



Shaker Figure Skating Club

2017 Spring Contract
Monday, January 2, 2017 to Saturday June 3, 2017

PLEASE PRINT

Check here if information has changed _____

Skater Name _____ USFS Number _____

Address _____

City _____ State _____ Zip _____

Parent Name _____ Parent Email _____

Phone _____ (home) _____ (cell) _____ (work)

Skater's Age _____ Birth Date _____ Home Club _____

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

Highest Test Passed: Moves _____ Freestyle _____ Dance _____

Moves Coach _____ Freestyle/Dance 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 Fall 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, Angie Chapple-Wang at sfsciceadmin@gmail.com.

Skater Signature

Parent /Guardian Signature
(if Skater is under 18)

If you are interested in monitoring, please email Rochelle Paley at rlpaleylaw@gmail.com by December 28, 2016. Include up to 3 session choices in order of priority.

Mail to:

Angie Chapple-Wang
34605 Jaclyn Dr.
Solon, OH 44139

Receipt date for contracts is determined by U.S. Postal Service postmark. Contracts without a postmark on or before December 28, 2016 will be processed last.

Contracts must be postmarked by Wednesday, December 28, 2016 to maintain your priority.

Skater Name _____
MORNINGS

DAY	SESSION	LEVEL	<input checked="" type="checkbox"/>	# WKS	FEE	SUBTOTAL
Monday	6:00 – 6:30 am	Open	<input type="checkbox"/>	22	Any 2: \$264 Any 3: \$396 All 4 - \$528 7:30 – 8:00 - \$132	
	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	<input type="checkbox"/>	21	Any 2: \$252 Any 3: \$378 All 4 - \$504 7:30 – 8:00 - \$126	
	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	<input type="checkbox"/>	21	Any 2: \$252 Any 3: \$378 All 4 - \$504 7:30 – 8:00 - \$126	
	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	<input type="checkbox"/>	21	Any 2: \$252 Any 3: \$378 All 4 - \$504 7:30 – 8:00 - \$126	
	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	<input type="checkbox"/>	21	Any 2: \$252 Any 3: \$378 All 4 - \$504 7:30 – 8:00 - \$126	
	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"/>			

*The 7:30 – 8:00 am session is the only half-hour time slot that can be contracted. All other morning sessions require a one-hour (2 sessions) minimum.

AFTERNOONS, EVENING & SATURDAY

DAY	SESSION	LEVEL	<input checked="" type="checkbox"/>	# WKS	FEE	SUBTOTAL
Monday	4:45 – 5:45 PM	Jr Club/Open	<input type="checkbox"/>	21	\$252	
	<small>1 Limited to 18 skaters</small> 5:45 – 7:15 PM	High ¹	<input type="checkbox"/>	21	\$378	
	6:00-6:45 PM	Ballet**	<input type="checkbox"/>	20	\$200	
Wednesday	4:45 – 5:45 PM	Jr. Club/Open	<input type="checkbox"/>	21	\$252	
	5:45 – 7:00 PM	Open	<input type="checkbox"/>	21	\$315	
	7:00 – 7:30 PM	Silver Clinic**	<input type="checkbox"/>	20	\$240	
Thursday	7:00 – 7:30 PM	Open	<input type="checkbox"/>	21	\$126	
	7:30 – 8:00 PM	Open	<input type="checkbox"/>	21	\$126	
	8:00 – 8:30 PM	Open	<input type="checkbox"/>	21	\$126	
Friday	4:45 – 5:15 PM	Bronze Clinic**	<input type="checkbox"/>	20	\$240	
	5:15 – 6:15 PM	Jr. Club	<input type="checkbox"/>	20	\$240	
Saturday	10:00 – 10:45 AM	Strength/Stretch**	<input type="checkbox"/>	18	\$180	
	11:00 – NOON	Open	<input type="checkbox"/>	19	\$228	
	NOON – 1:00 PM	Open	<input type="checkbox"/>	19	\$228	
Sunday	10:00 – 10:45AM	Conditioning**	<input type="checkbox"/>	14	\$140	

** See class descriptions on following pages

Levels: High Pre-Juvenile Freeskate and above
Jr. Club No freeskate test through Preliminary Freeskate
Open Basic Skills Freestyle Level 5, Pre-Preliminary Moves or approval of Safety Committee

Pay 1/3 of total if total is \$350 or more. If total is less than \$350, pay full amount now.

TOTAL FEES _____

Subsequent payments due February 15, 2017 and April 15, 2017

AMOUNT PAID _____

Make checks payable to: *Shaker Figure Skating Club*



On-Ice Clinics

Again this year, the club will offer 2 levels of the power, stroking and edge clinic. Both clinics meet for 30 minutes. The 30-minute clinic is priced as one hour of ice since there is an instructor. Make-up time and punch card use will follow the same pricing (i.e., 1 hour of make-up will be credited for missed clinics and 1 hour of punch card time or make-up time will be charged for skaters walking on to the clinic).

Bronze Clinic

Fridays 4:45 - 5:15 pm

Prerequisite: *None*

This program is designed for the skater who has not yet taken his/her Pre-Juvenile Moves test. The clinic focuses on learning stroking technique, developing power, and improving edge quality. It may be beneficial for skaters to repeat the clinic until they pass the Pre-Juvenile Moves 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 a junior club session. Skaters are encouraged to also contract for 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 \$70 (home club) card is good for 10 30-minute sessions. To purchase a card, see the ice monitor.

Instructor: **Ryan Zeltner**. Ryan passed her USFS 7th Figure and Junior Freestyle test. She has a Master's Degree in Education. If enrollment numbers permit, **Franklyn Singley** will be added as an additional instructor.

Silver Clinic

Wednesdays 7:00 - 7:30 pm

Prerequisite: *Pre-Juvenile Moves test OR enrolled in 6th grade or over and preliminary moves*

This on ice clinic will focus on the components elements of the IJS judging system which includes five areas: ***Skating Skills, Transitions, Performance and Execution, Choreography and Interpretation.*** The main components we will work on will be Skating Skills and Transitions but we will also blend in the other components thorough the sessions

Skating Skills refers to overall skating quality: edge control and flow over the ice surface demonstrated by a command of the skating vocabulary (edges, steps, turns, etc), the clarity of technique, and the use of effortless power to accelerate and vary speed. ***Transitions*** refers to the varied and/or intricate footwork, positions, movements, and holds that link all elements. In singles, pairs, and synchronize skating this also includes the entrances and exits of technical elements.

Home club skaters who have passed their Senior Moves test may walk-on to the clinic at no charge if space permits.

Instructors: **Graziella Tasca** has been skating for over 18 years and coaching for 8. She is a triple gold medalist in freestyle, moves and dance. Graziella attended John Carroll University where she holds a Bachelors in Exercise Science with a concentration in Sport Psychology. **Jackie Henry Redenshek** has her Senior Freeskate, Senior Moves and 7th figure. She is a three-time national competitor, Juvenile national champion, Intermediate national silver medalist and Nationals novice figures 5th placenta kid has been teaching freestyle, moves, and choreography since 2004.



Strength and Stretch Class

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 as a Principal skater with *Ice Follies*. In addition to her many years of coaching experience, Daria is certified in both yoga and Pilates, and has taught ballet for over twenty years.

Saturdays 10:00 – 10:45 am

Prerequisite: *None*

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

Substitute instructors will be used when the instructor is unavailable.



Ballet for Figure Skaters

Instructor: Barb Fitzgerald:
Mondays 6:00 pm - 6:45 pm

This class is a ballet/conditioning program that will help skaters achieve a higher level of success on the ice. Ballet is an integral part of figure skating. The stronger a skater is off the ice with respect to understanding and achieving body alignment, core strength, flexibility, and fluid movement on the floor, the better a skater will become.

Conditioning for Figure Skaters

Instructor: **Marian Jacobs**, B.S. in Sports Sciences, founder of www.BestBodyPro.com
Sundays 10:00 – 10:45 AM
Prerequisite: *Grade 4 and above*

Conditioning for Figure Skaters is an excellent starting point as an off-ice training guide and for conditioning to skate on the ice to include dynamic warm-ups, stabilization techniques, optimizing jumping efficiency and preventing injuries related to repeated impact. This class will also prepare skaters for the [Standardized Testing of Athleticism to Recognize Skaters \(STARS\)](#) which consists of 15 off-ice tests that evaluate three main areas: **Strength, Power and Flexibility**. This class will also include practical guidance for competition fueling and recovery nutrition.

SHAKER FIGURE SKATING CLUB
POLICY GUIDELINES FOR THE SPRING 2017 CONTRACT

Monday, January 2, 2017 to Saturday June 3, 2017

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 Bronze Clinic are permitted to participate without having chosen a skating professional.

Contracts

- ◆ Contracts must be registered or postmarked ***by Wednesday, December 28, 2016*** 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, January 16, 2017. 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:

Wednesday, January 18	no Silver Clinic-converts to open ice
Saturday, February 11	no ice or Pilates due to the Ohio High School Competition.
Sunday, February 12	no conditioning due to the Ohio High School Competition.
Friday, February 17	no ice or clinic due to the SYHA Killer Bee Youth Hockey Tournament.
Saturday, February 18	no ice or Pilates due to the SYHA Killer Bee Youth Hockey Tournament.
Sunday February 19	no conditioning due to the SYHA Killer Bee Youth Hockey Tournament.
Saturday, March 25	no Pilates
Sunday, March 26	no conditioning
Sunday, April 2	no conditioning
Monday, April 10	no ballet due to Passover.
Sunday, April 16	no conditioning due to Easter
Monday, May 1	no afternoon ice or ballet due to annual Thornton Park Ice Show. Morning ice as scheduled
Tuesday, May 2	no ice due to annual Thornton Park Ice Show.
Wednesday, May 3	no ice due to annual Thornton Park Ice Show.
Thursday, May 4	no ice due to annual Thornton Park Ice Show.
Friday, May 5	no ice due to annual Thornton Park Ice Show.
Saturday, May 6	no ice or Pilates due to annual Thornton Park Ice Show.
Sunday, May 7	no conditioning due to annual Thornton Park Ice Show
Sunday, May 14	no conditioning
Sunday, May 28	no conditioning

Delinquent Accounts

- ◆ Ice bills are due on **February 15, 2017 and April 15, 2017**. If you need to make alternate payment arrangements, please contact the Ice Administrator, Angie Chapple-Wang, sfsciceadmin@gmail.com. Delinquent accounts may result in a loss of ice privileges, competition privileges, and/or testing privileges. All fees for NSF checks will be charged back to the skaters account.

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. Strength and Stretch, Conditioning, Ballet
- ◆ Skaters contracting off ice clinics will be permitted to request a credit for up to 2 missed classes for each contracted off-ice class that will be applied to the following contract period.
- ◆ Siblings **who are contracted for ice time** may share make-up time. The skater wishing to use a sibling's make-up time must also be contracted for ice time.
- ◆ All make-up time must be used prior to *June 3, 2017*. Any make-up time not used by that time will be forfeited.

Monitors

- ◆ The monitor is responsible for playing music, taking attendance, and collecting walk-on fees. To request a monitor position, email your request to Rochelle Paley, rlpaleylaw@gmail.com no later than *Wednesday, December 28, 2016*. For a more complete description of the monitor's responsibilities, contact Rochelle Paley or one of the other Executive Board members – Miki Graban, Stacey Krantz, or Sharon Young Deutchman.
- ◆ 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 at the end of the contract period 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 from the list of monitors available to substitute compiled at the beginning of each contract period.

New Skaters and Open Sessions

- ◆ Any skater who has not yet passed pre-preliminary moves or USFS Basic Skills Freestyle 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 Steven Wolkin, 216-321-5533 or sew454@aol.com, to schedule an observation.

Clinics

- ◆ On ice clinics may be changed to freestyle sessions and off ice clinics may be cancelled 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 be allowed to make changes to their schedule without penalty.

Payments

- ◆ Send ice payments to Angie Chapple-Wang, 34605 Jaclyn Dr., Solon, OH 44139
- ◆ **Make checks payable to: Shaker Figure Skating Club.**

Punch Cards

- ◆ Punch cards with ten 30-minute punches are available from the monitor for \$70 for club members and \$75 for non-members.
- ◆ The club also offers punch cards for off ice classes. Punch cards for 6 off ice classes are available from the monitor for \$66 dollars for club members and non-club members.
- ◆ You can opt to use 2 punches from your ice punch card to pay for an off ice class. Ice make-up time **cannot** be used for off-ice classes.
- ◆ For either punch card, 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 punch card to their account for a \$2.00 billing fee.
- ◆ *Lost or misplaced punch cards will not be replaced.*

Testing

- ◆ The dates are still being determined. They will be posted on the Club's website (www.shakerfsc.org) once they are available.

Walk-on Fees

- ◆ Walk-on fees are \$15 per hour for home club and associate members and \$17 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 and associate members may charge the session to their account for a \$2.00 billing fee per session.

2016-2017 Board of Trustees

Position	Name	Phone #	Email
President	Rochelle Paley	216-751-9529	rlpaleylaw@gmail.com
Vice President	Miki Graban	216-215-1977	mikilgraban@gmail.com
Secretary	Stacey Krantz	216-789-2487	sfscsecretary@aol.com
Treasurer	Sharon Young Deutchman	216-956-2159	shroonova@aol.com
Trustee	Alyssa Rukin	216-235-7017	alyssarukin@aol.com
Trustee	Roberta Roth	216-765-0334	robertaroth@hotmail.com
Trustee	Angie Chapple-Wang	216-577-6002	angchap34@hotmail.com
Trustee	Steve Wolkin	216-321-5533	sew454@aol.com
Trustee	Debra Hollander	216-789-9148	dhollander14@gmail.com
Trustee	Erika Leiken	216-346-1936	egfriedman@hotmail.com
Trustee	Carolyn Hawk	216-403-5887	carolynhawk@me.com
Pro Trustee	Janet Gaydosh	216-870-3836	janetgaydosh@yahoo.com

Club Administrators and Committee Chairs

Position	Name	Phone #	Email
Ice Administrator	Angie Chapple-Wang	216-577-6002	sfsciceadmin@gmail.com
Membership	Debra Hollander	216-789-9148	dhollander14@gmail.com
Test Chair	Miki Graban	216-215-1977	mikilgraban@gmail.com
	Sharon Young Deutchman	216-956-2159	shroonova@aol.com
Webmaster	Alyssa Rukin	216-235-7017	alyssarukin@aol.com
OHHS Comp	Kendra Wood	216-295-2154	ohhscomp@gmail.com
	Angie Chapple-Wang	216-577-6002	ohhscomp@gmail.com
Bulletin Board	Debra Hollander	216-789-9148	dhollander14@gmail.com

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. Most times, that skater will be wearing a brightly 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 corners of the rink. Strive to avoid long-term practice activities in the 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.