

Figure Skating Academy



The RMU Island Sports Center Figure Skating Academy (FSA) was established to promote the development and enjoyment of the sport of figure skating. The FSA is designed for skaters of all levels who are members of U.S. Figure Skating or Ice Skating Institute (ISI) and who are interested in furthering the development of their skills for competitive or recreational figure skating.

In addition to individualized training, the FSA encourages individual skaters to participate in group activities, such as figure skating classes, shows and competitions, all of which enhance skills and develop sportsmanship while enjoying a sense of camaraderie in a fun and energetic skating atmosphere. The FSA is dedicated to meeting the needs of all

skaters, from the first-time competitor to skaters at the highest level of competition.

Membership in the FSA is available for an annual fee. FSA members receive special membership benefits for FSA programs and events.

Membership Benefits

- Reduced fee on daily freestyle sessions and monthly ice packages (Sept.–May)
- Discount on Summer Training Program (June–Aug.)
- Discount on FSA membership fee for additional family members
- Complimentary FSA member freestyle session on Fridays from 5–5:50 p.m. from Sept. 2, 2011–June 8, 2012 (Subject to cancellation or change due to ISC events)
- 10% discount on Pro Shop merchandise (does not include sharpening and services)
- Team fleeces available for an additional fee

Annual Fee

\$115 (Sept. 1, 2011–August 31, 2012)
\$65 additional family members

New members who join on or after March 1, 2012, pay \$70 for membership from March 1–Aug. 31, 2012 (\$40 additional family members)

Skaters do not have to be members to participate in FSA instructional classes, daily freestyles or group events. Non-member fees may apply.

Other Programs and Events

Coffee Club & Adult Open Skate

Adults • September–mid-June

An ongoing series of walk-on skating sessions for adults who enjoy socializing and figure skating.

The Coffee Club includes a 30-minute class taught by ISC staff, an open skate, coffee and snacks. The class focuses on basic skills for beginning skaters and on field moves, ice dancing or freestyle moves for more experienced skaters. Skaters do not need to participate in the class to skate during the open skate.

The Adult Open Skate is for beginning and advanced adult figure skaters who wish to practice their skills. No group class, coffee or snacks are offered. Skaters may receive private instruction during this session.

Schedule

Adult Open Skate–Tuesdays & Thursdays
9:30–11:50 a.m. Open Skate

Coffee Club
Wednesdays
10:00–10:30 a.m. Instructional Class
10:30–11:50 a.m. Open Skate

Fridays
9:30–10:00 a.m. Instructional Class
10:00–11:50 a.m. Open Skate

Schedule is subject to change or cancellation due to RMU ISC events.

Fees

Adult Open Skate
\$7 per session

Coffee Club*
\$98 for 10 sessions (expires 6/8/12)
Walk-on fee \$12 per session

**If an instructor is not available for the Coffee Club class, all skaters will be charged \$6 for the open skating session.*

Skate Pittsburgh

U.S. Figure Skating Competition

Sept. 24 & 25, 2011

Hosted by the Pittsburgh Figure Skating Club. Open to all U.S. Figure Skating members and Basic Skill skaters.

Holiday Spectacular Ice Skating Show

Dec. 4, 2011

Featuring RMU ISC Skating School students, FSA members and SCB Synchronized Skating Teams.

Shamrock Skate ISI Competition

Saturday, March 17, 2012

Open to all ISI members.

Synchronized Skating Team

Workshop & Tryout

Steel City Blades Teams • May 2012

US FS Test Sessions

Pittsburgh Figure Skating Club sponsored test sessions available throughout skating season. Contact Beth Sutton, PFSC Test Chair, for additional information.

Summer Training Program

June 1–Aug. 31, 2012

The RMU Island Sports Center has the most comprehensive summer figure skating training program in the Pittsburgh area, all under one roof! This all-inclusive program features a full schedule of freestyle, field moves, ice dancing sessions, off-ice conditioning and dance classes. Skaters may choose from several ice packages created to meet their individualized training needs. Check with the RMU Island Sports Center each April for detailed information on the Summer Training Program.

Freestyle Sessions

Schedule

The following schedule runs from Sept. 1, 2011–June 9, 2012, at which time the Summer Training Program schedule begins.

Morning Session*

Monday–Wednesday–Thursday

6–7 a.m. • 7–7:50 a.m.

Tuesday–Friday*

6–7 a.m. • 7–8 a.m. • 8–9 a.m.

*Morning Sessions may be split between Olympic and Clearview Arenas.

Saturday

11–11:50 a.m.

Afternoon Sessions

Monday–Tuesday

2:30–3:30 p.m. • 3:30–4:30 p.m. • 4:30–5:20 p.m.

Wednesday

2:30–3:35 p.m. • 3:35–4:40 p.m. • 4:40–5:40 p.m.

Thursday

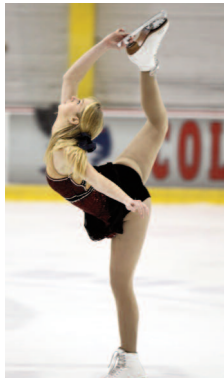
2:30–3:30 p.m. • 3:30–4:30 p.m. • 4:30–5:20 p.m.

Friday

2:30–3:20 p.m. • 3:20–4:10 p.m. • 4:10–5 p.m. • **5–5:50 p.m.***

*Complimentary FSA member freestyle session

Schedule is subject to change due to RMU ISC events. Please check rmuislandsports.org and/or the FSA bulletin board for the monthly freestyle schedule.



Monthly Ice Packages

FSA Members Only

Olympic	Unlimited Monthly Sessions @ \$280
Competitor	30 Sessions @ \$248
Junior Competitor	20 Sessions @ \$178
Gold	16 Sessions @ \$153
Silver	12 Sessions @ \$123
Bronze	6 Sessions @ \$63



Additional sessions may be purchased within a pre-registered month at \$10 each.

Specialty and off-ice classes are not included in monthly ice package fee. Monthly packages end May 31, 2012. Summer programs and fees begin on June 1, 2012.

Walk-On Fee

FSA Members	\$11 per session
Non-Members	\$13 per session

Lesson Pass

Beginning Skater	\$7 per 30-minute lesson
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Only applicable to skaters who have not passed the ISI Delta Test and/or U.S. Figure Skating Pre-Preliminary Field Move Test. Skaters not in the ISI or USFS testing structure who are practicing skills equivalent to these tests are not eligible for a Lesson Pass. Skaters may not skate before or after their lesson.

Hockey Lessons

\$7 per 30 minutes of ice time

For hockey players receiving a private skating lesson during a figure skating session. Session times are limited. Hockey players are permitted on the ice with an instructor only and may not skate before or after their private lesson.

On-Ice Instructional Classes

Figure Skating Development

U.S. Figure Skating Freestyle 1-2-3



This class includes a comprehensive lesson and testing structure designed to develop fundamental ice skating skills while introducing the basic elements of figure skating. Emphasis is on mastery of forward stroking, forward and backward crossovers, edges and turns. More advanced skills and figure skating elements necessary for freestyle, ice dancing, field moves, pairs skating and synchronized skating are introduced. The class follows the U.S. Figure Skating Basic Skills and ISI Freestyle testing structure.

Prerequisites

- Successful completion of ISI Delta Skill Test or US Basic Skills 1–8
- Weekly private instruction from an RMU ISC figure skating staff coach

Junior Competitive

US Figure Skating Freestyle 4-5-6

This class builds the foundation of more advanced figure skating skills. Skaters continue to learn skills in the U.S. Figure Skating (FS 4-6) and ISI (FS 4-5) freestyle test structure in addition to focusing on moves in the field and dance/footwork sequences. Emphasis is on showing good use of edges and a mastery of basic skills, single jumps and basic spin positions. Skaters are divided into groups based on enrollment and FS test level.

Prerequisites

- Successful completion of the ISI Freestyle 3 Test or U.S. Figure Skating Freestyle 3 Test
- Weekly private instruction from an RMU ISC figure skating staff coach

Competitive

This class introduces skaters with a strong foundation of field move skills, jumps and spins to a variety of skating disciplines. Emphasis is on improving speed and control to enhance flow, carriage and body movement on the ice; techniques for more advanced field moves, freestyle, ice dancing; program development focusing on what judges look for in a competition or test routine; and competition preparation from practice to performance.

Prerequisites

- Successful completion of U.S. Figure Basic Freestyle Tests 1–6 or their equivalent. Skaters must be working on axels and/or double jumps. or have approval from the skating director
- Weekly private instruction from an RMU ISC figure skating staff coach

Stroking Workshop

This workshop teaches correct stroking techniques to help skaters develop a sense of style with more power, speed and control. Emphasis is on enhancing flow, carriage and body movement on the ice, enhancing skating style, and building endurance. Consists of a 10-minute instructional class each week. Complimentary with any FSA Instructional Class registration fee or walk-on fee.

Sign-In

- Skaters must sign in at the front desk or with the ice monitor. Skaters must indicate the number of sessions they are skating and may only skate the number of paid sessions. Walk-on skaters or skaters purchasing additional sessions must present the ice monitor with a receipt and may only skate the number of sessions indicated on the receipt.
 - Skaters are not permitted to warm up prior to the start of their designated session or scheduled lesson time.
 - Skaters who purchase the Olympic, unlimited ice package, must sign-in for all sessions.
 - Skaters must confirm lesson times with coaches to be sure they are following the proper ice schedule times and policies.
 - Skaters must follow designated session times and leave the ice when sessions are completed. Skaters skating additional time will be charged on their ice package or the appropriate walk-on fee.
 - All receipts and monthly ice package sheets are kept in the FSA program binder.
- Sessions entered by ice monitors may not be altered by anyone other than the ice monitors. If you have a concern about your ice package, see the ice monitor.**

Half Sessions

- Half sessions are designed to accommodate skaters who are unable to attend two or more full sessions in succession due to traveling and school constraints. A half session is 30 minutes.
- Skaters must skate at least one full session immediately prior to or following the half session.
- Pre-registered skaters may use one ice package credit as two half-session credits. Any remaining half-session



credits do not carry over to the next month. There are no refunds or credits for unused half sessions.

- Walk-on skaters may purchase half sessions when purchasing at least one full session. Walk-on rate is \$7 per half session.

Credits/Refunds

- There are no refunds, credits or make-up sessions given for unused prepaid sessions.
- In the event that the RMU ISC must cancel sessions, advance notice will be given so skaters may schedule their ice sessions accordingly.
- Refunds for illness or injury will not be issued for the first five days off the ice. Extended absence due to illness or injury will receive a credit when the request is accompanied by a doctor's note.

Clothing

- Appropriate skating clothes are expected at all times. Midriff-baring outfits are not permitted during any FSA session or class.

The RMU Island Sports Center reserves the right to amend the listed policies and procedures and ice session times.

FSA Instructional Classes

FSA instructional classes provide a fun and safe skating experience and promote physical fitness in a group atmosphere. Classes are offered to ISI or U.S. Figure Skating skaters from beginner through advanced levels. Students are divided into three groups based on figure skating level and experience. Skaters do not have to be FSA members to participate in instructional classes.

The skating director reserves the right to adjust a skater's class placement. Supplemental private skating instruction is necessary to accelerate progress and focus on individual skating needs.

On-Ice Class Features

- Figure Skating Skill Development curriculum appropriate for beginning through advanced figure skaters
- 30-minute instructional class and a freestyle practice session each week
- Complimentary 10-minute stroking workshop for pre-registered skaters
- Skill focus: freestyle, ice dancing, moves in the field
- \$10 discount available on total on-ice class fee when signing up for Wednesday & Saturday on-ice instructional classes, within the same series. Discount does not apply to siblings or off-ice classes.



US Figure Skating (US FS) Membership

Skaters who participate in the Figure Skating Development, Junior Competitive and Competitive classes must be current members of US Figure Skating (US FS) through US FS Basic Skills, US FS Club or as an US FS Individual member.

The US FS Basic Skills annual membership fee of \$12.00 must be paid by the skater; registration is available at the front desk. The annual membership fee is good from July 1, 2011–June 30, 2012

Class Times

<i>Mondays</i>	
5:30–6:20 p.m.	Ballet with Lana Novodran
<i>Wednesdays</i>	
4:40–5:40 p.m.	Freestyle Practice Session
5:50–6 p.m.	Stroking Workshop
6–6:30 p.m.	Instructional Classes (Figure Skating Development/Junior Competitive/Competitive)
<i>Thursdays</i>	
5:30–6:15 p.m.	Off-Ice Conditioning With Elena Valova
<i>Saturdays</i>	
11–11:50 a.m.	Freestyle Practice Session
11:50 a.m.–Noon	Stroking Workshop
Noon–12:30 p.m.	Instructional Classes (Figure Skating Development/Junior Competitive/Competitive)

Schedule and Fees

Length of series and fees vary depending on seasonal schedules. Please visit rmuislandsports.org or Guest Services for seasonal class schedules and fees.

Off-Ice Instructional Classes



Off-Ice Conditioning

World and Olympic Champion, Elena Valova, and RMU Island Sports Center staff instruct skaters in off-ice training techniques to improve their on-ice performance by increasing strength, flexibility and endurance. Off-ice conditioning is essential for developing single, double and triple jump techniques and can enhance skaters' potential through proper training and nutrition. World and Olympic champion Elena Valova's training techniques can enhance skaters' on-ice training and develop skating skills. Appropriate for skaters enrolled in Figure Skating Development, Junior Competitive and Competitive.

Prerequisite

- Successful completion of ISI Delta Test or U.S. Figure Skating Pre-Preliminary Field Move Test or approval from the skating director

\$10 discount on class total when registering for both Off-ice with Elena and Ballet with Lana within the same session. Discount does not apply to siblings or on-ice classes.

Multiple Class Discount Available!

Ballet for Figure Skaters

In this class, skaters learn to enhance artistic impression and increase overall flexibility through proper body alignment, stretching and presentation. Skaters learn how these techniques relate to individual style development and overall presentation on the ice. Ballet focus will be placed on proper body positions and stretching for skaters.

The ballet instructor will be available for private on-ice lessons for an additional fee.

Pro-Motion Off-Ice Jump Harness Training

The **Pro-Motion Advantage System** is designed for training skaters' off-ice. It is best used to teach skaters rotation position and jumping technique, while they are wearing running shoes. Pro-Motion harness eliminates the focus of the on-ice set up and a potential fall while learning multiple rotation jumps and enables the skater to focus only on jumping and air position, which are essential for the successful completion of a jump on ice. Skaters learn to rotate doubles, triples and quads fast and on axis, with suspension training, without the worry of falling on-ice. Quickness is the essential skill required for these jumps and the **Advantage System** teaches that off-ice.

Please see ISC Staff coach, Renee Miller, to schedule private lessons on the Pro-Motion Harness. Lesson fees will be paid directly to Renee. There is no additional payment to ISC for use of the Pro-Motion harness.

Freestyle Session Policies and Procedures

Skating Fees

- **All skating fees must be paid in full before going onto the ice.** Skaters who have not paid for their ice time will be removed until payment is provided.
- **Any outstanding balance must be paid in full at the beginning of each month** before a skater can purchase additional ice packages or walk-on sessions, participate in classes, programs or events. Skating privileges will be suspended until outstanding balances are paid in full.
- Checks returned for insufficient funds will result in a \$25 fee and suspension from further participation in the program until fees are paid in full.

Monthly Ice Packages

- The Olympic ice package, which offers an unlimited use of freestyle sessions on a monthly basis, without the need to purchase additional "over-skate sessions." ***The Olympic ice package is a great value for competitive skaters or families with multiple skaters.*** All FSAcademy policies and procedures apply to Olympic ice package. ***Skaters must sign-in for all sessions with the Olympic ice package.***
- FSA members may purchase monthly ice packages at the listed rates. **Non-members may not purchase ice packages.** Full payment is due at time of registration.

New Ice Package!

- Ice packages expire on the last skating day of each month. There will be no credits or make-up sessions issued for unused sessions. Unused sessions do not carry over to the next month.
- FSA members who are pre-registered for a monthly ice package may purchase additional sessions within that month at a rate of \$10 per session.
- Skaters must adhere to the freestyle session schedule. Session times may not be split. One ice credit will be used for each 50- or 60-minute session skated.
- Immediate family members may share a monthly ice package only if all family members are FSA members. The first family member pays the full membership fee (\$115); additional family members pay a reduced rate (\$65).
- Monthly ice packages are not transferable and may not be sold or given to other skaters.
- Specialty class and off-ice class fees are not included in monthly ice packages.
- If ice packages are purchased on or before the 7th of the month, all sessions skated prior to purchase will be included in the package. Packages purchased on or after the 8th of the month begin on the date of purchase, and all sessions skated prior to purchase will be charged the appropriate walk-on fee.

Non-Members

- Non-members may participate in FSA programs and freestyle sessions at the designated non-member rate. **NO EXCEPTIONS!**

Synchronized Skating

Synchronized Skating Academy

In 2004, the Steel City Blades synchronized skating teams were started at RMU Island Sports Center. The two teams – Competitive and Junior Competitive – meet one to two times per week and train for synchronized skating competitions, as well as local shows and performances. The teams are coached by Marsha Snyder, a world and national synchronized skating competitor with Miami University of Ohio, and the RMU ISC synchronized skating team staff.

Synchronized skating is the fastest growing discipline of figure skating. Last year more than 2,500 skaters participated at the regional level of singles competition, while nearly 6,000 skaters competed at the sectional level of synchronized skating. Currently, the U.S. is fourth in the world and training the youngest skaters for the 2010 Olympics. Synchronized skating is a great way to develop a figure skater's singles skating skills in a team environment!

Tryouts are held in May for all current and potential new team members. If you miss the tryout date, open tryouts are available to potential new team members throughout the season. For a tryout, please contact Skating Director Beth Sutton at 412-397-4469.

Skaters must meet the following prerequisites to tryout for the competitive teams:

Junior Competitive Team (Ages under 12)

Skaters must have passed the USFS Pre-Preliminary Field Moves Test or higher and/or have been a member or trainee on the 2010-2011 Steel City Blades Junior Team. Skaters should have strong forward and backward skating skills (spirals, lunges, shoot the duck, bunny hops) and be able to perform various footwork drills (three turns, mohawks, chasses).

Competitive Team (Ages 12-18)

Skaters must have passed the USFS Pre-Juvenile Field Moves Test or higher and/or have been a member or trainee on the 2010-2011 Steel City Blades Competitive Team. Skaters should have strong forward and backward skating skills (spirals, lunges, hydroblades, ena bauer, spread eagles, one-foot spins) and be able to perform complicated footwork drills (double three turns, choctaws, twizzles).

Synchronized Skating Developmental Team (Little Blades)

This program is designed for skaters who are interested in learning the skills necessary to join a synchronized skating team. Skaters have the opportunity to participate in shows and competitions throughout the season (optional).

Prerequisite

- Successful completion of ISI Beta Test or approval from the synchronized skating coach or skating director

Class Time

Sundays

4:15–4:45 p.m. Off-ice training

5–5:30 p.m. On-ice instructional class

Schedule and Fees

Length of series and fees varies. Team members participating in shows and competitions must purchase a practice dress and event dress (not included in program fees). See Little Blades brochure or rmuislandsports.org for details.

FSA Policies and Procedures

1. A skater must be a member in good standing with the RMU Island Sports Center Figure Skating Academy (FSA) to receive the stated benefits and discounts.
2. Discounts and benefits are in effect after FSA membership fee is paid in full, received and processed.
3. **Outstanding balances must be paid in full on a monthly basis to receive discounts and to purchase monthly ice packages.**
4. FSA members may skate the complimentary member freestyle session on Fridays from 5–5:50 p.m. at no charge Sept. 2, 2011–June 8, 2012. All members must sign in for this session.
5. The complimentary Friday member freestyle session is non-transferable to any other day or session time. At times, it may be canceled due to other RMU ISC events. Skaters will not receive a credit or refund for any complimentary session that is canceled due to other events.
6. Non-members are eligible to participate in FSA instructional classes, daily freestyles and special events. Non-member fees may apply.
7. Non-members are not entitled to monthly ice packages, reduced freestyle session rates, additional discounts or member benefits.
8. Non-members are not eligible for solo performances in RMU ISC skating shows.

The RMU Island Sports Center reserves the right to cancel or amend the listed policies and discounts at any time.



Private Instruction

Private instruction is available for those interested in recreational or competitive figure skating. Our first-rate staff of instructors provides all levels of instruction, from beginner through advanced. Rates range from \$15 to \$37 per 30-minute lesson. For more information and a list of instructors, see the Private Skating Instruction brochure or contact Skating Director Beth Sutton at 412-397-4469 or sutton@rmuislandsports.org.

Figure Skating Staff



**Beth Sutton,
Skating Director**

A National and Junior Olympic coach and former Ice Capades show skater, Beth is a member of U.S. Figure Skating, the Ice Skating Institute and the Professional Skaters Association.



**Elena Valova,
Figure Skating
Instructor**

Elena won a gold medal in pairs skating at the 1984 Olympics and a silver medal at the 1988 Olympics. She is a three-time World Pairs champion (1983, 1985, 1988) and a three-time World Pairs silver medalist (1984, 1986, 1987).

**Jennie Vicinie
Assistant Skating Director**

**Crystal Mekonis,
Skating School Associate**

**Mary Jane Ryan, Chris Belloma
Ice Monitor**

**Marci Razete,
Customer Service Coordinator**



FOR MORE INFORMATION

Beth Sutton, Skating Director • 412-397-4469 • sutton@rmuislandsports.org
Jennie Vicinie (vicinie@rmu.edu) or Crystal Mekonis (mekonis@rmu.edu) • 412-397-4483

Robert Morris University
Island Sports Center
FIGURE SKATING ACADEMY

2011-12 Figure Skating Academy

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