

North Star Figure Skating Club

Team North Star (TNS) USFS Skater

High Performance Development

Why Team North Star USFS Skater?

- Small Group Training (SGT) class - 50 minutes total taught by 2 SGT Coaches (Denise, Danielle, Barbara, Lisa)
- Specialized instruction in areas including advanced skating skills, figures, moves in the field, spins, jump exercises, and jumps.
- Small groups promote competition, friendship, teamwork, mental toughness, and variety. Group training introduces skills in a more streamlined and efficient manner.

Requirements:

- 3 plus Day commitment. See schedule on following page.
 - Skaters are required to be on time for lessons
 - Skaters must have their own skates (approved by staff), and sneakers for off-ice
 - No hooded sweatshirts, baggy jackets, or jeans
 - No makeups for missed group classes
- Private lessons required
- Compete at 3 or more competitions (September-June). See calendar of events.
- Participate in the NSFSC Annual Show. See calendar of events.
 - Show application and payment coming soon!
- 3 Season requirement: fall, winter, and spring (separate contracts due to ice availability)
- US Membership for 2019-2020 season (through EntryEeze)

All requirements must be fulfilled.

Members of Team North Star receive:

- Additional freestyle/open sessions to choose from
- Team North Star jacket
- 3 Free walk-on sessions per contract

Calendar of Events: (more competitions will be available throughout the year)

- February 8, 2020 Competition at Boston
- April 3-5th, 2020 Competition at North Star
- May 15th, 2020 Dress Rehearsal 4:00-7:00pm
- May 16th, 2020 Show 2:00-5:00pm

Director of TNS USFS Skater: Danielle David
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NSFSC Team North Star (TNS) USFS Skater

High Performance Development 2019 Winter season: December 2 – April 23, 2020 Deadline: 11/25

Name: _____ Level: _____ Preferred email: _____

Coach(es): _____ Coach signature: _____ Date received: _____

① Small Group Training Class: Choose 1 or more

Wednesday	Saturday
5:10-6:00 2 Small Group Training Classes (25 minutes each) 6:00-6:10 Power Class \$475.00	8:00-8:50 2 Small Group Training Classes (25 minutes each) 8:50-9:00 Power Class \$475.00

② Sessions for practice or private lessons - Choose 4 or more: Rink B unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
2:50-3:40 \$320.00	2:50-3:40 \$304.00	2:50-3:40 \$304.00	2:50-3:40 \$336.00	8:30-9:20 (C) \$304.00	9:20-10:30 (C) \$360.00
3:50-5:00 \$400.00	3:50-4:50 \$342.00	3:50-5:00 \$380.00	3:50-4:50 \$378.00	9:10-10:00 \$342.00	11:40-12:50 (C) \$360.00
5:10-6:00 \$320.00	5:00-6:10 \$380.00	5:20-6:10 (C) \$304.00	5:00-6:10 \$420.00	11:40-12:50 (C) \$380.00	
	5:00-5:35 Half Session* \$190.00	* Only allowed for skaters doing 5:50 peak-doesn't count towards required sessions			

③ Off Ice Class - Choose 1 or more:

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
6:10-6:50 Yoga Ann \$260.00	5:00-5:40 13-18 years Peak SMALL GROUP \$418.00	6:20-7:00 Dynamic Strength Barbara \$247.00	6:20-7:00 Ballet Amy \$273.00	10:40-11:20 Dynamic Strength Barbara \$247.00	10:40-11:20 Dynamic Strength Barbara \$234.00
	5:30 – 6:10 9-13 years Peak Regular Off Ice \$247.00				

*TUESDAY/THURSDAY 4:40 MOVES OPTIONAL -USE REGULAR CONTRACT TO CONTRACT

Total contracted: \$ _____ *Please add \$25 is submitted after 11/25

3% Credit card fee (if applicable): _____ 25% Deposit due with contract: _____ 25% Due 12/15, 1/15, and 2/15: _____