



Pleasant Prairie Skating School

announces

2009 Pilgrims' Progress

USFS Basic Skills Competition



Saturday November 14, 2009, 12:30 – 6:30 pm

Lakeview RecPlex
9900 Terwall Terrace
Pleasant Prairie, Wisconsin 53158
www.recplexonline.com

**Compulsory – Freestyle – Interpretive – Adult
New Competitive Test Track and Well Balanced Program Events**

Entry Deadline: October 3, 2009

Inquiries: Please contact Jodi Tipton at (262) 925-6754
Email: jtipton@plprairiewi.com
Fax: (262) 925-6756





Pilgrims' Progress Basic Skills Competition November 14, 2009

The 2009 Pilgrims' Progress Basic Skills Competition sponsored by the Pleasant Prairie Skating School will be held at LakeView RecPlex, 9900 Terwall Terrace, Pleasant Prairie Wisconsin 53158, on Saturday November 14, 2009. The ice surface measures 85'x200'. This Basic Skills Competition is approved by the USFS and conducted in accordance with the USFS rulebook.

The competition is open to ALL skaters who are current eligible (ER 1.00) 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 closing date of entries. All SNOWPLOW SAM and BASIC SKILLS SKATERS THROUGH BASIC 8 must skate at highest level passed and NO official U.S. Figure Skating tests may have been passed including MIF or individual dances.

SKATERS, PLEASE NOTE - For the Free skate 1, Test Track and Well Balanced 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.

ENTRIES AND FEES - All entries must be submitted no later than **October 3, 2009**. The initial event is \$50.00 and each additional event is \$15.00. Entry Fees are nonrefundable after the closing date.

ENTRY FORMS MUST BE FILLED OUT COMPLETELY. See page 12 of this packet for instructions. You can mail in your registration forms and payment to: Jodi Tipton, Figure Skating Director, LakeView RecPlex, 9900 Terwall Terrace Pleasant Prairie WI 53158, or fax to (262) 925-6756. Participants will not be allowed to compete until fees are paid. **Late entry forms are at the discretion of the Figure Skating Director. There will be a \$10.00 fee for changes after the deadline.** Please make checks payable to **Village of Pleasant Prairie**.

AWARDS - Everyone will receive an award immediately following the completion of the event and posting of the results.

SCHEDULE OF EVENTS - Schedules will be available online at www.recplexonline.com approximately 1 week prior to the competition.

PRACTICE ICE - Practice ice is available on a pre-sale basis. Sessions are 30 minutes in length for \$10.00. Any remaining time will be on a first come first served basis for \$12.00. You may purchase any available ice time at the registration desk by calling **(262) 925-6752** starting **November 9, 2009**.

MUSIC – No tapes allowed! CDs should be clearly labeled with the skater's name and event information. CDs must be in CD-R format and must have only one track. Time duration is always +/- 10 seconds. Competition music is turned in at the time of registration. Please remember to bring an extra copy of the CD. Do not forget to pick up your music following your music event. CDs will not be mailed.

VIDEO TAPING AND PHOTOGRAPHS – Videotaping and photography services will be available.

INQUIRIES -Please contact Jodi Tipton, Figure Skating Director:

Phone: (262) 925-6754

E-mail: jtipton@plprairiewi.com

DRIVING DIRECTIONS

From the south - Take I-94 North to Exit 347 at Highway 165. Travel East on 165 approx. 1 mile and turn left on Terwall Terrace into Prairie Springs Park to the LakeView RecPlex. Drive past the building and the first parking lot on the left. Drive to the second parking lot on the left where the Ice Arena is located.

From the north - Take I-94 South to Exit 347 at Highway 165. Travel East on 165 approx. 1 mile and turn left on Terwall Terrace into Prairie Springs Park to the LakeView RecPlex. Drive past the building and the first parking lot on the left. Drive to the second parking lot on the left where the Ice Arena is located.

HOTELS - Ask the hotels about their Seasonal Packages as you make reservations. For more information, please visit the Kenosha Convention and Visitor's Bureau website at www.kenoshacvb.com.

Radisson Hotel & Conference Center

11800 108th St. Pleasant Prairie, WI 53158

Phone: 262-857-3377

Toll Free: 800-333-3333

100% smoke free hotel located at I-94 and Hwy. 165. 120 recently renovated rooms with 30 exclusive suites with new 32" HD flat panel TVs ... on site restaurant, pub and room service ... indoor pool, whirlpool and fitness center ... across from Prime Outlets-Pleasant Prairie mall. The hotel also features a gift shop and 24 hour coffee service in the lobby.

Best Western Executive Inn

7220 122nd Ave. Kenosha, WI 53142

Phone: 262-857-7699

I-94 and Hwy. 50. Newly remodeled rooms feature cable television with premium channels, high-speed wireless internet access, and microwave and refrigerator. Hotel amenities include meeting facilities, business services, indoor heated pool, hot tub, fitness room, yoga center, a hot complimentary breakfast buffet, and on-site Rush Street Lounge.

Comfort Suites

7206 122nd Ave. Kenosha, WI 53142

Phone: 262-857-3450

I-94 and Hwy. 50. Charming all suite hotel centrally located off I-94 includes a 24 hr indoor pool and whirlpool, full hot breakfast buffet and free high-speed Internet.

LaQuinta Inn

7540 118th Ave. Pleasant Prairie, WI 53158

Phone: 262-857-7911

Toll Free: 800-753-3757

"Wake up on the bright side."® Now offering FREE High-Speed Internet Access in ALL rooms. The hotel is located off I-94, just minutes from Prime Outlets and Gurnee Mills. All rooms come with Satellite TV, a work desk with an ergonomic chair and other useful amenities. Ask about our business king rooms with comfortable features like pillow-top mattresses and more. The delicious free Bright Side Breakfast™ in the lobby is complimentary every morning. Fax/copy services available at the front desk.

Holiday Inn Express Hotel & Suites

7887 94th Ave. Pleasant Prairie, WI 53158

Phone: 262-942-6000

Toll Free: 800-465-4329

1 mile east of I-94 off Hwy. 50. All suite property, featuring a complimentary full hot breakfast buffet each morning, spacious meeting room and the area's largest indoor heated hotel pool.

Candlewood Suites

10200 74th St. Kenosha, WI 53142

Phone: 262-842-5000

Toll Free: 877-226-3539

I-94 and Hwy. 50 East. Kenosha's newest all-suite hotel featuring 90 studio and one bedroom suites complete with full kitchen and spacious work area. Additional amenities include complimentary high-speed wireless internet access in every room and throughout the hotel, a business center, complimentary guest laundry area, and fitness center.

Country Inn & Suites

7011 122nd Ave. Kenosha, WI 53142

Phone: 262-857-3680

Toll Free: 800-456-4000

I-94 and Hwy. 50. Complimentary continental "plus" breakfast. 24 hour Indoor pool, whirlpool and fitness room, Free High-Speed wireless Internet. Refrigerator and microwave in all rooms.

Basic Skills and Free Skate Compulsory Moves Event

- Moves will be executed without music on ½ ice in program form.
- There will be no referee assisting with the elements.
- All listed moves must be performed; any additions, repeated, or omitted moves will be penalized.
- Required elements may be skated in any order.
- Time limit: 1 minute or less.

<p><u>Snowplow Sam - Tots</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3 in a row 3. Forward snowplow stop 4. Backward wiggles 2-6 in a row 	<p><u>Basic 5</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive - both directions 3. One foot spin - minimum of three revolutions 4. Hockey stop 5. Side Toe hop -either direction
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Forward snowplow stop 4. Backward wiggles 6-8 in a row 	<p><u>Basic 6</u></p> <ol style="list-style-type: none"> 1. Forward inside three turn - R & L from a standstill 2. Bunny Hop 3. Forward spiral on a straight line - R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Forward alternating ½ swizzle pumps, in a straight line -across width of ice 3. Two foot turn in place forward to backward 4. Backward two foot swizzles 6 - 8 in a row 5. Moving snowplow stop 	<p><u>Basic 7</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump - either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 - 8 consecutive 3. Moving forward to backward two foot turn - either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka - either direction 4. Combination move - clockwise or counter clockwise – two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside three turn - R & L from a standstill 2. Forward outside edge on a circle clockwise or counter clockwise 3. Forward crossovers 6-8 consecutive both directions 4. Backward stroking 5. Backward snowplow stop - R or L 	<p><u>Free skate 1 Compulsory</u></p> <ol style="list-style-type: none"> 1. Advanced forward stroking - 4-6 consecutive 2. Basic forward outside edges and forward inside consecutive edges - 2-4 outside and 2-4 inside 3. Scratch spin from backward crossovers 4. Waltz jump from backward crossovers 5. Half flip jump

Basic Program Event: Snowplow Sam – Basic and Free Skate

- 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.
- To be skated on full ice
- Vocal music is allowed
- The skater may use elements from a previous level
- A .2 deduction will be taken for each element performed from a higher level
- Time is 1:00+/- 10 sec. for Snowplow Sam through Basic 8. Time is 1:30+/- 10 sec for Free skate, and is to be skated on full ice.

<p><u>Snowplow Sam - Tots</u></p> <ol style="list-style-type: none"> 1. March followed by a two foot glide and dip 2. Forward two foot swizzles 2-3-in a row 3. Backward wiggles 2-6 in a row 4. Forward snowplow stop 	<p><u>Basic 5</u></p> <ol style="list-style-type: none"> 1. Backward outside edge on a circle clockwise or counterclockwise 2. Backward crossovers 6-8 consecutive in both directions 3. One foot spin - min of three revolutions 4. Side Toe hop -either direction 5. Hockey stop
<p><u>Basic 1</u></p> <ol style="list-style-type: none"> 1. Forward two foot glide 2. Forward two foot swizzles 6 -8 in a row 3. Backward wiggles 6-8 in a row 4. Forward snowplow stop 	<p><u>Basic 6</u></p> <ol style="list-style-type: none"> 1. Forward inside 3-turn from a standstill - R & L 2. Bunny Hop 3. Forward arabesque spiral on a straight line R or L 4. Lunge - R or L 5. T-stop - R or L
<p><u>Basic 2</u></p> <ol style="list-style-type: none"> 1. Forward one foot glide - either foot 2. Two foot turn in place - forward to backward 3. Backward two foot swizzles 6 - 8 in a row 4. Forward alternating ½ swizzle pumps, in a straight line across width of ice 5. Moving snowplow stop 	<p><u>Basic 7</u></p> <ol style="list-style-type: none"> 1. Forward inside open Mohawk - R to L and L to R 2. Ballet Jump either direction 3. Back crossovers to a back outside edge landing position clockwise and counter clockwise 4. Forward inside pivot
<p><u>Basic 3</u></p> <ol style="list-style-type: none"> 1. Forward stroking 2. Forward ½ swizzle pumps on a circle, either clockwise or counter clockwise 6 -8 consecutive 3. Moving forward to backward two foot turn in either direction 4. Backward one foot glide - either foot 5. Two foot spin 	<p><u>Basic 8</u></p> <ol style="list-style-type: none"> 1. Moving forward outside or forward inside three turns R & L 2. Waltz jump 3. Mazurka in either direction 4. Combination move - clockwise or counter clockwise - two forward crossovers into FI Mohawk, step behind, step into one back crossover and step to a forward inside edge 5. Beginning one-foot upright spin - optional free foot position
<p><u>Basic 4</u></p> <ol style="list-style-type: none"> 1. Forward outside edge on a circle clockwise or counter clockwise 2. Forward crossovers 6-8 consecutive both directions 3. Forward outside 3 turn - R & L from a standstill 4. Backward stroking 5. Backward snowplow stop - R or L 	<p><u>Free skate 1</u></p> <ol style="list-style-type: none"> 1. Advanced Forward stroking. 4-6 strokes 2. Forward outside or inside consecutive edges, 2-4 3. Scratch spin from back crossovers 4. Waltz jump from back crossovers 5. Half flip jump

Compulsory Event for Test Track and Well Balanced Levels

- In 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 .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	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
Limited Beginner Compulsory	<ol style="list-style-type: none"> 1. Waltz jump 2. ½ jump of choice 3. Forward two foot or one foot spin (free leg position optional) 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time: 1:00
Beginner Compulsory	<ol style="list-style-type: none"> 1. Toe loop jump 2. Salchow jump 3. Forward scratch spin 4. Forward or backward spiral 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests	Time:1:00
No Test Compulsory	<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 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating Basic Skills free skate badge tests, no official U.S. Figure Skating free skate tests passed	Time:1:00
Pre-Preliminary Compulsory	<ol style="list-style-type: none"> 1. Flip jump 2. Jump combination waltz jump/toe loop jump OR Salchow/toe loop jump 3. Solo spin- sit <u>or</u> camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	Skaters may not have passed tests higher than U.S. Figure Skating pre-preliminary free skate test	Time :1:00
Preliminary Compulsory	<ol style="list-style-type: none"> 1. Lutz jump 2. Jump combination (may not use Lutz jump or Axel) 3. Camel spin 4. Spiral sequence- must include a forward and backward spiral. Additional spirals and balance moves such as Ina Bauers, spread eagles, lunges and shoot the ducks may be included. 	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	Time :1:15

Competitive Test Track Free Skate Program

Skaters may enter EITHER the new test track free skate program or the well-balanced track free skate program but **NOT** both during the same non-qualifying competition. Competitors will skate to music of their choice, vocal music permitted.

Deductions WILL be made for skaters including technical elements not permitted in the event description.

- 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 or lacking element.
- 0.1 for any spin with less than required revolutions.

LEVEL	JUMPS	SPINS	STEPS	QUALIFICATIONS
Limited Beginner Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front). Jump sequences are allowed. Maximum 5 jump elements.	Two upright spins, no change of foot (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
Beginner Time: 1:40 max	Jumps with not more than one-half rotation (front to back or back to front) Single rotation jumps: Salchow and toe loop only. Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two upright spins, change of foot optional (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
Pre-Preliminary Test Time: 1:40 max	Jumps with not more than one rotation (no Axels). Jump combinations or sequences using only a waltz jump, toe loop, and Salchow are permitted. Maximum 5 jump elements.	Two spins held in one position only of a different nature, no change of foot (Min 3 revolutions and no flying spins)	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 Test Time: 1:30 +/- 10	Jumps with not more than one rotation (no Axels). Jump combinations and sequences are allowed. Maximum 5 jump elements.	Two spins of a different nature, combination spins allowed (Min 3 revolutions each and no flying spins)	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

Well-balanced Free Skate Program Requirements (U.S. Figure Skating rulebook requirements)

LEVEL	ELEMENTS	QUALIFICATIONS	TIME
No Test Free skate	A well balanced program consisting of: Jumps: maximum of 5 jump elements. No axels or double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3721 for more information</i>	May <u>not</u> have passed any official U.S. Figure Skating free skate tests.	Time: 1:30+/- 10
Pre-preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements. Axels allowed. No double jumps permitted. Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ ice surface <i>Refer to U.S. Figure Skating rulebook #3711 for more information</i>	Must have passed no higher than U.S. Figure Skating Pre-preliminary free skate test	Time: 1:30 +/- 10
Preliminary Free skate	A well-balanced program consisting of: Jumps: maximum of 5 jump elements, one of which must be an axel/waltz jump-type jump Spins: maximum of 2 spins of a different nature Steps: one step sequence utilizing ½ the ice surface <i>Refer to U.S. Figure Skating rulebook #3701 for more information</i>	Must have passed no higher than U.S. Figure Skating Preliminary free skate test.	Time: 1:30 +/- 10

Adult Basic Skills Levels - use elements from the Basic Skills Adult 1-4 curriculum Basic-Must have passed no higher than Adult 4. Time: 1:40 max

Adult Pre Bronze Free Skate - *Refer to U.S. Figure Skating rulebook #3805 for more information* Pre-Bronze- Must have passed no higher than adult pre-bronze free skate test or pre-pre free skate test. Time: 1:40 max

Adult Bronze Free Skate - *Refer to U.S. Figure Skating rulebook #3800 for more information.* Bronze- Must have passed no higher than adult bronze free skate test or the preliminary free skate test. Time: 1:50 max

Interpretive Program

COMPETITION RULES

The Organizing Committee must pre-select and edit musical choices appropriate for these events. During warm-up skaters will hear selection of music twice. Following the warm-up all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater.

LEVELS:

Levels should be broken by ability with ages divided appropriately.

JUDGING RULES:

Skaters are judged on originality, pattern, technical (the ability to include jumps and spins) and music interpretation/expression.

Spins and jumps performed must be appropriate to competition level.

TIMING:

Music Duration: Limited Beginner- No Test: 1:15 minute

Pre-preliminary- Preliminary: 1:30 minute

COACHING RULES: There is to be no instruction allowed during this event from coaches, parents, or fellow skaters. Staging area must be kept clear except for ice monitor and listening competitor.



2009 Pilgrims' Progress Registration

November 14, 2009

Entry must be postmarked no later than October 3, 2009

PARTICIPANT INFORMATION

Last Name	First	Middle
Address	City	State Zip
Home Phone	Birthdate / /	Age Sex
Parent/Guardian Name	Work Phone	
Parent's e-mail address	Parents/Guardian interested in volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Skater's Basic Skills or USFS #	Current Skating Level	Last USFS Level passed
Program Affiliation/ Home Club	Coach's Name	Coach's USFS #
Coach's e-mail address	Coach's phone #	

PROGRAM INFORMATION (Please check all the events in the box to the left of the event)

<p>Basic and Free Skate Compulsory</p> <input type="checkbox"/> Snowplow Sam <input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 4 <input type="checkbox"/> Basic 5 <input type="checkbox"/> Basic 6 <input type="checkbox"/> Basic 7 <input type="checkbox"/> Basic 8 <input type="checkbox"/> Free skate 1	<p>Basic and Free Skate Program</p> <input type="checkbox"/> Snowplow Sam <input type="checkbox"/> Basic 1 <input type="checkbox"/> Basic 2 <input type="checkbox"/> Basic 3 <input type="checkbox"/> Basic 4 <input type="checkbox"/> Basic 5 <input type="checkbox"/> Basic 6 <input type="checkbox"/> Basic 7 <input type="checkbox"/> Basic 8 <input type="checkbox"/> Free skate 1	<p>Free Skate Compulsory</p> <input type="checkbox"/> Limited Beginner <input type="checkbox"/> Beginner <input type="checkbox"/> No Test <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary <p>Adult</p> <input type="checkbox"/> Adult 1 <input type="checkbox"/> Adult 2 <input type="checkbox"/> Adult 3 <input type="checkbox"/> Adult 4 <input type="checkbox"/> Adult Pre-Bronze <input type="checkbox"/> Adult Bronze	<p>Test Track Free Skate Program</p> <input type="checkbox"/> Limited Beginner <input type="checkbox"/> Beginner <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary <p>Interpretive</p> <input type="checkbox"/> Limited Beginner <input type="checkbox"/> Beginner <input type="checkbox"/> No Test <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary	<p>Well Balanced Free Skate Program</p> <input type="checkbox"/> No Test <input type="checkbox"/> Pre-preliminary <input type="checkbox"/> Preliminary
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ENTRY FEE	Cost per Event	# of Events	Cost
First Event	\$50.00	1	\$50.00
Additional Events	\$15.00		
Late fee (if application is postmarked after 10/3/2009 (and accepted) (No Metered Mail Accepted)	\$20.00		
Total (Please make checks payable to Village of Pleasant Prairie)			

WAIVER INFORMATION

RELEASE an HOLD Harmless Agreement: As a participant in the program of the RecPlex, owned and operated by the VPP, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or losses, which I may sustain as a result of participating in all activities connected with or associated with such program. I agree to relieve and relinquish all claims: I have as a result of participating in the program, against the VPP and its officers, agents, and employees. I do hereby fully released and discharged the VPP and its officers, agents and employees from any and all claims from injuries, damages, or losses, which I may have or may accrue to me on an account of my negligence during participation in the program. I agree to indemnify and hold harmless and defend the VPP and its officers, agents and employees from all claims resulting from injuries, damages and losses sustained during and arising out of, the activities of the program.

I have read and understand the "Release and hold Harmless Agreement" and Program Policies on the reverse side of this form and understand my signature is required to take part in RecPlex programs. If the participant is under 18, a parent or guardian signature is required.

Participant's Name	Date
Parent/Guardian or Adult Participant Signature	Date



2009 Pilgrims' Progress Certification

November 14, 2009

Entry must be postmarked no later than October 3, 2009

Form must be completely filled out before it can be processed. Please print clearly.

SKATER Name	Birthdate	Age	Sex
Address			
City	State	Zip	
Parent/Guardian Name			
Phone #	E-mail address		
Basic Skills or USFS #	Current Skating Level	Last USFS Level passed	
Program Affiliation/ Home Club			

COACH Name	USFS #	
Address		
City	State	Zip
Phone #	E-mail address	

SIGNATURES ARE MANDATORY

I have reviewed the above entry form. I hereby certify that the above skater is an amateur member and is eligible to enter the event(s) specified.

Basic Skills Director Signature	Date
Coach Signature	Date

CERTIFICATION OF CLUB OFFICER: Only Pre-Preliminary and Preliminary skaters
To the best of my knowledge, the information on this form is true and correct. This competitor is a member of our club in good standing.

Club Officer/President/VP/Secretary Signature	Date
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The completed Registration and Certification Forms must be postmarked no later than October 3, 2009

Mail: Jodi Tipton, Figure Skating Director, LakeView RecPlex
9900 Terwall Terrace, Pleasant Prairie, WI 53158
Fax: (262) 925-6756
E-mail: jtipton@plprairiewi.com

For more information, contact Jodi Tipton, Figure Skating Director, at (262) 925-6754 or via email.