

FREE SKATING

Planned Program Content

1 Lesley HAWKER

CAN

Coach: R. Callaghan

Music: I'll Be Seeing You, Hymn to the Fallen

1: 3Lz+2T+2Lo	Triple Lutz + Double Toeloop + Double Loop	9: FCSp	Flying Camel Spin
2: 3F+2T	Triple Flip + Double Toeloop	10: 2A	Double Axel
3: CoSp	Combination Spin	11: SISt	Straight Line Step Sequence
4: 3Lo	Triple Loop	12: 3T	Triple Toeloop
5: SpSq	Spiral Sequence	13: CCoSp	Change Foot Combination Spin
6: 3Lz	Triple Lutz	14:	
7: 3S+2Lo	Triple Salchow + Double Loop	15:	
8: FSSp	Flying Sit Spin	16:	

2 Alisa DREI

FIN

Coach: E. Drei-Koskinen

Music: Warsaw Concerto by Richard Addinsell

1: 3T+3T	Triple Toeloop + Triple Toeloop	9: SpSq	Spiral Sequence
2: 3Lz	Triple Lutz	10: 3Lo	Triple Loop
3: 3S+2S+SEQ	Triple Salchow + Double Salchow + SEQ	11: SISt	Straight Line Step Sequence
4: CoSp	Combination Spin	12: 2A	Double Axel
5: 3Lz+2T	Triple Lutz + Double Toeloop	13: CCoSp	Change Foot Combination Spin
6: FSSp	Flying Sit Spin	14:	
7: 3F	Triple Flip	15:	
8: FSSp	Flying Sit Spin	16:	

3 Katy TAYLOR

USA

Coach: J. Conter, M. Poole

Music: Theme and Variations by Tchaikovski

1: 3F	Triple Flip	9: FSSp	Flying Sit Spin
2: 2A	Double Axel	10: 3F+2T	Triple Flip + Double Toeloop
3: 3T	Triple Toeloop	11: CoSp	Combination Spin
4: CCoSp	Change Foot Combination Spin	12: SISt	Straight Line Step Sequence
5: LSp	Layback Spin	13: 3Lz+2T	Triple Lutz + Double Toeloop
6: SpSq	Spiral Sequence	14:	
7: 3Lz+2T	Triple Lutz + Double Toeloop	15:	
8: 3Lo	Triple Loop	16:	

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4 Yoshie ONDA

JPN

Coach: J. Chouinard, Y. Kadona
Music: The Red Violin (soundtrack)

1: 3Lz+2T	Triple Lutz + Double Toeloop	9: 3F	Triple Flip
2: 3F+2T+2T	Triple Flip + Double Toeloop + Double Toeloop	10: SiSt	Straight Line Step Sequence
3: 3S	Triple Salchow	11: 2A+3T+SEQ	Double Axel + Triple Toeloop + SEQ
4: CoSp	Combination Spin	12: FSSp	Flying Sit Spin
5: LSp	Layback Spin	13: CCoSp	Change Foot Combination Spin
6: SpSq	Spiral Sequence	14:	
7: 3Lo	Triple Loop	15:	
8: 3Lz	Triple Lutz	16:	

5 Tugba KARADEMIR

TUR

Coach: R. Tebby, D. Leigh
Music: Naqoyqatsi (soundtrack) by Philip Glass

1: CCoSp	Change Foot Combination Spin	9: SpSq	Spiral Sequence
2: 3F	Triple Flip	10: 2A	Double Axel
3: 3T+2T+2Lo	Triple Toeloop + Double Toeloop + Double Loop	11: 3S+2T	Triple Salchow + Double Toeloop
4: Sp	Spin	12: CiSt	Circular Step Sequence
5: 3S+2T	Triple Salchow + Double Toeloop	13: CCoSp	Change Foot Combination Spin
6: 3T	Triple Toeloop	14:	
7: 2A	Double Axel	15:	
8: CUSp	Change Foot Upright Spin	16:	

6 Binshu XU

CHN

Coach: Y. Liu
Music: Mulan (soundtrack)

1: 3Lz+2T	Triple Lutz + Double Toeloop	9: 3Lz	Triple Lutz
2: 3T+3T	Triple Toeloop + Triple Toeloop	10: 3S	Triple Salchow
3: 3Lo	Triple Loop	11: SpSq	Spiral Sequence
4: FCSp	Flying Camel Spin	12: 3F	Triple Flip
5: CiSt	Circular Step Sequence	13: CCoSp	Change Foot Combination Spin
6: 2A+2A+SEQ	Double Axel + Double Axel + SEQ	14:	
7: LSp	Layback Spin	15:	
8: CoSp	Combination Spin	16:	

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7 Fumie SUGURI

JPN

Coach: N. Sato
Music: Song of Spirits, Fantasia by K. Jenkins

1: 3Lz+2T	Triple Lutz + Double Toeloop	9: 2A	Double Axel
2: 3F	Triple Flip	10: FSSp	Flying Sit Spin
3: 3T	Triple Toeloop	11: 2S	Double Salchow
4: CCoSp	Change Foot Combination Spin	12: SISt	Straight Line Step Sequence
5: FSSp	Flying Sit Spin	13: CCoSp	Change Foot Combination Spin
6: 3Lz	Triple Lutz	14:	
7: 3F+2T	Triple Flip + Double Toeloop	15:	
8: SpSq	Spiral Sequence	16:	

8 Yu-Na KIM

KOR

Coach: B.-S. Park
Music: The Lark Ascending

1: 3F+3T	Triple Flip + Triple Toeloop	9: 2A+3T+2Lo	Double Axel + Triple Toeloop + Double Loop
2: 2A	Double Axel	10: 3Lz+2T	Triple Lutz + Double Toeloop
3: LSp	Layback Spin	11: SpSq	Spiral Sequence
4: 3S	Triple Salchow	12: 2A	Double Axel
5: CSp	Camel Spin	13: CCoSp	Change Foot Combination Spin
6: SISt	Straight Line Step Sequence	14:	
7: 3Lz	Triple Lutz	15:	
8: FSSp	Flying Sit Spin	16:	

9 Joannie ROCHETTE

CAN

Coach: M. Perron
Music: Don Juan by Felix Gray

1: 3F+2T+2Lo	Triple Flip + Double Toeloop + Double Loop	9: SpSq	Spiral Sequence
2: 3Lz+2T	Triple Lutz + Double Toeloop	10: 3Lz	Triple Lutz
3: 3Lo	Triple Loop	11: 3S	Triple Salchow
4: CoSp	Combination Spin	12: CCoSp	Change Foot Combination Spin
5: SISt	Straight Line Step Sequence	13: FSSp	Flying Sit Spin
6: 3F	Triple Flip	14:	
7: 2A+3T+SEQ	Double Axel + Triple Toeloop + SEQ	15:	
8: CSSp	Change Foot Sit Spin	16:	

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10 Mira LEUNG	CAN
Coach: C. McBeth	
Music: Terracotta Warriors (soundtrack)	

1: 3F	Triple Flip	9: FCSp	Flying Camel Spin
2: 3Lz+3Lo	Triple Lutz + Triple Loop	10: SISt	Straight Line Step Sequence
3: 3S	Triple Salchow	11: 3Lz	Triple Lutz
4: CoSp	Combination Spin	12: 3F+2Lo+2Lo	Triple Flip + Double Loop + Double Loop
5: LSp	Layback Spin	13: CCoSp	Change Foot Combination Spin
6: SpSq	Spiral Sequence	14:	
7: 3T	Triple Toeloop	15:	
8: 2A+2T	Double Axel + Double Toeloop	16:	

11 Alissa CZISNY	USA
Coach: J. Berlin, T. McKendry	
Music: Excerpts from Sabrina (soundtrack)	

1: 3Lz+2T	Triple Lutz + Double Toeloop	9: SISt	Straight Line Step Sequence
2: 3F+2T	Triple Flip + Double Toeloop	10: SpSq	Spiral Sequence
3: FSSp	Flying Sit Spin	11: 3Lz	Triple Lutz
4: 3Lo+2Lo+2Lo	Triple Loop + Double Loop + Double Loop	12: LSp	Layback Spin
5: FCSp	Flying Camel Spin	13: CCoSp	Change Foot Combination Spin
6: 3F	Triple Flip	14:	
7: 2A	Double Axel	15:	
8: 3T	Triple Toeloop	16:	

12 Susanna POYKIO	FIN
Coach: H. Poykio	
Music: Munich (soundtrack) by John Williams	

1: 3F+2T	Triple Flip + Double Toeloop	9: LSp	Layback Spin
2: 3Lz+2T+2Lo	Triple Lutz + Double Toeloop + Double Loop	10: SpSq	Spiral Sequence
3: 3S	Triple Salchow	11: 3F	Triple Flip
4: FSSp	Flying Sit Spin	12: CCoSp	Change Foot Combination Spin
5: 3Lo+2T	Triple Loop + Double Toeloop	13: SISt	Straight Line Step Sequence
6: CoSp	Combination Spin	14:	
7: 2A	Double Axel	15:	
8: 3Lz	Triple Lutz	16:	

Please Note:

The Planned Program is listed as announced by the skaters/teams and observed during the practice sessions.

Printed: 04.11.2006 10:25:56