

North Star Figure Skating Club
15 Bridle Lane
Westborough, MA 01581
508-366-1562

NSFSC Advanced Training Program

2016-2017 Season

All North Star Figure Skating Club members passed FS1 and up are invited to join the Advanced Training Program. Skaters in this program commit to training, sportsmanship, and proper ice etiquette. Minimum training requirements are dependent on the skater's level. Skaters in the program will receive recognition for their participation and achievements. Skaters in this program have the option of buying a special North Star Figure Skating Club Advanced Training Program Jacket.

There is no cost associated with the Advanced Training Program. In fact, participants will receive a 5% discount on skating sessions and off-ice classes. In addition, skaters will be allowed to skate in NSFSC exhibitions (September-June) for free.

In order to be part of this program, skaters must meet the minimum requirements for their levels when contracting ice and off ice classes. Skaters must fulfill all the requirements to be in the program. Skaters must continue to meet the minimum training requirements with each new contract in order to stay in the program. Skaters are encouraged to skate more than the minimum training requirements.

Minimum Training Requirements

Level		Minimum Weekly Requirements
1	FS1-5, Pre-Pre Test Track	3 opens/freestyles 1 off-ice class
2	FS6, No Test Well Balanced, Preliminary Test Track	4 opens/freestyles 2 moves in the field 1 off ice class
3	Pre-Pre Well Balanced, Pre-Juvenile Test Track	5 opens/freestyles 2 moves in the field 2 off-ice class
4	Preliminary Well Balanced, Pre-Juvenile Well Balanced, Juvenile Test Track, Intermediate Test Track	6 opens/freestyles 2 moves in the field 2 off-ice class
5	Juvenile – Senior Well Balanced, Novice-Senior Test Track	7 opens/freestyles 2 moves in the field 3 off-ice class