

ROSEVILLE FIGURE SKATING CLUB—SUMMER ICE SCHEDULE 2009 -

Please keep this schedule for future reference.

This ice schedule is for 13 weeks of ice from Thursday, June 11 to Friday, Sept 4, 2009 at the Roseville Arena

On this contract a blank or stated line (_ or ***) indicates an ice change for that session—watch for changes in dates and times carefully.

<u>DAY</u>	<u>DATES</u>	<u>SESSION/LEVEL</u>	<u>TIME</u>	<u>CONTRACT PRICE</u>	<u>RANDOM ICE</u>
MON	June 15, 22, 29 July 6, 13, 20, 27 Aug 3***, 10, 17, 24, 31	1M:Open 2M:Open	4:15-5:15 pm 5:15- 6:15 pm *** 8/3 day & time change to Wed 8/5 1M 6:30-7:30 pm 2M 7:30-8:30 pm	\$144.00 \$144.00	\$15.00 \$15.00
TUES	June 16, 23, 30, July 7, 14, 21, 28 August 4***11, 18, 25 Sept 1	3T:Ice Dance Class++ 4T:Open 5T:Open 6T Jr. Club, Beginner, Pre-Pre and Pre	9:45-10:15 am 8/4 no ice 10:15-11:00 am 8/4 no ice 11:00-11:45 am 8/4 no ice 5:20-6:20 pm 8/4 *** *** 8/4 day & time change to Thurs 8/6 ice 6T 5:15-6:15	\$132.00 \$ 99.00 \$ 99.00 \$144.00	\$15.00 \$12.00 \$12.00 \$15.00
WED	June 17, 24 July 1, 8, 15, 22, 29*** August 5***, 12, 19, 26 Sept 2	7W:Open 8W:Open 9W:Open 10W:Open	9:45-10:45 am 8/5 no ice 10:45-11:45 am 8/5 no ice 5:00-5:45 pm 7/29 no ice 5:45-6:15 pm 7/29 no ice	\$132.00 \$132.00 \$ 99.00 \$ 66.00	\$15.00 \$15.00 \$12.00 \$ 7.50
THURS	June 11, 18, _____ July 2, 9, 16, 23, 30 August 6***, 13, 20, 27 Sept 3	11TH:Open 12TH:Open	9:45-10:45 am 10:45-11:45 am *** 8/6 Ice for both sessions is 6:15-7:15 pm	\$144.00 \$144.00	\$15.00 \$15.00
FRI	June 12, 19, 26 July _____, 10, 17, 24, 31 August _____, 14**, 21, 28 Sept 4	13F:Open 14F: RFSC Camp	8:00-8:45 am no ice 7/3 & 8/7 9:00 -11:45 +++ see below No camp 7/3, 8/7 or 8/14	\$99.00	\$12.00

Add or delete/change options expire on June 17, 2009 at 9:00 pm. All change requests must be emailed to RosevilleIce@comcast.net

Questions should be directed to Cheryl Funk (Ice Chair) at RosevilleIce@comcast.net.

MAIL CONTRACTS to CHERYL FUNK, 720 IONA LANE, ROSEVILLE, MN 55113 by May 22, 2009 SEE PAGE 2
++ Ice Dance Classes will be taught by Laurie Benson. The fee includes ice and coach fees.

+++ Spend Friday morning at RFSC Camp for Off Ice, Skating Preparedness, Figures/Edges, Choreography/Movement, Moves in the Field, Pilates, Ice Dance, Power and more - See the Flyer that follows

MORE IMPORTANT INFORMATION YOU NEED TO KNOW:

1. Assume the ice sessions you have requested are confirmed. You will only be contacted if your session choices are not available.
2. Place a checkmark by the sessions you want. Having a lesson does **not** give you ice session priority.
3. Ice trade coupons will be available after the first week of the contract - please pick them up in the women's locker room at the arena. You will receive a coupon for each contracted session. Contact Nancy Scheller if not received.
4. "Skating Up A Level" - A skater may skate on ice that is one level higher than their USFS test level if all of the following are met:
 - **The skater must be having a lesson on that session the **entire** time.
 - **The skater's coach must submit a letter stating their intentions and include it with the skater's contract to the Ice Chair.
 - **Skaters cannot "skate up" on a random (buy-on) basis.
 - **This rule does not apply to specialized classes, ie power class.
5. You MUST include the volunteer form with your contract with your earned hours recorded to receive the ice discount.

RFSC SAFETY RULES FOR SKATERS/COACHES:

Be responsible for your actions. Always watch out for skaters wearing the orange or green belt doing their program because these skaters have the right of way BUT still need to be mindful of other skaters. Be courteous and apologize if you get in someone's way. MOVES in the FIELD have priority for the first 10 minutes of each session - music is not to be played during this period so skaters are able to hear their edgework. Spins being done in isolation should be practiced at the clock end; jumps done in isolation are to be practiced at the zamboni end. **Keep corners clear.** Display good sportsmanship on and off the ice. **Talking should be done off the ice.**

RFSC USFS TESTING WILL BE HELD AT THE ROSEVILLE ARENA during the day on June 25, 2009 from 7:15 – 11:45 am and July 29, 2009 from 5:00 to 10:00 pm

Roseville Figure Skating Club
Summer 2009 Ice Contract

MAIL TO: CHERYL FUNK
720 IONA LANE
ROSEVILLE, MN 55113

ICE CONTRACTS MUST BE POSTMARKED BY June 1, 2009

***A FEE OF \$25 WILL BE APPLIED TO YOUR ACCOUNT IF YOUR CONTRACT IS MAILED AFTER THIS DATE OR IF YOUR CONTRACT IS HAND DELIVERED**

Skater's Name: _____ Home Club: _____

Phone: _____ E-Mail Address: _____

Address: _____ City: _____ Zip Code: _____

Parent(s): _____

Highest USFS test passed: FS _____ Moves _____

Pro's Name and Phone #: _____

Place a check mark in the box for ice session(s) wanted.

<u>CHOICE</u>	<u>SESSION</u>	<u>TIME</u>	<u>CONTRACT PRICE</u>
	1M Open FS	4:15-5:15	\$144.00
	2M Open FS	5:15-6:15	\$144.00
	3T Ice Dance	9:45-10:15	\$.00
	4T Open FS	10:15-11:00	\$ 99.00
	5T Open FS	11:00-11:45	\$ 99.00
	6T Jr Club, Beg, Pre- Pre and Pre	5:20-6:20	\$144.00
	7W Open FS	9:45-10:45	\$132.00
	8W Open FS	10:45-11:45	\$132.00
	9W Open FS	5:00-5:45	\$ 99.00
	10 W Open FS	5:45-6:15	\$ 66.00
	11 Th Open FS	9:45-10:45	\$144.00
	12 Th Open FS	10:45-11:45	\$144.00
	13 F Open FS	8:00-8:45	\$ 99.00
	14 Summer Camp		\$270.00

CONTRACT TOTAL: \$ _____

Less 10% Ice discount for volunteers \$ _____ **(Must attach volunteer form)**

Training discount (5 ice sessions or more) –

Take an additional 10 % off \$ _____

NEW TOTAL: \$ _____

*** Summer 2009 ice total DUE NOW \$ _____

*** Plus Any Previous Balance DUE NOW \$ _____ (Payment included)

TOTAL OF CHECK ENCLOSED \$ _____

*Please write separate checks for each skater & write the first and last name of skater on memo line. Thanks!

Responsible party signature: _____ Date _____

MAIL TO: Cheryl Funk, 720 Iona Lane, Roseville, MN 55113

***POSTMARK DATE: June 1, 2009**

ROSEVILLE FIGURE SKATING CLUB ICE RULES-(Revised 11/08)

VALID CONTRACTS:

***Contracts must be completely filled out-(with a 1st and 2nd choice of ice sessions wanted) and signed by the responsible party.

*****Contracts** MUST BE POSTMARKED BY THE CONTRACT DEADLINE AND SENT TO THE ICE CHAIR (Cheryl Funk) VIA U.S. MAIL. **A \$25.00 late fee will be applied to your account if you choose to mail in your ice contract after the postmark date or hand deliver.** (*New members exempt)

***All previous balances must be paid in full.

***A check payable to RFSC for 1/2 the total of your contracted ice must be included with your contract unless you make arrangements with the club treasurer and unless it is a shortened contract. If you are unable to get your ice sessions requested, you will be notified and your check returned to you. Any check returned NSF will be charged \$25.00.

***You may not cancel ice after the first week of the contract or at all on a shortened contract. This applies to **all** sessions, even those that start after the first week.

***You may sell your unused ice through the RFSC by listing it on the cancellation list in the club ice book. If it is sold, an ice credit will be applied to your account. An ice credit is issued if there are skaters contracted and random ice is purchased and the number of skaters equals 16.

***Any ice sessions that are contracted with less than 12 skaters may be cancelled or modified by the RFSC Ice Committee/Board before the session begins.

***Ice session levels are set according to USFS test level. The ice sessions you choose must match the skater's level. You must have passed the Freestyle test of that level in order to skate that ice session: exceptions are allowed with a written letter from your coach stating you will have a lesson from your coach during that session and ice committee approval.

*** RFSC is not liable if the Roseville Skating Center cancels ice already contracted to RFSC.

***Refunds are granted under special circumstances; i.e. extended illness or injury. The ice committee must be notified in writing and be given a doctors note. After notification the skater must pay for 2 weeks of ice before the cancellation takes effect. During the first 2 weeks the skater may list their ice on the cancellation list and possibly get credit if random skaters are buying onto the ice.

RINK PARENTING/VOLUNTEERING: Everyone is expected to volunteer a minimum of 2 hours per month AND at our annual Roseville Open Competition (May-2009). At the competition you are required to volunteer 8 ADULT hours for Home Club Members and 8 ADULT hours for Associate Club Members. This is our major fundraiser of the year; it determines ice prices for all members and helps keep our club financially stable. It's a great way to get to know other skater parents in our club too. Please fill out the Volunteer/Rink Parent sheet with your ice contract. Remember to sign your name on the ice sheet when you rink parent and you also get \$1.00 credit for helping. It is suggested that you keep a record of your volunteer hours.

RANDOM ICE: Random ice may be purchased on a day to day basis or separate session at the rate of \$15.00 /hour. The price of random ice is listed on the ice page for that session. **Before getting on the ice, the skater pays for the ice session with a check or to be billed to their ice account.** Guest skaters must pay before skating on the ice. Billing is an option for club members only. **Please do not put cash in the ice book.** RFSC is not responsible for lost or unrecorded cash payments. If you are using an ice trade coupon to buy an ice session, please fill out an envelope just like you are buying a random ice session and put your coupon inside.

QUESTIONS?

Ice chair: Cheryl Funk (email to RosevilleIce@comcast.net)

Billing/Treasurer: Brian Koland

Random Ice: Kelly Christenson-Swanson

Rink Parenting: Brenda Salmonpour

Volunteers: Nancy Reimann

Programs: Volunteer Opportunity –We need you

RFSC SAFETY RULES: Be responsible for your actions. Always watch out for the skater doing their program and wearing the orange or bright green belt because these skaters have the right of way BUT still need to be mindful of other skaters. Be courteous and apologize if you get in someone's way. MOVES in the FIELD have priority for the first 10 minutes of each session - music will not be played during this period so skaters may hear their edgework. Spins are done in isolation should be practiced at the clock end; jumps done in isolation are to be practiced at the zamboni end. Keep corners clear. Display good sportsmanship on and off the ice. Talk in the locker room.

VOLUNTEER VERIFICATION FORM

Volunteer's name _____ Phone: _____

Skater (s) name: _____

TWO (2) hours required per month.

EIGHT (8) ADULT hours required by HOME club members at the RFSC Competition.

EIGHT (8) ADULT hours required by ASSOCIATE members at the RFSC Competition.

Please record the date, volunteer activity, hours, and chair person for each activity in which you took part in the current period.

ROSEVILLE FIGURE SKATING CLUB----RINK PARENT SIGN-UP SHEET

THIS COMPLETED VOLUNTEER FORM MUST ACCOMPANY YOUR CONTRACT. ONLY ADULT SKATERS ARE EXEMPT. VOLUNTEERS MAKE OUR CLUB WORK.

RINK PARENT: _____

CONTRACT SEASON : _____

CONTRACTING SESSIONS # _____

Please read the information in your RFSC handbook about being a rink parent. You should list which sessions you are available to help our skaters as a rink parent. Be specific about your preferences and submit this form with your ice contract.

1. I am available to be a rink parent (please check one)

___ anytime my child skates

___ sessions (give all numbers available for:) _____

___ after someone orientates me to the job

___ not during this contract because (see #4 below)

2. Although available for sessions, some dates when I am NOT available are:

Sundays: _____

Mondays: _____

Tuesdays: _____

Wednesdays: _____

Thursdays: _____

Fridays: _____

Saturdays: _____

3. I am unable to rink parent during this contract but would be able help the skaters/club by:

4. I have no clue how I can help – would someone please call me?

Name: _____ Telephone No: _____

Roseville Figure Skating Club
2009 SUMMER SKATING SCHOOL OPPORTUNITIES

ATTENTION SKATERS: Summer is just around the corner and we have some fun on and off ice classes for the skater to participate. The RFSC synchronized skating program is providing a “camp like” atmosphere again this summer and inviting other club skaters to join us in our training. Choose to come for the entire summer or a specific Friday but join us for some fun on ice while learning and making friends.

To register for the summer skating school please contact:

Pamela Sandborg at pamela@sandborg.net or 651-644-1412

Maria Slabiak at msslabiak@billyseven.net or 612-998-3599

DATES: JUNE 12, 2009 – SEPT 4, 2009

(No class July 3, Aug 7 & Aug 14)

FEE: \$270 for the summer

\$ 35 for the day

TIMES: 8:00 a.m. – 11:45 a.m.

(Parents drop your skater off before work and pick them up at lunch time)

CLASS DESCRIPTIONS BELOW:

The first 25 minutes of the morning will be spent warming up our bodies – with a follow on classroom type atmosphere with discussion on nutrition, preparing for competition, winning vs losing, working out conflict, problem solving, goal setting, positive thinking to name a few.

FIGURES/EDGES

Instructors: Pamela Sandborg, Maria Slabiak, Becky Krueger & Alex Peter

Friday mornings – 9:00 a.m. – 9:25 a.m. – With the new additions to the Moves in the Field tests we are going to help you get a head start. We are dusting off our scribes and going to work on those figure eights, edges and loops.

CHOREOGRAPHY AND MOVEMENT

Instructor: Maria Slabiak

Friday mornings – 10:00 a.m. – 10:25 a.m.

In this off ice class we will be working on creating emotional expression through fully developed movements. Focus will be given to extension of body movement, confidence, articulation of rhythm and melody, dynamics and music interpretation.

MOVES IN THE FIELD/MOVES IN ISOLATION

Instructors: Pamela Sandborg, Maria Slabiak, Becky Krueger & Alex Peter

Friday mornings – 9:25 a.m. – 9:50 a.m.

DESCRIPTION – This class is designed to help skaters improve their technique, balance and execution of the basic moves in skating. Edgework, turns, body control and extension will be emphasized. All levels welcome.

PILATES

Instructor: Becky Krueger

Friday mornings – 10:30 a.m. – 10:55 a.m.

DESCRIPTION – In this class you will learn the elements and fundamentals of pilates and develop your core body.

ICE DANCE CLASS

Instructors: Pamela Sandborg & Becky Krueger

Friday mornings – 11:05 a.m. – 11:25 a.m.

DESCRIPTION – Ice dance adds a sense of style, grace and good posture which emphasizes the beauty of the sport. In this class we will work on the technique of edgework, flow and motion involved in the preliminary compulsory dances. The skaters will learn specific pattern of the three dances and skate to the music of the dance.

POWER CLASS

Instructors: Pamela Sandborg, Maria Slabiak, Becky Krueger & Alex Peter

Friday mornings – 11:25 a.m. – 11:45p.m.

DESCRIPTION – In this power class we will combine the use of stroking and power to build strength, stamina and endurance.