



GLENGARRY SKATING CLUB *Glengarry*

TEACHING PENTICTON TO SKATE SINCE 1953



OGOPOGO 2018

NESSIE – 6 Element Circuit Event

1. S = Start
2. Fwd Sprial (choice of foot)
3. 2ft Fwd->Bwd Jump
4. Bwd Crossovers (both directions)
5. Fwd Power Jump
6. 2ft Side Stop (choice of direction)
7. 2ft Spin
8. 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'.

