

BRAEMAR

2014 SUMMER SKATING PROGRAM



SEND COMPLETED REGISTRATION FORMS TO:

BCLFSC

c/o Ice Coordinator

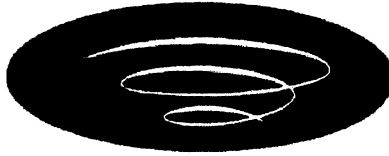
P.O. Box 390301

Edina, MN 55439-03001

By May 17th, 2014

Reminders:

- ◆ **Membership renewal is June 30th**
- ◆ **Ice Monitoring Volunteer Requirement**
- ◆ **Check the Club's website for more information :**
<http://www.braemarfsc.org>



Dear BCLFSC Families:

Welcome to Braemar Summer 2014! As an organized club, we serve as a “purchasing agent” to buy ice time from the City of Edina. We subdivide our ice hours into sessions, which our skaters use for training. Needless to say, our quantity purchases (and subsequent resale to you) make this sport more affordable. We are very excited to be offering a number of new classes this summer. You will find the description of these on the second page of the contract page.

- ◆ *Each Full skating member of our club is required to purchase two ice sessions per week.*
- ◆ *Exchanges: This benefit offers skaters the flexibility of moving contracted ice session(s) to accommodate summer sports and vacation schedules. Carefully review the following details:*
 - You may exchange one contracted session for another session 1 week before or 1 week after the date missed; that would be a Monday to Monday or Thursday to Thursday - 7 days before or up to 7 days after the date missed.
 - **You must identify the exchanged session(s) in the ice monitor book; both the one missed and the one skated in exchange.**
 - There are exchanges for Workout sessions missed; ice for ice – no coach provided on the makeup exchange ice.
 - Exchanges into sessions by BCLFSC members have priority over buy-ons for non-BCLFSC members.
- ◆ *The contract rate for ice is **\$12** per session. The buy-on rate is **\$14** per session. **\$16 for Guests***
- ◆ The buy-on rate is reduced to \$12 per session for those skater families who contract for *five* or more sessions per week.
- ◆ There is a \$2 per session discount if 3 or more sessions are contracted per skater per week.
- ◆ Buy on rate for Figures Class is \$20, Low Workout \$20. No buy-ons for Medium and High Workout or Ice Dance Class or Synchro.
- ◆ Contract and buy-on rates are subject to change based on approval by the BCLFSC Board of Directors.
- ◆ ***All member families who contract for ice are required to ice monitor three (3) times each three (3) month period which is as follows: June, July & August. If you do not monitor, you will be billed \$30.00 at the end of the contract period. So after all ice is completed in August and ice monitoring is not done, \$30 fee will be included with the ice bill you receive in September. This fee is not pro-rated, you need to complete all 3 sessions. No pre-payments please.***
- ◆ Thank you for returning the contract to the Ice Coordinator by **Saturday May 17th latest.** Any contracts received after that date will be charged a **\$50 late fee.**

Sincerely,

The BCLFSC Board

(Send to: BCLFSC c/o Ice Coordinator, P.O. Box 390301 Edina, MN 55439-3001)

**BRAEMAR-CITY OF LAKES FSC APPLICATION FOR ICE ASSIGNMENT
SUMMER SESSION – CONTRACT
(MONDAY, JUNE 9 – FRIDAY, AUGUST 22, 2014)**

Skater's Name _____ Phone with Area Code _____ Cell Phone _____

Coaches Signature _____ Date _____ Home Club _____

Highest Test Level Free Style _____ Moves _____ Number of sessions contracting per week _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
E1 _____ 7:00 – 7:50 am OPEN FS	E1 _____ 7:00 – 7:50 am OPEN FS	E1 _____ 7:00 – 7:50 am OPEN FS	E1 _____ 7:00 – 7:50 am OPEN FS	E1 _____ 7:00 – 7:50 am OPEN FS
E2 _____ 8:00 – 8:50 am MEDIUM Low FS (PF & ↑ or PM)	E2 _____ 8:00 – 8:50 am MEDIUM Low FS (PF & ↑ or PM)	E2 _____ 8:00 – 8:50 am MEDIUM Low FS (PF & ↑ or PM)	E2 _____ 8:00 – 8:50 am MEDIUM/Low FS (PF & ↑ or PM)	E2 _____ 8:00 – 8:50 am OPEN FS
E3 _____ 9:00 – 9:50 am OPEN FS No Junior club	E3 _____ 9:00 – 9:50 am OPEN FS No Junior club	E3 _____ 9:00 – 9:50 am OPEN FS No Junior club	E3 _____ 9:00 – 9:50 am OPEN FS No Junior club	E3 _____ 9:00 – 9:50 am MEDIUM FS (PJF & ↑ or PJM)
E4 _____ 10:00 – 10:50 am HIGH FS (Juv FS & ↑ or NM)	E4 _____ 10:00 – 10:50 am HIGH FS (Juv FS & ↑ or NM)	E4 _____ 10:00 – 10:50 am HIGH FS (Juv FS & ↑ or NM)	E4 _____ 10:00 – 10:50 am HIGH FS (Juv FS & ↑ or NM)	E4 _____ 10:00–10:50 am OPEN FS
WO1 _____ 11:00 – 11:50 am HIGH WORKOUT	WO2 _____ 11:00 – 11:50 am MEDIUM WORKOUT	WO1 _____ 11:00 – 11:50 am HIGH WORKOUT	<i>Cutting Edge Academy</i>	FG1 _____ 11:00–11:30 am FIGURES CLASS
				WO3 _____ 11:30–12:00 pm LOW WORKOUT
E6 _____ 12:00 – 12:50 pm OPEN FS	E6 _____ 12:00 – 12:50 pm LOW FS ONLY (PF & BELOW)	E6 _____ 12:00 – 12:50 pm OPEN FS	E6 _____ 12:00 – 12:50 pm OPEN FS	E6 _____ 12:00 – 12:50 pm OPEN FS
E7 _____ 1:00 – 1:50 pm OPEN FS	E7 _____ 1:00 – 1:50 pm OPEN FS	E7 _____ 1:00 – 1:50 pm OPEN FS	E7 _____ 1:00 – 1:50 pm OPEN FS	
	ID1 _____ 2:00 – 2:50 pm ICE DANCE CLASS PM & ↑		W08 _____ 4:50 – 5.50 pm SYNCHRO SKATING CLASS	

All ice is in East Arena

PLEASE MARK/CIRCLE DESIRED CLASS AND RETURN COMPLETED FORM

SUMMARY OF SESSIONS OFFERED:

Please see separate description sheet for more information.

HIGH WORKOUT– Skater must have passed USFS Juvenile Free Skate OR Novice Moves in the Field. Monday and Wednesday at 11.00 to 11.50 a.m. \$20 *no buy ons*

MEDIUM WORKOUT – Skater must have passed USFS Pre-Preliminary Free Skate OR Juvenile Moves in the Field. Tuesday at 11.00 to 11.50 a.m. \$20 *no buy ons*

ICE DANCE CLASS (5 WEEKS ONLY June 10th TO July 8th) Skater must have passed Preliminary Moves in the Field. Tuesday 2pm to 2.50pm \$20 *no buy ons*

SYNCHRO SKATING CLASS Thursday 4.50 to 5.50pm. \$20 *no buy ons*

FIGURES CLASS Friday 11.00 to 11.30 a.m. \$15 or \$20 *as buy on max 20 skaters*

LOW WORKOUT Friday 11.30 to Noon. No Free Skate test required. \$15 or \$20 *buy on*

3 Exhibitions 1:00 to 2:00 pm, Friday, June 13, Friday, July 25, and Friday, August 15. These exhibitions are part of the workout. *If* the exhibitions are not filled up, we will allow buy on's for the exhibition for \$10 per time, if space permits. You cannot exchange onto the exhibition.

**SEND COMPLETE FORMS
NO LATER THAN MAY 17TH, 2014
TO:**

BCLFSC, c/o Ice Coordinator P.O. Box 390301 Edina , MN 55439-03001

2014 Braemar Summer Skating Program Registration Form

Please Print Clearly

Skater's Name _____ Birth Date _____

Address _____ Phone _____

City _____ State _____ Zip Code _____

Email Address _____ Skater's USFS # _____

Mother's Name _____

Mother's Address (if different) _____

Father's Name _____

Father's Address (if different) _____

Billing Address (if different) _____

Cell/Work Phone: Mother _____ Father _____

Professional's Name _____ Phone _____

Highest USFSA Free _____ MIF _____ Dance _____

Test passed: Figure _____ Pair _____

Waiver to the City of Edina and Braemar-City of Lakes Figure Skating Club

I understand that figure skating and its related activities may be hazardous and that injuries may occur in the normal course of participation. I assume all hazards and risks to my child, and me and will not hold the City of Edina or Braemar-City of Lakes Figure Skating Club responsible for any injuries.

I certify that to the best of my knowledge, neither my child nor I have any physical infirmities or limitations except as follows:

(List any conditions, including allergies, which you are aware of)

Signature: _____ Date: _____
(Signature of parent or guardian if skater is under 18 years of age)

Pro Signature: _____ Date: _____
(Signature of skater's Professional)

Braemar-City of Lakes FSC reserves the right to re-designate any sessions for which there are insufficient reservations.

RETURN COMPLETED FORM

**2014 Braemar Summer Skating Program
MEDICAL/EMERGENCY INFORMATION FORM**

Skater: _____

Street: _____

City, State, Zip _____

Home Phone: _____

Mother's Name: _____

Work or Cell Phone: _____

Father's Name: _____

Work or Cell Phone: _____

Physician's Name & Phone _____

Dentist's Name & Phone _____

Orthodontist's Name & Phone _____

Preferred Hospital: _____

Allergies or Other Medical Conditions: _____

Medications: _____

In case of emergency, you have my permission to give emergency treatment and transport my child to an appropriate medical facility. I am responsible for all expenses resulting from emergency treatment and/or transport.

Signature: _____ **Date:** _____

RETURN COMPLETED FORM WITH REGISTRATION FORM

Braemar Summer Skating program - Class Descriptions

HIGH ON-ICE WORKOUT - This class meets Monday and Wednesdays at 11:00 am. This class is for the serious athlete who would like to be in top physical shape. A skater must have passed their Juvenile freeskate test or their Novice Moves. This class follows a program developed with the United States Olympic Training Center. The program builds in intensity over the course of the summer. Therefore, there are no buy-ins. Monday's workout is aerobic and the skaters continue to move on the ice for 20-45 minutes with stroking, footwork and edge patterns. Wednesday's workout is anaerobic and the skaters run intervals where they skate and jump at a high intensity and then rest for a short period of time. Once the aerobic and anaerobic portion of the class is finished, the remaining time is spent on fun edge, jump, and spin exercises.

MEDIUM ON-ICE WORKOUT - This class meets on Tuesday's at 11:00 am. This class is for those skaters that want to be stronger skaters and increase their cardio-vascular potential. A skater must have passed their Pre-preliminary freeskate test or their Juvenile moves. The program builds in intensity over the course of the summer. Therefore, there are no buy-ins. This workout is aerobic and the skaters continue to move on the ice for 20-45 minutes with stroking, footwork and edge patterns. The remaining time is spent on fun edge, jump, and spin exercises.

LOW ON-ICE WORKOUT - This class meets on Friday's at 11:30 am. This class is for those skaters that want to improve their basic skating skills. The skater will keep moving for most of the 30 minute with just short breaks to explain new exercises. The skaters need be able to do back crossover (Basic 5) and forward three turns. This class will incorporate edge exercises, as well as moves in the field up to the Juvenile level.

ICE DANCE CLASS - This class meets Tuesday's at 2:00 pm and taught by Ice Dance Specialist Ari Lieb. This class only runs the first 5 weeks of the summer program. This class is for those that are new to Ice Dance. While learning the beginning ice dances, the skater will be work with rhythm and musical beats to specified patterns on the ice. The skater must have passed a preliminary moves test and there are no buy-ins for this class.

SYNCHRONIZED SKATING CLASS - This class meets on Thursdays for an hour starting at 4:50 pm and is led by Rosie Hanson. Rosie has extensive Synchro coaching experience as assistant coach to the UofM Synergy team (Senior level) and 5+ years as head coach for Minnetonka synchro program. This class is for skaters that are interested in experiencing a team environment while learning synchronized skating skills that can lead into team participation moving forward into the 2014/2015 skating season. All interested are welcome. Levels will be separated if necessary during this class. No previous synchro experience is necessary.

FIGURES CLASS - This 30 minute class meets on Friday's at 11:00 am. This class is taught by master rated figures coach, Joan Orvis. This class is open to all levels. Max. 20 skaters. Each skater will have their own "patch" of ice to learn basic fundamentals of figure skating. This class is like "yoga on ice" teaching control, edge, and detailed position work.

CUTTING EDGE ACADEMY - This is ice time reserved for skating transitioning from the city classes to the club. Skater are taught in groups of 2 or 3 and are grouped according to level. This class has its own registration form. This will run Thursday's at 11:00 am. Remaining spots on the ice will be open to low test skaters.

2014 Braemar Summer Skating Program Ice Buying Policies

June 9th – August 22nd, 2014

- To contract for ice, complete the registration forms and contracts and return it no later than **Saturday May 17th, 2014**
- Contracts received after May 17th will be assigned permanent ice on a space-available basis and **a \$50 service fee will be charged**. There will be a \$20 charge on any checks returned for non-sufficient funds. If payment for bills is received after the due date on the bill, there will be a \$15 late fee added.
- **Each member family must be current with their bill, before any summer ice is assigned.**
- Registration forms received after **May 17th, 2014 must include \$50 late fee.**
- **No schedule changes will be made after May 30th, 2014.**
- Skaters must be a USFS or ISI member.
- **BCLFSC will no longer offer a prepaid summer ice contract for non-members. We will still allow non-members to contract for ice in the summer only. However, it will be billed on a monthly basis.**
- Junior Club members may skate on any Open FS sessions.
- Sessions identified as “**High**” require the skater to have passed USFS Juvenile free skating test OR Novice moves test.
- Sessions identified, as “**Medium Low**” require the skater to have passed the USFS Preliminary free skating test OR Preliminary moves.
- Sessions identified, as “**Medium**” require the skater to have passed the USFS Pre-Juvenile free skating test OR Pre-Juvenile moves.
- Sessions identified, as “**Low**” require the skater **NOT** to have a higher level than USFS Preliminary free skating test. Higher test level skaters will not be allowed on the ice. In addition that session will only accommodate 10 contracted skaters.
- **High Workout, Medium Workout, Ice Dance and Synchro Skating Classes must be contracted – no buy ons**
- Figures Class and Low Workout classes can be bought on for \$20.
- Exchanges: If you contract for ice you may exchange the contracted session for an ice session for 7 days before or 7 days after the session missed. You must note on the ice monitor sheet, both the session missed as well as the session skated. Get the date and session correct!
- Contract rate is **\$12** per session; **On-Ice High Workout Sessions** cost **\$40.00/week** for both Mon & Wed (you must purchase both). The Medium Workout is **\$20.00/week** (Tues). The Low Workout is **\$15.00/week** (Fri). **There will be 3 exhibitions 1:00 to 2:00 pm, Friday, June 13, Friday July 25, and Friday, August 15.** These exhibitions are part of the workout. If the exhibitions are not filled up we will allow the skater to buy on for the exhibition for \$10 per time, if space permits. **You cannot exchange onto the exhibition.**
- Cost of the **Ice Dance Class** is **\$20.00/week** (Tues - **5 weeks only June 10th to July 8th**), **Synchro Skating Class** is **\$20.00/week** (Thurs) and **Figures Class** is **\$15.00/week** (Fri).
- **BUY- ON pricing information**
 1. Ice may also be purchased on a session-by-session basis (buy-on), if available, from the stand-by list. (On High and Medium Workout, Ice Dance and Synchro Skating sessions, **contract only**).
 2. Contract price is **\$12** per session
 3. Buy-on price for Braemar member skaters is **\$14 per session**. Buy-ons will be billed, checks accepted only from guest skaters. **ABSOLUTELY NO CASH**
 4. Buy-on price for non-club members (guests) is **\$16** per session. Non-club members (guests) must make payment by check **before** taking the ice.
 5. Buy-on on Low workout and Figures Class, permitted to try it out for **\$20.00.**)

- Professionals are not provided for any session except the On-Ice Workouts (high, medium low), Ice Dance, Figures and Synchro Skating Classes. You must contract with a Braemar skating professional to provide lessons on all other sessions.
- **Medical Leave:** Skaters who apply for a medical leave or credit must contact the Ice Coordinator and present medical documentation for the leave. The skater will not be allowed to skate any session (moves, Free Style, Exhibition, Competitor, Open, Synchro or any other classes) for the duration of the leave/credit. In order to return to the ice, the skater will provide the Ice Coordinator with medical documentation indicating that the skater is ready to resume skating.
- Please make and keep a copy of your contract for your information. We will only notify you if your ice is unavailable.
- Priority for ice will be assigned in the following manner:
 1. Home club members (tie breaker = seniority)
 2. Associate club members (tie breaker = seniority)
 3. Non-members (tie breaker = date application received)

BRAEMAR-CITY OF LAKES FSC HOME CLUB MEMBERS ALWAYS HAVE PRIORITY OVER ALL OTHER APPLICANTS.

**SEND COMPLETE FORMS
NO LATER THAN MAY 17TH, 2014
TO:**

BCLFSC, c/o Ice Coordinator P.O. Box 390301 Edina , MN 55439-03001

2014 Braemar Summer Skating Program Ice Guidelines

1. Sessions will be limited to a maximum of 22 skaters. Figures Class will be limited to 20 skaters.
2. Skaters must be moving at all times! Talking or standing on the ice surface is not permitted.
3. All stretching must be done off ice. No kicking of free leg into the air at the boards.
4. No eating or gum chewing allowed on the ice surface.
5. Skaters may play their own music. All skaters should have an opportunity to play their music once before any skater's music is played twice (this includes lessons!). Skaters with more than one tape must choose which tape will be played on a particular session. A skater who is receiving a lesson will have priority over other skaters. However, no skater may be "bumped" more than 3 times in a session.
6. If a skater does not check-in with the monitor before the session start and/or is not on the ice within 10 minutes of session start time, their ice may be sold. No refunds if ice is sold.
7. Ice designated "HOLD" cannot be sold
8. Skaters must leave the ice immediately when the Zamboni enters.
9. Skaters are not allowed to share or split ice sessions with other skaters.
10. **Professionals not on Braemar staff** may teach on summer ice, however they must register with Braemar's Head Professionals, Kathleen Gazich at 952-930-0224 or Loni Keenan at 952-929-8591 before teaching.
11. **Guest skaters.** Must be members of United State Figure Skating, Skate Canada, ISU, or have a Basic Skills Number. To arrange for guest privileges, the skater must contact the BCLFSC Ice Coordinator. The skater must pay for the session in advance, by check only, and sign a waiver of liability to the Club and the City of Edina. The cost per session is \$16.00.
12. **Junior Club Membership** is available from July 1st to June 30th to younger skaters (4-11) who would like to further pursue skating beyond the Basic Skills level. Junior Club Skaters are allowed to skate on OPEN sessions ONLY. For more information, check our website, www.braemarfsc.org.

2014 Braemar Summer Skating Program Additional Information

- Braemar Arena is located near the intersection of Interstate 494 and Highway 169, approximately 20 minutes from downtown Minneapolis, and 15 minutes from the Mall of America. The arena has three sheets of ice, each measuring 85 x 200 feet.
- Off-ice training is offered in our ballet studio, which is equipped with a Sport court with full mirrors and barre.
- Two USFSA test sessions will be conducted during the Summer Figure Skating Program. Contact Kendra Smalley for more information
- On-Ice training sessions are offered daily and are instructed by Braemar Professional Staff members.
- Braemar Professional Staff members offer instruction in all levels of free skating, moves in the field, ice dance, pair skating, and basic skills. Please contact Kathleen Gazich at 952-930-0224 or Loni Keenan at 952-929-8591 for more information on Braemar Professionals
- For more information, visit our website at www.braemarpsc.org.

Braemar Professional Staff

Head Professionals			
Kathleen Schmelz Gazich	952-930-0224	Loni Keenan	952-929-8591

Braemar Professionals			
Judy Johnson Bouts	612-386-4832	Ari Lieb	612-718-3491
Sarina David	763-424-8480	Joan Orvis	952-300-0344
Kathleen Schmelz Gazich	952-930-0224	Jean Pastor	952-926-6394
Rosie W. Hanson	612-710-1229	Diane DeMoss Powers	952-944-3374
Thomas Incantalupo	651-270-2206	Toni Swiggum	952-447-4428
Caryn Kadavy	814-434-9359	Anders Wisnewski	612-722-3419

If you have questions regarding the Summer Program, please contact:
Ann Makredes at 952 927 8422

Braemar-City of Lakes Figure Skating Club

Ice Monitoring Requirement

(Home Club, Associate and Junior Club Members)

The Braemar-City of Lakes Figure Skating Club is an entirely volunteer-run, non-profit organization. Without the active, continuing support of its skating members and the parents of its skating members, the Club cannot provide the facilities and services the skaters and Club professionals need.

Having all ice sessions monitored is extremely critical to the financial health of our club by making sure all skaters are checked in and all skaters who buy on are recorded. The ice monitor also helps save valuable time for the skaters and professionals by playing the music and last but not least, being there in case of a medical emergency. **Therefore, it is a requirement that all Home Club, Associate and Junior Club member families who are contracted for ice sessions need to ice monitor an ice session three (3) times during June, July & August. If ice monitoring is not done you will be billed \$30.00.**

Other guidelines to follow in order to receive your credit:

- Rink monitors are volunteer parents of a BCLFSC skater or a BCLFSC skater who is at least 16 years old.
- New BCLFSC member families may want to schedule their ice monitoring sessions for the later part of the three (3) month period in order to observe the ice monitoring process.
- There is no carry over from one (3) month period to the next and **the buyout fee is NOT prorated.**
- It is required that your entire monitoring requirement be fulfilled each (3) month period. If at the end of the (3) month period you have not fulfilled your COMPLETE commitment, you will be charged the FULL buyout fee.
- Members can monitor any ice session. It is not necessary for an ice monitor to monitor a session where their skater is on the ice.
- **VERY IMPORTANT:** You must sign the sheet for the session you monitored **legibly** and record your skaters name if the last names are different. **If you do not sign the sheet or we cannot read the signature, you will NOT receive credit.** No exceptions!
- You **MUST** perform all duties for the entire session. (For example: You will not receive credit if you help sign skaters in but do not play music.)
- **Complete Ice Monitoring Duties and Music Playing Procedures** will be provided on the website at www.braemarfsc.org for your review prior to arriving for your session as well as contact information in case questions arise. Ice Monitoring Duties and Music Playing Procedures are also located at the rink in the front part of the Ice Folder.
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- **Sign up procedures for Summer is as follows:**
 1. Before the start of the summer season, a link to the monitor sign up schedule will be sent by email to all club members. It is your responsibility to log on and schedule your ice monitor sessions. Reminders will also be sent before the end of the summer season.
 2. Fill your name in the time slot that is most convenient for you. **Sign up is on a first-come, first-serve basis.**
 3. A hard copy of the on-line Ice Monitor schedule can be found in the front of the Ice Book and will be updated regularly.
 4. Once you have signed up, you are responsible for your assigned session. If you can't make your assigned session it is your responsibility to find your own substitute to agree to sign your name and monitor the session so you receive credit or to remove your name from the sign up schedule so that someone else has the opportunity to take the spot. If the substitute does not show up you will still be responsible to make up your missed session. If you do not make up your session, you will be billed for the full buy out fee of \$30.00. NOTE: The ice monitor coordinator is not responsible for handling schedule changes.
 5. If you are in the stands and no monitor is present, PLEASE step forward and help out.

Please direct questions to icemonitor@braemarfsc.org.