

Louisville Skating Academy
2008 Fall Mini-session
Part I - Contract Brochure for LSA Members
(August 13, 2008 – August 29, 2008)

Overview

Welcome to the 2008 Louisville Skating Academy Fall Mini-session. The two and a half week program offers classes for skaters of all levels. This “Back to School” Mini-session is a slimmed down version of the fall contract season. It is designed to allow skaters to maintain their training regimen while they assess after-school scheduling requirements prior to entering into the longer fall contracts. During the Fall Mini-session, skaters pre-register using only the simple contract form.

We are releasing the Early Fall Schedule with the Fall Mini so that you know when other sessions and synchro practices are scheduled. The Fall mini and the Early Fall Contract have different due dates. Please read Parts II and Parts III of the contracts carefully. Please also review the new classes as described in the “Session/Class Descriptions” section of this brochure.

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, Part II is the “Contract for LSA Members” and Part III is the “Waiver of Liability”. Parts II and III contain all the forms needed to register for the Fall Mini-session. Questions about the contract should be directed to Rebecca Najewicz at rnajewicz@insightbb.com.

Synchronized skating contracts are separate from your ice contract. We have referenced the synchro sessions on the Early Fall schedule to assist you in planning your fall training schedule. Synchro skaters will have off-ice practices or meetings during the mini session with regular practice beginning with the Early Fall Session.

Skaters who wish to register for the Louisville Skating Academy Fall Mini-session 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.

In addition to the comprehensive training program outlined in this brochure, LSA will conduct a test session in August. More information regarding the test session will be available to members at a later date. The date and time below are subject to change:

August 23 Time TBA LSA Test Session

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

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.

Contracting Process - "Simple" Contracting

Simple – The simple process will be used for the Fall Mini-session. There are no packages offered. 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 Fall Mini-session contract/simple form."*

Policies

Return 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 which may have up to 30 skaters.

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	(812)786-3218
Kroger Cards	Del Marie Conley ConleyDM@aol.com	(502) 429-8509