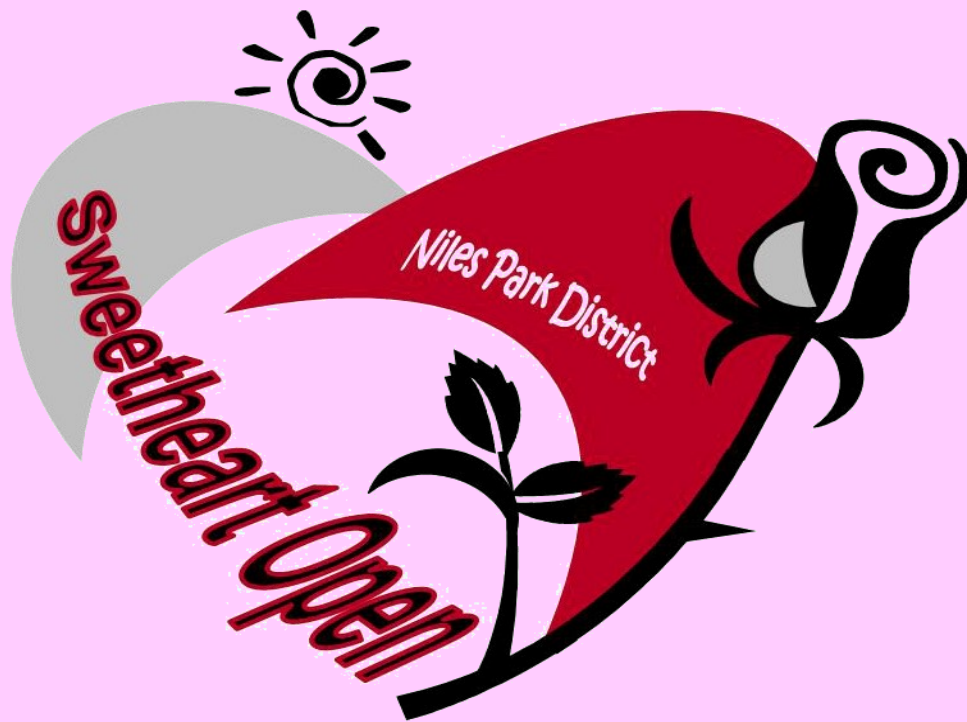




Niles Park District  
8435 W. Ballard  
Niles, IL 60714  
Phone: 847-297-8010  
Fax: 847-298-5768  
Endorsement #: 38502763

**The Niles Park District IceLand  
44th Annual  
Sweetheart Open  
ISI Team Competition  
February 8 & 9, 2025**

**ENTRY DEADLINE: January 6, 2025**



**Events for ALL Ages—Tot Through Adult!  
All ISI Events Offered, Plus Many Created Events!**

***\*This competition is part of the  
ISI District 8 Championship Series!\****



# 2025 Sweetheart Open

**November 2024**

**Dear Skaters, Parents, and Coaches,**

**The Niles Park District IceLand invites you to participate in the 44th Annual Sweetheart Open Team Competition. The Sweetheart Open Competition will be held on February 8 & 9, 2025 at Niles IceLand. All competitors will receive an award for each event skated as well as a competitor gift. We hope that you will support us in our endeavor by choosing to compete at the 44th Annual Sweetheart Open Competition.**

**This year besides all the events you have come to know and love we have also added a Creative Jump and Spin Team Event. Please see page 7 for full details.**

**This is an information packet with entry forms and everything you need to know about registration, compulsory skills, event descriptions and judges. All entries may be emailed to [Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org) or mailed to Niles IceLand ATTN: Amy Forbes  
8435 W. Ballard Rd.  
Niles, IL 60714.**

**An initial competition schedule will be available no later than February 1, 2025.**

**If you have any questions, please call Niles IceLand at 847-297-8010, and I will be happy to help you. The IceLand Staff looks forward to seeing you as a competitor in the 2025 Sweetheart Open.**

**Sincerely,  
Amy Forbes  
Skating Director  
Niles IceLand  
847-297-8010  
[Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org)**





# 2025 Sweetheart Open

## Eligibility & Information

### Eligibility

#### Events are offered to all ages - Tots through Adults

The competition is open to all skaters who are individual members of the ISI. Skaters should enter in the highest level passed and must be registered with ISI by January 6, 2025. USFS skaters are encouraged to participate in the ISI Open Freestyle test levels.

Enter the registration number and test level (competition level) in the appropriate areas on the competition entry form. The skating director and skater's coach must verify the information with a signature at the bottom of the form. Incomplete or inaccurate forms will not be accepted. Competitor's names and ISI numbers will be submitted to ISI prior to the competition.

\*Skaters cannot compete if tests are not registered and ISI memberships are not current.\*

Entry forms must be received by January 6, 2025. Niles IceLand reserves the right to limit the number of post entries.

All entries may be e-mailed to [Aforbes@niles-parks.org](mailto:Aforbes@niles-parks.org) or mailed to 8435 W. Ballard Rd. Niles, IL 60714.

**NOTE:** The competition will follow the new ISI Skaters and Coaches Handbook, the ISI Competitors Handbook and the ISI Judges Manual – Rule Revisions 2024 Edition, mandatory for all ISI competitors after September 1, 2024. Events are offered to all ages - Tots through Adults We suggest that you and your skaters refer to the current publications, which are available from the ISI Office, phone 972-735-8800.

### Performance

All routines begin from a stationary position. The timing of a routine begins with ANY action after the music starts. There is a short warm-up before each division skates.

### Judges & Coaches

In accordance to the ISI rules and regulations, ALL COACHES with participating skaters are REQUIRED to be ISI Professional Members. Any coach attending and/or signing a competitor's registration form is expected to judge and be certified to judge at the appropriate level. Only certified judges may judge at the 2025 Sweetheart Open Competition. It is the responsibility of each skating director or team coach to ensure that a judge is provided for no less than (2) hour judging assignments per 1-10 events from their facility. Team points will be deducted if this requirement is not fulfilled. The competition director reserves the right to deny access to the competition ice door and hospitality room without proper coaching and judging credentials. All attending coaches must be current ISI professional members. Coaches will be contacted for judging times. Team points will be deducted from those teams who do not provide appropriate judges.

### Check in & Registration

Skaters must register one hour before the scheduled program event. CDs must be brought to the registration table during check-in. CDs should be labeled with the skaters name and level and can be picked up at the registration table after the event. There should only be one track on each CD. Skaters should ALWAYS have back-up CDs on hand. The schedule will be sent to the home ice rink and posted online at [www.learntoskate.org](http://www.learntoskate.org)



# 2025 Sweetheart Open

## Team Points & USFS Conversion Chart

### Points & Awards—Come With Your Team!

Participants in all events will earn participation and placement points for their home rink team. The team accumulating the most points will be the Overall Team Champion of our event. Niles IceLand is not eligible to win the team trophy. Awards can be picked-up at the awards table after the event results are posted. Tot events will be judged and placed accordingly however, all tots will receive a participation award.

Individual, Partner and Group events will receive 1 Participation Point per entry (not per skater) in addition to the Placement Points Below:

- 1st Place = 5 Points
- 2nd Place = 4 Points
- 3rd Place = 3 Points
- 4th Place = 2 Points
- 5th Place = 1 Point

Synchro Teams, Production Teams, and Team Compulsory, entries will receive 5 Participation Points plus the Placement Points below:

- 1st Place = 25 Points
- 2nd Place = 20 Points
- 3rd Place = 15 Points
- 4th Place = 10 Points
- 5th Place = 5 Point

### Conversion Chart

Skaters must pass the ISI tests to compete in any ISI competition event. Skaters who have only passed the following USFS tests should refer to the ISI Conversion Chart as follows:

- Pre-Preliminary—FS 3/Open Bronze
- Preliminary—FS 4/Open Silver
- Pre-Juvenile—FS 4/Open Silver
- Juvenile—FS 6/Open Gold
- Intermediate—FS 6/Open Gold
- Novice—FS 8/Open Platinum
- Junior & Senior—FS 8/Open Platinum
- Adult Pre-Bronze—FS 2/Open Bronze
- Adult Bronze—FS3/Open Bronze
- Adult Silver—FS 4/Open Silver
- Adult Gold—FS 5/Open Gold

**Entry Deadline: January 6, 2025**



# 2025 Sweetheart Open

## Event Descriptions

### Solo Events

**Artistic** Skater performs a routine to Music in which the emphasis is on strong edges, flow, choreography, innovative moves and music interpretation.

**Footwork** Skaters perform footwork sequences of their own design to music.

**Freestyle 1-10** A technical program routine to music with emphasis on the required test level maneuvers from the skater's current freestyle level.

**Interpretive** Skaters listen to a selection of music while they mentally choreograph a routine to it. Emphasis is on the skater's ability to choreograph to music, not on the difficulty of the skating maneuvers performed.

**Open Freestyle** This is a new Freestyle event category with no required maneuvers. Skaters should present a well-balanced program of jumps, spins, footwork and gliding maneuvers.

**Pre-Alpha/Alpha/Beta/Gamma/Delta Solo** For these basic skills level programs, the skater performs a one-minute routine to music that emphasizes the required test level maneuvers from Pre-Alpha–Delta.

**Special Skater 1-10** This category is for skaters of all ages who participate in the ISI Special Skater test program.

**Figure 1– 10** Regular figures are based on the original “school” figure eights. Skaters perform a required figure patterns 3 times on each foot. Judging is based on the size & shape of the circles, cleanliness of edges & pattern. All skaters must pass the required figure test to compete in these events.

\*See Figure page to see which pattern will be competed at each level.

**Solo Free Dance 1-10** Skaters in the Solo Ice Dancing events must have the appropriate Ice Dancing tests passed and registered. The free Dance program should express the skaters' own inspiration and artistic capabilities.

**Solo Compulsories (Tot-FS 10)** Three previously chosen maneuvers are performed in a mini-program with no music. Connecting steps are limited and not judged.

**Solo Spotlight—Character** Individual skaters portray a famous, easily identifiable character through the use of music, costume, props (optional) and actions.

**Solo Spotlight—Light Entertainment** Skaters entertain in a light, vaudeville fashion using music, costumes, (props optional), comedy, dance, and skating.

**Solo Spotlight—Dramatic** Skaters entertain in a theatrical performance that sets a mood and evokes an emotional response.

**Tot 1-4 Solo** (Skaters will be ranked.) Skaters in these beginning levels perform a one-minute program, set to music. The program should emphasize the required maneuvers for their test level. Tot events are usually for skaters six years or younger. Coaches can help skaters during this event.

**Stroking** Skaters in Pre Alpha Level through Delta may participate in this event. Skaters will be grouped by level and be on the ice at the same time. Skaters will be asked to stroke in both the clockwise and counter clockwise directions. \*New\*- In all stroking events, forward crossovers are required on the end pattern and will be judged.

**Ice Dancing 1-10—Solo** Skaters in the Solo Ice Dancing events must have the appropriate Ice Dancing tests passed and registered. \*See Ice Dancing page to see which patterns will be competed at each level.

**Rhythmic—Ball, Hoop, or Ribbon** The skater chooses only one rhythmic prop per routine (ball, hoop or ribbon) and must maintain control of the prop at all times throughout the program. This means the prop must be used by the skater throughout the routine. It can be thrown, bounced or juggled but control should be maintained. The prop should not be put down on the ice while the skater does jumps & spins. No additional props are permitted. Props are not allowed on the event warm-up.

### Couple Events

**Couples Spotlight (Low-Platinum)** Two skaters perform their routine that is entertaining, emotional, or a portrayal of characters using costumes and props (optional).

**Jump & Spin (Low-Platinum)** Two skaters enter the ice as a team. The first skater performs a choice of a required jump two times, followed by the second skater performing a choice of a required spin two times



# 2025 Sweetheart Open

## Event Descriptions—Created Events

### Created Events—Solo/Couples Events

#### **Couples Interpretive**

Couples Interpretive Levels:

Low: Alpha-Delta: FS 1 and Below maneuvers.

Bronze: FS 1-3/Bronze: FS 4 and Below maneuvers.

Silver: FS 4-5/Silver: FS 6 and Below maneuvers.

Gold: FS 6-7/Gold: FS 8 and Below maneuvers.

Platinum: FS 8-10/Platinum: Any maneuvers.

Levels are the same as couples spotlight. The penalty for not following the limitation on moves the skaters perform during the Couples Interpretive event will be the grade of 2.0 Choreography and Pattern. Skaters are not allowed to receive communication from instructors, parents, friends, or skaters other than their partner during this event.

This event will run just as individual interpretive events run, but will be done with a partner.

Safety is of our greatest concern. If a team is seen doing something during warm-up that the referee or judges deem unsafe, those skaters will be called to the ice door and told they cannot do that particular trick due to its unsafe nature.

It is highly recommended that coaches teach their skaters some couples elements or tricks so that they can use them during this event.

Please refer to the ISI handbook for all Interpretive event rules. All of the same rules will apply to Couples Interpretive.

#### **Spread Eagle Event**

FS 1 and Up—Skaters should register for this event based on their ISI Open level.

Skaters will perform any spread eagle (Inside or Outside edge), in any direction. Skater will be judged on the spread eagle position and timed for length of time held. Skaters will go one at a time and there will be a short warm-up.

#### **Spirals**

Skaters should register for this event based on their ISI Open level. Skaters will perform a FORWARD Spiral on any edge. Skater will be judged on the spiral position and timed for length of time held. Skaters will go one at a time. There will be a short warm-up.

#### **Spins**

Skaters should register for this event based on their ISI Open level. Skaters will perform the designated spin 2 times. The best attempt will be judged.

Required Spins by Level

Low (Alpha-Delta) 2 Foot Spin

Bronze—One Foot Spin

Silver—Sit Spin

Gold—Combination Spin with Change of Foot and Position (may start with a Flying Camel)

Platinum—Death Drop

**Rules and Guidelines for Created Events will NOT be found in the ISI Handbook.**





# 2025 Sweetheart Open

## Event Descriptions—Created Events

### Created Events—Teams

#### Creative Jump & Spin Teams

This new event is meant for groups of skaters to have fun, little coach preparation required, show creativity, and show off each skaters best technical elements.

4 Skaters enter the ice as a team. The first skater performs their choice of a required maneuver two times, followed by the second skater performing their choice of a required maneuver two times, etc. Only the best attempt of each required element will be judged. Only the technical accuracy of the required jump/spin is judged; difficulty of the chosen element is not considered.

In addition to the teams technical score for elements skated, teams will also get one score for creativity and group choreography that should commence after taking the ice as a team and prior to exiting the ice after all team members have performed their element.

Teams will be allowed 30 seconds before doing their elements and another 30 seconds after completing their elements to show their creativity and group choreography. Skaters may compete up a level but may not compete down.

The event guidelines and judging criteria will not be found in the ISI Handbook.

#### Competition Levels:

<u>Low (Pre-Alpha—Delta)</u>	<u>Medium (FS 1-3/Bronze)</u>	<u>Intermediate (FS 4-5/ Silver)</u>	<u>High (FS6-10/Gold- Platinum)</u>
Skater 1: 2-Foot Hop or Bunny Hop	Skater 1: 1/2 Flip or Toe Loop	Skater 1: Half Loop or Axel	Skater 1: Dbl Salchow or Dbl Toe Loop
Skater 2: Waltz Jump	Skater 2: Waltz Jump or Salchow	Skater 2: Flip or Lutz	Skater 2: Split Jump or Opposite Jump
Skater 3: 2-Foot Spin	Skater 3: 2-Foot or 1-Foot Spin	Skater 3: Sit Spin	Skater 3: Layback or Flying Camel
Skater 4: Forward Pivot	Skater 4: Pivot (Forward or Backward)	Skater 4: Backscratch Spin or Camel Spin	Skater 4: Flying Sit or Opposite Spin

#### Ensemble On The Spot!

Groups of 3 to 7 skaters will sign up as a team. Any level and any age may participate together in this event.

Teams should assign one skater to be their team captain to lead the creative process. Captain will need an e-mail address and cell phone.

Teams will get a piece of music, a box of props, a boom box and 15 minutes in a locker room to come up with a short ensemble routine. Teams will then get on the ice and get a 3 minute warm-up to warm-up any skills they plan to do in their program. Teams will then get their music played for them once on the ice so that they can practice what they have created in the locker room. Other teams may stay on the ice to practice together during this time. Teams will then exit the ice and the event will begin.

Teams will be judged on the following:

- Judges Appeal
- Artistic Impression
- Choreography and Pattern
- Creativity
- Interpretation
- General Overall

There will be 3 judges and all will judge all of the criteria. Penalties will not be given for this event.

It is highly recommended that teams practice together before the competition to different types of music and learn tricks that they can do together during the event.

Safety is of our greatest concern. If a team is seen doing something during warm-up that the judges deem unsafe those skaters will be called to the ice door and told they cannot do that particular trick due to it's unsafe nature.

**Rules and Guidelines for Created Events will NOT be found in the ISI Handbook.**



# 2025 Sweetheart Open

## Events Offered & Event Pricing

<b>Event</b>	<b>1<sup>st</sup> Event</b>	<b>Additional Events</b>
<b>Tier 1 Events</b>		
Solo (Tot 1-4, Special Skater, Pre Alpha-Delta, FS 1-10)	\$80	\$20
Solo Compulsory (All Levels)	\$80	\$20
Open Freestyle—Bronze, Silver, Gold, Platinum	\$80	\$20
Spotlight—Light Ent., Character, Dramatic (All Levels)	\$80	\$20
Artistic (FS 1-10)	\$80	\$20
Footwork (FS 1-10)	\$80	\$20
Couples Spotlight (Low, Bronze, Silver, Gold, Platinum)	\$80	\$20
Rhythmic Skating—Ribbon, Ball, Hoop (FS 1-10)	\$80	\$20
Ice Dancing (Solo & Free Dance) / Figures 1-10	\$80	\$20
Hockey Skating / Hockey Shooting	\$80	\$20
<b>Tier 2 Events</b>		
Interpretive (All Levels)	\$80	\$10
Stroking (Alpha-Delta, Special Skater)	\$80	\$10
Spiral (Alpha-Delta, FS 1-10)	\$80	\$10
Spin Event (FS 1-10)	\$80	\$10
Jump & Spin (All Levels)	\$80	\$10
Couples Interp (All Levels)	\$80	\$10
Spread Eagle (FS 1-10)	\$80	\$10





# 2025 Sweetheart Open

## Events Offered & Event Pricing

Event	Price Per Skater
<b>ISI Team Events</b>	
Ensemble	\$20
Production Teams	\$20
Theatre Production	\$20
Team Compulsory	\$20
Synchronized Skating	\$20
Synchro Dance	\$20
Family Spotlight	\$20
Kaleidoskate	\$20
<b>Created Events</b>	
Ensemble on the Spot (3 to 7 Skaters)	\$20
Creative Jump & Spin Teams (4 Skaters)	\$20

***\*This competition is part of the ISI District 8 Championship Series!***

**DEADLINE: January 6, 2025**

**The 44th Annual  
ISI Sweetheart Open Competition—Endorsement #38502763**  
Send entry and fee to: Amy Forbes at 8435 W. Ballard Rd. Niles, IL 60714 or email to Amy Forbes at [Aforbes@Niles-Parks.org](mailto:Aforbes@Niles-Parks.org)  
**INDIVIDUAL FORM**

**SKATER INFORMATION** **Only current ISI Members are eligible to participate**

Last Name	First Name	ISI #	M/F
Address		Birthdate	Age on 1/6/25
City	State	Zip	Phone #
Home ISI Member Rink/Club		E-mail (required)	USFS FS Test Level

**INDIVIDUAL EVENTS** **Highest test must be registered within 2 weeks of event application**

Highest ISI Test Level _____ Tot 1-4/Pre-Alpha-Delta FS 1-10 or Bronze-Platinum Special Skater 1-10 <input type="checkbox"/> Solo Program <input type="checkbox"/> Compulsories <input type="checkbox"/> Solo Spotlight <input type="checkbox"/> Character <input type="checkbox"/> Light Entertainment <input type="checkbox"/> Dramatic <input type="checkbox"/> Artistic (FS 1-10)	<input type="checkbox"/> Stroking (Alpha-Delta, Special Skater only) <input type="checkbox"/> Footwork (FS 1-10) <input type="checkbox"/> Special Skater Solo (1-10) <input type="checkbox"/> Rhythmic Skating (FS 1-10) <input type="checkbox"/> Ball <input type="checkbox"/> Hoop <input type="checkbox"/> Ribbon <input type="checkbox"/> Spiral Competition <input type="checkbox"/> Spread Eagle Competition <input type="checkbox"/> Spin Competition <input type="checkbox"/> Interpretive	<b><u>ISI Open Freestyle</u></b> <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold Short <input type="checkbox"/> Gold <input type="checkbox"/> Platinum Short <input type="checkbox"/> Platinum <input type="checkbox"/> Platinum Plus
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**PARTNER EVENTS**

<input type="checkbox"/> Couple Spotlight Partner Age _____ ISI# _____ Name: _____ Level: _____ Low <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold <input type="checkbox"/> Platinum <input type="checkbox"/> Character <input type="checkbox"/> Dramatic <input type="checkbox"/> Lt. Ent. <input type="checkbox"/>	<input type="checkbox"/> Jump & Spin Partner Age _____ ISI # _____ Name: _____ Low <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold <input type="checkbox"/> Platinum <input type="checkbox"/> <input type="checkbox"/> Couples Interp Partner Age _____ ISI # _____ Name: _____ Low <input type="checkbox"/> Bronze <input type="checkbox"/> Silver <input type="checkbox"/> Gold <input type="checkbox"/> Platinum <input type="checkbox"/>
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**FEES & PAYMENT**

First Event (including processing fee) \$80 x 1 = \$ \_\_\_\_\_

Additional Tier 1 Event                   \$20 x \_\_\_\_ = \$ \_\_\_\_\_  
(Solo, Comp., Open FS, Spotlight, Artistic, Footwork, Couples Spot, Rhythmic, Ice Dance, Figures, Hockey)

Additional Tier 2 Event                   \$10 x \_\_\_\_ = \$ \_\_\_\_\_  
(Interp, Stroking, Spiral, Spin, Couples Interp, Jump & Spin, Spread Eagle)

Total Enclosed       = \$ \_\_\_\_\_

Please turn in this entry form, plus the Niles Park District Waiver on Page 13 of this packet. The Waiver must be received with this entry form in order for your skater to be eligible to compete.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Name (Please Print) \_\_\_\_\_ Authorized Signature \_\_\_\_\_

CVV (3 Digit Code) \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

Skater Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature (If applicable) \_\_\_\_\_ Date \_\_\_\_\_

Coach Name \_\_\_\_\_ ISI # \_\_\_\_\_

Coach Email \_\_\_\_\_ Certification Level \_\_\_\_\_

Skating Director Verification \_\_\_\_\_ Date \_\_\_\_\_

**Make Checks Payable to Niles Park District**

**DEADLINE: January 6, 2025**

**The 44th Annual  
ISI Sweetheart Open Competition—Endorsement #38502763**  
Send entry and fee to: Amy Forbes at 8435 W. Ballard Rd. Niles, IL 60714 or email to Amy Forbes at [Aforbes@Niles-Parks.org](mailto:Aforbes@Niles-Parks.org)  
**INDIVIDUAL FORM**

**SKATER INFORMATION** **Only current ISI Members are eligible to participate**

Last Name	First Name	ISI #	M/F
Address		Birthdate	Age on 1/6/25
City	State	Zip	Phone #
Home ISI Member Rink/Club	E-mail (required)	USFS FS Test Level	
Are you an active USFS member who has competed at or above the Novice level at any USFS Nation Championships within the last two years?			Yes/No

FIGURES	
Figure 1	<input type="checkbox"/> Forward Outside Eight
Figure 2	<input type="checkbox"/> Forward Outside 3 to Center
Figure 3	<input type="checkbox"/> Right Forward Outside 3
Figure 4	<input type="checkbox"/> Forward Inside Loop
Figure 5	<input type="checkbox"/> Backward Outside Loop
Figure 6	<input type="checkbox"/> LFO 1-Foot Eight
Figure 7	<input type="checkbox"/> RFO Paragraph Three
Figure 8	<input type="checkbox"/> RBO 1-Foot Eight
Figure 9	<input type="checkbox"/> RFO Paragraph Loop
Figure 10	<input type="checkbox"/> The Flower

ICE DANCE	
Ice Dance 1	<input type="checkbox"/> Chasse Sequence
Ice Dance 2	<input type="checkbox"/> Dutch Waltz
Ice Dance 3	<input type="checkbox"/> Rhythm Blues
Ice Dance 4	<input type="checkbox"/> Fiesta Tango
Ice Dance 5	<input type="checkbox"/> Hickory Hoedown
Ice Dance 6	<input type="checkbox"/> Fourteen Step
Ice Dance 7	<input type="checkbox"/> Rocker Foxtrot
Ice Dance 8	<input type="checkbox"/> Kilian
Ice Dance 9	<input type="checkbox"/> Paso Doble
Ice Dance 10	<input type="checkbox"/> Viennese Waltz
Solo Free Dance	<input type="checkbox"/> Level: _____

**FEES & PAYMENT**

First Event (including processing fee) \$80 x 1 = \$ \_\_\_\_\_

Additional Tier 1 Event \$20 x \_\_\_\_ = \$ \_\_\_\_\_  
(Solo, Comp. Open, Spotlight, Artistic, Footwork, Couples Spot, Rhythmic, Ice Dance, Figures, Hockey)

Additional Tier 2 Event \$10 x \_\_\_\_ = \$ \_\_\_\_\_  
(Interp, Stroking, Spiral, Spin, Couples Interp, Jump & Spin, Spread Eagle)

Total Enclosed = \$ \_\_\_\_\_

Please turn in this entry form, plus the Niles Park District Waiver on Page 13 of this packet. The Waiver must be received with this entry form in order for your skater to be eligible to compete.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Name (Please Print) \_\_\_\_\_ Authorized Signature \_\_\_\_\_

CVV (3 Digit Code) \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

**Make Checks Payable to Niles Park District**

\_\_\_\_\_  
Skater Signature Date

\_\_\_\_\_  
Parent/Guardian Signature (If applicable) Date

\_\_\_\_\_  
Coach Name ISI #

\_\_\_\_\_  
Coach Email Certification Level

\_\_\_\_\_  
Skating Director Verification Date

**DEADLINE: January 6, 2025**

**The 44th Annual  
ISI Sweetheart Open Competition—Endorsement #38502763**  
Send entry and fee to: Amy Forbes at 8435 W. Ballard Rd. Niles, IL 60714 or email to Amy  
Forbes at Aforbes@Niles-Parks.org  
**INDIVIDUAL FORM**

**TEAM INFORMATION**

**Only current ISI Members are eligible to participate**

Name of Team \_\_\_\_\_ Home ISI Member Rink/Club \_\_\_\_\_

Coach Name \_\_\_\_\_ Coach ISI # \_\_\_\_\_ Coach Certification Level \_\_\_\_\_

Coach Phone # \_\_\_\_\_ ISI Team Registration # \_\_\_\_\_

Coach E-mail (required) \_\_\_\_\_

**WE WISH TO ENTER: (Important: Use one team entry form per team, per event)**

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Synchronized Formation Compulsories</li><li><input type="checkbox"/> Synchronized Skating Compulsories</li><li><input type="checkbox"/> Synchronized Formation Team</li><li><input type="checkbox"/> Synchronized Advanced Formation Team</li><li><input type="checkbox"/> Synchronized Skating Team</li><li><input type="checkbox"/> Synchronized Dance</li></ul> <p>Age Category:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Tot</li><li><input type="checkbox"/> Junior Youth</li><li><input type="checkbox"/> Youth</li><li><input type="checkbox"/> Senior Youth</li><li><input type="checkbox"/> Teen</li><li><input type="checkbox"/> Collegiate</li><li><input type="checkbox"/> Adult</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Family Spotlight</li><li><input type="checkbox"/> Production Team</li><li><input type="checkbox"/> Ensemble</li><li><input type="checkbox"/> Kaleidoskate Team</li><li><input type="checkbox"/> Team Compulsory FS _____ Level</li><li><input type="checkbox"/> Theatre Production</li></ul><br><ul style="list-style-type: none"><li><input type="checkbox"/> Ensemble on the Spot (3 to 7 Skaters Per Team)</li><li><input type="checkbox"/> Creative Jump &amp; Spin Team (4 skaters Per Team)<br/>Low <input type="checkbox"/> Medium <input type="checkbox"/> Intermediate <input type="checkbox"/> High <input type="checkbox"/></li></ul> |
|---|---|

**PLEASE ATTACH A TEAM ROSTER WITH NAMES, AGES, AND ISI NUMBERS OF ALL TEAM MEMBERS**

Please turn in this entry form, plus the Niles Park District Waiver on Page 13 of this packet. The Waiver must be signed by every team member and received with this entry form in order for your team to be eligible to compete.

**FEES & PAYMENT**

# of Skaters \_\_\_\_\_ X \$20 = \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Make Checks Payable to Niles Park District**

Coach Signature \_\_\_\_\_

Date \_\_\_\_\_

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Cardholder Name (Please Print) \_\_\_\_\_

Authorized Signature \_\_\_\_\_

CVV (3 Digit Code) \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

# ICE-SKATING PROGRAM WAIVER & RELEASE



## IMPORTANT INFORMATION

The Niles Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Niles Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for ice-skating activities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

## WARNING OF RISK

Ice-skating is intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. All hazards and dangers cannot be foreseen. The very nature of ice-skating is risky, including but not limited to slip and falls, colliding with other players of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating. In this regard, it must be recognized that it is impossible for the Niles Park District to guarantee absolute safety.

## WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Niles Park District, including its officials, agents, volunteers and employees.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

PLEASE PRINT  
Date \_\_\_\_\_

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Participant's Signature (18 years or older or Parent/Guardian)

## PARTICIPATION WILL BE DENIED

**If the signature of adult participant or parent/guardian and date are not on this waiver.**

**THIS WAIVER MUST BE RETURNED WITH YOUR COMPETITION ENTRY.**



# 2025 Sweetheart Open

## Compulsory Skills

### Compulsory Skills

In the compulsory event, skaters perform three pre-selected maneuvers in any order in a pre-choreographed program with a minimum number of connecting steps between each maneuver.

Only the first attempt of each maneuver is judged.

Tots through Freestyle 5 are limited to one minute. Freestyle 6 through Freestyle 10 are limited to one minute and thirty seconds. Tots through Freestyle 5 will use half of the ice; Freestyle 6-10 will use the full ice.

**Note: Penalties will be given for not following limitations on moves or performing an incorrect maneuver.**

**Note: There is no penalty given for the quantity of swizzles, wiggles, strokes or crossovers in the Tot-Beta levels. Only the quality of these maneuvers is judged.**

<b>Tot 1</b>	Marching in Standing Position, Proper Way to Fall, Proper Way to Get Up	<b>Freestyle 1</b>	Waltz Jump / Forward Arabesque/ 2-Foot Spin
<b>Tot 2</b>	Two-Foot Jump In Place, Forward Swizzle Standing Still, Beginning 2 Ft Glide	<b>Freestyle 2</b>	1/2 Lutz / 1-Foot Spin / Dance Step Sequence
<b>Tot 3</b>	Push & Glide Stroking, Dip, Forward Swizzle	<b>Freestyle 3</b>	Salchow Jump / Change Foot Spin / Toe Loop
<b>Tot 4</b>	Backward Swizzle, Two Foot or One Foot Snowplow Stop, Backward Wiggle	<b>Freestyle 4</b>	Flip Jump / Sit Spin / 1/2 Loop Jump
<b>Pre Alpha</b>	Right 1-Foot Glide / Forward Swizzles / Backward Swizzles	<b>Freestyle 5</b>	Fast Back Scratch Spin / Axel / Camel- Sit-Upright Spin
<b>Alpha</b>	Forward Stroking / L over R Forward Crossovers / 1-Foot Snowplow Stop	<b>Freestyle 6</b>	Axel-1/2 Loop-Flip Jump / Choice Spin (Cross-foot/Layback/Sit-Change-Sit) / Split Jump
<b>Beta</b>	Backward Stroking / Left T-Stop / Right T-Stop	<b>Freestyle 7</b>	2 Walley Jumps in a Row/ Flying Camel Spin / 1-foot Axel-Quarter Flip-Axel
<b>Gamma</b>	RFO Three Turn / LFO Three Turn / Hockey Stop	<b>Freestyle 8</b>	Double Flip Jump / Camel-Jump-Camel Spin / Split Lutz
<b>Delta</b>	Lunge/ RFI Three Turn/ Bunny Hop	<b>Freestyle 9</b>	Double Lutz Jump / Opposite Spin / Axel-Double Loop Jump Combination
		<b>Freestyle 10</b>	Double Axel-Double Toe Loop Combination / Death Drop / Three Arabian Cartwheel or Butterfly Jumps

<b>Special Skater 1</b>	Fall, Get Up, March in Place	<b>Special Skater 6</b>	2-Foot Turn Fwd to Bkwd, Fwd 1-Foot Glides on a Curve, L 1-Foot Bkwd Swizzles
<b>Special Skater 2</b>	Forward Swizzle, 2-Foot glide, Teapot Dip	<b>Special Skater 7</b>	Backward Stroking, Choice of Stop, L/R Backward crossovers
<b>Special Skater 3</b>	Forward Swizzles, Scooter Push (L or R), Backward Wiggles	<b>Special Skater 8</b>	RFI Mohawk, LFI Mohawk, RBO Edge on a Curve
<b>Special Skater 4</b>	T- Position Push, 1-Foot Swizzles (L or R), Forward Crossovers Standing Still	<b>Special Skater 9</b>	RFO Three turn, LFO Three Turn, Choice of Stop
<b>Special Skater 5</b>	Forward Stroking, Snowplow Stop, R/L Forward Crossovers	<b>Special Skater 10</b>	Bunny Hop, Lunge, LFI Three Turn