

Advanced Training

for Figure Skaters

*Private Instruction,
Specialized On and Off-Ice Clinics*



*Located at the
Alice Noble Ice Arena
851 Oldman Rd
Wooster, OH 44691
Ice Arena Phone (330) 345-8686*

*Contact: WSA Skating Director
Sara Payment - (330) 749-8980*

**A note from Christian Martin,
WSA Program Director**



This brochure is the next step in creating the most comprehensive training program for the development of figure skating from basic skills to trained coaches in northern Ohio. I'd like to thank everyone that has participated over the past two seasons. Thanks to you, the instructors, WFSC, ice arena and the Noble Foundation, we have created excitement and a renewed interest in skating here in the greater Wooster area. It has also been fun seeing the interest and participation from skaters representing other programs as we offer opportunities that have been unavailable to them elsewhere.

Our goal is to create a program that will be geared to the development of all disciplines and dedications of skating. Creating a program that encourages the development of the beginner, training opportunities for the competitive, recreational outlet for all ages and educational options for our future coaches. We plan to continue to develop programming that best fits the needs and desires of our skaters in a team coaching setting. Among our new programming this season is the addition of Semi-Private Moves-in-the-Field and Ice Dancing lessons. These lessons will motivate and advance the development of your skater by working with their peers in cost effective format to prepare them for testing.

Your experience with the WSA is one that should embody our "Total Team" concept. We respect that every individual involved has a responsibility and direct influence on your skater's journey through skating. We wish to make it as enjoyable and rewarding as possible.

"TOTAL TEAM"

SKATER – PARENT – COACHES – ACADEMY DIRECTOR – CLUB

As a constituent of the WSA we want you to experience the support of our entire staff of coaches and directors to help guide you through your skating career. If you are taking private instruction with us, your head coach is your first source of information, however, at the same time feel free to discuss any questions or concerns you may have with any of our staff of directors and instructors. I welcome you to the upcoming season and Sk8 Gr8!
-Chris

WSA Advanced Training Coaches

(Please refer to www.WoosterSkatingAcademy.com for more information)

Christian Martin Program Director	Sara Payment Skating Director	Carol Patton LTS Director
Lori Croston Full-time	Jennifer McKay Full-time	Rachel MacNaughton Full-time
Sara Uhl	Matt Kopke Hockey	

The coaches listed above are available for private instruction during icetime offered by the Wooster Figure Skating Club or ISkate Learn-to-Skate sessions. They can be arranged through Sara Payment, Skating Director or through the coach of your choice and can be purchased via Punch Cards or through our billing service.

Chris Martin, Program Director:

(330) 352-5245 E-mail: chris@woosterskatingacademy.com

Skating Director, Sara Payment

(330) 749-8980 Email: emmasmom1@aol.com

Check out our website for updates @

www.woosterskatingacademy.com

Medalist Package

The Medalist Package includes a 3 day comprehensive group of on an off-ice classes . Take full advantage of what the WSA has to offer. This is the best way to develop skills while creating confidence in your skater.

Monday

Artistry On-ice 5:30pm-6:00pm

Wednesday

Artistry Off-ice 4:00pm-4:45pm
Strength and Conditioning 5:00pm-5:45pm

Saturday

Jump, Spin, Power Clinic 10:20am-11:20am
Jump Class 11:30am-12:15pm

Full Season \$1090

Partial Season \$ 420 each (A ,B ,C)

(Individual classes may be purchased, see below)

On-Ice Clinics Offered

On-Ice Artistry

Instructor: Rachel MacNaughton

This clinic helps skaters express and develop their own creativity which is essential to the development of a successful skating routine.

(Pricing does NOT include icetime)

Monday

5:30pm-6:00pm

Full Season \$7
Partial \$7.50
Punch Card \$8
Walk-ons \$9

Spin, Jump, Power

Instructor: Chris Martin

This clinic is intended for the development of freestyle skaters. Exercises will be taught to aid in the development of strength and precision in the art of spinning and jumping. The ongoing need of power skating and edgework will constitute a third of the clinic.

Saturday

10:20am-11:20am

Full Season \$15
Partial \$18
Punch Card \$20
Walk on \$23

This price includes icetime!

Off-Ice Classes Offered

Artistry

Instructor: Rachel MacNaughton

This class will use different genres of music to help skaters develop artistic quality and their own personal style. Attention to body alignment and core awareness will also be stressed. This class is intended to work in conjunction with the On-Ice Artistry class however, may be done separately.



Strength and Conditioning

Instructor: Jennifer McKay

In order to enhance competitive performance athletes need a good balance of flexibility and strength. This class will teach and emphasized proper core body strengthening exercises, including upper and lower trunk and Stretching Techniques. Students should wear proper shoes providing good support. Floor mats are suggested.

Jump Class

Instructors:

Jennifer McKay, Chris Martin

This class is intended for the development of freestyle skaters. The primary focus is the development of exercises for explosive muscle reaction & memory for successful jumping. Exercises will be based on the four fundamental parts of a jump: setup, takeoff, rotation and landing.

Artistry

Wednesdays
4:00pm-4:45pm

Strength & Conditioning

Wednesdays
5:00pm-5:45pm

Jump Class

Saturdays
11:30am-12:15pm

Pricing

Season Packages

Full Season \$7
Partial \$7.50

Punch Cards \$8

Can be purchased & used for any of the Off-Ice Classes including On-Ice Artistry

\$80 - for 10 classes

Walk on: \$9



NEW!! Semi-Private Move-in-the-Field / Ice Dance Lessons

These classes are a fun and dynamic way for skaters to learn and accomplish the USFS Moves-in-the-Field and Ice Dance tests. Skaters will challenge and motivate one another. Classes are grouped according to test level. These lessons are available on Wednesdays and Saturdays. Private instruction may be recommended as you get closer to testing to perfect skills and partner for dance tests.

Lesson will be limited to 3 to 4 participants depending upon level.

Wednesdays

6:10pm-6:40pm Pre-Preliminary

6:40pm-7:10pm Juvenile

7:10pm-7:40pm Preliminary

Instructors

Carol Patton

Rachel MacNaughton

Rachel MacNaughton

Saturdays

8:10am-8:40am Pre-Juvenile

8:40am-9:10am Juvenile

9:10am-9:40am Pre-Preliminary

9:40am-10:10am Preliminary Ice Dancing

Sara Uhl

Sara Uhl

Sara Uhl

Sara Uhl

Pricing

Full Season \$10.50 per class

Partial Season \$12

Walk-ons \$14

(No Punch Cards available for Semi-Private Lessons)

Coming Soon!!!

Intermediate through Senior Moves

Pre-Bronze through Gold Dance

Club Prep Package

Included:

- **60 minute On-Ice Club Prep Class**
- **30 minute Semi-Private Moves-in-the-Field Lessons**
- **10% off up to 3 On & Off-Ice Class Punch Cards purchased, while enrolled in Club Prep**

Club Prep is intended for skaters Basic 6 and above. This accelerated program introduces skaters to the different disciplines of figure skating including: jumping, spinning, power and footwork. **Instructor: Sara Payment**

Moves-in-the-Field is a USFS testing structure necessary to advance through the levels of free skating. Moves are the development of fundamental positions for all disciplines of skating. They encompass edging, turns, power, quickness and extension.

This Package is a great value for skaters looking to take their skating to the next level.

Club Prep Classes are available without the package through the Learn-to-Skate program.

Wednesdays

Club Prep

5:00pm-6:00pm

Icetime Included!

Semi-Private Moves*

Wed 6:10-6:40pm -or-

Sat 9:10-9:40am



*Icetime NOT INCLUDED for moves lessons and will need to be secured through the WFSC

Full Season \$25 per class

Partial Season \$28

HOLD HARMLESS AGREEMENT

The Wooster Skating Academy, its teaching professionals affirm that: Your dated signature indicates that you understand and agree to the terms and conditions listed below. Whereas, I fully understand the activities in the program and the risks involved; which may include the use of on-ice and/or off-ice training; and whereas, I understand the participation is voluntary. Now therefore, I agree to hold Wooster Skating Academy, its teaching professionals, harmless for any direct, indirect, special consequential damage which I or my:

Relationship _____

Named on the application may incur, or to be liable for as a result of his/her participation in the aforementioned program. I have read the above agreement and understand and agree to the terms and conditions. This agreement/release shall be binding upon heirs, administrators, executors, and assigns of undersigned. I certify that I am the Skater/Parents/Legal Guardian of the mentioned applicant.

Skater Signature if over 18 _____

Parent/Legal Guardian Signature (skater under age 18) _____

Emergency Contact _____ Phone _____

Release Form Parent Photo/Video

I, the undersigned, do hereby grant or deny permission to Wooster Skating Academy to use the image of my child, such use includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken of my child for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on the Wooster Skating Academy website.

_____ I deny permission to use my child's image at all.

_____ **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by Wooster Skating Academy for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

Skater if over 18 _____

Parent/guardian signature _____

Date _____

Application

Skater Name: _____

Parent/ Guardian: _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Other _____

Email Address _____

Member Club _____ Head Coach _____

Tests Passed Moves _____ Free _____ Dance _____

Emergency Contact: _____

Phone#: _____



Medalist Packages

Full Season Package \$1,090 x _____ = _____
 Partial Season Package \$ 420 x _____ = _____
A B C – circle all that apply

Total Medalist Packages \$ _____

Classes - Ala Carte

Please circle & total desired.

Mondays

Artistry On-Ice
Full \$217 **Partial** **A** \$82.50 **B** \$75 **C** \$75 = \$ _____

Wednesdays

Artistry Off-Ice
Full \$217 **Partial** **A** \$82.50 **B** \$75 **C** \$75 = \$ _____

Strength and Conditioning
Full \$217 **Partial** **A** \$75 **B** \$75 **C** \$82.50 = \$ _____

Saturdays

Jump, Spin, Power
Full \$420 **Partial** **A** \$162 **B** \$180 **C** \$162 = \$ _____

Jump Off-Ice
Full \$196 **Partial** **A** \$67.50 **B** \$75 **C** \$67.50 = \$ _____

Total Ala-Carte \$ _____

Punch Cards

Off-Ice Classes & On-Ice Artistry
 10 Classes for \$80 x _____ = \$ _____

Jump, Spin, Power Clinics
 8 Clinics for \$160 x _____ = \$ _____

Total Punch Cards \$ _____

Semi-Private Moves & Ice Dance

Pre-Pre Preliminary & Juvenile Moves—Wednesday
Full \$325 **Partial** **A** \$120 **B** \$120 **C** \$132 = \$ _____

Pre-Pre, Pre-Juv & Juvenile Moves—Saturday
Full \$294 **Partial** **A** \$108 **B** \$120 **C** \$108 = \$ _____

Preliminary Ice Dancing—Saturday
Full \$294 **Partial** **A** \$108 **B** \$120 **C** \$108 = \$ _____

Total for Semi-Private Lessons \$ _____

Club Prep Package

Full Season Package \$ 775 x _____ = _____

Partial Season Package \$ 420 x _____ = _____
A \$280 **B** \$280 **C** \$308 – circle all that apply

Total for Club Prep \$ _____



Application Worksheet

Total Medalist Package \$ _____

Total Classes Ala-Carte \$ _____

Total Punch Cards \$ _____

10% Punch Card Discount for Club Prep Package Participants (\$ _____)

Total Semi-Private \$ _____

Total Club Prep Package \$ _____

Total Due \$ _____

Payment Options

Cash Check # _____ Credit Cards: MasterCard Visa

Name (print as it appears on card) Amount to be Charged \$ _____

_____ Exp. date _____

Signature _____

Skating Calendar

Full Season

Sept 21, 2009– May 17, 2010

Partial Season

Session A Sept 21, 2009 -Nov 30, 2009

Session B Dec 2, 2009– Feb 22, 2010

Session C Feb 24, 2010– May 17, 2010

See combined WSA—WFSC calendar to the right.

Terms & Conditions

For Past Due amounts not paid within 10 days after the designated due dates, a \$25 late fee will be charged and the skater will not be allowed to participate until all balances are paid.

Cash, Check, Visa & Master Card Accepted

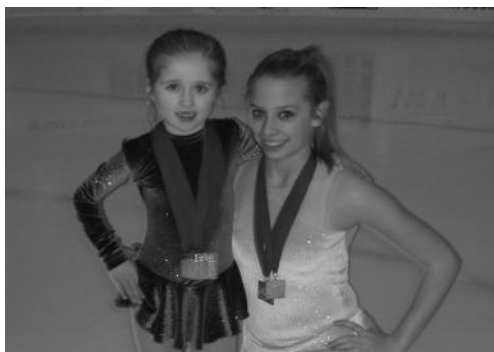
All refunds are subject to a \$30 service charge

There will be no refunds issued after a session begins.

Any cancelled sessions will be refunded at rate of purchase without a service charge.

Returned Checks for insufficient funds will incur a \$25 processing fee.

We reserve the right to alter the instructors if necessary.



	Mondays	Wednesdays	Saturdays
WK 1	9/21	9/23	9/26
WK 2	9/28	9/30	10/3
WK 3	10/5	10/7	10/10
WK 4	10/12	10/14	10/17
WK 5	10/19	10/21	10/24
WK 6	10/26	10/28	10/31
WK 7	11/2	11/4	11/7
WK 8	11/9	11/11	11/14
WK 9	11/16	11/18	11/21
WK 10	11/23	11/25	
WK 11	11/30	12/2	12/5
WK 12	12/7	12/9	12/12
WK 13	12/14	12/16	12/19
WK 14			
WK 15			
WK 16	1/4	1/6	1/9
WK 17	1/11	1/13	1/16
WK 18	1/18	1/20	1/23
WK 19	1/25	1/27	1/30
WK 20	2/1	2/3	2/6
WK 21	2/8	2/10	2/13
WK 22	2/15	2/17	2/20
WK 23	2/22	2/24	2/27
WK 24	3/1	3/3	3/6
WK 25	3/8	3/10	3/13
WK 26	3/15	3/17	
WK 27	3/22	3/24	3/27
WK 28	3/29	3/31	
WK 29			
WK 30		4/14	4/17
WK 31	4/19	4/21	4/24
WK 32	4/26	4/28	5/1
WK 33	5/3	5/5	5/8
WK 34	5/10	5/12	5/15
WK 35	5/17		

Payment Options

Partial Season Packages

50% Due with Contract

Session A: Remaining 50% due 10/24/2009

Session B: Remaining 50% due 1/18/2010

Session C: Remaining 50% due 3/31/2010

Full Season Contracted Packages & Punch Cards

Payment Due in Full with Application

Please Return Application & Payment to:

Wooster Skating Academy
 c/o Alice Noble Ice Arena
 851 Oldman Rd.
 Wooster, OH 44691

Total Enclosed or Charged \$ _____