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| **PLANNED PROGRAMME CONTENT – Discipline (e.g. Singles):** |  |
| **Name of Competitor(s):**  |
| **Category/Grade:**  |
| **Music:** |

**ELEMENTS IN ORDER OF SKATING**

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| **Elements Free Skating** |
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 Skater Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Coach Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_