

**SINGLES**

**PLANNED PROGRAM CONTENT**

<b>NAME</b>	Mario Rossi
<b>FEDERATION</b>	FISG
<b>HOME CLUB</b>	Skating Diaries
<b>EVENT CATEGORY AND AGE</b>	Silver Free Skating 1

<b>ELEMENTS IN ORDER OF SKATING</b>		<b>Explanation:</b>
1	1A	Single Axel
2	1Lz+1A+SEQ	Lutz+Axel Sequence
3	CCoSp	Combo Spin with change of foot
4	1Lz+Eu+S	Lutz+Euler+Salchow Combination
5	1F	Single Flip
6	ChSq	Choreo Sequence
7	1Lo	Single Loop
8	FCSp	Flying Camel Spin

**RHYTHM DANCE**

**PLANNED PROGRAM CONTENT**

<b>NAME</b>	Mario Rossi and Maria Bianchi
<b>FEDERATION</b>	FISG
<b>HOME CLUB</b>	Skating Diaries
<b>EVENT CATEGORY AND AGE</b>	Rhythm Dance Adult

<b>ELEMENTS IN ORDER OF SKATING</b>		<b>Explanation:</b>
1	1RF	First Rocker Foxtrot Pattern
2	SILi	Straight Line Lift
3	2RF	Second Rocker Foxtrot Pattern
4	NtDiSt	Not Touching Diagonal Step Sequence
5	SqTw	Sequential Twizzle
6		
7		
8		