



CITY OF COON RAPIDS

# COON RAPIDS ICE CENTER

*2016/17 Skating School*



*Find Your Skating Passion!*

- Learn to Skate USA program developed by US Figure Skating, USA Hockey & USA Speed skating
- Graded lessons offered for Beginners, Adults, Recreational skaters Figure skaters and Hockey players
- Professional certified coaching staff
- Learn to appreciate a healthy active lifestyle
- Competitive and Pre-Competitive Figure skating programs

**[www.coonrapidsicecenter.com](http://www.coonrapidsicecenter.com)  
(763) 951-7222**

## **OUR MISSION**

The mission of the Coon Rapids Skating School is to provide a friendly, comfortable and fun learning environment for skaters of all ages and abilities. Skaters experience the thrill of gliding across the ice and learn confidence and personal strength.

We use a science based approach to teach the fundamentals of balance and edge control to help each skater reach his or her full potential on the ice. Find your skating passion at Coon Rapids Ice Center.



Learn to Skate USA's mission statement is "to provide a fun and positive experience that will instill a lifelong love of skating." Learn to Skate USA's goals are to increase awareness and passion for our sport and the activity of ice skating; to introduce new generations of skaters to the world of ice skating; to inform families and skaters about the portfolio of programs and resources available to ensure the best experiences.

**HAVE FUN, SKATE WELL, PLAY FAIR!**



## FIND YOUR CLASS

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**For All Classes—Optional Payment Plan:**

Session payments may be paid in 2 installments with a \$5 service charge. There is a 10 day grace period for each payment after which a \$10 late fee will be applied. Registration for the payment plan must be done at the CRIC front desk.

Payment Deadlines:

Payment 1: 1/2 due with additional \$5 at time of registration.

Payment 2: 1/2 due on Nov. 1 (Fall), February 15 (Winter)

**\*\*\* Registration Note \*\*\***

All registration is online at [www.coonrapidsicecenter.com](http://www.coonrapidsicecenter.com). Due to limited class size, we recommend registering early. Acceptance is on a first come basis. Basic I/Hockey I classes fill quickly. Confirmations will be sent by email. Please make sure your email is correctly listed in your online account. Class space is reserved with payment. All registrants will be given a coupon for one Public Skating admission which includes the option to bring one guest for free Public Skating admission during the class session. (Skate rental is included for the guest)



## SESSION DATES

We offer two 12 week sessions for skaters of all types and abilities.

### **Fall Session:**

Monday Sept. 19, 2016 to Monday Dec. 12, 2016\*

\* No class Oct 31st.– Watch for special activities Some classes with no testing will meet Dec 19

Saturday Sept. 17, 2016 to Saturday Dec.10, 2016\*

\*No classes Sat. Nov. 26th. Contracts will meet Dec 17

Fall Testing: December 17 & 19, 2016\*\*

(\*\*contract sessions are held on test days)

### **Winter Session:**

Monday Jan. 9, 2017 to Monday March 27, 2017

Saturday Jan. 7, 2017 to Saturday March 25, 2017

Winter Testing: April 1 & 3, 2017

### **Ice Show:**

April 27– April 30, 2017



## CLASSES FOR BEGINNERS BASIC SKILLS, HOCKEY & ADULTS

Choose from Monday or Saturday classes.

### MONDAYS

- 6:10-6:40 PM Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 6  
(Practice for Basic 3— 5, Adults)
- 6:40-7:10 PM Basic 3, Basic 4, Basic 5, Adult 1-6  
(Practice for Basic 1—2/Hockey 1—2, Basic 6)

### SATURDAYS

- 10:35-11:05 AM Basic 4/5, Basic 6, Adult 1-6  
(Practice for Basic 1&2/Hockey 1&2, & Basic 3)
- 11:05-11:35 AM Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 3  
(Practice for Basic 4-6, Adults)

**Fall or Winter Session Fee:** \$156 for 12 weeks of class including testing. See page 3 for an optional payment plan and page 14 for notes.

### Fundamentals for ages 4-14:

Learn all fundamentals of the sport including forward and backward skating techniques, stops, turns, & edges. These levels prepare skaters with the knowledge to advance into specialized areas of skating. All skaters new to our program should register for Basic 1, Hockey 1 or Adult 1. Evaluations will be done on the first day of class and skaters will be placed in the most beneficial level. Skaters who complete Basic 8 enter Free skate 1. Thirty minutes of practice time is included with your class. Practice time must be skated on the same day as your class. You may practice during the time listed on the above schedule. No Parents or friends please.



**Basic Skills** levels must be taken in order Basic 1 through 6. Skaters then advance to Free Skate levels.

## CLASSES FOR HOCKEY PLAYERS

**Hockey levels 1-4:** Beginning players can choose from Monday or Saturday classes. See the schedule on page 5. No sticks or pucks allowed. Hockey 1 & 2 are combined with Basic Skills classes covering the same curriculum. Classes should be taken in order.



### Hockey 1 & 2

Introduce the basics of hockey skating skills with power and agility. The hockey classes prepare skaters who have an interest in playing hockey. Endorsed by USA Hockey. Skaters are combined with the Basic 1 & Basic 2 skaters.

**Fall or Winter Session Fee:** \$156 for 12 weeks of class including testing. See page 3 for an optional payment plan and page 14 for notes.



### POWER SKATING

Watch for exciting new opportunities for Hockey players. USA Hockey is a contributing founder of Learn to Skate USA and has developed advance curriculum to help players of all levels excel. Spring development classes are planned as well as drop in lessons during Sunday public skating in the fall. More information will be available soon.



## CLASSES FOR ADULTS



**Adults** can choose from Monday or Saturday classes. Learn all fundamentals of the sport including forward and backward skating techniques, stops, turns, & edges. These levels prepare skaters with the

knowledge to advance into specialized areas of skating. Skaters work at their own pace through the curriculum. See the schedule on page 5.

### Adult Classes 1-6

Designed to promote overall fitness, improving balance and coordination while mastering skating basics. Six levels of skills are offered. Skaters work at their own pace. Skaters who complete Adult 6 enter Free skate I with all ages. Adult ages: 15 and older.

**Fall or Winter Session Fee:** \$156 for 12 weeks of class including testing. See page 3 for an optional payment plan and page 14 for notes.

### Advanced Adults

Adults completing the Adult 6 test may enter specialty classes appropriate for their ability. They should also register for Free Skate classes. More information about Spin classes, Jump Technique classes and Moves in the Field classes can be found on page 9.





## CLASSES FOR FIGURE SKATERS

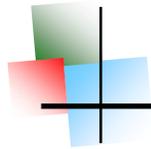
### MONDAY

5:00-6:00 PM	Contract A* (6 weeks: 9/12, 19, 26, 10/3, 10/17, 10/24)
6:10-6:40 PM	Basic 6, Pre Free Skate, Silver Spin (Practice for Basic 3— 5)
6:40-7:10 PM	Basic 3—5, Bronze Spin, Low Jump Technique (Practice for Basic 6, Pre Free Skate)
7:10-7:40 PM	Free skate 1, Free Skate 2, & Pre-Preliminary MIF & Preliminary MIF, High Jump Technique (Practice for Free skate 3-- 9)
7:40-8:10 PM	Free skate 3- 6 and Gold Spin (Practice for Free skate 1—2, 7--9)
8:20-8:50 PM	Moves in the Field (Pre Juvenile and up)
8:50-9:20 PM	Free skate 7, 8/9 & Contract B

### SATURDAY

7:15-8:00 AM	Contract C
8:00-8:45 AM	Contract D Gold Spin Class (begins 8:15 am)
8:55-9:40 AM	Stars Edge Class (separate brochure)
9:40-10:25 AM	Contract E
10:35-11:05 AM	Basic 4/5, Basic 6, Pre Free Skate, (Practice for Basic 5)
10:35-11:20 AM	Emerging Stars Pre-Competition Training class
11:05-11:35 AM	(Practice for Basic 4-6, Pre Free Skate )
11:35AM-12:20 PM	Contract F

30 minutes of practice time is included with your class. Practice time must be skated on the same day as your class. No practice for spins or MIF class. You may practice during the time listed on the above schedule. No Parents or friends please.



## CLASSES FOR FIGURE SKATERS

### Fall or Winter Fees:

(12 weeks)

**Free Skate Class:** (includes practice ice): \$156

**Specialty Classes:** \$144

See page 3 for an optional payment plan and page 14 for notes. Contract Ice on page 10. Off-Ice classes page 12.

### **Free Skate 1-6:**

Open to any skater who has passed Basic 8. Skaters must pass the Free skate tests in order (ie. 1, 2, 3, 4 ..)

### **CRIC's Free Skate 7, 8/9:**

CRIC's Free skate 7, 8 & 9 are for skaters passed Free Skate 6. Skaters will work on advanced elements.

### **Spin Classes**

These classes give skaters the opportunity to learn a variety of spins beyond their test level. **Bronze-** is open to skaters who have passed Basic 6. **Silver** is open to skaters who have mastered the back spin (4 revolutions). **Gold** is open to skaters who have passed Free skate 7 and mastered a change sit & camel spin or have the director's permission.

### **Jump Technique**

This class is open to all skaters in Free Skate 5 and up. Exercises to increase rotational speed and air position will be covered. **Low** is for FS 5-7 and **high** is FS 8 and up or director permission.

### **Moves in the Field Class**

This class will help prepare skaters to test the US Figure Skating edge tests called "Moves in the Field" There are 8 different levels. The first test is Pre-Preliminary Skaters should have passed the Free Skate 3 class to participate. Skaters will be grouped according to levels. Some levels with similar elements may be combined.

### **Emerging Stars Pre-Competitive Training Class**

For figures skaters who have passed Basic 2 through skaters working on Free Skate 2. Skaters must given an invitation by a coach to attend. Fee for Emerging Stars Training Class: A monthly fee.



## **OPTIONS FOR COMPETITIVE SKATERS**

### **US Figure Skating Bridge Program (Stars Edge Class)**

A group edge class using the whole ice surface combined with some jumping exercises in a 45 minute lesson. Skaters may join the St. Paul Figure Skating Club to test and compete. Skaters participating in 3 Stars sessions are eligible to be in the Stars ice show number. Skaters must have passed Free Skate 2. A separate brochure is available from the skating school director.

### **Contract Ice/Private & Semi-Private lessons**

Contract ice is available to skating academy and figure skaters. It is used for extra practice ice, semi-private and private lessons. These lessons are a great way for skaters to get more individualized attention and to learn a broader variety of skills. Coaches teaching on Contract ice must be on the Coon Rapid Skating Academy staff. Skaters are responsible for contacting a private coach and paying the coaching fee. The limit is 22 skaters per contract. All skaters must follow the prescribed traffic pattern.

### **Fall and Winter Contract Ice Costs:**

Contract A (1 hour for 7 weeks) \$121

Contract B (30 minutes for 12 weeks): \$104

Contract C, D, E or F (45 minutes for 13 weeks): \$169



## OPTIONS FOR COMPETITIVE SKATERS

### **Drop In Figure Skating-**

This ice is offered on Wednesday morning before school and other times during the school day. See the ice centers full weekly schedule for more information. The fee is \$7.00 per hour with a one hour minimum. Skater must have passed Free skate I or be in a private or semi-private lesson to participate.

### **Competitive Training**

**Plan (Sept-March; 6 payments, 3 each session)** Skaters enrolled in the training plan will participate in 3 classes (example: Free skate class, Spin class, Moves in the Field class) and Off-Ice Conditioning plus one Saturday Contract. Cost \$245 per month. First payment due at registration and the others the 1st of each month. A 10% late fee is applied after the 10th of each month. Additional classes or contract ice can be added at an additional monthly cost. This must be done at the CRIC

front desk. Contact Cindy [cevensen@coonrapidsmn.gov](mailto:cevensen@coonrapidsmn.gov) for more info.

### **High School Lettering**

Anoka-Hennepin School District #11 offers figure skating lettering at all of their high schools. Skater must pass the Juvenile Free Skate test, perform in public and complete the required number of training hours. More information is available from the district's figure skating advisor Mrs. Shore, at [Cynthia.Shore@anoka.k12.mn.us](mailto:Cynthia.Shore@anoka.k12.mn.us)



## OFF-ICE OPTIONS

### MONDAY OFF-ICE

4:15-4:45 PM Rotational Belt/Warm-up (9/12-10/24)  
 5:30-6:00 PM Rotational Belt/Warm-up (10/31-4/3)

### SATURDAY OFF-ICE

12:30-1:00 PM Rotational Belt  
 1:05-2:05 PM Conditioning

#### Fees for Off-Ice Classes:

Conditioning: \$120  
 Rotational Belt Card (8X): \$38

### Off-Ice Classes

**Conditioning** - Taught by a certified personal trainer and open to all skaters. This class will work to strengthen major muscle groups and increase cardio respiratory endurance.



**Rotational Belt**- Open to all figure skaters Basic 6 and up. The rotational belt is an important tool to learn air position for jumps. Skaters work through exercise stations before going on the actual belt for 3-4 exercises. A punch card for 8 uses is available. This is a drop-in class.



## ICE SHOW

The Twenty-eighth Annual Ice Fantasy Ice Show will be presented April 27-30, 2017.



Skaters are grouped together by age and test level. Each group performs a program choreographed to music. Skaters may keep the costume purchased for their group. There is a separate fee for Ice Fantasy participation. The majority of this cost is to cover the purchase of the costume. Registration is done online but all skaters must be measured for a costume by the deadline.

Any skating school member who is registered for Winter Session may participate in a group number. Practices begin March 18 and run for five to six weeks.

Participation information will be available in November and must be completed by Monday December 19, 2016. Please note registration is due before winter session begins in January.

A list of the Special Number Policies (Solos, duets, etc.) is available in the Coon Rapids Ice Center office. All skaters with Special Numbers must participate in both Fall & Winter sessions and attend at least 1/2 of the classes.

Skaters who have passed Free skate 1 by December 31, 2016 may participate in our Father/Daughter number. A separate registration is required for this number.

**\*\*\*\*\*Please Note\*\*\*\*\***

All skaters wishing to participate in this year's Ice Show will be measured for costumes. The tentative dates are Saturday December 10 & 17, Monday December 12 & 19.



COON RAPIDS ICE CENTER

## SKATING SCHOOL NOTES

### PROGRAM FEATURES

1. Ages and levels may be combined when classes do not fill.
2. Class time may change due to class size.
3. The class size is limited to 10 skaters per instructor (MIF, Spin or off-ice classes may be larger.)
4. Refunds will be given up to the second week (pro rated).
5. Practice time is available on the day of the lesson only. No friends or parents in the practice area.
6. Due to a large enrollment make-up lessons are not available.
7. Lessons will not be cancelled due to weather.
8. Sick/Injured Skater Policy: A copy of the sick/injured skater policy is available at the front desk.
9. Basic Skills Testing is available to those skaters wishing to earn their badges. Tests will be given only at the end of each session. Only tests taken at the Coon Rapids Skating School will be honored.
10. All skaters must be a Lean to Skate USA member to participate. Membership runs from July 1, 2015-June 30, 2016. Membership fees must be included with registration. Contact the CRIC arena office with questions. (763-951-7222)
11. Class level must be taken in order Basic 1-6, Adult 1-6, Hockey 1-2 and Pre Free Skate, Free Skate 1-6, CRIC Free Skate 7-9

### **PUBLIC SKATING** for everyone

Wed & Fri. 11:00AM-1:00PM. Sunday 5:30-7:30 PM. Cost \$5 for Adults, \$4 for students, 5 and under free with a paid admission. Public sessions are subject to cancellation/time change for special events. Skate Rental: \$3 for Adults and Seniors; \$2 for skaters age 5 and under. Skate sharpening is available.

### WEBSITE & EMAIL

[www.coonrapidsicecenter.com](http://www.coonrapidsicecenter.com); Email-kmeck@coonrapidsmn.gov





## OUR STAFF

### SKATING DIRECTOR:

#### **Karen Meck**

Director since 1991, Professional Skaters Association (PSA) Master Rated in MIF, Senior rated in Free Skating. Rated in program director, figures and group lessons. Coach of USFS regional competitors, MN State Champions, Medalists and Adult National Medalist. NETA Certified Group Exercise Instructor. Email: [kmeck@coonrapidsmn.gov](mailto:kmeck@coonrapidsmn.gov)

### STAFF COACHES:

**Kimberly Cole Stahle**— USFS Collegiate National Champion, USFS Quadruple Gold Medalist, PSA Master rated in Free Skating, coach of Regional and State Champions, Adult National Medalist, BA in Kinesiology, U of MN, coaching since 1997. Email: [kimberly019@hotmail.com](mailto:kimberly019@hotmail.com)

**Hayley Chamberlin**- USFS Gold Medalist MIF, Junior Free Skate, BS in Kinesiology, U of Mich. Coaching since 2010. Email: [Hayley.chamberlin@hotmail.com](mailto:Hayley.chamberlin@hotmail.com)

**Bianca Dickson**— USFS Adult Gold Medalist, Adult National Medalist, Adult Sectional Medalist, MN State Silver Medalist; Coach of USFS competitors; BA in Psychology, St. Catherine's U., A PSA member; coaching since 2010. Email: [bdickson11@gmail.com](mailto:bdickson11@gmail.com)

**Steve Gunz**- BS Economics- U of MN, USA Hockey Level 4 Certified Coach, Totino-Grace Boy's Hockey Asst. Coach, Email- [gunz0001@comcast.net](mailto:gunz0001@comcast.net)

**Shaine Hartmann**- USFS Double Gold Medalist. M of Public Health U of MN, Email: [hartm171@umn.edu](mailto:hartm171@umn.edu)

**Rebecca Johnson**—PSA Rated, Registered MIF & Freestyle; USFS Gold Medalist, Adult National Medalist, MN State Champion; BS in Education St. Cloud State University; coach of USFS competitors; coaching since 1999. Email: [rjohnson@coonrapidsmn.gov](mailto:rjohnson@coonrapidsmn.gov)

**Michelle Nguyen**— USFS Gold Medalist MIF, Novice Free Skate, USFS Regional Competitor, MN State Medalist. Coaching since 2014. Email: [nguyem@outlook.com](mailto:nguyem@outlook.com)

**Holly Olson**— PSA Accredited coach, Intermediate MIF test, BA in Communications, U of M; coach of USFS competitors A PSA member; coaching since 2011. Email: [olso454@gmail.com](mailto:olso454@gmail.com)

**Eric Pringle**- Coach of USFS competitors; choreographer of MN State and USFS regional competitors. Master of Arts in Communication (Concordia University). A PSA member; coaching since 2005. Email: [ericpringle7@gmail.com](mailto:ericpringle7@gmail.com)

**Zachary Vierling**— BS in Business- U of WI, Stout; 3 time WIAC All Conference and Honorable mention, 2x All Sportsmanship, 3x WIAC All-Academic, Played with Fairbanks Ice dog, Herb Brooks Award, Email- [vierlingz90@gmail.com](mailto:vierlingz90@gmail.com)

**Amy Waryan**— USFS Regional competitor, working on a Masters of Autism Spectrum Disorder, St. Thomas; coach of USFS competitors, coaching since 2004. Email: [amywaryan@hotmail.com](mailto:amywaryan@hotmail.com)



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