



Rochester Figure Skating Club 2009-2010 Ice Contract

Tuesday, September 8, 2009 through Saturday, June 5, 2010

The Rochester Figure Skating Club (RFSC) welcomes you to the 2009-2010 Ice Session. RFSC is a nonprofit organization which strives to provide skating opportunities for the development of both the recreational and competitive skater. We encourage each of you to get involved and become an active part of the RFSC organization.

The 2009 - 2010 ice contract will run from Tuesday September 8, 2009 through Saturday, June 5, 2010. When one contracts for ice time it is a binding agreement with the RFSC and will be referred to as an "Ice Contract".

Contracts are due August 24, 2009. Contracts will not be accepted until your professional coach has signed the registration form and the Safety Seminar has been completed. A \$25.00 late fee will be applied to contracts received after August 24, 2009.

The Ice Schedule will be evaluated after all contracts are turned in. Low enrollment on any session may necessitate a change to the schedule. Any changes to the initial schedule will be posted on the club's web-site (www.rochesterfsc.org), in the RFSC office and sent by E-mail.

With fiscal responsibility to our members in mind, the Ice and Rules committee will review the Ice Schedule periodically. If necessary, we will make adjustments to the schedule to minimize losses to our club. If changes are necessary, you will be allowed to make no-penalty adjustments to your contract to accommodate these changes.

CONTRACTING FOR LEVELED ICE

Skaters will contract for ice based on the following test levels **PASSED**:

Basic Plus: Basic 4 through Juv FS *or* Int. MIF *or* Pre-silver Dance

Level 1: NT (No Test required but must have passed basic 8)

Level 2: Pre FS *or* Juv MIF *or* Bronze Dance

Level 3: PreJuv FS *or* Int. MIF *or* Pre Silver Dance

Level 4: Juv FS *or* Novice MIF *or* Silver Dance

Rec Center Morning Ice: Level 1 (No Test required but must have passed basic 8)

MOVES-IN-THE-FIELD

Moves-in-the-Field (MIF) sessions are designed to practice the fundamentals of footwork and ice patterns required in figure skating. Successful completion of the MIF test is a pre-requisite to testing Free Skating (FS) at any given test level. For example, you must test and pass Pre-Preliminary MIF before being allowed to test Pre-Preliminary FS. The 2009-2010 MIF ice sessions are 15 minutes and are available September 8 through October 30, 2009 and March 10 through June 5, 2010. They are placed between FS sessions to allow more skaters to take advantage of this important aspect of their skating program. Contact your professional coach to schedule private MIF lessons.

Moves-in-the-Field Schedule

Levels	Times Offered
MIF (open to level 1 and above)	4:00-4:15 M-F <i>See dates above.</i>

COMPETITIVE EDGE / POWER ON ICE CLASSES

Competitive Edge: This is an intensive class with progressive difficulty. Intricate footwork, speed, and essential skating positions are components of the Competitive Edge class. Competitive Edge classes are based on MIF tests *passed*. Your placement may be influenced by your length of experience at these levels. Regular attendance is crucial to skaters' success as steps progress in difficulty.

Power: This class will focus on speed, endurance and footwork. Power classes are based on MIF level passed. The Medium/High Power class for this contract will be available to PreJuv through Senior MIF skaters.

Determine your on-ice class level by MIF test PASSED:

Low: NT-Preliminary MIF

Medium: PreJuv-Int. MIF

High: Int.-Sr. MIF

Schedule / Fees for Competitive Edge / Power Classes

Levels*	Times Offered	Fee
High Competitive Edge (3 units)	4:15-5:00 pm Monday	\$9.75
Medium Competitive Edge (3 units)	4:15-5:00 pm Tuesday	\$9.75

Low Edge (2 units)	4:15- 4:45 pm Saturday	\$6.50
Medium/High Power (2 units)	2:00-2:30 pm Saturday	\$6.50

* Contact your professional coach about eligibility/appropriateness for your skating level.

You are encouraged to contract for these classes. **WALK-ONS** will incur an additional fee per session as follows: Skaters NOT contracted for a 30 minute Power or Edge class are charged 4 units (\$2.45 per unit = \$9.80), a 45 minute class will be charged 5 units (\$2.45 per unit = \$12.25).

Skaters who contract for Power or Edge class MAY use their units as make-ups on RFSC contract ice (not Rec. Center Ice).

SYNCHRONIZED SKATING

Our synchronized skating program consists of 5 teams divided by age and skating level. Our coaches are Vikki Dalquist and Kristina Orlova. Synchronized skating is a great way to: improve your edges, learn new turns & footwork, learn presentation skills, learn to count and move to music, and increase your stroking power. It also provides an opportunity to make new friends and learn all about being part of a team in a largely individualized sport. If you are interested in joining a team please contact Vikki Dalquist. Please see RFSC website for detailed information about Synchronized Skating.

ICE DANCING

Ice Dancing is a great way to learn edges and turn control at Free Skating speed. Ice Dancing also teaches you to move to various rhythms as well as improve your posture on the ice. Individual dance lessons can be arranged by contacting your professional coach of choice. Ice Dancing is permitted on all MIF and Free Skating sessions.

OFF-ICE TRAINING PROGRAMS

The following off-ice classes are offered during this skating contract and are designed to complement on-ice training. The professional coaching staff feels strongly that regular attendance at off-ice classes is essential for competitive skaters and highly recommended for anyone wishing to improve. Classes include a psychological skills training program and off-ice jumps with conditioning.

Classes are held at the Rec Center. The professional coach teaching the class will take attendance and skaters will be billed only for classes attended. Skaters planning to participate in off-ice classes are strongly encouraged to contract for the classes desired so they may be contacted in the event of a cancellation. If a class needs to be cancelled, then all skaters who are contracted (have circled the class on their ice schedule) for the class will be contacted.

Flexibility and Pilates: Skating requires exceptional stability in the body core to maintain proper position in jumps, spins and footwork. This class will focus on strengthening the core muscles. Extensive stretching exercises will improve flexibility for the important extension requirements, such as spirals, split jumps, catch-foot spins, etc.

Jumps: For many years this class has trained and conditioned skaters for their difficult jumps in a safe environment. Practicing jumping skills in athletic shoes on a padded floor contributes to the safe and effective learning of these critical skating skills.

Sk8 Psych: Sport psychology is more than just deep breathing and a positive attitude. Sport psychology can assist skaters of all disciplines and levels in changing the old habits and attitudes they have toward skating that compromise performance or the enjoyment of the sport. It can also enhance their feelings of confidence, competence, and self-control. Skaters will be better prepared and motivated for practice, lessons and competitions through the use of mental skills training. Skaters are expected to practice the skills learned in class just as they practice their technical skating elements. The instructor has a Ph.D. specializing in sport psychology.

Conditioning: Off-ice training is an important part of a skater’s development. This class will be a challenging total body workout which will include core strength, warm-up drills, flexibility stretches, cool down routines, strength training exercises, jump and plyometric training programs and endurance conditioning exercises for on-ice injury prevention. We will also be using the periodization plan, which helps skaters maximize their training potential. This class is designed to aid physical preparation necessary for preliminary through senior skaters while concentrating on all disciplines of figure skating, including singles, pairs, synchro and ice dancing.

Schedule/Fees for Off-Ice Classes		
Class	Times Offered	Fee
Pilates	5:00-6:00 p.m. Monday - Gym	\$10.0/class
Sk8 Psych	5:00-5:45 p.m. Tuesday - Gym	\$7.50/class
Jumps	5:45-6:30 p.m. Tuesday - Gym	\$7.50/class
	4:45-5:30 p.m. Wednesday – Gym	
Conditioning	4:45-5:30 p.m. Thursday – Gym	\$7.50/class
	5:00-5:45 p.m. Friday - Gym	

Watch for additional off-ice classes offered periodically throughout the year. They will be posted on the RFSC web site, and in the office. Notices will also be sent to the club E-mail list.

VOLUME DISCOUNT RATES

Volume discount rates are based on the length of the ice session and how many ice units you contract each week. An ice unit is equivalent to 15 minutes of contracted ice. A 30-minute session counts as 2 units and a 45 minute session counts as 3 units.

All contracted ice units count toward the weekly volume discount. On-ice classes and Synchronized Skating units are counted toward the discount, but they are billed at their individual class or Synchronized rates.

Morning Rec Center ice is NOT included in the volume discount. Skaters, who skate 30+ units per week on this ice, please see the section on “Morning Free Skating Fees.”

Length of Session	1-14 units/week	15-29 units/week	30+ units/week
15 minute session	\$ 2.45 per session	\$ 2.20 per session	\$ 1.95 per session
30 minute session	\$ 4.90 per session	\$ 4.40 per session	\$ 3.90 per session
45 minute session	\$ 7.35 per session	\$ 6.60 per session	\$ 5.85 per session
60 minute session	\$ 9.80 per session	\$ 8.80 per session	\$ 7.80 per session

Please note: These rates are based on current ice costs. We may need to raise our rates in January as we anticipate a cost increase from the Rec center. If an increase is necessary, you will be allowed to make no-penalty adjustments to your contract at that time.

MORNING SESSION FEES (Rec Center Ice)

The 5:30-9:15 a.m. ice is Rec Center Ice and requires a current Rec Center Membership to skate. You may skate the morning Rec Center ice without a Rec Center membership, but you will be billed an additional 70 cents per 15 minutes ice skated.

A copy of your Rec Center Membership must be attached to your contract when you turn it in to avoid the non-member surcharge. Contracts that do not have a Rec Center membership attached will be billed at the higher rate. Rec Center morning ice is **not** included in the RFSC volume ice discount system listed above. If, however, you skate 30+ units of Rec Center ice in one week, additional contracted ice will be billed at the 15-29-units/week-volume discount rate for that week. (See volume discount rates section above). If you cancel a morning ice session you will not be billed for the ice.

For flexibility, morning ice time is scheduled and will be billed in 15-minute units. A minimum of 3 consecutive units per morning contracted is required. These units must be skated according to the times indicated on the schedule.

Morning Rec Center ice is billed at the following rates:

AM Ice Times	*Price/Unit
5:30 a.m. – 6:00 a.m.	Free
6:00 a.m. – 9:00 a.m.	\$1.77

NON-CLUB MEMBER SKATERS

Non-RFSC skaters must pay a \$25.00 registration fee when submitting the registration. Non-RFSC skaters must pre-pay each month's entire ice contract fees. If lessons are received from an RFSC professional coach, billing for these charges will take place at the end of each month. RFSC member contracts have ice priority. **You must show proof of your USFS membership and USFS test levels before skating on the ice.** You may apply for USFS membership in the RFSC office. **All non-club skaters must attend a RFSC Safety Seminar, complete the RFSC Safety Worksheet and be in good standing with their home club.**

Non-RFSC skaters are encouraged to contract for ice time. When using the ice on a drop-in basis you must contact the RFSC office to make arrangements to ensure that there is available room on the ice during the time you wish to skate. You must pay for the ice time before skating on the ice.

Following is the fee schedule that is used in determining the cost of non-contract ice for non-club members:

Non-Club Member Fee for Non-Contracted Ice	
Session Length	Price/Session
15 Minute Session	\$ 3.65
30 Minute Session	\$ 7.30
45 Minute Session	\$ 10.95

RFSC POLICIES

REGISTRATION POLICIES:

1. This document, the 2009-2010 Ice Schedule form (signed by your professional coach), the Ice Contract Registration form, the Expectations of Skaters, Parents and Coaches form, the Volunteer Opportunity form, the Safety Seminar Test and the Membership Directory form, is our complete registration packet. All forms must be completed and turned into the office by August 24, 2009. Please keep a copy of your Ice Schedule form for your records.
2. For registrations received on or prior to the due date of August 24, priority will be given in the following order: RFSC members, those with the greatest total number units contracted per week (does not include Rec Center morning ice units), FS test level, MIF test level, Dance test level, and at the discretion of Ice and Rules and the coaching staff. For contracts received after the due date of August 24, priority will be based on RFSC membership, the date the contract was received, the greatest number units contracted per week (does not include Rec. center morning ice units) and test levels. **Contracts received after August 24 will be assessed a \$25.00 late fee.**
3. When signing up for leveled ice, skaters must sign-up for ice sessions according to their highest test levels passed as of August 24, 2009. If you are unsure of your current test levels, check with your professional coach, the RFSC office, or a member of the Ice and Rules committee. **Ice assignments may be adjusted based on safety and numbers.** Please discuss your skater's schedule with their skating professional(s) and **have them initial the Ice Schedule form prior to turning it in.**
4. All skaters signing up for leveled ice sessions must make arrangements with their professional coach(es) for lessons.
5. All skaters signing up for the Dance/Moves-in-the-Field session must make arrangements with their professional coach(es) for lessons. These sessions are for group or individual dance/moves lessons and not for individual Free Skate lessons.
6. Power/Competitive Edge or other class sessions are reserved for a group lessons only. No other skating will be allowed during these sessions.
7. Arrangements for lessons are between the skater, the skater's family and their professional coach. They are not covered by this contract. Lessons provided by an RFSC professional coach are billed at the end of each month.
8. RFSC reserves the right to make adjustments to the ice schedule, ice rates or on-ice numbers based on ice availability, club cost, safety, or enrollment.
9. RFSC, through the Ice and Rules Committee, reserves the right to re-assign ice levels if there are safety concerns for skaters on the ice. Safety is of primary concern.

SKATERS' AND PARENTS' RESPONSIBILITIES:

1. All skaters must sign-in on the attendance clipboard **before stepping onto the ice.** We encourage skaters to sign in for all sessions to be skated that day when arriving at the rink.

2. Skaters wanting to skate additional sessions must first contact the RFSC office. See the *Cancellation/Make-up Policy* below.
3. Skaters are expected to be on time and remain on the ice for the duration their skating sessions.
4. Skaters are expected to work during their skating sessions to ensure a quality session for everyone.
5. Parents, please refrain from being a distraction to your skater. It is a distraction for skaters and coaches alike to have parents visiting at rink side, either with their skater or with other parents. Please observe skating sessions from behind the Plexiglas. Parents wanting to talk to coaches should do so off-ice and during breaks, not during lesson/ice time.
6. At no time should a parent tell another skater to get off the ice or make disparaging comments to them. If a parent is concerned about another skater, please discuss this with *your* skater's coach or a member of Ice and Rules.

Skaters not abiding by these rules may be subject to disciplinary action.

BILLING AND FEE POLICIES:

1. There is a \$25.00 registration/administrative fee, which will appear on your first billing statement.
2. There is a \$10.00 monthly club fee per skater, which will appear on your monthly billing statement. Families with more than one skater will be charged a \$5.00 monthly club fee for each additional member.
3. A \$25.00 reprocessing fee will be charged to the account for a returned check.
4. A \$20.00 late fee will be charged to the account when payment is not received by the due date. The RFSC billing policy states that all bills must be paid in full by the last day of the month for that billing statement.
 - Less than 30 days past due – A \$20 late fee will be assessed and a reminder notice will be sent to the responsible party.
 - More than 30 days but less than 45 days past due – A \$30 late fee will be assessed and a letter will be sent to the responsible party restating the clubs policy. **The skater will not be allowed to skate until the account is brought up to date.**
 - More than 45 days past due – A \$40 late fee will be assessed and the account will be sent to the agency for collection. **The skater will not be allowed to skate until the account is brought up to date and all future skating charges must be pre-paid one month in advance.**
5. **Bills past due** from previous contracts **must be paid in full** prior to acceptance of this contract. Space on the ice will not be saved for skaters whose accounts are past due on August 24, 2009.

CANCELLATION / MAKE-UP POLICY

Cancellations can be made by notifying the RFSC office staff at **288-7536** or sending an e-mail to: rfsc@charterinternet.net **BEFORE** the scheduled session. All ice that is cancelled will still be charged to your account, but you may schedule a make-up session by calling the office. The office staff will check ice availability prior to scheduling your make-up session. This cancel/make-up policy does not apply to Rec Center morning ice. If you cannot skate a scheduled morning session, you must notify the office **BEFORE** that session. If you fail to notify the office before the cancelled session, you will be billed for that session.

REMEMBER: Prior to skating a make-up session, you must have permission from the office as make-ups can only be done if there is space available on the desired ice.

All cancel/make-ups are tracked by units. A unit is equivalent to 15 minutes of ice time. For example, if you cancel a 45-minute Free Skating ice session, you will have 3 units of make-up.

Skaters are responsible for notifying their professional coach of each cancellation.

CHANGES IN CONTRACTS/TERMINATING CONTRACTS

You may add to your original contract, or exchange sessions of equal time and appropriate level, at any time without penalty, space permitting.

Any reduction or termination of the contract after the first week requires written notification submitted to the office identifying the changes and specific dates. **Reducing or terminating a contract may be done, however, a penalty fee equaling the difference between the two weeks charges under the original contract and two weeks charges under the reduced or terminated contract will be incurred. In addition, all make-ups will be forfeited.** (Note: The penalty fee is incurred as a fee only and does not give the skater any rights to ice time). **There will be two opportunities for you to make changes to your contract without penalty. These changes will be effective December 1, 2009 and March 1, 2010. Changes to your schedule must be submitted to the office *prior* to these dates.**

PHOTO USAGE

If you **do not** want photographs of your child to be used for publicity to advertise or promote RFSC, you must complete a form that is available in the office.

RFSC OFFICE / ANNOUNCEMENTS

The RFSC office is located on the lower level adjacent to the rinks. The RFSC office hours will be posted on the glass near the door of the office. The office telephone number is 507-288-7536. The e-mail address is: rfsc@charterinternet.net. Important announcements will be posted on the office windows and office door as well as our web site <http://www.rochesterfsc.org>. **Please check frequently for important announcements. In addition, all members will be notified by E-mail of major events. Please update your current E-mail address at the office.**

RFSC APPROVED PROFESSIONAL COACHING STAFF		
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Lori Voepel Brakke	288-8177 voepelbrakke@charter.net	FS, MIF, OFF-ICE, POWER
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Lelia Friel	286-8467	CHOR, JAZZ, BALLET
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Betsy Wilson	281-1334 wilson.betsy3@gmail.com	FS, MIF, OFF-ICE

Codes:

FS – *Free Skating*

SYNCHRO – *Synchronized Skating*

OFF-ICE – *Off-ice Classes*

MIF – *Moves in the Field*

EDGE – *Competitive Edge*

HOCKEY – *Hockey Classes*

CHOR – *Choreography*

DANCE – *Ice Dancing*

RFSC Ice and Rules Committee Members

Dawn Nelson (chairperson)
Debbie Colgan
Mary Jo Johnson
Ginger Knapp
Kimsue McNiven

Scott Okuno
Helen Olson-Williams
Paul Paprocki
Chris Potaracke
Carol Rossignol