



North Star Figure Skating Club



LEARN-TO-SKATE GROUP LESSONS (Ages 4-6)

Snowplow Sam Program Levels 1-3

Designed to help the young skater develop preliminary coordination and strength to maneuver on the ice as well as become comfortable on the ice.



LEARN-TO-SKATE GROUP LESSONS (Ages 4 and up)

Basic Skills Levels 1-5

Designed by US Figure Skating, each level introduces fundamental moves of the sport. The curriculum keeps skaters enthusiastic about learning and provides a fun skating experience teaching correct technique, coordination, and balance. U.S. Figure Skating to be the best beginning ice skating program that is fun, challenging and rewarding. The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals

My child likes skating, but is not sure how serious they are yet.

He/ she would like to continue in Learn-To-Skate through Basic 5

MY CHILD LOVES TO SKATE and WANTS TO SKATE MORE!

If this reflects your skater, once they have passed their Basic 2 badge they are eligible to join our "PRE-SHINING STAR" PROGRAM

PRE-SHINING STAR PROGRAM

Basic Skills Levels 3-5

This is a one-day program that includes 50 minutes of instruction (your regular group lesson class and an additional group lesson) and 30 - 50 minutes of practice time. All skaters are encouraged to add a private lesson to their normal schedule – please see group coordinator for this option.

SHINING STAR PROGRAM

Basic Skills Levels 6-8

Our two-day accelerated Shining Star Program includes one group lesson, one off-ice class, two 25 minute practice sessions, and a 20 minute private lesson. All members must participate in our annual show in the 3rd weekend in May.

North Star Figure Skating Club

Moving forward past the Basics!

FREE SKATE CURRICULUM with SUPER SHINING STARS

Free Skate Levels 1-6

Super Shining Stars consists of 3 days of packaged/ discounted sessions including, a 50 minute on ice class, one off-ice class, and three 50 minute on ice sessions. Private lessons are required, but coordinated individually with the private coach.

FREE SKATE CURRICULUM with individual contracted ice

Levels 1-6

Each level incorporates Moves in the Field, Jumps, Spins, Dance/Footwork. Designed to give skaters a strong foundation, this is the point where a skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating. Skaters at this point are no longer in a group setting and are taking private lessons.

UNITED STATES FIGURE SKATING TESTING (Tests Beyond Basic Skills)

Moves in the Field

Freestyle

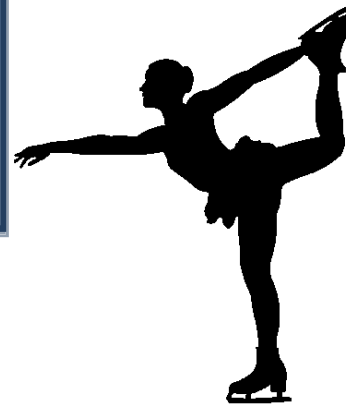
Ice Dance

BASIC SKILLS TESTING

The figure skating test structure may be confusing to those new to ice skating. North Star FSC gives achievement basic figure skating skills tests and uses the U.S. Figure Skating Basic Test Program. Skaters' receive certificates or badges after passing these tests

BASIC SKILLS COMPETITIONS

Basic Skills Competitions are offered monthly throughout New England. In order to create a positive experience, each group is limited to 3-4 skaters where every skater receives a medal. The cost is minimal to compete and many goals are achieved by all competitors.



North Star Figure Skating Club

Test Preparation

The first tests a skater takes may not take long to prepare for and pass. Some skaters may take six months to prepare for a test, while it can take others a year or more. As time passes, ice skating tests become more and more difficult. The passing standard is very high. If a skater does not pass a figure skating test, the skater must wait at least 28 days before attempting it again.

Test Sessions

Figure skating tests are not administered in a casual manner. They are usually taken at official test sessions where the skater is the only skater on the ice surface, and are judged by a highly qualified panel of judges. Fees are involved. In Freestyle testing, skaters do the required test moves to an original and individually planned program set to music. Moves in the Field tests are done in a certain order, but without music.

Awards and Recognition

U.S. Figure Skating issues figure skaters certificates and badges after passing tests. These certificates and badges are given to a skater through his or her figure skating club. The names of all skaters who have passed tests are listed on the U.S. Figure Skating website. Skaters may also purchase test medals and pins after passing U.S. Figure Skating tests.

North Star Figure Skating Club

United States Figure Skating Tests and Competitions

Those new to figure skating need to know that U.S. Figure Skating has an entire test structure. This structure makes it possible for skaters to be eligible to compete in certain competitions such as Regionals, Sectionals, and Nationals.

Full U.S. Figure Skating membership is required in order to take tests beyond the Basic Skills.

Tests and Competition levels begin at Pre-Preliminary and end with Senior, a total of 8 levels. Once a skater passes a test for a specific level, he or she cannot compete below that level, but sometimes may be able to compete one level up from the last passed level.

Moves in the Field

A series of tests created by U.S. Figure skating to help skaters increase power and strength through a focus of edge quality, power, extension, and quickness. Moves in the Field is also used to master positions, edges, and turns necessary for figure skating

Freestyle

Much like Moves in the Field, there are 8 Freestyle levels from Pre-Preliminary to Senior. Each test consists of a program done to music with specific elements that must be completed in that program. These elements involve various spins, jumps, footwork, and connecting moves.

Ice Dance

Ice Dancing is a form of figure skating which draws from the world of ballroom dancing. The structure of ice dance tests is slightly different than Moves in the Field and Freestyle since there are compulsory ice dance tests and free dance tests. There are at least three different compulsory dances in each test. In order to compete in ice dance competitions, skaters must pass Moves in the Field, compulsory ice dances, and free dance tests.

Adults

There is a different figure skating test structure for adult ice skaters. There are Adult Moves in the Field tests, Adult freeskating tests, Adult pair skating tests, and Adult free dance tests. Adults may choose to take standard figure skating tests if they wish. For compulsory ice dance tests, there is an option to test as an adult or as a Master. To qualify for an Adult test, the skater must be 21 years of age or older, and to qualify for Masters testing, the skater must be 50 years of age or older.