

# Planned Program Sheet



Name: \_\_\_\_\_ Category: \_\_\_\_\_

SHORT PROGRAM	
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FREE PROGRAM	
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Element Codes			
Jumps		Sequences	
Waltz Jump	1W	Step Sequence	StSq
Toe loop	1T	Spiral Sequence	SpSq
Salchow	1S	Choreography Sequence	ChSq
Loop	1Lo		
Flip	1F		
Lutz	1Lz		
Axel	1A		
		Spins	
DoubleToeLoop	2T	Upright Spin	USp
Double Salchow	2S	Layback Spin	LSp
Double Loop	2Lo	Camel Spin	CSp
Double Flip	2F	Sit Spin	SSp
Double Lutz	2Lz	Flying Upright Spin	FUSp
Double Axel	2A	Flying Layback Spin	FLSp
Triple Toe Loop	3T	Flying Camel Spin	FCSp
Triple Salchow	3S	Flying Sit Spin	FSSp
Triple Loop	3Lo	Change Foot Upright Spin	CUSp
Triple Flip	3F	Change Foot Layback Spin	CLSp
Triple Lutz	3Lz	Change Foot Camel Spin	CCSp
Triple Axel	3A	Change Foot Sit Spin	CSSp
Spin Combo w/ change of position & no change of foot			CoSp
Spin Combo w/change of position & change of foot			CCoSp
Flying Spin Combo w/ change of position & no change of foot			FCoSp
Flying Spin Combo w/ change of position & change of foot			FCCoSp

List elements in order to be skated. Please use element codes.