

North Star Figure Skating Club

15 Bridle Lane Westborough, MA 01581
(508)366-1562 ext. 221

Summer Skate '17

July 10, 2017 - August 26, 2017

Basic Bootcamp Bronze/Silver Level (B5 - FS 1) Gold Level (FS 1 - FS 6)(Pre Prel & Prel)

Monday- Thursday 9:00-10:00 (30 minute class/30 minute practice or private lesson)
Fridays 8:00-8:50 OR 10:00-10:50 (25 minute class/25 minute practice or private lesson)

Special Introductory Price: \$20

Please circle dates you wish to contract:

Mondays	7/10	7/17	7/24	7/31	8/7	8/14	8/21
Tuesdays	7/11	7/18	7/25	8/1	8/8	8/15	8/22
Wednesdays	7/12	7/19	7/26	8/2	8/9	8/16	8/23
Thursdays	7/13	7/20	7/27	8/3	8/10	8/17	8/24
<u>Fridays</u>	7/14	7/21		8/4	8/11	8/18	8/25

Please circle Friday time: 8:00 10:00

Basic Bootcamp is NOT available for walk on the day of. MUST be pre-booked.

Cost: \$20 per day X ____ days = ____

Less 50% deposit (due with this form) \$ _____

Credit/Cash/check # _____

Balance due 1st day of Summer Skate \$ _____

Forms will be accepted May 15 - June 15
Each basic boot camp \$1 more if after June 15

North Star Figure Skating Club

Basic Boot Camp Class Guidelines 2017

For skater's Basic 5 and up

Our Basic Boot Camp is designed for skaters to address and refine all the basic turns and edges required for advanced skating and is highly recommended for all levels. Skater's will be required to perform the necessary skills repetitively each week striving for improvement in the following categories:

Edge Quality
Extension
Posture/Carriage
Power
Flow
Quickness
Turn Execution
Spirals
Spread Eagles
Ina Bauer's

This class will NOT include jumps and spins and will follow a strict curriculum designed by the Skating Director. Students will be required to focus on quality moves while learning or perfecting the fundamentals of skating. Attention will be given to depth of edges, proper lean and edge, knee bend, etc.

Basic Skills skater's will receive an introduction into the above focus points while higher level skaters will refine through repetition and practice. Skaters who enroll in these classes on a yearly basis will benefit the most as each skill will be thoroughly taught and reviewed each week. Skaters will be required to meet strict standards required for Moves in the Field (US Figure Skating's test requirements for all skaters above basic skills level). IJS Competitive Skaters will benefit by continuous refinement and practice of required footwork in their step sequences.

Classes will be offered year-round (Summer Monday – Thursday 9:00 am and Fridays 8:00 and 10:00 am) (Fall Monday – Thursday 4:40-5:05 pm and Saturdays 10:50-11:20). Basic Boot Camp is recommended for all skaters who are serious about improving their skating foundation and who are willing to work hard towards a total integration of power, strong edge control and depth, extension and precise footwork control. Not all levels will be offered on every day.

Five Levels of Boot Camp are as follows:

Bronze / Silver (B5-FS1) Gold (FS1-6 and Pre-Preliminary and Preliminary MITF)
US (Pre-Juvenile, Juvenile & Intermediate) (Novice, Junior Senior)

