



Shaker Figure Skating Club 2020 Spring Contract

Monday, January 6 through Saturday, June 6, 2020

This contract is for reference ONLY. Please go to <https://comp.entryeeze.com/Membership/Welcome.aspx?cid=219> and log into your member account and choose the **CONTRACT ICE tab to begin registering for **SPRING 2020** sessions.**

- ◆ An Early Bird Discount of \$10 will be given to all skaters that contract **at least 2 hours of ice time per week** prior to December 23rd. A \$20 discount will be given to any skater contracting **more than 4 hours of ice time per week** by January 6th. This is for ice time only and does not include clinics. (This will be given as a credit.)
- ◆ Please note the following changes for the Spring 2020 Contract:
 - The City of Shaker Heights has increased the fee for ice, therefore, SFSC ice fees have also been increased.
 - All off-ice classes require a skater to contract for the class. NO walk-ons will be accepted.
 - Our monitoring policy has been updated. Please read more on page 7.

This contract is for reference ONLY. Please register online for ALL Spring 2020 contract packages. Contact Christine Wolken at sfsciceadmin@gmail.com with questions.

MORNINGS

DAY	SESSION	LEVEL	<input checked="" type="checkbox"/>	# WKS	FEE	SUBTOTAL
Monday	6:00 – 6:30 am	Open	<input type="checkbox"/>	22	Any 1: \$154 Any 2: \$308 Any 3: \$462 All 4 - \$616	
	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 1: \$147 Any 2: \$294 Any 3: \$441 All 4 - \$588	
	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 1: \$147 Any 2: \$294 Any 3: \$441 All 4 - \$588	
	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 1: \$147 Any 2: \$294 Any 3: \$441 All 4 - \$588	
	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 1: \$147 Any 2: \$294 Any 3: \$441 All 4 - \$588	
	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"/>			

AFTERNOONS, EVENINGS & SATURDAYS

DAY	SESSION	LEVEL	<input checked="" type="checkbox"/>	# WKS	FEE	SUBTOTAL
Monday	4:30 - 5:30 pm	Ballet	<input type="checkbox"/>	17	\$238	
	4:45 – 5:45 pm	Jr Club/Open	<input type="checkbox"/>	21	\$294	
	5:45 – 6:15 pm	Jr. Club/Open	<input type="checkbox"/>	21	\$147	
	6:15 – 7:15 pm	High	<input type="checkbox"/>	21	\$294	
Wednesday	4:45 – 5:45 pm	Jr. Club/Open	<input type="checkbox"/>	21	\$294	
	5:45 – 7:00 pm	Open	<input type="checkbox"/>	21	\$367.50	
	7:00 – 7:30 pm	Silver Clinic	<input type="checkbox"/>	18	\$252	
Thursday (Choose one option only)	7:00 – 8:00 pm	Open	<input type="checkbox"/>	21	\$294	

Thursday (Choose one option only)	7:00 – 8:30 pm*	Open	<input type="checkbox"/>	21	\$378	
Friday	4:45 – 5:15 pm	Bronze Clinic	<input type="checkbox"/>	21	\$294	
Friday	5:15 – 6:15 pm	Jr. Club	<input type="checkbox"/>	21	\$294	
Friday	5:15 – 6:15 pm	Bridge Program	<input type="checkbox"/>	21	\$231	
Saturday	10:00 – 10:45 am	Strength	<input type="checkbox"/>	17	\$178.50	
	11:00 – 12:00 pm	Open	<input type="checkbox"/>	19	\$266	
	12:00 – 1:00 pm	Open	<input type="checkbox"/>	19	\$266	
Sunday	12:30-1:30 pm	Conditioning	<input type="checkbox"/>	16	\$224	

**Thursday: If you contract all three ½ hour sessions you receive a discount (\$18 per week instead of \$21 per week)*

Pay 1/3 of total if total is \$350 or more. If total is less than \$350, pay full amount now. Subsequent payments due March 16th, 2020 and May 4th, 2020.

LEVELS:

High – Juvenile Freeskate and above

Jr. Club – No test through Preliminary Freeskate

Open – Pre-Pre Moves or approval of Safety Committee

Bridge – Shaker Heights Learn to Skate

Bridge Program

SFSC Bridge Program

The Bridge Program is open to SHLTS (Shaker Heights Learn to Skate) skaters who are interested in transitioning to SFSC (Shaker Figure Skating Club). The skater must be referred to the SFSC through the recommendation of their SHLTS coach. The Bridge program will run for an 8-week instructional period beginning January 10, 2020, followed by a 12-week ice session. The Bridge Program is designed to teach skating skills, proper warm up techniques, nutrition, ice etiquette, goal setting, and competition prep as well as introduce skaters and their families to the various programs and structures within U.S. Figure Skating. Bridge will be taught by SFSC LTS instructors who will also serve as the skater's introductory, private coach during contacted ice time specific to Bridge skaters. Bridge is limited to 10 skaters.

The Bridge Program is comprised of three components:

1. Private lesson (20 mins.)
2. Personal Practice (20 mins.)
3. Off-ice clinic (20 mins.)

Bridge skaters will participate by agreeing to:

- Purchase an introductory membership to SFSC
- Contract for Bronze Clinic (Friday 4:45-5:15)
- Contract for the Bridge Program Ice (Friday 5:15-6:15)
- Commit to private lessons with SFSC LTS coaches (Friday 5:15-5:35)
 - Additional cost of \$13 per 20-minute lesson applies
 - Payable directly to SFSC LTS instructor
- Commit to personal practice (5:35-5:55)
- Commit to off ice clinic (5:55-6:15)

Upon completion of the Bridge program skaters will:

- Choose a SFSC Professional Coach

- Have the opportunity to test pre-preliminary moves in the field at the next available SFSC test session

On-Ice Clinics

Bronze Clinic

Instructors: Ryan Zeltner and Frank Singley

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 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 punch cards. The \$75 (home club) card is good for 10 30-minute sessions (two punch card sessions required for this clinic). To purchase a card, see the ice monitor.

Ryan passed her USFS 7th Figure and Junior Freestyle test. She has a Master's Degree in Education. Frank has passed his Senior Freestyle, USFS 7th Figure and International Dance tests.

Silver Clinic

Instructor: Parker Pennington

Wednesdays 7:00 - 7:30 pm

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

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

This on-ice clinic will focus on the components elements of the IJS judging system which includes five areas: ***Skating Skills, Transitions, Performance, Composition, and Interpretation.***

Skating Skills: Defined by overall cleanness and sureness, edge control and flow over the ice surface demonstrated by a command of edges, steps, turns, etc., the clarity of technique and the use of effortless power to accelerate and vary speed. ***Transitions:*** The varied and purposeful use of intricate footwork, positions, movements and holds that link all elements. ***Performance:*** Involvement of the skater/pair/couple physically, emotionally and intellectually as they deliver the intent of the music and composition. ***Composition:*** An intentionally developed and/or original arrangement of all types of movements according to the principles of musical phrase, space, pattern and structure. ***Interpretation of the Music/Timing:*** The personal, creative and genuine translation of the rhythm, character and content of the music to movement on ice.

For those skaters who do not want to contract for the entire session, SFSC offers punch cards. The \$75 (home club) card is good for 10 30-minute sessions (two punch card sessions required for this clinic). To purchase a card, see the ice monitor.

Parker Pennington is the Founder & Executive Producer of Skate Dance Dream™, where off-ice dance and figure skating come together under one roof. Among his highest accolades in competitive skating are, he is the only skater to ever claim US National titles at the Juvenile, Intermediate, Novice and Junior Levels. He has competed internationally for over 12 years, traveling to more than 14 countries, while claiming a bronze medal at the Junior Grand Prix Final (the best in the world under 19 years of age), claiming 6 international golds and 11 international medals in total. He has finished as high as 6th place at the Senior level at Nationals, with two short program finishes in the upper echelon of men's skating in this country, respectively placing 3rd and 4th.

Parker is a coach and choreographer based out of the Cleveland, Ohio area. He is a current member of the U.S. Figure Skating Athlete Advisory Committee (AAC) and the Basic Skills Committee.

Off-Ice Clinics

Ballet for Figure Skaters

Instructor: Barbara Fitzgerald

Mondays 4:30 - 5:30 pm (starting January 20)

Prerequisite: *None*

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.

Barbara is a PSA Master Rated Ballet/Conditioning Instructor. She has the knowledge in both fields of skating and ballet/conditioning plus years of experience developing skaters to the best of their ability both on the ice and off.

Strength and Stretch

Instructor: Daria Classen

Saturdays 10:00 - 10:45 am

Prerequisite: *None*

This class combines ballet, yoga and Pilates to strengthen, lengthen, and help further develop artistry on the ice.

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.

Strength and Conditioning

Instructor: Jennifer Brand

Sundays 12:30 - 1:30pm

Prerequisite: *None*

This is an off-ice class designated to improve your figure skating skills and decrease risk of injury by developing and enhancing muscle strength, agility, power, explosiveness, total body awareness and flexibility. Please be sure to have proper athletic shoes, water bottle and yoga mat.

Jennifer Brand is a Certified Personal Trainer through the National Strength and Conditioning Association with a Bachelors Degree in Exercise Science from Bowling Green State University. She's been a Personal Trainer at the Mandel JCC for 11 years, working with a variety of individuals and athletes to help them reach their goals.

SFSC VOLUNTEER SIGN-UP 2019-2020

The Shaker Figure Skating Club is a non-profit, volunteer organization that relies on its membership to maintain its existence. We plan many great events for our members, and we need your help to make each and every one a success!

Please check the volunteer opportunities you would like to help with or chair by completing this [Google Form](#) or contact Angie Chapple-Wang at angchap34@hotmail.com if you have any questions.

Thank you for helping to make SFSC amazing!

POLICY GUIDELINES FOR THE SPRING 2020 CONTRACT **Monday, January 6, 2020 through Saturday, June 6, 2020**

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 or permission from a SFSC Board officer. Only skaters in the Bronze Clinic are permitted to participate without having chosen a skating professional.

Contracts

- ◆ Contracts must be registered through Entryeze **by Monday, January 6, 2020** 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
- ◆ **An Early Bird Discount of \$10 will be given to all skaters that contract at least 2 hours of ice time prior to December 23rd. This is for ice time only and does not include clinics. (This will be given as a credit.)**
- ◆ **A discount of \$20 will be given to any skater contracting more than 4 hours of ice time by January 6th. This is for ice time only and does not include clinics. (This will be given as a credit.)**
- ◆ Contract changes will be allowed through Monday, January 20th. After this date, there will be a \$20 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:

- ❖ NO BALLET: January 6, 13, March 23
- ❖ NO SILVER CLINIC: January 22, APRIL 29, May 6
- ❖ NO STRENGTH & STRETCH: January 11, March 7, May 2
- ❖ No CONDITIONING: March 7, 29, May 10, 24
- ❖ NO ICE OR CLASSES: February 8
- ❖ NO MORNING SESSIONS: April 28-May 1
- ❖ NO AFTERNOON SESSIONS, CLASSES, OR CLINICS: Monday, April 27 and Sunday, May 3

Long-term Illness

- ◆ Long term is the loss of any ice time longer than a two-week duration.
- ◆ 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.

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.
- ◆ 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 6, 2020. Any make-up time not used by that time will be forfeited.

New Skaters and Open Sessions

- ◆ Any skater who has not yet passed pre-preliminary moves 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.

Testing

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

Monitors

- ◆ The monitor is responsible for taking attendance and collecting walk-on fees. Monitors are no longer required to manage the ice session from the hockey box. Monitors should arrive 15 minutes before the session begins and stay until the session ends. Monitors can remain in the lobby for the session but are welcome to help with music in the hockey box on busy sessions if desired.
- ◆ To request a monitor position, email your request to Laura Northrop, laura@lauranorthrop.com no later than Monday, December 30, 2020. For a more complete description of the monitor's responsibilities, contact Laura Northrop or one of the other Executive Board members – Miki Graban, Erika Leiken, Meredith Glazer or Stacey Krantz. **All morning, afternoon, evening and Saturday monitors receive 25% credit of the contract price.**
- ◆ 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.

Walk-on Fees

- ◆ Walk-on fees are \$16 per hour for home club and associate members and \$18 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.

Punch Cards

- ◆ Punch cards with ten 30-minute punches are available from the monitor for \$75 for club members, \$80 for associate club members, and \$85 for non-members.
- ◆ The club will no longer offer punch cards for off-ice classes. Off-ice clinics must be contracted. All remaining balances on off-ice punch cards will be credited to skater accounts.
- ◆ Ice make-up time **cannot** be used for off-ice classes.
- ◆ For a punch card, payment must be made by check, money order, or can be billed to a home club or associate club member (including \$4 billing fee) – **cash is not accepted**. Any fees for returned checks will be charged to the skater.
- ◆ All billed punch cards purchased on or before March 16, 2020 must be paid in full before you are able to purchase additional punch cards after March 16, 2020. Subsequently, all billed punch cards purchased on or before May 4, 2020 must be paid in full before you are able to purchase additional punch cards after May 4, 2020. Lastly, punch cards purchased after May 4, 2020 must be paid by the end of the contract period, June 6, 2020.
- ◆ ***Lost or misplaced punch cards will not be replaced.***

Payments and Delinquent Accounts

- ◆ **PLEASE MAKE PAYMENTS THROUGH ENTRYEEZE USING THE INSTALLMENTS TAB.**
- ◆ Ice bills are due on **March 16, 2020 and May 4, 2020.**
- ◆ Contact Christine Wolken, Ice Administrator sfsciceadmin@gmail.com to make alternate arrangements if needed. This will be handled on a case by case basis.
- ◆ 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.

2019-2020 BOARD OF TRUSTEES

Position	Name	Phone #	Email
President	Miki Graban	216-215-1977	mikilgraban@gmail.com
Vice President	Erika Leiken	216-346-1936	egfriedman@hotmail.com
Secretary	Stacey Krantz	216-789-2487	sfscsecretary@aol.com
Treasurer	Meredith Glazer	216-406-1631	meredithglazer@gmail.com
Trustee	Joanie O'Brien	216-299-7068	obrien_joanie@yahoo.com
Trustee	Alicia Munn	216-403-8461	aliciaamunn@gmail.com
Trustee	Rob Northrop	216-978-6111	northrop.rob@gmail.com
Trustee	Steve Wolkin	216-321-5533	sew454@aol.com
Trustee	Debra Hollander	216-789-9148	dhollander14@gmail.com
Trustee	Angie Chapple Wang	216-577-6002	angchap34@hotmail.com
Trustee	Brooke Mitro	216-952-7870	brook46717@gmail.com
Pro Trustee	Melissa Driscoll	216-544-0958	catmommd@aol.com

CLUB ADMINISTRATORS AND COMMITTEE CHAIRS

Position	Name	Phone #	Email
Ice Administrator	Christine Wolken	216-577-6628	sfsciceadmin@gmail.com
Membership	Debra Hollander	216-789-9148	dhollander14@gmail.com
Testing	Erika Leiken	216-346-1936	egfriedman@hotmail.com
	Lauren Rivchun	216-727-8600	Lrivchun@gmail.com
Webmaster	Alyssa Rukin	216-235-7017	alysсарukin@aol.com
OHHS Comp	Stacey Krantz	216-789-2487	ohhscompetition@gmail.com
	Lauren Rivchun	216-727-8600	ohhscompetition@gmail.com
Bulletin Board	Alicia Munn	216-403-8461	mmunn@gmail.com
Head Monitor	Laura Northrop	216-905-3959	laura@lauranorthrop.com
Bridge Program	Angie Chapple-Wang	216-577-6002	angchap34@hotmail.com
Adult Skater Rep.	Brooke Mitro	216-952-7870	Brook46717@gmail.com