

**Louisville Skating Academy  
2008 Early Fall Training Program  
Part I - Contract Brochure for LSA Members  
(Tuesday, September 2 – Saturday, October 25, 2008)**

**Overview**

Welcome to the 2008 Louisville Skating Academy Early Fall Training Program. The 8 week program offers on and off-ice classes for skaters of all levels. The Late Fall Training Program will be announced in early October and run for 7 weeks from Monday, October 27, 2008 through Thursday, December 18, 2008.

The document has been divided into three parts. Part I “Contract Brochure for LSA Members” describes skating levels, classes offered, the contracting process and LSA policies. There are changes to the Bronze Package Level. Please read “Contracting Process” section carefully. Part II is the “Contract for LSA Members”. This section contains all the forms needed to register for Early Fall training. Part III is the “Waiver of Liability”. Questions about the contract should be directed to Rebecca Najewicz at [rnajewicz@insightbb.com](mailto:rnajewicz@insightbb.com).

Skaters who wish to register for the Louisville Skating Academy Early Fall Training Program through the “Contract for LSA Members” must be current associate level or full members of LSA at the time the contract is submitted. See the “Join LSA” section of the LSA website, [www.skatelouisville.org](http://www.skatelouisville.org).

In addition to the comprehensive training program outlined in this brochure, LSA offers many other special programs/events throughout the fall. More information regarding these dates and events will be available to members at a later date. The dates and times below are subject to change:

- September 30 – Nutcracker registrations due
- October 1 – LSA Fall Invitational Competition (sanction pending) entry deadline
- October 25 – Nutcracker casting, 7pm – 9pm
- October 31 – Nutcracker roles announced
- November 3– Nutcracker tickets go on sale

**Skating Levels**

Skating levels are defined by LSA for the LSA training program only. The levels are not the same as U.S. Figure Skating levels and are used solely to determine which skaters are eligible for different classes and sessions. Skaters must have achieved one of the test levels indicated.

**High:** Juvenile Free Skate, Intermediate Moves in the Field, Adult Gold Moves, or Pre-Silver Dance level and up

**Intermediate:** Pre-Preliminary Free Skate, Preliminary Moves in the Field, Adult Pre-Bronze Moves, or Preliminary Dance level and up

**Low:** Passed Basic Skills Level 4 or higher

**Open or Bridge:** Skaters of any level

**Adult:** Skaters 18+ years of age

## Session/ Class Descriptions (Classes in bold are new this season)

### On Ice Classes/Sessions

- *Free Skate Session:* On ice time for practice and/or private lessons. Free skate sessions are designated by skating level (see "Skating Levels") to provide optimal training and safety for the skaters on these sessions.
- *Dance Session:* This on-ice session is designed for those skaters working on U.S. Figure Skating dance tests. Music for the compulsory dances from Preliminary and up will be played. No group instruction will be provided. Private lessons may be taken during this session.
- *Spins and Jumps Class:* This session is a twenty minute group lesson which will focus on different jumps and spins.
- *Skills and Drills Class:* This class will focus on edges and turns as well as the creation of power.
- *Low Edges Class/Bridge Session:* The session that was formerly known as the Low/Bridge session will include a Low Edges Class for skaters who are higher than basic level 8 and wish to work on their fundamental skating skills including field moves. This session is one hour with 30 minutes of class time from 5:45pm to 6:15pm. Those skaters who are working on their pre-preliminary moves or higher will be placed in the edges class while skaters who are working on basic skills levels will be assigned to classes based on basic skills level.
- *Adult Moves Class:* This 20 minute class will focus on fundamental skating skills and the skills incorporated in the adult moves in the field tests.
- *Power Class:* The primary focus of this class will be creating and maintaining power, improving stamina and endurance, and focusing on body alignment.
- *Introduction to Power Class:* This session is intended for skaters who have not passed their preliminary moves in the field test. The focus of this class will be creating and maintaining power. More time will be spent on understanding and performing the drills utilized in LSA power classes.
- *Regional Competitor Session:* This 20 minute session is open to those skaters who will compete in a qualifying round event (Juvenile through Senior) at the USFS Eastern Great Lakes Regional Championships in October. The focus of this session will be program practice.

### Off Ice Classes/Sessions

- *Off-Ice Training:* This program has been developed to increase the performance, health and well-being of skaters and will be run by David Boyce, physical therapist, Bellarmine professor, and outpatient clinic owner. Athletes will perform a circuit of exercises specifically developed for the LSA skaters. Attention will be given to all parts of the body including torso, legs, hips, upper body and arms. Assessments will be given to each athlete at the beginning and end of the summer to mark progress and areas in need of attention. This program is open to skaters who have passed their pre-preliminary moves or higher. The number of skaters may be constrained due to available space. Skaters may attend up to three classes per week. Each workout will take 30 minutes.

## Contracting Process - "Simple" and "Package" Contracting

**Simple** - The simple contract allows you to easily register for the days and times that you wish to skate. You simply check the session(s) on the day(s) that you would like. Registration ensures opportunities to skate at a lower cost and secures a spot on the session once registered. *Please register in this fashion by using the "LSA 2008 Early Fall Contract/Simple Form."*

**Package** - LSA offers special training packages for competitive skaters who purchase large quantities of training time to meet their skating objectives. With the purchase of a package, you have more flexibility in selecting specific sessions, and you receive a

discount on your entire bill. In order to qualify for the "package" form, skaters must meet certain training minimums, as outlined below, based on the free skate test they have passed as of the contract due date. If you qualify, please register using the "LSA 2008 early fall contract/package form."

The package requirements are as follows:

- **Gold Package** - Intermediate Free Skate and above: 20% discount off entire purchase. Skaters must purchase training time of \$875 or more to qualify for this package. This structure allows skaters and their coaches the flexibility to choose the best training program at this elevated level.
- **Silver Package** - Pre-Juvenile and Juvenile Free Skate: 15% discount off entire purchase. Skaters must purchase training time of \$815 or more to qualify for this package. This structure allows skaters and their coaches the flexibility to choose the best training program at this elevated level.
- **Bronze Package** - Preliminary Free Skate and below: 10% discount off entire package. Skaters must purchase training time of \$660 or more to qualify for this package. It is suggested (but not required) that for at least 7 out of 8 weeks, skaters purchase a minimum of:
  - 6 free skate sessions per week (2 dance sessions=1)
  - 4 off or on-ice classes per week (off-ice training= 2)

## Policies

**Late Payment Policy** - All payments are due on the stated due date. LSA will accept payments for a grace period of 7 calendar days after the due date. After such grace period and beginning the 8<sup>th</sup> calendar day after the initial stated due date, payments to LSA must be accompanied by a late payment fee of \$25. Skaters who have not paid within 14 calendar days of the initial stated due date will not be permitted to participate in any LSA sessions or programs until such time that they have paid all delinquent amounts. Skaters will not be given credit for missed sessions due to delinquent payment. Emergency situations will be taken into consideration on a case by case basis when a member of the contract committee is notified in writing prior to the contract payment's initial stated due date.

**Returned Check Policy-** Entering into a contract with LSA will denote your agreement with the returned check policy outlined here:

1. A member of LSA who has 2 or more returned checks to the club within a 6-month period will be required to make all future payment by money order, cashier's check or cash.
2. After a 6-month period the member may request to again begin paying with personal checks. If the request is granted, checks will be accepted until one check is returned from their bank. The LSA member will then be required to use a money order, cashier's check, or cash for all future payments.
3. All returned checks are subject to a \$20.00 fee.

**Trade Coupons** - Two trade coupons will be issued to those members who contract for a minimum of \$200 in contract fees. One additional coupon will be issued for each additional \$100 purchased up to a 6 coupon maximum. In the event of a missed session, a trade coupon becomes valid for a subsequent session. *Trade coupons may not be used in advance and are valid only during the contract season in which they were issued. Trade coupons may not be sold or transferred except within the immediate family with two or more skaters.*

**Flex Cards** - Flex cards allow skaters to purchase ice time at the contract rate without committing to a particular session. Only skaters who enter into a contract to purchase at least one session may purchase a flex card. Each card costs \$50 and is worth 5 sessions. The card may be used for any on or off ice class or session, regardless of the cost of the session, if space is available. Up to 2 cards may be purchased per skater. *A flex card does not guarantee use if space becomes unavailable. Flex cards are valid only during the contract season in which they were issued. Flex cards may not be sold or transferred.*

**On-Ice Sessions** – There is a maximum of 20 skaters per session, except Open Session and sessions which involve group instruction.

**Walk-on** – Contract skaters may walk-on any session for which they are eligible if space is available. Skaters must check in with the ice monitor and pay for the session with cash, check, flex card or trade coupon prior to walking on.

**Timeliness of Registered Skaters** - Once sign in sheets have been established, skaters must be prepared to enter the ice in a timely fashion. If a session reaches the maximum number of skaters, walk-on skaters will be allowed on the ice if registered skaters are not present 2 minutes after the start of a session. A walk-on skater may be asked to exit the ice if a pre-registered skater comes within 10 minutes of the start of a session and the maximum number of skaters allowed on the session is exceeded. The walk-on money will be refunded to any skater who is asked to exit the ice. Any pre-registered skater who does not sign in with the ice monitor within 10 minutes of the start of the session will forfeit his or her spot.

**Schedule Changes** – LSA reserves the right to adjust the schedule due to insufficient enrollment. Should circumstances beyond the control of LSA cause a schedule change, skaters will receive a credit or refund.

**Financial Aid** - Information regarding the financial aid options of ice monitoring and Kroger cards is available on the LSA website. For specific questions, please refer to the following people:

Ice Monitors – Karen Ashley [Karen995@hotmail.com](mailto:Karen995@hotmail.com) (812) 786-3218

Kroger Cards – Del Marie Conley [ConleyDM@aol.com](mailto:ConleyDM@aol.com) (502) 429-8509