



**GLENGARRY
SKATING CLUB**

TEACHING PENTICTON TO SKATE SINCE 1953



OGOPOGO

NESSIE – 7 Element Circuit Event

1. S = Start
2. Fwd Sprial (choice of foot)
3. Fwd Crossovers (CCW)
4. 2ft Fwd->Bwd Jump
5. Bwd Crossovers (CW)
6. Fwd Power Jump
7. 1ft Side Stop (choice of direction)
8. 1ft Spin
9. F = Finish

Skaters will perform two rounds of the circuit, and they will be assessed on the better of the two. After, skaters will perform a 30s Creative Expression routine which they will hear once for practice and then once for evaluation. Skaters will be evaluated on the Creative Expression routine as 'Complete' or 'Incomplete'.

