



## **FIGURE SKATING CENTER OF EXCELLENCE: TWO-TIER PROGRAM for the 2018-19 Academic Year**

The SSM Figure Skating Center of Excellence is re-implementing our tiered program in the fall of 2018-19. Recognizing that skaters can be at different stages in their athletic development, the two tiers will better meet the needs and aspirations of each individual skater. Only skaters qualifying for the Tier I will have the option to move down. Skaters qualifying for the Tier II can move-up after review of skill, work ethic, and commitment.

Returning skaters will be asked to join either the Tier I or Tier II based on their performance during the previous term. New students will be placed in the appropriate tier after consultation with the figure skating coaching staff. Skaters may change their tier during the school year after consultation with the figure skating coaching staff.

**Tier I:** Designed for the competitive figure skater seeking intense training and higher competition goals. All training sessions are required and not optional in any form.

### **Requirements:**

Tests: - Passed Juvenile Free Skate or equivalent  
- Passed Intermediate Field Moves & Pre-Juvenile Free Skate; able to land a single Axel jump and two - double jumps

Goals: - Compete in Regional Championships in October  
- Compete in foreign Nationals equivalent to Juvenile level and above in fall term  
- Compete in non-qualifying competitions in winter and spring terms  
- Skills progression that enables the skater to achieve higher scores, placements, and tests

Expected Commitment during Academic year:

- 6 days a week of skating; four 6 a.m. or evening sessions, three class periods daily, and Saturdays
- 4 to 5 days a week of off-ice training
- Compete in qualifying competition in the fall & non-qualifying competitions the remainder of the year
- Perform in two Ice Shows a year: December and May

### **Non-Academic Year Commitments:**

- Expected training during the summer with August being full training leading into Regionals; August training (Boot Camp) can be completed at SSM or a training center approved by the SSM staff
- Compete in at least one high-level competition over the summer

### **Program includes:**

- Training: 6 days-a-week skating (up to 3.5 hours daily), and 4-5 days-a-week of off-ice training.
- Lessons: The daily morning and/or afternoon training sessions are part of preparation for, and a prerequisite for, daily lessons. If skaters do not attend, lessons will not be given that day.
- Competitions: Two to three in the fall term, and two in the spring term (winter is for new program development & skill development).
- Additional Training: Discounted Summer Camp, SSM ice during breaks (when available)
- Individual Conferences / Goal-Setting / Weekly Team Meetings
- Seminar / Clinics with Special Guest Coaches
- Two Ice Shows a year: One in the winter term and one at end of the spring term
- Testing each term when needed
- Skate Sharpening and Equipment management
- Team Uniform for new students (Uniforms have been supplied to all current students)
- Cost: \$7000



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### **TWO TIER PROGRAM for the 2018-19 Academic Year**

**Tier II:** Tier II is designed for the figure skater seeking a competitive training atmosphere, while having the flexibility to participate in outside interests, such as extracurricular sports, school plays, choir, and or dual CoE's (arts, science, and engineering). Student-athletes will still receive high-quality lessons, training, and expectations of developmental progress.

#### **Requirements:**

- Tests: - Pre-Preliminary Field Moves & Free Skate preferred. Equivalent tests or full capability to perform basic jumps and spins
- Goals: - Pass USFS tests in Field Moves & Free Skate
- Land Single Axel and double jumps
  - Experience training and competitions
- Commitment during Academic year:
- Five days a week of skating during 2-3 class periods
  - Two morning or afternoons a week of skating classes and or training sessions
  - Test each term
  - Compete in two to three non-qualifying competitions during the winter term and spring term
  - Perform in two Ice Shows a year: December and May

#### **Program includes:**

- Training: Six days-a-week skating (up to 2.5 hours daily). Minimum of one day-a-week on & off-ice training classes each.
- Lessons: Three lessons per week (Private / Semi-Private). The skating classes/training sessions are part of preparation for, and a prerequisite for, weekly lessons. If skaters do not attend, lessons will not be given that day.
- Competitions: one in the winter term, and two in the spring term (Fall is for new program development & skill development).
- Additional Training: Discounted Summer Camp, SSM ice during breaks (when available)
- Individual Conferences / Goal-Setting / Weekly Team Meetings
- Seminar / Clinics with Special Guest Coaches
- Two Ice Shows a year: One in the winter term and one at end of the spring term
- Testing each term when needed
- Skate Sharpening and Equipment management
- Team Uniform for new students (Uniforms have been supplied to all current students)
- Cost: \$6000