

Lighthouse FSC of Cape Cod, Inc.
6th Annual Basic Skills Competition

SCHEDULE OF EVENTS:

PLEASE ARRIVE 30 MINUTES BEFORE YOUR EVENT!!

PRACTICE ICE sessions(available for purchase):

PRACTICE ICE IS AVAILABLE ON A FIRST COME FIRST SERVE BASIS. PLEASE CALL RENEE AND LEAVE A MESSAGE AT (508)224-7049. PLEASE TELL ME YOUR NAME, WHICH SESSION YOU WOULD LIKE TO RESERVE, AND A PHONE NUMBER THAT YOU CAN BE REACHED AT IF I HAVE ANY QUESTIONS. IF YOU DON'T RECEIVE A PHONE CALL, YOU HAVE RECEIVED YOUR REQUESTED ICE TIME. PAYMENT MUST BE IN THE FORM OF **CASH** AND GIVEN TO THE MONITOR PRIOR TO GETTING ON THE ICE. NO EXCEPTIONS!!

7:00-7:20AM Practice ice session 1- \$20

7:20-7:40AM Practice ice session 2- \$20

7:40 AM ICE MAKE

BASIC ELEMENTS:

8:00AM **WARM UP (IN THE MIDDLE OF RINK)- BASIC ELEMENTS 4, 7, 8**

8:05AM SNACK BAR END- BASIC 4

Cathryn Limketkai- North Shore SC

Finn McMillan- Skating Club of Boson

Mimi Belanger- Nantucket Learn to Skate

8:05AM FLAG END- BASIC 7

Sarah Talty- North Shore SC

Lily Arouth- North Shore SC

FLAG END-BASIC 8

Emilee Laws- North Shore SC

FREESKATE COMPULSORIES(1/2 ICE):

8:20 AM **WARM UP- FREESKATE COMPULSORIES 1, 2**

8:25AM- **Snack Bar end- FREESKATE- 1**

Maggie Steinhof- YIC

Brianna Hamilton-WFSC

Flag end- FREESKATE- 2

Kiersten Hamilton-WFSC

8:35AM **WARM UP- FREESKATE COMPULSORIES 3,4,5,6**

8:40AM- **Snack Bar end- FREESKATE- 3**

Katrina Conrad- BHSA

Kristen Maloy- BHSA

Flag end-FREESKATE- 4

Bella Testa- LHFSC of CC

Flag end-FREESKATE-5

Mary Alice Lyons - LHFSC of CC

BASIC PROGRAMS (with Music):

8:50AM **WARMUP UP BASIC 2,3,4,5,6,**

8:55AM BASIC 2

Lisa Plansky - LCFSA

BASIC 3

Casey Phillips-LCFSA

Emily Plansky-LCFSA

Olivia Colley-LCFSA

Tatiana Enos-LCFSA

BASIC 4

Finn McMillan- Skating Club of Boston

BASIC 6

Lilyana Espinal- LCFSA

FREESKATING PROGRAMS (WITH MUSIC):

9:05AM **WARM UP FREESKATE 1A, 1B, 1C**

9:10AM **GROUP 1A:**

Sydney Starros- North Shore SC

Nicole Peterson- LCFSA

Erin O'Keefe- North Star FSC

Briana Hamilton- WFSC

GROUP 1B:

Avery Curran-Bourne SC

Ella Raye- LCFSA

Victoria Peterson- LCFSA

Grace Murphy-LCFSA

GROUP 1C:

Maggie Steinhof- YIC

Nicole Awalt- LHFSC of CC

Olivia Fitzgerald- LCFSA

Rose Segadelli- Bourne SC

Sarah Kashgagian- YIC

9:30AM **WARM UP FREESKATE 2,3,4,5,6**

9:35AM **FREESKATE 2:**

Hailey Callahan- Bourne SC

Nikole DeSimone- LCFSA

Kiersten Hamilton- WFSC

FREESKATE 3:

Jenna Gionfriddo-LCFSA

Amy Peterson- LCFSA

FREESKATE 4:

Bella Testa- LHFSC of CC

Sofia Mendez- Commonwealth FSC

Abigail Grey- Pilgrim Skating Club

FREESKATE 5:

Mary Alice Lyons- LHFSC of CC

FREESKATE 6:

Olivia Furner - Individual

Rozi O'Keefe-Hoeck- LHFSC of CC

Noelle Romano- WFSC

9:50AM **ICE MAKE/ AWARDS FOR PREVIOUS EVENTS**

"BEYOND THE BASICS" LEVELS:

10:10AM **WARM UP- COMPETITIVE TEST TRACK- PRE/PRE AND PRELIMINARY:**

10:15AM **Pre-Pre:**

Alison Landry- Bourne SC

Preliminary:

Amy O'Rourke- ISC of Exeter

Maddy Belanger- Nantucket SC

10:25AM **WARM UP- WELL BALANCED PROGRAMS- NO TEST AND PRE-PRE:**

10:30AM **NO TEST:**

Natalie Cuccia- CMA

Francesca Gonnella- LCFSA

Kiley McNeil- Gate City FSC

Luci Bresette- Nantucket SC

PRE-PRE:

Taylor Dufault-LHFSC of CC

Jamie Gionfriddo- LCFSA

Olivia Cerone- SC of Western NY

10:45AM **SHOWCASE PROGRAMS:**

WARM UP BASIC AND FREESKATE LEVELS:

10:50AM **Basic showcase:**

Catherine Callanan- Bourne SC

FS (1-3):

Victoria Burgess- TKA

Nicole Awalt- LHFSC of CC

Rose Segadelli- Bourne SC

FS (4-6):

Mary Alice Lyons- LHFSC of CC

Olivia Furner- LHFSC of CC

Rozi O'Keefe-Hoeck - LHFSC of CC

Bella Testa- LHFSC of CC

11:05AM **WARM UP NO TEST/PRE-PRE/ PRE SHOWCASE:**

Taylor Dufault- LHFSC of CC

Alison Landry- Bourne SC

Ever McMillan- SCOB

Maddie Belanger- Nantucket SC

Maoryn Tyack- North Shore SC

END OF COMPETITION- AWARDS

**THANKS FOR JOINING US FOR OUR 6TH ANNUAL BASIC SKILLS
COMPETITION!! HOPE TO SEE YOU NEXT YEAR!!**