** Planned Program Sheet STAR 5 to GOLD and All Competitive Events**

 **Name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Category:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **SHORT PROGRAM** |  | **FREE PROGRAM** |  | **Element Codes** |
|  1 |   |  | 1 |   |  | **Jumps** | **Sequences** |
| 2 |   |  | 2 |   |  | Waltz Jump | 1W |  | Step Sequence  | StSq |
| 3 |   |  | 3 |   |  | Toe loop  | 1T  |  | Spiral Sequence | SpSq |
| 4 |   |  | 4 |   |  | Salchow  | 1S  |  | Choreography Sequence | ChSq |
| 5 |   |  | 5 |   |  | Loop  | 1Lo  |  |  |  |
| 6 |   |  | 6 |   |  | Flip  | 1F  |  |  |  |
| 7 |   |  | 7 |   |  | Lutz  | 1Lz  |  |  |   |
| 8 |   |  | 8 |   |  | Axel  | 1A  | **Spins** |
|  |  |  | 9 |   |  | DoubleToeLoop  | 2T  |  | Upright Spin | USp |
|  |  |  | 10 |   |  | Double Salchow  | 2S  |  | Layback Spin | LSp |
|  |  |  | 11 |   |  | Double Loop  | 2Lo  |  | Camel Spin | CSp |
|  |  |  | 12 |   |  | Double Flip  | 2F  |  | Sit Spin | SSp |
|  |  |  | 13 |   |  | Double Lutz  | 2Lz  |  | Flying Upright Spin | FUSp |
|  |  |  | 14 |   |  | Double Axel  | 2A  |  | Flying Layback Spin | FLSp |
|  |  |  | 15 |   |  | Triple Toe Loop  | 3T  |  | Flying Camel Spin | FCSp |
|  **INSTRUCTIONS** |  |  |  |  |  | Triple Salchow  | 3S  |  | Flying Sit Spin | FSSp |
| List elements in order to be skated. Please use element codes.Jump Combinations are written as Jump+Jump+C*Example: Single Axel+ Double Toe Loop Combination = 1A+2T+C*Please make sure the date on this sheet is the same as the email it is attached to.Save document as: ‘firstnameLASTNAMEeventDATE’*Example: marySMITHjuvenileU14SEPT14*Please email to viregionskating@gmail.com by December 29, 2017.**A 20.00 fee will be charged for failure to submit by deadline.** |  | Triple Loop  | 3Lo  |  | Change Foot Upright Spin | CUSp |
|  | Triple Flip  | 3F  |  | Change Foot Layback Spin | CLSp |
|  | Triple Lutz  | 3Lz  |  | Change Foot Camel Spin | CCSp |
|  | Triple Axel  | 3A  |  | Change Foot Sit Spin | CSSp |
|   | Spin Combo w/ change of position & no change of foot | CoSp |
|   | Spin Combo w/change of position & change of foot | CCoSp |
|   | Flying Spin Combo w/ change of position & no change of foot | FCoSp |
|  |  Flying Spin Combo w/ change of position & change of foot | FCCoSp |