



Figure Skating Instructional Programs

Foundations Program

This is the entry point for skaters considering skating competitively. Skaters will be coached to a competition level of skill development. Skaters will learn how to set goals and will train in a manner that will prepare them for competition.

Icetime Minimum Requirements: Ages: 3-5 2x per wk / 1 hr each day
6-up 3x per wk / 1-2 hrs per day

Lesson Minimum Requirements: Ages: 3-5 20-30 min. / per day
6-up Discuss with Head Coach

Off-Ice Training: Jump, Ballet & Strength (Age & Level Dependant)

Competition Program

Qualifying Competitor: Skaters with the goal of competing regionally and beyond
Icetime and Lesson Minimum requirements:

This is based upon age and level. Discuss your *Competitive Training Plan* with your head coach.

Testing – Competitor: For skaters that are at the USFS Pre-Preliminary level and higher. This program is for skaters that would like to compete solely in non-qualifying competitions and focus on testing.

Icetime Minimum requirements: 3x per week / 2 hrs per day
Based upon level and age

Lesson Minimum requirements: Training Plan developed with Head
Coach

Ice dancing is highly recommended for freestyle skaters.

Off-Ice Training: None is required, however suggested. Skaters may have private instruction when learning new elements (i.e. axel)

Recreational Program

The Recreational Program aids skaters developing skills in a fun and encouraging environment. Recreational program skaters typically have other activities that may take precedence. These skaters typically work towards skill, and testing accomplishments. Local competitive opportunities are available.

Ice time Minimum requirements: None (unless competing)

Off-Ice Training: Available – not required

Coaching Apprenticeship Program

This program guides aspiring new or experienced coaches through the professional coaching experience. This is a coach's educational program that focuses on the development of;

Coaching Technique
Business Practices

Instructional Standards
Ethics

Apprenticeship can be done in accordance with the Professional Skaters Association.

Opportunities for career placement and junior coaching may also be available. Workshops and regular training also offered.

Wooster Skating Academy

Sara Payment, Skating Director

Email: emmasmom1@aol.com

Carol Patton, Learn-to-Skate Director

Email: carol@woosterskatingacademy.com

Shannon Felter, Administrator

Email: shannon@woosterskatingacademy.com

Web: woosterskatingacademy.com

Location and Mailing Address

Alice Noble Ice Arena

851 Oldman Road Wooster, OH 44691