



*Shaker Figure Skating Club
3301 Warrensville Center Road
Shaker Heights, OH 44122*

February 5, 2009

Dear SFSC members:

It is time to fill you in about our Spring contract! The contract will run from March 8, 2010 – June 5, 2010. Here are some changes and details for you to keep in mind:

1. Contracts are due to our Ice Administrator by February 22, 2010. A postmark by that date is needed to keep your priority.
2. Session time changes:
 - Saturday morning sessions will be an hour earlier in the spring (10 – 12). Ballet will also be an hour earlier (9 a.m. and 10 a.m).
 - Thursday evening will begin 15 minutes earlier, at 6:45 p.m. This will remain as 3 – 30 minute sessions.
3. Monitors/credits: We hope you will consider being a monitor. Afternoon, evening and Saturday monitors receive 50% credit of the contract price. Morning monitors receive 25% credit, applied to a maximum of one hour of ice time. (Although the morning sessions are 2 hours, monitors can only receive credit equivalent to one hour of monitoring.) If you do not feel you can commit to monitoring for an entire contract period, please indicate your willingness to help out by emailing Rochelle Paley, rlpaleylaw@wowway.com.
4. The Board has voted to keep ice costs the same as during the Fall, 2009 contract.
5. The ice at Thornton Park will be going down for maintenance for the summer, beginning June 6. The rink will re-open in mid-August. Our fall 2010 ice contract will begin in late August as usual.

We are holding our tights fundraiser again. This is great opportunity to buy something you need and raise funds to offset ice costs at the same time! The order form is included at the end of the contract. Please contact Donna Davis with any questions, m2bz73@yahoo.com.

We look forward to seeing you at Thornton Park this spring. Once again thank you making Shaker FSC the terrific Club it continues to be!

Sincerely,

Beth B. Riebe

**Shaker Figure Skating Club
2010 Spring Contract
March 8, 2010 – June 5, 2010**

PLEASE PRINT

Skater Name _____ USFS Number _____

Address _____

City _____ State _____ Zip _____

Parent Name _____ Parent Email _____

Home Phone _____ Work Phone _____

Skater's Age _____ Birth Date _____ Home Club _____

Membership is required to contract ice. See separate membership application.

Highest Test Passed: Moves _____ Freestyle _____

Moves Coach _____ Freestyle Coach _____

I agree to abide by the Shaker Figure Skating Club Constitution and Bylaws governing all club activities. (Parents and/or guardians are governed by the same rules of conduct and club bylaws as their minor child or children). *I recognize my financial liability for the full Spring 2010 Session and hereby agree to pay all balances due for the ice time contracted for and reserved in my name, or in the name(s) of members of my family, or in the name(s) of those for whom I am guardian. I understand that accounts not paid up to date will result in a loss of ice privileges and test and/or competition privileges.* If I have any questions, I will contact the Club Administrator Jodie Herbst at sfsciceadmin@gmail.com.

Parent /Guardian Signature
(if Skater is under 18)

If you are interested in monitoring, please email Rochelle Paley at rlpaleylaw@wowway.com. Include up to 3 session choices in order of priority.

Mail to:

Jodie Herbst
19010 Shaker Blvd.
Shaker Heights, OH 44122

Receipt date for contracts is determined by U.S. Postal Service postmark. Contracts without a postmark on or before February 22, 2010 will be processed last.

**Contracts must be postmarked by Monday, February 22, 2010
to maintain your priority.**

Skater Name _____

MORNINGS

DAY	SESSION	LEVEL	# WKS	FEE	<input checked="" type="checkbox"/>	SUBTOTAL
Monday	6:00 – 6:30 am	Open	13	Any 2 - \$156 Any 3 - \$234 All 4 - \$312	<input type="checkbox"/>	
	6:30 – 7:00 am	Open			<input type="checkbox"/>	
	7:00 – 7:30 am	Open			<input type="checkbox"/>	
	7:30 – 8:00 am *	Jr Club/Open			<input type="checkbox"/>	
Tuesday	6:00 – 6:30 am	Open	12	Any 2 - \$144 Any 3 - \$216 All 4 - \$288	<input type="checkbox"/>	
	6:30 – 7:00 am	Open			<input type="checkbox"/>	
	7:00 – 7:30 am	Open			<input type="checkbox"/>	
	7:30 – 8:00 am *	Jr Club/Open			<input type="checkbox"/>	
Wednesday	6:00 – 6:30 am	Open	12	Any 2 - \$144 Any 3 - \$216 All 4 - \$288	<input type="checkbox"/>	
	6:30 – 7:00 am	Open			<input type="checkbox"/>	
	7:00 – 7:30 am	Open			<input type="checkbox"/>	
	7:30 – 8:00 am *	Jr Club/Open			<input type="checkbox"/>	
Thursday	6:00 – 6:30 am	Open	12	Any 2 - \$144 Any 3 - \$216 All 4 - \$288	<input type="checkbox"/>	
	6:30 – 7:00 am	Open			<input type="checkbox"/>	
	7:00 – 7:30 am	Open			<input type="checkbox"/>	
	7:30 – 8:00 am *	Jr Club/Open			<input type="checkbox"/>	
Friday	6:00 – 6:30 am	Open	12	Any 2 - \$144 Any 3 - \$216 All 4 - \$288	<input type="checkbox"/>	
	6:30 – 7:00 am	Open			<input type="checkbox"/>	
	7:00 – 7:30 am	Open			<input type="checkbox"/>	
	7:30 – 8:00 am *	Jr Club/Open			<input type="checkbox"/>	

* You may contract the 7:30-8:00 am session only at the rate of \$72. (\$78 for Monday) This is the only half-hour time slot that can be contracted. All other morning sessions require a one-hour (2 session) minimum.

AFTERNOONS, EVENING & SATURDAY

DAY	SESSION	LEVEL	# WKS	FEE	<input checked="" type="checkbox"/>	SUBTOTAL
Monday	4:45 – 5:45 PM	Jr Club/Open	12	\$144	<input type="checkbox"/>	
	5:45 – 7:15 PM	High	12	\$216	<input type="checkbox"/>	
Wednesday	4:45 – 5:45 PM	Jr. Club	12	\$144	<input type="checkbox"/>	
	5:45 – 6:30 PM	Jr Club/Open	12	\$108	<input type="checkbox"/>	
Thursday	6:30 – 7:30 PM	Open	12	\$144	<input type="checkbox"/>	
	6:45 – 7:15 pm	Open	12	\$72	<input type="checkbox"/>	
	7:15 – 7:45 pm	Open	12	\$72	<input type="checkbox"/>	
	7:45 – 8:15 pm	Open	12	\$72	<input type="checkbox"/>	
<i>Thurs Special</i>	<i>All three sessions</i>	Open	12	\$173	<input type="checkbox"/>	
Friday	4:45 – 5:15 PM	PSE clinic	12	\$144	<input type="checkbox"/>	
	5:15 – 6:15 PM	Jr. Club/Open	12	\$144	<input type="checkbox"/>	
Saturday	9:00 – 9:45 am	Ballet II	11	\$110	<input type="checkbox"/>	
	10:00 – 10:45 pm	Ballet I	10	\$100	<input type="checkbox"/>	
	10:00 – 11:00 am	Open	12	\$144	<input type="checkbox"/>	
	11:00 am – Noon	Open	12	\$144	<input type="checkbox"/>	

Levels: *High* *Pre-juvenile freeskate and above*
 Jr. Club *No freeskate test through Preliminary freeskate*
 Open *USFS Basic Skills Free Skate Level 5, USFS Pre-preliminary Moves or approval of Safety Committee*

Pay full amount if total is less than \$350. **TOTAL FEES** _____
 If total is greater than \$350, ½ is due now.
 Balance of contract is due April 30, 2010. **AMOUNT PAID** _____

Make checks payable to: Shaker Figure Skating Club

SPECIAL CLUB OFFERINGS



Power, Stroking, and Edge Clinic (PSE)

Fridays 4:45 - 5:15 pm

Prerequisite: *None*

This 12-week program is designed for the skater who has not yet taken his/her pre-preliminary freestyle test or may have recently passed the test. The clinic focuses on learning stroking technique, developing power, and improving edge quality. Skaters may beneficially repeat the clinic until they pass the pre-preliminary free skate test.

This clinic is a great way for your skater to get comfortable on a session with other skaters. In addition to learning techniques, skaters learn how to become aware of other skaters on the ice, how to work together in a group, and general ice etiquette .

The clinic is followed each week by a one hour Jr. Club/ Open session. Skaters are encouraged to also contract this session to practice what they have just learned in the clinic. For those skaters who do not want to contract for the entire session, SFSC offers punchcards. The \$65 card is good for 10 30-minute sessions. To purchase a card, see the ice monitor.

Instructor is Daria Classen. Daria is a PSA master-rated professional in freestyle and choreography. She is a double gold medalist and prior to her coaching career she toured the country as a skating performer. In addition to her many years of coaching experience, Daria has taught ballet for skaters, yoga and Pilates for a number of years.



SPECIAL CLUB OFFERINGS



Intro to Dance (Ballet I)

Saturdays 10:00 – 10:45 am

Prerequisite: *None*

This class offers the basics of ballet as a foundation to all other forms of dance. Emphasis will be on alignment, strength, flexibility and extension. This is an excellent class to get your young skater on the path to artistry on the ice.

Instructor: *Jennifer Martino*. Jennifer has 30 years of dance experience. She has been teaching skating for 11 years and dance for 15 years. She graduated from the University of Akron with a B.F.A. in dance and choreography. She has performed and studied with professional dance companies in Ohio and New York.

Dance and Beyond (Ballet II)

Saturdays 9:00 – 9:45 am

Prerequisite: *Juvenile Freeski test or observation by the instructor. Students must exhibit knowledge of ballet terminology and the ability to sequence correctly.*

This class is for skaters with dance experience. We will be combining ballet, yoga and Pilates to strengthen, lengthen, and help further develop artistry on the ice.

Instructor: *Daria Classen*. Daria is a PSA master-rated professional in freestyle and choreography. She is a double gold medalist and prior to her coaching career she toured the country as a skating performer. In addition to her many years of coaching experience, Daria has taught ballet for skaters, yoga and Pilates for a number of years.

We reserve the right to combine the classes depending on the number of students

What is ballet? Why is it important to figure skating?

Ballet is a discipline that helps figure skaters in several ways...

- **To become elegant, the skater has to learn how to control his/her body with confidence**
- **A skater cannot move their legs with the wrong distribution of weight and cannot move their arms with the wrong posture of the upper body (chest, shoulders, ribs)**
- **The control of the *core* is fundamental for the greatest control of the body during jumps, spins, and transitions**
- **With IJS, the skater must be precise and learn how to finish every movement**

Importance of ballet in figure skating...

- **Posture – feet, legs, hips, ribs and chest, arms, head and all related muscles**
- **Alignment – on 1 foot and 2 feet**
- **Transfer of Weight – from one foot to the other (starting from a temps-lié to a grand jump)**
- **Alignment in a Balance – on 2 feet and on 1 foot**
- **Flexibility – legs and upper body**
- **Elevation – developed by the joints of the toes, ankles and knees during the jump**
- **Control – of the posture during small and big jumps (relevés, temps-leves, sissonne, grand jetés)**
- **Rotation – pirouettes, diagonal of chainés, piquets singles and doubles**
- **Coordination**
- **Rhythm**
- **Musicality**

SHAKER FIGURE SKATING CLUB
POLICY GUIDELINES FOR THE SPRING 2010 CONTRACT

March 8 to June 5, 2010

PLEASE KEEP FOR FUTURE REFERENCE

Coaches

- ◆ All skating professionals coaching your skater on Shaker Figure Skating Club ice must have a current contract approved with the Club. Only skaters in the PSE Clinic are allowed to participate without having chosen a skating professional.

Contracts

- ◆ Contracts must be registered or postmarked **by Friday February 22, 2010** to maintain your priority. This priority is based on years of seniority in the Club and is used for all Club activities.
 - 1st priority - Home Club members in good standing
 - 2nd priority - Associate Club members in good standing
 - 3rd priority - All Others
- ◆ Be sure to fill out your contract completely. Incomplete contracts will be returned to you unprocessed and you may lose your priority.
- ◆ Contract changes will be allowed through Monday, March 23, 2010. After this date, there will be a \$20.00 charge to make any changes. To keep the disruption of schedule changes to a minimum, consult your skating professional before sending in your contract.

Contract Changes

- ◆ The contract prices reflect the following changes:

Saturday, March 13	Morning ice as scheduled. No ballet II (Jennifer's class)
Monday, May 17	Morning ice as scheduled. No evening ice.
May 18 - May 22	No ice, ballet, or clinics. Ice Show

Delinquent Accounts

- ◆ Ice bills are due on April 30, 2009. Delinquent accounts may be assessed a \$25.00 late fee. If you need to make alternate payment arrangements, please contact the Ice Administrator, Jodie Herbst, sfsciceadmin@gmail.com. Delinquent accounts may result in a loss of ice privileges, competition privileges, and/or testing. All fees for NSF checks will be charged back to the skaters account.

Dress Code

- ◆ All skaters and pros (during on-ice and off-ice activities) must adhere to the following criteria (no exceptions): dress attire must be safe for skating or related activity, attire must allow for freedom of movement and allow your pro to observe proper lines and posture, no sports bra style tops. Females: skating dresses, unitards, pants or shorts, tops, and tights. Males: must wear long pants and top (no bare chest).

Long-term Illness

- ◆ Any illness or injury which precludes skating requires a letter from a non-family medical authority. This letter must be received within two weeks of the onset by the Club Administrator and is subject to review by the Board prior to a refund. Long term is the loss of any ice time longer than two-week duration.

Make Up Policy

- ◆ Skaters who contract ice will be allowed to make up missed sessions. Attendance will be taken by monitors and a record will be kept in the monitor book. Partial credit will not be given – a skater must have been absent for the entire session to be counted for make up. Missed sessions will be banked in minutes.
- ◆ To make up a missed session, there must be room to walk on to the session and the skater must be the correct level for the session.

- ◆ Make ups may not be used for off-ice classes, i.e. ballet.

Monitors

- ◆ The Club is looking for monitors for all sessions. The monitor is responsible for playing music, taking attendance, and collecting walk-on fees. To request a monitor position, email your desired sessions to Rochelle Paley, rlpaleylaw@wowway.com. For a more complete description of the monitor's responsibilities, contact Rochelle Paley or one of the Executive Board members - Beth Riebe, Donna Davis, Kendra Wood or Amy Berns.
- ◆ Afternoon, evening and Saturday monitors receive 50% credit of the contract price. Morning monitors receive 25% credit, applied to a maximum of one hour of ice time. (Although the morning sessions are 2 hours, monitors can only receive credit equivalent to one hour of monitoring.)
- ◆ Credits for monitoring are posted to the skater's account and can be used no later than the following contract period. Under no circumstances will the Club reimburse in cash. A monitor's responsibilities must be fulfilled to the Board's satisfaction. If you are unable to be at a session, it is your responsibility to find a substitute.
- ◆ Please consider monitoring a session. Although monitoring involves responsibilities, we hope you will sign up to monitor a session. Monitoring is an important service to the Club and your willingness to monitor is a way to strengthen our Club through volunteerism. The club cannot function without volunteers and this is an area we need members to help out. If you feel you cannot commit to an entire session of monitoring, please indicate that to Rochelle Paley and we will try to work out a schedule for you.

New Skaters and Open Sessions

- ◆ Any skater who has not yet passed pre-preliminary moves or USFS Basic Skills Free Skate Level 5 must be observed by the SFSC Member/Safety committee and receive approval before they may contract or walk on to an Open Session. Contact Emily Davidson, eod@wowway.com, to schedule an observation.

On-ice Clinics

- ◆ Clinics may be changed to freestyle sessions in the event of low enrollment. The decision to change sessions will be determined after the two week period allowed for schedule changes. If clinics are cancelled, those signed up will be notified by the ice administrator and allowed to make changes to their schedule without penalty.

Payments

- ◆ Send ice payments to Jodie Herbst, 19010 Shaker Blvd., Shaker Heights, OH 44122
- ◆ **Make checks payable to: Shaker Figure Skating Club.**

Punch Cards

- ◆ Punch cards with ten 30-minute punches are available from the monitor for \$65 for club members and \$70 for non-members. ***Lost or misplaced punch cards will not be replaced.***

Testing

- ◆ Test sessions will be held on March 10, and May 12.

Walk-on Fees

- ◆ Walk-on fees are \$14 per hour for home club and associate members and \$15 per hour for non-club skaters. Fees must be paid at the time of walk-on. Payment must be made by check or money order – **cash is not accepted**. Any fees for returned checks will be charged to the skater. Home club members may charge the session to their account for a \$2.00 billing fee per session.

SHAKER FSC ICE ETIQUETTE AND SAFETY GUIDELINES

Courtesy

First and foremost is courtesy – both on and off the ice. On the ice it is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid on ice collisions! Off ice – courtesy is expected amongst all of our skaters and professionals.

“In Program” and “In Lesson” Get Priority

The skater who is “in program” (who’s music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. That skater will be wearing a bright colored vest. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. Skaters in lesson must be mindful of the skater in program.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (unless there are clockwise jumpers). These corners are informally called “Lutz corners”, and can usually be identified by the unusually large concentration of divots in the ice. At Thornton, they are the corner by the Zamboni door and the diagonal corner. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz jump is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you have started the element it will be hard for you to see those around you. Take a good look at your expected “space” before you start an element, and STOP if it looks like you could cause a problem or skate into someone else’s way.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are on the ice. Don’t stay on the ice any longer than you have to – you are taking up space and can become a hazard to others. While falling, remember to keep your fingers away from your blades. Try to protect your head in a fall as well. Learn to keep “loose” when you fall and this will help you to avoid injuries. If you see someone else that has fallen and may be injured, don’t drag them off the ice without being certain that will movement will not hurt them more. If you suspect that someone is seriously hurt, the best thing to do is: 1. have someone stand “guard” over them to make sure other skaters avoid a collision with them; and 2. alert the monitor or a pro to come and help you.

Don’t Stand Around

Do not stand around and visit on the ice. This is a waste of expensive ice time and presents additional hazard for others on the ice.



SFSC FUNDRAISER



US Icewear has again given the Shaker Figure Skating Club a great opportunity. To buy something you need AND raise funds to offset ice costs at the same time—by purchasing skating tights!! All profits go directly to the Club which means savings for all of us!

Just fill out the order form below by **April 1, 2010** to receive your order in time for the ice show and spring competitions. Please order carefully. There are no refunds or exchanges except for defective merchandise.

✂ _____ ✂

NAME _____

PHONE # _____ E-MAIL ADDRESS _____

Footed Tights (Please circle size)

	(Please circle size)				Price	Quantity	Total
Girls	6-8	8-10	10-12	12-14			\$9
Ladies	Small	Medium	Large	X-Large			\$10

Footless Tights (Please circle size)

	(Please circle size)				Price	Quantity	Total
Girls	6-8	8-10	10-12	12-14			\$11
Ladies	Small	Medium	Large	X-Large			\$13

Over-the-Boot Tights (NEW Buckle Closure) (Please circle size)

	(Please circle size)				Price	Quantity	Total
Girls	6-8	8-10	10-12	12-14			\$14
Ladies	Small	Medium	Large	X-Large			\$16

Over-the-Boot Tights (Velcro Closure) (Please circle size)

	(Please circle size)				Price	Quantity	Total
Girls	6-8	8-10	10-12	12-14			\$12
Ladies	Small	Medium	Large	X-Large			\$14

ORDER TOTAL \$ _____

Please make your check payable to Shaker Figure Skating Club or SFSC. Order deadline is April 1, 2010. Mail completed order form and check to: Donna Davis 32709 Allenbury Drive Solon, OH 44139 or put it in the club mail box. If you have any questions, call Donna at 440-519-1355 or e-mail at m2bz73@yahoo.com.