

Revision Date: October 2023

PPC CHEAT SHEET (STAR 2 & 3 FREESKATE)

Mini-competition participants in Star 2 & 3 Freeskate will be required to submit their Planned Program Content at the time of registration. Planned Program Content (PPC) is a list of the elements that your skater will perform in their skating program.

To prepare for entering your skater(s)' PPC, refer to your skater or your skaters coach for a list of elements in your skater program and in the order that they are performed.

To complete registration and include the PPC, follow these steps:

ich participant is to be enrolled in this	program?	
1		
Home Club 🔞 •	 STAR 2 Music Upload - 2023 Okotoks Jr Winter Classic () • Choose File No file chosen 	3 STAR 2 Element 1*
STAR 2 Element 2 *	STAR 2 Element 3 *	STAR 2 Element 4 *
STAR 2 Element 5 *	STAR 2 Element 6 *	STAR 2 Element 7 *
	v v	🗸
STAR 2 Element 8 *	STAR 2 Element 9 *	

1. Enter Home Club Information

+ New Participant

- 2. Upload Skaters Music in mp3 format
- 3. Enter the PPC elements, in order of the skaters performance

9	TAR 2 Element 1 *
	/
	Jump
	Jump Combination
	Jump Sequence
	Spin
	Spiral / Step / Choreographic Sequence
	Turns / Glides / Spirals
	Special Olympics Level 1 / Level 2 Jump
	Special Olympics Spin
	Artistic Element

Click on the dropdown list and select the first element - in this example, the first element is a Waltz Jump.

Select Jump.

CANCEL

οк



STAR 2 Element 1*

Jump

Waltz (W) Salchow (S) Toeloop (T) Euler (Eu) Loop (Lo) Flip (F) Lutz (Lz) Axel (A)

Planned Program Content Fields – Cheat Sheet

Revision Date: October 2023

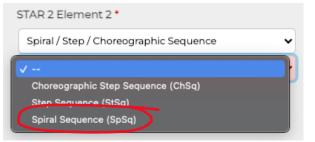
TAR 2 Element 1 *	
Jump	~
	~

A second dropdown list will appear. Select the jump type - in this example, select Waltz (W).

Select Waltz (W).

~
~

Move on to the next Element – in this example, it's a spiral sequence. Select Spiral/Step/Choreographic Sequence



Select Spiral Sequence (SpSq).

Move on to next element until all fields are entered.

NOTE: the **Upright Back Spin element can be found under the menu 'Special Olympics Spin'.

STAR 2 Freeskate will require 9 elements.

STAR 3 Freeskate will require 8 elements.

For any questions, please contact your skaters coach.

For OSC members, please contact Coach Talia.