> <li>3. Flip jump</li> <li>4. Forward upright spin to back spin</li> <li>5. Spiral sequence</li> </ol>	<p><b>FREESTYLE 6</b></p> <ol style="list-style-type: none"> <li>1. Camel/sit combination spin</li> <li>2. Split jump or stag jump</li> <li>3. Waltz jump / ½ loop/salchow combination jump</li> <li>4. Lutz jump</li> <li>5. 5 step mohawk sequence</li> </ol>

Any skater in FREESTYLE 3 through 6 may also enter the NO-TEST freestyle program event. This is where you skate to a piece of music. Please consult with your coach regarding this event

**ENTRY FEE \$15**