

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

NSFSC Advanced Training Program

2014-2015 Season

All North Star Figure Skating Club members 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 addition, advanced training program members have priority in booking ice sessions and off ice classes as long as the applications are returned by the deadline.

In order to be part of this program, skaters must check off the box on the ice contract and off-ice contract. 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
FS1-5, Pre-Pre Test Track	3 opens/freestyles 1 off-ice class
FS6, No Test Well Balanced, Pre-Pre Well Balanced, Preliminary Test Track, Pre-Juvenile Test Track	5 opens/freestyles 2 moves in the field 2 off-ice class
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
Juvenile – Senior Well Balanced, Novice-Senior Test Track	7 opens/freestyles 2 moves in the field 3 off-ice class