



Rochester Figure Skating Club

Summer 2010 Ice Contract

Schedule Effective Monday, June 14, 2010 through Friday, August 27, 2010
Contract and Registration due Monday, May 17, 2010
Late fee of \$25 will be applied if contract received after due date

The Rochester Figure Skating Club (RFSC) welcomes you to the Summer 2010 Ice Session. RFSC is a nonprofit organization which strives to provide skating opportunities for 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 2010 Summer Ice Contract will run from Monday, June 14, 2010 through Friday, August 27, 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 Monday, May 17, 2010. Contracts will not be accepted until the registration form has been signed by your professional coach. Contracts received after the due date will incur a \$25.00 late fee.

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 email.

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* Novice MIF *or* 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)

FREE SKATE ONLY ICE

This is a high intensity, fast paced Free Skate session. This session will be busy and full. No MIF, Dance or Choreography will be allowed. Skaters will be expected to keep moving continuously across the entire ice surface. Skaters will be expected to stay on this session without exiting and re-entering the ice throughout the session. This session is geared for the serious Free Skate skater working on high level Free Skate elements (e.g. doubles and triples). Skaters must have passed the USFSA Juvenile Free Skate test to be eligible to skate on this session. However, this session may not be suitable for all skaters who have passed this test. Please consult your coach to determine if this is an appropriate session for you before contracting.

MOVES-IN-THE-FIELD/DANCE

Moves-in-the-Field (MIF) sessions are designed to present the fundamentals of footwork and ice patterns required in figure skating. Successful completion of the MIF test is a pre-requisite to testing Free Skate (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 summer MIF ice sessions are 15 minutes. 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/ Dance Schedule	
Levels	Times Offered
MIF/Dance (open to Level 1 and above)	Monday: 10:00-10:15/ 11:30 -11:45/4:15-5:00 Tuesday: 10:45-11:00 Wednesday: 9:45- 10:00/4:00-4:45 Thursday: 10:45-11:00 Friday: 10:45-11:00

All MIF levels **may** be practiced on Free Skate ice at the discretion of the professional staff.

ON-ICE CLASSES

Competitive Edge: This is an intensive class emphasizing intricate footwork, speed, power and essential skating positions. Regular attendance is crucial to the skaters' success as steps progress in difficulty. Competitive Edge classes are based on MIF levels **PASSED**. Intermediate skaters *must* consult their coach for placement as this test level is covered by more than one Competitive Edge class level. You must have instructor approval before moving to the next level of Competitive Edge class as placement may be influenced by your length of experience at this level. There are three Competitive Edge classes, Low (NT-Preliminary), Medium (Pre-Juvenile-Intermediate), and High (Intermediate-Senior).

Power: Using familiar footwork this class will focus on speed, endurance and strength. The class is designed to develop aerobic capacity and power to enhance program performance. Power classes are based on MIF levels **PASSED**. Intermediate skaters *must* consult their coach for placement as this test level is covered by more than one Power class level. You must have instructor approval before moving to the next level of Power class as placement may be influenced by your length of experience at this level. Power has three levels: Low (NT-Preliminary), Medium (Pre-Juvenile-Intermediate), and High (Intermediate-Senior).

Schedule / Fees for On-Ice Classes		
Levels*	Times Offered	Fee
Low Competitive Edge	12:45-1:15 pm Friday	\$7.00/class
Medium Competitive Edge	12:00-12:45 pm Thursday	\$10.25/class
High Competitive Edge	11:00-11:45 am Friday	\$10.25/class
Low Power	1:00-1:30 pm Wednesday	\$7.00/class
Medium Power	10:00-10:30 am Wednesday	\$7.00/class
High Power	11:00-11:30 am Monday 11:30-12:00 pm Wednesday	\$7.00/class

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

You are encouraged to contract for these classes. Walk-ons will incur an additional \$2.00 fee per session.

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, at the discretion of the professional staff.

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.

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 are held at the Rec Center. Some classes may be held outside depending on the weather. Classes include a psychological skills training program and off-ice jumps with conditioning.

New this year, we are asking skaters to contract for off-ice classes. Skaters can contract for these classes by marking the check box located next to the off-ice classes that they would like to take on the schedule form. Skaters will be billed for these classes at the rate listed on this contract. A skater can cancel from an off-ice class without penalty by contacting the office to cancel before the class. If a skater cancels an off-ice class they will not be charged. But, if the skater does not cancel, then they will be charged for the cost of the class. Skaters may attend an off-ice class even if they do not contract for the class. However, if they attend a class that they have not contracted for, then they will be charged an additional \$2.00 “walk-on” fee for that class. Please be respectful of the instructors and cancel early if you will not be attending a class. If a class has low-enrollment on any given day, it may be cancelled. If this is the case, all skaters that are contracted for the class will be notified of the cancellation.

Strength & 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. Please consult your coach and the class instructor to determine which level of class is appropriate for you to take. Note that in order to contract for the High Strength & Conditioning class, a skater **must** have **at least** one year of prior experience in this class.

Ballet: Ballet has long been an essential part of every serious figure skater’s training regimen. These ballet classes are geared to skater’s specific needs. Barre, floor, core and flexibility exercises in front of mirrors will help skaters learn better body awareness and use of arms. This year we are offering 3 levels: Low Ballet, Medium Ballet and High Ballet. These classes will be taught by a professional ballet instructor. Skating attire is accepted and ballet shoes are required. Please consult your coach and the class instructor to determine the appropriate class for you to take.

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 Off-Ice: 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.

Sk8Psych: 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 towards 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 PhD specializing in sport psychology.

Schedule/Fees for Off-Ice Classes		
Class	Times Offered	Fee
Sk8Psych	9:00-9:45 am Monday	\$7.50/class
Jumps Off-Ice	11:50-12:40 pm Tuesday 8:15-9:00 am Wednesday 12:50-1:35 pm Thursday	\$7.50/class
Low Ballet	10:00-10:45 am Tuesday	\$7.50/class
Medium Ballet	12:00-12:45 pm Thursday	\$7.50/class
High Ballet	10:55-11:45 am Tuesday	\$8.35/class
Low Strength & Conditioning	1:30-2:15 pm Wednesday	\$7.50/class
Medium Strength & Conditioning	1:00-1:45pm Monday	\$7.50/class
High Strength & Conditioning	12:00-1:00pm Monday 11:00-12:00pm Thursday	\$10.00/class
Flexibility & Pilates	9:45-10:45 am Wednesday 12:00-1:00 pm Friday	\$10.00/class

<u>VOLUME DISCOUNT RATES</u>

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 ice units – FS, MIF, Dance, Competitive Edge and Synchronized Skating – count toward the weekly volume discount. Although competitive edge and synchronized units count toward qualifying for the FS, MIF and Dance volume discount, the units themselves are billed at their individual competitive edge or synchronized rates as listed in the appropriate sections of this contract.

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 Skate Fees.”

Length of Session	1-14 units/week	15-29 units/week	30+ units/week
15 minute session	\$ 2.55 per session	\$ 2.30 per session	\$ 2.05 per session
30 minute session	\$ 5.10 per session	\$ 4.60 per session	\$ 4.10 per session
45 minute session	\$ 7.65 per session	\$ 6.90 per session	\$ 6.15 per session

MORNING FREE SKATE FEES

The 5:30-8:15 a.m. ice is Rec Center Ice and requires a Rec Center Membership to skate*.

A copy of your 2010 Rec Center Membership must be attached to your contract when you turn it in. Contracts that do not have a Rec Center membership **will not** be dated and registration **will not** be complete until proof of membership is received in the office. 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 2 consecutive units per morning contracted is required.

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. – 8:15 a.m.	\$1.77

*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 (e.g. from 6:00-6:45, the cost without a Rec Center membership would be \$5.31 + \$2.10 = \$7.41).

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 an 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	\$ 3.85
30 Minute Session	\$ 7.70
45 Minute Session	\$11.55

RFSC POLICIES

REGISTRATION POLICIES:

1. This document, the Summer 2010 Ice Schedule/Registration Form and the Ice Contract Form, is our complete registration packet. Both the Ice Schedule/Registration Form (*signed by your professional coach*) and Ice Contract Form must be completed and turned into the office by May 17, 2010. Please keep a copy of your Ice Schedule/Registration form for your records.
2. For registrations received on or prior to the due date of May 17, priority will be given to RFSC members, those with the greatest total number units contracted per week, FS test level, MIF test level, and at the discretion of Ice and Rules and the coaching staff. For contracts received after the due date of May 17, priority will be based on RFSC membership, the date the contract was received, the greatest number units contracted per week and test levels. **Contracts received after May 17 will be assessed a \$25.00 late fee.**
3. When signing up for On- Ice sessions, skaters must sign-up for ice sessions according to their highest Free Skate, MIF, or Dance test level passed as of May 17, 2010. If you are unsure of your current test level, 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 registration form prior to turning it in.**
4. All skaters signing up for On- Ice sessions must make arrangements with their professional coach(es) for lessons.
5. All skaters signing up for the Moves-in-the-Field/Dance 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 sessions are reserved for a group power lesson only. No Free Skate, MIF or Ice Dancing lessons may be done during Power/Competitive Edge 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. The RFSC reserves the right to make adjustments to the ice schedule, ice rates or on-ice numbers due to ice availability, club cost, safety or enrollment.
9. The 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.*
2. Skaters wanting to skate additional sessions must first contact the RFSC office.
3. Skaters are expected to be on time and remain at 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. Parents wanting to talk to coaches should do so off-ice, during breaks, not during lesson/ice time.

6. If a parent feels a skater needs disciplinary action, please discuss this with your skater's coach or a member of Ice and Rules. At no time should a parent tell another skater to get off the ice or make disparaging comments to them.

Skaters not abiding by these rules may receive disciplinary action from the Ice and Rules Committee.

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 May 17, 2010.

<p style="text-align: center;"><u>CANCELLATION / MAKE-UP POLICY</u></p>
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Cancellations can be made by notifying the RFSC office staff at **288-7536** or sending an e-mail to: info@rochesterfsc.org **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 Skate 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 totaling two weeks charges (under the original 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.

UPCOMING COMPETITIONS AND TEST SESSIONS

Please refer to the Rochester FSC website for upcoming competitions and test days:

<http://www.rochesterfsc.org>

All skaters wishing to test MIF, Free Skating or Dance must complete a Test application form (available from your skating professional) and submit the completed form and fees by the due date on the form. There is a \$20.00 late fee assessment.

Note: The normal skating schedule will not be observed on test dates. Signs will be posted with the amended skating hours on the test dates.

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: info@rochesterfsc.org.

Important announcements will be posted on the office windows and office door as well as our website <http://www.rochesterfsc.org>. **Please check frequently for important announcements. In addition, all members will be notified by email of major events. Please update your current email address at the office.**

RFSC ICE AND RULES COMMITTEE MEMBERS

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

Helen Olson-Williams
Paul Paprocki
Chris Potaracke
Tim Rinkel
Carol Rossignol

RFSC APPROVED PROFESSIONAL COACHING STAFF

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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*