



Planned Program Content Sheet

Name: _____ Category: _____

| SHORT PROGRAM | | FREE PROGRAM | | Element Codes | |
|---------------|--|--------------|--|---|-------------------------------|
| | | | | Jumps | Sequences |
| 1 | | 1 | | Waltz Jump 1W | Step Sequence StSq |
| 2 | | 2 | | Toe loop 1T | Spiral Sequence SpSq |
| 3 | | 3 | | Salchow 1S | Choreography Sequence ChSq |
| 4 | | 4 | | Loop 1Lo | |
| 5 | | 5 | | Flip 1F | |
| 6 | | 6 | | Lutz 1Lz | |
| 7 | | 7 | | Axel 1A | |
| 8 | | 8 | | | Spins |
| | | 9 | | Double Toe Loop 2T | Upright Spin USp |
| | | 10 | | Double Salchow 2S | Layback Spin LSp |
| | | 11 | | Double Loop 2Lo | Camel Spin CSp |
| | | 12 | | Double Flip 2F | Sit Spin SSp |
| | | 13 | | Double Lutz 2Lz | Flying Upright Spin FUSp |
| | | 14 | | Double Axel 2A | Flying Layback Spin FLSp |
| | | 15 | | 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.