

Snowplow Sam – Basic 6 Elements

THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:

- Each skater will perform each element when directed by a judge/referee (i.e. each skater performs first element before moving on to the next and so on) OR
- Skater will perform one element at a time **in the order listed below** (no excessive connecting steps or choreography) (i.e. each skater performs all required elements before moving on to the next skater).
 - To be skated on 1/3 to 1/2 ice (determined by LOC)
 - No music
 - All elements must be skated in the order listed.**
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant.
- Skaters with physical disabilities may register for standard track or Skate United track for events.

LEVEL	TIME	ELEMENTS
SNOWPLOW SAM	1:00 max	- March followed by a two-foot glide and dip - Forward swizzles, 2-3 in a row - Forward snowplow stop - Backward wiggles, 2-6 in a row
BASIC 1	1:00 max	- Forward two-foot glide and dip - Forward swizzles, 6-8 in a row - Beginning snowplow stop on one or two feet - Backward wiggles, 6-8 in a row
BASIC 2	1:00 max	- Forward one-foot glide (no variations), either foot - Scooter pushes, right and left foot, 2-3 each foot - Moving snowplow stop - Two-foot turn in place, forward to backward - Backward swizzles, 6-8 in a row
BASIC 3	1:00 max	- Beginning forward stroking showing correct use of blade - Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive - Forward slalom - Moving forward to backward two-foot turn on a circle - Beginning backward one-foot glide, either foot
BASIC 4	1:00 max	- Forward outside edge on a circle, clockwise or counterclockwise - Forward crossovers, clockwise and counterclockwise, 4-6 consecutive - Backward half-swizzle pumps on a circle, clockwise or counterclockwise, 4-6 consecutive - Backward one-foot glides (no variations), right and left - Beginning two-foot spin, maximum 4 revolutions
BASIC 5	1:00 max	- Backward outside edge on a circle, clockwise or counterclockwise - Backward crossovers, clockwise and counterclockwise, 4-6 consecutive - Forward outside three-turn, right and left - Advanced two-foot spin, minimum 4 revolutions - Hockey stop
BASIC 6	1:00 max	- Forward inside three-turn, right and left - C step, right to left and left to right - Bunny hop - Basic forward spiral on a straight line (no variations), right or left - Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position - T-stop, right or left