



JUMP AND SPIN

Viking is presenting a new event at our annual competition called “Jump and Spin.” It is an event in which two skaters perform. One performs a spin and one performs a jump at the appropriate level. There is no music involved in this event.

The levels are as follows:

<u>Level</u>	<u>Required Jump</u>	<u>Required Spin</u>
Low	2 foot Hop or Bunny Hop	2 foot spin
Medium	Half Flip or Toe Loop	2 foot spin or 1 foot spin
Intermediate	Half Loop or Axel	Sit Spin or Back Spin
High	Double Salchow or Double Loop	Flying Camel Spin or Flying Sit Spin

Any skater who would like to compete in Viking’s competition can compete with a partner in this event. We are going to start practice for this event during the second hour of group lessons. We are going to put any skaters who wish to compete in this event together and work on jump and spin during the group lessons each week until the competition.

If you wish to compete in this event, please sign below and have your parent sign the form also to indicate their permission for you to participate in this event.

Name of Skater

Name and Signature of Skater or Guardian if under the age of 18