

Rochester FSC operates the Lettering Program as an INDEPENDENT PROVIDER (IP) of ISD #535 and #227, Rochester Catholic Schools, and Schaeffer Academy. Currently there are three separate tracks (Freestyle, Dance, and Synchronized) within this program that will allow a skater to earn a high school varsity letter. The program pre-requisites and the requirements that need to be met during the program year (June 6, 2011 through May 7, 2012) are outlined below:

REQUIREMENTS FOR ALL SKATERS IN THE RFSC HIGH SCHOOL LETTERING PROGRAM

1. Students must be enrolled at Century, John Marshall, Mayo, Lourdes, Schaeffer Academy, Chatfield Schools, or a feeder Middle School (7th & 8th grades only).
2. Be a current member in good standing with the USFS and the Rochester FSC.
3. Train under the supervision of an approved RFSC coach.
4. **By May 7, 2012 skater must have passed:**
 - a. **For Freeskate Track-** Intermediate Freeskate
 - b. **For Dance Track-** Pre-Silver Dance (Complete) AND Intermediate Moves in the Field
 - c. **For Synchronized Track-** Intermediate Moves in the Field AND skater has been a member of an RFSC Synchro Team in a prior year
5. Attend the Annual Registration Meeting in the fall, complete all registration forms and submit activity fee(s).
6. Abide by all School District, MSHSL, USFS, and IP guidelines for academic and behavioral compliance.
7. Be a positive role model by displaying good attitude, work ethic and behavior.
8. The final decision for lettering is at the discretion of the RFSC Professional Staff.

Program Requirements-FREESKATE

1. Train a minimum of 150 hours on RFSC contract ice.
2. Attempt at least one (1) official USFS Moves in the Field (MIF) test OR Freeskate (FS) at or above the Intermediate level. This requirement is waived for a skater who has passed their Senior MIF or FS test.
3. Participate in at least three (3) public events:
 - One of which must be a USFS or ISI sanctioned competition.
 - One of which must be the RFSC Ice Show.
 - The remaining event is the choice of the skater.

Program Requirements-DANCE

1. Train a minimum of 150 hours on RFSC contract ice.
2. Attempt at least one (1) official USFS Dance test at or above the Pre-Silver level, OR Moves in the Field (MIF) test at or above the Intermediate level. This requirement is waived for a skater who has passed their Gold Dance (Complete) OR Senior MIF test.
3. Participate in at least three (3) public events:
 - One of which must be a USFS or ISI sanctioned competition.
 - One of which must be the RFSC Ice Show.
 - The remaining event is the choice of the skater.

Program Requirements-SYNCHRONIZED

1. Train a minimum of 150 hours on Rochester FSC ice.
2. Attempt at least one (1) official USFS Dance Test at or above the Pre-Silver level OR Moves in the Field (MIF) test at or above the Intermediate MIF level. This requirement is waived for a skater who has passed their Gold Dance (Complete) OR Senior MIF test.
3. Participate in at least three (3) public events:
 - One of which must be a USFS or ISI sanctioned competition.
 - One of which must be the RFSC Ice Show.
 - The remaining event is the choice of the team.