

2011 – 2012 Figure Skating Season

GROUP LESSONS

We presently use the USFSA Basic Skills Learn to Skate Program to introduce the skaters to a variety of skills.

BASIC SKILLS GROUPS

All Basic Skills sessions are thirty minute classes and skaters are grouped as follows:

Basic Skills 1 & 2
Basic Skills 3, 4 & 5
Basic Skills 6, 7 & 8
Hockey 1-6

FREESTYLE GROUPS

Freestyle skating classes are grouped as Freestyle 1, 2,3,4,5 & 6, and High Freestyle. High Freestyle will be structured this season.

GROUP SKATING TIMES

Monday

6:00-7:30am Private Ice
5:15-5:45pm Basic 1 & 2
5:45-6:15pm Basic 3, 4 & 5
6:15-6:45pm Basic 6, 7 & 8
6:45-7:15pm Twinklers/Sparklers Power Stroking
7:15-7:45pm Freestyle 1, 2, 3, 4, 5 & 6
7:45-8:15pm Stars Power Stroking
8:30-9:00pm Metallites Power Stroking
9:00-10:00pm High Freestyle – Structured Class

****Times and Days subject to change

Tuesday

6:00 – 7:30am / 3:30-4:15pm Private Ice

Saturday

7:00-9:45am Private Ice
9:45-10:15am Moves in the Field
10:15-10:45am Freestyle 1-6
10:45-11:15am Hockey 1-6
11:15-11:45pm Basic 1 & 2
11:45-12:15pm Basic 3, 4 & 5
12:15-12:45pm Basic 6, 7 & 8

PRIVATE ICE

Skaters interested in privates should contact the coach of their choice to setup lessons as soon as possible. A list of coaches can be picked up at the Parks and Recreation Office or by visiting www.northernlightsfsc.com.

The fee for Private Ice is \$100.00

Private Ice Times

Monday	6:00 – 7:30am
Tuesday	6:00 – 7:30am / 3:30-4:15pm
Wednesday	7:00-7:45am/3:30 – 6:00pm
Thursday	5:00-5:45pm
Friday	6:00 – 7:30am
Saturday	7:00 – 9:45am

**When choosing a private coach, make sure you ask for their credentials and even references. Remember they are considered independent business owners that run their own private lessons. Some are not employees of the Parks & Recreation Department. If you have an outside coach that is not with our program, please contact Katie Boespflug at ktbeee@gmail.com to give the name of your coach. Private Coaches that are not hired by the city to coach other groups, must pay a fee to coach on our ice.

ICE SHOW

Our 40th Annual Ice Show is scheduled for Saturday, March 31, 2012 and Sunday, April 1, 2012. Practice for the Ice Show will begin in January. Skaters wishing to try out for solos, specials and groups can do so at the 8th Annual Holiday Exhibition which is scheduled for Friday, December 30, 2011. If selected for a solo or special, skaters will need to purchase costumes for the Ice Show. Groups will either purchase or rent costumes. More information on the Ice Show will be provided as the season begins.

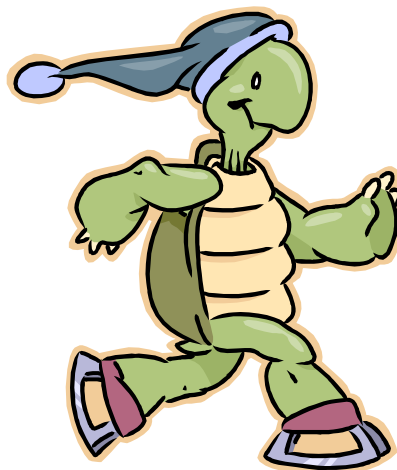


2011-2012 EGF FIGURE SKATING DATES

October 5	Winter Registration
October 23	Synchronized Skating Begins
October 23	Metallites, Stars, Sparklers & Twinklers Synchro Parents Mtg
October 24	Private Ice Begins
October 29	Basic Skills & Freestyle Begin
November 6	Synchronized Tots Begin
November 13	Comets Synchro Parents Mtg
November 24	Thanksgiving Day (NO Skating)
Nov 28 & Dec 5	Basic Skills Badge Testing
December 2 & 3	USFSA Testing / No Basic Skills, Freestyle or Privates
December 17-18	Maplewood Synchronized Skating Competition – St. Paul/Mpls(Sparklers, Stars & Metallites)
December 24	NO Skating
December 25	Merry Christmas (NO skating)
December 30	8 th Annual Holiday Exhibition
January 1	Happy New Year (NO Skating)
January 3	Sparklers to perform between 1 st & 2 nd Period at GreenWave Hockey Game
January 6-7	Fond Du Lac Competition – Metallites Only
January 7	Twinklers to perform between 1 st & 2 nd Period at GreenWave Hockey Game
January 13-15	Bismarck Skating Competition-Sparklers, Stars & Metallites also Individual
January 20-22	Northern Star Competition Individual & Basic Skills Competitions also all teams
January 26	Metallites to perform between 1 st & 2 nd Period at GreenWave Hockey Game
January 27	Stars to perform between 1 st & 2 nd Period of GreenWave Hockey Game
Jan 30 & Feb 1	Basic Skills Badge Testing
February 3	Comets to perform between 1 st & 2 nd Period of GreenWave Hockey Game
Feb 3-5	Hiawathaland-Rochester Competition-Individual, Stars & Metallites
February 10-12	Red River Valley Skating Competition , Moorhead-Individual, Twinklers, Sparklers, Stars & Metallites
March 31-April1	40 th Annual Ice Show
April 2	Costume Return

***Spring Test Session TBD

***Dates subject to change



SYNCHRONIZED SKATING

Synchronized skating is a large and fast growing sport. Synchronized skating teams consist of 8-16 skaters all on the ice at one time working together as one flowing unit at high speeds. This discipline of figure skating was originally called precision skating because of the emphasis on maintaining precise formations and timing of the group.

REQUIREMENTS

Testing Requirements are set forth not only by the United States Figure Skating but also as our Northern Lights Figure Skating Club. Each category of teams has some sort of testing requirement that our girls must meet as well as ages. These are not the tests you test during Basic Skills Lessons but with a private coach and tested before National Judges that are flown in for test sessions. These test sessions are hosted by the Northern Lights FSC twice a year. There is also ones hosted in area cities as well as some competitions. Please see www.northernlightsfsc.com website for these dates and places. Below is our testing requirements we have set in place. They are set a little different to allow us year after year to make teams easier and more competitive. Please note they only focus on Moves in the Field but we strongly encourage you to test Dance as well as freestyle as it makes your skater stronger in all the aspects of skating.

Requirements as follows:

Metallites (Varsity 2010-2011): Skaters must have passed Pre-Juvenile Moves in the Field & currently working on Juvenile Moves in the Field to test in this upcoming Season.

Stars (Junior Varsity 2010-2011): Skaters must have passed Preliminary Moves in the Field & currently working on Pre-Juvenile Moves in the Field to test in this upcoming Season.

Sparklers (Basic Beginner 2010-2011): Skaters must have passed Pre-Preliminary Moves in the Field & currently working on Preliminary Moves in the Field to test in this upcoming Season.

Twinklers (New Team 2nd & 3rd Year Tots): Skaters must be seeking private lessons to learn and work on to test Pre-Preliminary Moves in the Field for this upcoming season.

Comets (Tots): Must be in Kindergarten and in Basic 3 or above. This is our non-competitive beginning team for all skaters interested in Synchronized Skating. There will not be tryouts for this team. However, skaters must have passed Basic 3, be in kindergarten or above and have completed all registration through the Parks and Recreation Department.. Practices for Comets will be on Sunday evenings and begin on Sunday, November 6th. The Comets team will also skate at a Greenwave hockey game, the Holiday Exhibition, the Northern Star Competition and the Ice Show. If you have any questions or require more information, please contact the Parks and Recreation Office.

*Please note that if requirements are not met at tryouts, individuals will be looked at on a case by case basis to complete a team. The most important thing is that we can form a team with the right ages and skill so they can be successful.

Also please notice that this year ALL schedules will be listed as their team names. They will look like this:

Metallites: Used to be known as the Varsity team

Stars: Used to be known as the JV team

Sparklers: Used to be known as the Basic Beginner Team

Twinklers: Our new competitive team this year that consists of our newest synchro skaters or 2nd and 3rd year tots who are ready to compete and see what competitions are all about.

Comets: Used to be known as the Tots team



REGULAR SEASON SYNCHRO SKATING TIMES

Sundays – VFW Arena

5:15 – 5:45pm	Comets
5:45 – 6:15pm	Twinklers
6:15 – 7:00pm	Sparklers
7:15 – 8:30pm	Stars
8:45 – 10:00pm	Metallites

Mondays – VFW Arena

6:45 – 7:15pm	Twinklers & Sparklers Power Stroking (MANDATORY)
7:45 – 8:15pm	Stars Power Stroking (MANDATORY)
8:30 – 9:00pm	Metallites Power Stroking (MANDATORY)

Tuesdays-VFW Arena

4:15-5:00pm	Twinklers
-------------	-----------

Wednesdays – VFW Arena

6:00 – 7:00am	Metallites & Stars will alternate weeks: Metallites start 1 st on Wed, Oct 26 th
7:00 – 7:45am	Figure Skating Privates

Thursdays – VFW Arena

3:30 – 4:15pm	Sparklers
4:15 – 5:00pm	Stars
5:00 – 5:45pm	Privates
6:00 – 6:45pm	Metallites

**All skating times and days subject to change

**There will also be weekly off-ice practice for each team. Times will be announced at a later date by your Synchro Coach. This year will also consist of a Christmas Party, Team Building Parties and fun practices where we will skate our routines for each other. Extra practice times will be announced later as we lose some ice for the holidays. So be prepared to see ice scheduled during the day when they are on break. We will give enough notice in case you have to arrange rides to the arena.

