

# The 29th Annual



## July 8-10, 2022

Invisalign Arena  
Wake Competition Center  
Morrisville, NC





## **GENERAL INFORMATION**

The **2022 Dogwood Open** will be conducted in accordance with the rules and regulations of U.S. Figure Skating, as set forth in the [current rulebook](#) for season 2022/23, as well as any pertinent updates that have been posted on the U.S. Figure Skating [website](#).

This competition is open to all eligible, restricted, reinstated or readmitted persons as defined by the Eligibility Rules, and who are currently registered member of a U.S. Figure Skating member club, a collegiate club or who is an individual member in accordance with the current rulebook. Please refer to the current rulebook for non-U.S. citizens.

This event is sanctioned by U.S. Figure Skating and conducted in association with Learn to Skate USA and U.S. Figure Skating rules governing non-qualifying competitions as set forth in the 2022/2023 edition of the Rulebook.

The event offers opportunities for all levels of solo skaters to compete. We are offering **Excel** and **Well Balanced** events for all levels, **Adult** events and **Compete USA** events. We will also have 6.0 **solo pattern and free dances, solo showcase** events for all levels according to USFS new showcase guidelines and specialty events for **Compulsory moves, spins, jumps and steps**.

We also offer **educational workshops for coaches**. Official LTS USA school on July 7, MIF workshop on July 8 and IJS spins and steps workshop on July 10. More info on how to sign up to follow at the end of the announcement.

We will also have a test session on Sunday July 10th. Sign up on [entryeeze](#) for a special event price of \$70 for all non-member tests. (MIF and FS)

**DEADLINE: Online Registrations on [EMS Competition Portal](#) will close Sunday, June 5, 2022 at 11:59 PM ET.**

<https://m.usfigureskating.org/competition/30744>



## **LOCATION**

The competition will be held at NHL Carolina Hurricanes practice facility:

**Invisalign Arena, Wake Competition Center, Competition Center Dr, Morrisville ,NC.**

The rink is a climate-controlled facility with two NHL ice surfaces with rounded corners and a hockey barrier. It fits 1700 spectators at full capacity and has a cafe on site for refreshments. The facility is located 10 minutes from RDU airport right off I-40 between exit 284 and 285. It has a number of hotels and restaurants in close vicinity.

## **HOTEL OFFER**

The official skater hotel is located between the airport and the rink at exit 285 off of I-40.

### **[Hilton Garden Inn Raleigh-Durham Airport](#)**

Use the link below before June 25th to book a double room for \$89 per night.

[https://www.hilton.com/en/book/reservation/deeplink/?&ctyhocn=RDUAHGI&groupCode=WCC&arrival=20210709&departure=20210711&cid=OM,WW,HILTONLINK,en,DirectLink&fromId=HILTONLINKDIREC  
T](https://www.hilton.com/en/book/reservation/deeplink/?&ctyhocn=RDUAHGI&groupCode=WCC&arrival=20210709&departure=20210711&cid=OM,WW,HILTONLINK,en,DirectLink&fromId=HILTONLINKDIREC<br/>T)

**CRITIQUES:** If conditions permit, critiques will be offered for IJS WB events; Juvenile through Senior, both SP and FS. Coaches and competitors are invited to attend. IJS critiques will only be available to skaters who submit Planned Program Content.

## **AWARDS**

All results will be posted on-line at [www.trianglefscnc.org](http://www.trianglefscnc.org) continuously during the day. Medals will be awarded to the 1st, 2nd, 3rd, and 4th place winners in each event. All events are considered completed after the initial round. No final rounds will be held. Medals can be picked up shortly after the end of the event at the awards table in the exit hallway of the rink after the results have been posted on-line at [www.trianglefscnc.org](http://www.trianglefscnc.org).



### **U.S. Figure Skating IJS Protocols for Test Credit**

In accordance with Rules TR 3.00, 4.01 and 4.02, athletes may receive credit for meeting minimum scores at any competition held under the International Judge System (IJS). The athlete must "skate up" to the event they are seeking test credit for, in addition to having already passed any prerequisites prior to the competition. Eligible events at the 2022 DOGWOOD OPEN includes: Singles Free Skate WB and Excel: Juvenile, Intermediate, Novice, Junior, Senior, Adult Silver through Adult Masters Jr/Sr.

Skaters requesting Test Credit will need to sign up and pay for that during [EMS registration](#). Contact our [accountant](#) ahead of time for info OR ask and pay for a Test Credit pack at the Registration desk. All materials needed to submit for test credit to your own home club's test chair will be sent by e-mail no later than seven days after the competition.

### **PHOTOGRAPHY and VIDEOGRAPHY**

**Note, per U.S. Figure Skating policy, photographing and/or recording of anyone other than your own skater is strictly prohibited.**

#### ***Event photography***

*Danielle Woods Photography* will be taking photos for all free skate and showcase events, which will be available for purchase directly from the company in an online private gallery within 4 days after the competition ends. [www.daniellewoodsphotography.com](http://www.daniellewoodsphotography.com)

#### ***Event Videography and LiveStreaming***

All competitors' performances will be recorded and provided for download approximately one week after the event, courtesy of *Looking Glass Productions*. To access videos, visit [www.figureskate.video](http://www.figureskate.video) and enter the password **skating2022** in the Events tab. There is no additional cost for this feature, it is included in your registration!

In addition, *Looking Glass Productions* will provide a link for friends and family to view a livestream of all skating events via Zoom. Look for more information via email in the weeks before the competition. This service is also included as part of your participation in the event. For questions about videography and livestreaming you can contact the company through the website [www.figureskate.video](http://www.figureskate.video).

Except for the official videographer, only battery-operated personal cameras will be allowed. Individual videotaping will be permitted in designated areas only and NO TRIPODS are allowed. There will be NO FLASH photography permitted in the ice arena.





## **SCHEDULE AND OFFICIAL NOTICES**

Competitors may be scheduled on any day or time during the announced dates of the competition. The competition and practice ice schedule will be available after the close of entries. All participants will be notified via email once available and will be able to view within the [EMS Competition Portal](#).

The full schedule of events and continuous updates will be posted on an official bulletin board on the Dogwood Open page of [www.trianglefscnc.org](http://www.trianglefscnc.org). The schedule will also be available through [EMS](#) as personal schedules for skaters and coaches and will also have the complete schedule for download. It is the responsibility of each competitor, parent and coach to check the posted schedules regularly for any schedule changes or additional information.

It is recommended that skaters arrive no less than 45 minutes prior to the scheduled time of their event warm-up.

## **ON SITE REGISTRATION**

A registration desk will be opened in the lobby one hour prior to the start of the competition and will remain open during the scheduled events. Skaters will have designated times of arrival for the competition. No individual will have access to the skater rink area outside of their designated time.

## **PRACTICE ICE**

All practice ice sessions will be 20 minutes in length and limited to 20 skaters. Sessions will be available before the start of events each day and at multiple times throughout the competition, ice time permitting.

Practice Ice will be for sale in two tiers on EMS.

**Tier 1)** \$15.00 per session: online pre-purchase of practice ice *during registration*.

**Tier 2)** \$20.00 per session: online practice ice purchased *after June 5*.

EMS Practice Ice Booking Instructions: [Pre-Purchase](#) | [Selection](#) | [Open Sales](#)

Skaters are reminded to be on time for practice ice sessions. As customary, coaches are not allowed on the ice during practice ice sessions and no programs will be played.

*Practice ice fees are non-refundable and non-transferrable.*

## **LOCKER ROOMS AND CHANGING AREAS**

Locker rooms will be available for **competitive events** for **Athletes only**. In accordance with USFS Skate Safe policies rooms will be labeled with regard to specific use and will be gender specific. Parents and coaches will not be allowed in the locker room but an exception can be made for Athletes under 11 years of age who will be allowed one parent or permanent legal guardian of the same sex to assist their child immediately prior to and after their skating event, where parental assistance is necessary. Coaches who are not the parent or permanent legal guardian of the Minor Athlete will not be allowed in the locker room, regardless of the age of the Athlete. Please review the USFS Locker Room and Changing Area Policy and the



[SkateSafe Handbook](#). Athletes are asked to come as prepared as possible as skaters are asked to not use public restrooms for the purpose of getting ready to compete.

### **LIABILITY**

Rule 1600: U.S. Figure Skating, Triangle Figure Skating Club ("TFSC"), the event local organizing committee and Polar Ice House accept no responsibility for damages or injuries suffered by the skaters or officials [including issues related to Covid 19]. As a condition of and in consideration of the acceptance of their entries or participation therein, all entrants, their parents and guardians and officials shall be deemed to agree to assume all risks of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, U.S. Figure Skating, the club hosting the competition and its officers; and their entries shall be accepted on such condition

Polar Ice House and TFSC waivers are a requirement for ALL athletes and will be signed during the registration process on EMS.

### CONTACT INFO

Club e-mail: [info@trianglefscnc.org](mailto:info@trianglefscnc.org)

LOC Chair: Malin Zandelin [malinzdogwood@yahoo.com](mailto:malinzdogwood@yahoo.com)

Chief Referee: Jo-Ann Eufrazio

Accountant(s): Jennifer Lyon

Event Address: Wake Competition Center, Competition Center Dr, Morrisville, NC 27560



## **EVENTS**

SEE CURRENT [RULEBOOK](#) OR [U.S. FIGURE SKATING WEBSITE](#) FOR RULES/REQUIREMENTS FOR THE 22/23 SEASON

<b>U.S. FIGURE SKATING EVENTS</b> <i>** Event with a video of the performance included in the entryfee</i>				
<b>SINGLES</b>	<b>JUDGING</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	<b>3<sup>rd</sup> + EVENT</b>
<a href="#">Excel Free Skate (Beginner and High Beginner)**</a>	6.0	\$100	\$60	\$40
<a href="#">No Test FS**</a>	6.0	\$100	\$60	\$40
<a href="#">Excel Free Skate** Pre-pre - Sr</a>	IJS	\$160	\$100	\$40
<a href="#">Well Balanced Short Program 22/23</a> **	IJS	\$160	\$100	\$40
<a href="#">Well Balanced Free Skate** 22/23 Pre-pre - Sr</a>	IJS	\$160	\$100	\$40
<a href="#">Adult Free Skate** (Adult Pre-Bronze – Master Jr/Sr)</a>	IJS	\$160	\$100	\$40
<a href="#">Adult Beginner &amp; High Beginner Free Skate**</a>	6.0	\$100	\$60	\$40
<b>SPECIALTY</b>	<b>JUDGING</b>	<b>1<sup>st</sup> EVENT</b>	<b>2<sup>nd</sup> EVENT</b>	<b>3<sup>rd</sup> + EVENT</b>
<a href="#">Compulsory Moves (No Test–Senior)</a>	6.0	\$100	\$60	\$40
<a href="#">Adult Compulsory Moves (Adult Beginner–Masters Jr/Sr)</a>	6.0	\$100	\$60	\$40
<a href="#">Excel Compulsory Moves (Excel Beg.–Excel Prelim.)</a>	6.0	\$100	\$60	\$40
<a href="#">Jumps Challenge (Beginner–Senior)</a>	6.0	\$100	\$60	\$40
<a href="#">Adult Jumps Challenge (Adult Beginner–Masters Jr/Sr)</a>	6.0	\$100	\$60	\$40
<a href="#">Spins Challenge (Beginner–Senior)</a>	6.0	\$100	\$60	\$40
<a href="#">Adult Spins Challenge (Adult Beginner–Masters Jr/Sr)</a>	6.0	\$100	\$60	\$40
<a href="#">Step Sequence (Pre-Pre.–Senior)</a>	6.0	\$100	\$60	\$40
<a href="#">Adult Step Sequences (Adult Pre-Bronze–Masters Sr)</a>	6.0	\$100	\$60	\$40



SOLO DANCE	JUDGING	1 <sup>st</sup> EVENT	2 <sup>nd</sup> EVENT	\$40
<a href="#">Solo Pattern Dance</a> (not participating in series)	6.0	\$100	\$60	\$40
Solo Free Dance	6.0	\$100	\$60	\$40
<a href="#">Adult Solo Pattern Dance</a>	6.0	\$100	\$60	\$40
Adult Solo Free Dance	6.0	\$100	\$60	\$40
COMPETE USA	JUDGING	1 <sup>st</sup> EVENT	2 <sup>nd</sup> EVENT	3 <sup>rd</sup> + EVENT
<a href="#">Snowplow Sam-Basic 6 Program w/ Music**</a>	6.0	\$65	n/a	n/a
<a href="#">Pre-Free Skate – Free Skate 1-6 Program w/ Music**</a>	6.0	\$65	n/a	n/a
<a href="#">Adult 1-6 Program w/ Music**</a>	6.0	\$65	n/a	n/a
<a href="#">Snowplow Sam – Basic 6 Elements</a>	6.0	\$65	\$25	\$25
<a href="#">Pre-Free Skate – Free Skate 1-6 Compulsory Moves</a>	6.0	\$65	\$25	\$25
<a href="#">Adult 1-6, Compulsory Moves</a>	6.0	\$65	\$25	\$25
SHOWCASE	JUDGING	1 <sup>st</sup> EVENT	2 <sup>nd</sup> EVENT	3 <sup>rd</sup> + EVENT
<a href="#">Individual Showcase (Pre-pre -Senior, Adult)**</a>	CJS	\$125	\$80	\$40
<a href="#">Duet events (Pre-pre -Senior, Adult)**</a>	CJS	\$125	\$80	\$40
<a href="#">Individual showcase (Beg -No Test)**</a>	6.0	\$100	\$60	\$40
<a href="#">Duets (Beg - No Test)**</a>	6.0	\$100	\$60	\$40
<a href="#">Production Ensemble Event: Open</a>	6.0	\$400	n/a	n/a

Method of registration and payment of entry fees will be online via EMS, at <https://m.usfigureskating.org/competition/30744>

Entry deadline will be 11:59pm ET, Sunday, June 5, 2022.





## **ELIGIBILITY FOR PARTICIPANTS**

### **SKATERS:**

The competition is open to all eligible skaters who are current members in good standing with U.S. Figure Skating in their home club or Learn to Skate USA program or an individual member in accordance with the current rulebook. Non-U.S. Citizens eligibility will be determined using policies in the U.S. Figure Skating rulebook.

Please note that skaters must be registered members with U.S. Figure Skating for the **2022-2023 season** to compete and meet eligibility criteria.

Please make sure that your membership with your club is current for the 2022-2023 season. EMS will let you register on your 21/22 membership but you will NOT be allowed to compete without the 22/23 membership.

Eligibility will be based on skill level as of the closing date of entries.

**Test Level:** Competition level is the highest test passed as of the entry deadline in the discipline the skater is entering. Athletes may skate up one level above that for which they qualify. Note, athletes may NOT skate down in any event. Skaters may not compete at more than one level in the same type event at the same competition.

All Snowplow Sam and Learn to Skate USA Basic skills 1-6 skaters must skate at highest level passed or levels higher and NO official U.S. Figure Skating tests may have been passed, including Moves in the Field or individual dances.

For the Pre-free skate, free skate 1-6, Excel 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).

### **Age restrictions/requirements:**

Singles excel and free skate events (well-balanced program) have the following requirements:

Juvenile: Girls – 12 years or younger; Boys – 13 years or younger

Open Juvenile: Girls – 13 years or older; Boys – 14 years or older

Intermediate must be under the age of 18

Adults must be 21 years or older

Skaters entering pre-juvenile and lower events will be divided as closely as possible by age should the number of entries warrant more than one group.



## **ADULT EVENTS:**

Age classes for all free skate, compulsory and showcase:

- Young Adult: 18 years through 20 years
- Class I: 21 years through 35 years
- Class II: 36 years through 45 years
- Class III: 46 years through 55 years
- Class IV: 56 years through 65 years
- Class V: 66 years and older
- 

Age classes for all solo free dance and solo pattern dance events:

- Young Adult/Class I/II: 18 years through 45 years
- Class III/IV/V: 46 years and older

All age classes may be divided or combined depending on the number of entries and at the discretion of the chief referee and/or the competition committee. Men and ladies will be combined in Adult 1 through adult bronze free skate events (based on the Adult Competition Series rules), and all levels of compulsory moves, solo pattern dance, jumps, spins and showcase events. Men and ladies will not be combined in adult silver and higher free skate events. Athletes in adult silver and higher free skate events with no competitor of the same gender in another age class will be offered the opportunity to skate an exhibition for first place, skate up to the next higher level (if this provides a competitor) or be issued a refund. The chief referee reserves the right to request proof of age.

The LOC reserves the right to combine levels where there are not enough entries. Age divisions are determined by age on **June 5, 2022**.

The Local Organizing Committee, event chairman and referee also reserve the right to move a skater into a proper division if they discover that a skater has been placed in a category that is below his/her class level, even if this has to be done the day of the competition. This will ensure that every event is as fair as possible to the competitors. Coaches and/or skating directors will be prompted through the EMS system to confirm the appropriate entry level of each skater.



## **COACHES**

Only one coach per skater will be allowed in the warm-up area and rink and **must be included within a skater's registration** or updated through their EMS Skater Portal via "[My Coaches](#)."

All coaches declared at the time of registration will be included on the skater's registration confirmation email.

In order to be granted access to work within a U.S. Figure Skating sanctioned competition the coach must be a credentialed coach per U.S. Figure Skating Rule MR 5.11 Coach Registration. Coaches must meet the compliance requirements listed below and verified by the U.S. Figure Skating **for the 2022/2023 season**.

### Coach/Choreographer (domestic/non-foreign):

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member.
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. \*
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. \*
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Must complete the Professional Coach/Choreographer Coaching Education Requirement (CER) through the [Professional Skaters Association \(PSA\)](#).
- ✓ Must submit proof of general liability insurance with limits of \$1 million per occurrence/ \$5 million aggregate.
- ✓ Must agree to the U.S. Figure Skating Code of Ethics. \*
- ✓ Must complete three waivers: 1) Assumption of Risk, Waiver and Release and Indemnification Agreement, 2) Medical Consent and 3) Name and Likeness Release and Consent Agreement. \*
- ✓ If attending a qualifying competition or traveling as a part of Team USA and/or International Selection Pool (ISP), must be a full member of the [Professional Skaters Association \(PSA\)](#).

### Learn to Skate USA Coach:

- ✓ Must be a current full member of U.S. Figure Skating either through a member club or as an individual member OR Learn to Skate USA instructor membership
- ✓ If 18 years or older, must submit information for, proper payment of \$30 and successfully pass a background check. \*
  - The background check will be valid for two seasons, the one in which it was completed plus one additional.
- ✓ If 18 years or older, must complete annual SafeSport Training. \*
  - The training will be valid for 365 days from date of completion and there is no cost for the training/certification.
- ✓ Learn to Skate USA Instructor Certification completed OR U.S. Figure Skating compliance coach (details above)



Foreign Coach/Choreographer:

- ✓ Required to present the LOC with a letter from their federation verifying they are a member in good standing.

For more information regarding Coach Compliance, please visit the [Coach Compliance](#) page. You can check your status here:

\* Accessible via U.S. Figure Skating Members Only Website:  
[www.usfsaonline.org](http://www.usfsaonline.org) → Person  Icon or Account → Member Profile → Compliance

The LOC will have a list of **2022/2023 compliant coaches** verified through the U.S. Figure Skating database who are approved to receive a credential at the competition. Coaches will need to check in at the event registration desk and show a government issued photo I.D. to receive a credential. We strongly urge *all* coaches to have their cards with them. Non-credentialed coaches will not be permitted in the designated coaching area rink side during events or practice sessions.

If a coach cannot provide a photo I.D. and is not on the list or cannot produce the necessary documents, he or she will not be allowed a credential. There can be no exceptions to this policy.

MR 5.13 Coaches not in compliance with the stated 2022/2023 membership, registration and education requirements will be considered “non-compliant” members of U.S. Figure Skating and PSA and will not be allowed to coach athletes, nor have contact, either directly or indirectly, at a venue for practice and/or at U.S. Figure Skating Events.

**Coaching at U.S. Figure Skating events without proper registration is an ethics violation which will be reported to U.S. Figure Skating and PSA.**

**EMS Coach Resources :** - [My Competitions](#) - [My Skaters](#) - [Coach Schedule](#)





## **COMPETITION REGISTRATION**

Skaters must be registered members with U.S. Figure Skating for the **2022-2023 season** to compete and meet eligibility criteria noted above. Please make sure that your membership with your club is current for the 2022-2023 season. EMS will let you register on your 21/22 membership but **you will NOT be allowed to compete without the 22/23 membership.** Please renew your membership as soon as your club opens up the renewal period to avoid extra hazzel.

### **EMS REGISTRATION:**

Entries will be accepted via [EMS](#) with credit card only. Each transaction includes a 3% credit card fee.

**Registration Deadline: Sunday, June 5, 2022 at 11:59 PM ET.**

**Late Registration Deadline: June 24, 2022 at 11:59 PM. ET**

\$40 Late Fee will need to be paid at arrival at the rink.

### **LATE ENTRIES:**

**Entries made on EMS after June 5 but before June 24** will incur an additional fee of \$40 due at arrival at the rink and are accepted only at the discretion of the competition chair and Chief Referee. No entries will be accepted after June 25th.

### **CHANGES:**

Changes of event after the registration deadline JUNE 5 will be permitted **at the discretion** of the LOC and Chief Referee and will result in a \$25 fee per each event changed due at arrival at the rink.

**FOREIGN SKATERS:** Non-U.S. skaters intending to register for this competition must set up a non-member account prior to registering for the competition ([click here for HOW TO](#)). This can be done by choosing the "Create Account (Non-Member)" option on the [Members Only](#) login page.

**PARTNERED EVENTS:** Only one partner will complete registration for the team. During the registration process, you will be asked to identify your partner and verify their test information. The registered partner will be responsible for managing all aspects of the competition for the team including music/PPC upload, practice ice sales, etc.

**Mandatory Athletes:** Athletes age 18+ as of the competition start date who will be competing on a team (i.e. synchro, dance, pairs, shadow dance, theatre, etc.) with at least one minor athlete must complete SafeSport training. \*

Minor Athletes who turn 18 mid-season are encouraged to seek parental consent to take the online SafeSport training early to avoid any disruptions in their ability to participate as the training is required upon turning 18. The athlete will not be SafeSport compliant until they have completed the training and their Members Only portal reflects completion. Please email [Skatesafe@usfigureskating.org](mailto:Skatesafe@usfigureskating.org) for instructions or questions regarding parental consent.



**SINGLE-ENTRY EVENTS:**

If there is only one skater when the competition schedule is ready to be published in any event, the skater will be offered the option to 1) be scheduled as a single-entry event 2) skate up a level, if available (paying any difference in event fee), or 3) to receive a refund. If withdrawals subsequent to the posting of the schedule reduce the number of entries in an event to one, it will be scheduled as a single-entry event. The chief referee and competition chairperson reserve the right to combine ladies' and men's/girls' and boys' events when permitted by U.S. Figure Skating Rulebook.

**REFUND POLICY:** Entry fees will not be refunded after entry deadline unless the competition or the event is canceled. There will be no refunds for medical withdrawals unless skater has documented proof of Covid quarantine or illness.

**PAYMENT:** Payment of any pending fees, including fees for insufficient funds (\$50), late fees (\$40), late music upload penalties(\$25), and change fees (\$25) will be required to be paid at the rink by cash or check before the skater is allowed to compete or attend practice ice.



## **HOW TOs**

### **REGISTER ON EMS:**

**DEADLINE: Sunday June 5, 2022 11:59 PM ET**

1. Go to <https://m.usfigureskating.org>
2. Enter your U.S. Figure Skating or if Compete USA events are offered, your Learn to Skate USA member number and password
  - a. If you need assistance with your member number and password, contact contact USFS at [memberservices@usfigureskating.org](mailto:memberservices@usfigureskating.org).
3. Click EMS then "Competition Registration"
4. Choose "**DOGWOOD OPEN**" from the list of non-qualifying competitions.
  - a. If you need assistance completing your registration, contact [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org) .
5. A confirmation e-mail will be sent to both the skater and the coach. Please reach out ASAP if something does not look correct.

### **EMS MUSIC UPLOAD:**

**DEADLINE: Friday June 24, 2022 11:59 PM ET**

Competitors participating in events with music are required to upload their music to [EMS Competition Portal](#) no later than **Friday June 24, 2022 11:59 PM ET**. After this date, skaters will be locked out of this feature and subject to a \$25 late fee. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential on-site.

**EMS SKATER MUSIC UPLOAD HOW TO: [CLICK HERE](#)**

*If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)*

### **MUSIC CRITERIA:**

All music must meet the following criteria. If you have questions about what format you have, please contact your coach and get a new version of your music that meets the criteria listed below.

- File Format: MP3
- Bit Rate: 192 kbps or higher and Sample Rate: 44,100 kHz



- This will be verified by the music chair and they may request you upload a corrected file.
- Leaders and trailers (the silence or "dead space" before and after the actual start and end of the program music) may not exceed two (2) seconds. We prefer that there be NO leaders or trailers at all. Excessive leaders and trailers may disrupt the playing of the music during competition.

Competitors must also bring a copy of their competition music on CD or digital copy (if you are accepting digital backup such as on a phone or memory stick) as a backup in case of technical difficulties and must be available rink side during the competition. Only CDs (standard CD-R format only) will be accepted for backups and must be clearly marked with the competitor's name, event, and running time.

**PENALTY FOR INCORRECT MUSIC OR FAILURE TO UPLOAD MUSIC:** After the music upload deadline, the LOC may allow late uploads of music (including corrections) in its sole and absolute discretion. Where late uploads are permitted, the LOC will assess each competitor/team an additional charge, up to \$25.00 per skater, if the competitor: 1) fails to submit music prior to the online music submission deadline, 2) submits files that do not follow the specifications or 3) uploads the incorrect music for a given event segment (e.g. uploads short program music instead of the free skate).

### **EMS PLANNED PROGRAM CONTENT (PPC) – IF IJS:**

**DEADLINE: Friday June 24, 2022 11:59 PM ET**

Competitors participating in IJS events are required to submit PPC in [EMS Competition Portal](#) no later than **Friday June 24, 2022 11:59 PM ET**. After this date, skaters will be locked out of this feature in EMS and subject to a \$25 late fee. The late fee will automatically be added to each skater's cart who doesn't meet this requirement by the deadline. Late fees will not be removed under any circumstances and must be paid prior to receiving the skater credential onsite.

**EMS PPC UPLOAD HOW TO:** [CLICK HERE](#)

*If you need assistance, email [productsupport@usfigureskating.org](mailto:productsupport@usfigureskating.org)*

## **WELCOME TO DOGWOOD OPEN 2022!**

Wake Competition Center  
Competition Center Dr, Morrisville, NC



Club e-mail: [info@trianglefscnc.org](mailto:info@trianglefscnc.org)





# COACHES!!!!

## NEW FOR THIS YEAR

To help support figure skating in NC we are hosting three coaches' workshops in connection with Dogwood Open.

You must be a 2022/2023 USFS registered member and SkateSafe compliant to sign up.

### Official LTS USA seminar – Thursday, July 7th 3pm-8pm

A thorough look at all that LTS USA programs have to offer. Great for both beginner coaches and the more seasoned ones looking for inspiration to teach the basics of skating to kids and inspire them to join the competitive ranks of all ice sports, be it figure skating, hockey or speed skating. The seminar will include a deeper look at all levels of Snowplow Sam, Basic LTS, FS and Hockey and will give participants tips and tricks on how to teach the different elements.

Part of the time will also be dedicated to looking at the format and rules of Compete USA for both figure skating and hockey. Seminar will be led by Patrick O'Neil and Cathryn Schwab from LTS USA.

Don't forget to bring your skates as we will be both **on and off ice**. Cost: \$25.

Sign up through LTS USA <https://learntoskateusa.com>



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### Moves in the Field Workshop – Friday, July 8<sup>th</sup> 730am-1115am

Under guidance of coach and Technical Specialist Patrick O'Neil and with support and feedback from a group of high-level judges, this coaches-only (no skaters except demonstrators) workshop will be focused on how to teach the moves to meet the criteria of USFS tests.

We will be both **on and off ice** for this workshop. Cost: \$30



Sign up on <https://www.eventbrite.com/e/324138044617>

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### IJS Spins and Steps – Sunday, July 10<sup>th</sup> 8am-1030am

This coaches/skaters only workshop will be focused on obtaining a more thorough understanding of the criteria for spins and steps and what it takes to get to the higher levels and to meet the expectations of USFS and its officials. Under guidance from USFS Technical Specialists Tracey Poletis and Patrick O'Neil.

We will be **off ice** for this workshop. Cost \$15 for coaches, no cost for skaters.



Could also be a great starting point for those of you who are considering joining the tech panel ranks.

Sign up on <https://www.eventbrite.com/e/325982431227>

