

North Star Figure Skating Club

Elite Training Academy

- WHEN:** August 27, 2018 – June 23, 2019
- REQUIREMENTS:** Passed USFS Freestyle 6 and up (NSFSC Home Club Members)
Must meet level requirements based on test/competition level
- BENEFITS:** Individualized Training Schedule Planning available in collaboration with primary coach
Small Group Off Ice Training
Seasonal Workshops for parent and/or skater (examples include nutrition, sports psychology, flexibility etc)
Priority pre-booking of ice contract and skating exhibitions
5% discount on classes & skating sessions
Elite Training Academy
- FEES:** Vary depending on level (see below) and exact ice costs
Optional purchase of jacket

Minimum Training Requirements

Level		Minimum Weekly Requirements
1	FS6 Well Balanced - No Test Excel - Beginner, High Beginner, Pre-Preliminary, Preliminary	4 opens/freestyles 1 moves in the field 1 small group training class or off ice class
2	Well Balanced – Pre-Preliminary Excel – Preliminary Plus, Pre-Juvenile, Pre-Juvenile Plus	5 opens/freestyles 1 moves in the field 1 small group training class or off ice class
3	Well Balanced – Preliminary, Pre-Juvenile Excel – Juvenile, Juvenile Plus, Intermediate	6 opens/freestyles 1 moves in the field 1 small group training class
4	Well Balanced – Juvenile – Senior Excel – Novice-Senior	7 opens/freestyles 1 moves in the field 2 small group training classes OR 1 small group training and 1 off ice class