



CITY OF COON RAPIDS

COON RAPIDS ICE CENTER

2020/21 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
(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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***** COVID-19 Note *****

We will be following the most recent CDC, Department of Health, Safe Sport and Coon Rapids Ice Center policies in place at the time the classes are held. Photos in the brochure were taken prior to Feb. 2020

***** Registration Note *****

All registration is online at www.coonrapidsicecenter.com. Due to limited class size, we recommend registering early. Acceptance is on a first come basis. All classes will fill quickly with reduced class sizes. Confirmations will be sent by email. Please make sure your email and contact information 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 not available at this time.)



CLASSES FOR BEGINNERS BASIC SKILLS, HOCKEY & ADULTS

These classes include a practice pass.

Fundamentals for ages 5-14:

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 I, Hockey I or Adult I. Evaluations will be done on the first day of class and skaters will be placed in the most beneficial level. Skaters who complete Basic 6 enter Pre free skate. Three hours of practice time is included with your class. Skaters will be give a practice pass and may practice on public sessions. See page 13 for more information.



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

Parent And Little Skater (PALS) class: This class offered before 2pm during the weekday is designed for children ages 3 to 8. This is a 30-minute parent/child class for first-time skaters. Parents and children will learn to skate. Parents will also learn tips to teach their child and help them become a better skater. 30 minutes of on ice practice time after class is included in the price of the session. This class is not offered every session. Contact us for more information about the next session.

Hockey levels 1-4: (No sticks or pucks allowed)

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. The lesson curriculum is endorsed by USA



CLASSES FOR BEGINNERS BASIC SKILLS, HOCKEY & ADULTS

Hockey. Skaters are combined with the Basic 1 & Basic 2 skaters as the classes covering the same skills. Classes should be taken in order. **Hockey 3** is combined with Basic 3 during part of the year, **Hockey 4-** Contact the director for more information.



Adults and Teens will 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.

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



Pre Free Skate:

Open to skaters who have passed Basic 6. This class will introduce skaters to figure skating.

Free Skate 1-6 & CRIC's

Free Skate 7, 8 & 9:

Open to any skater who has passed Pre Free Skate. Skaters must pass the Free Skate tests in order. CRIC's Free skate 7, 8 & 9 are for skaters passed Free Skate 6.

Jump Technique

This class is open to all skaters in Free Skate 4 and up. Exercises to increase rotational speed and air position will be covered. **Axel** is for FS 5-7 and **2 Lo+** is FS 8 and up or director permission. **2A+** is for the most advanced skaters.

Ice Dance

Beginning- This class will use the Learn to Skate USA's curriculum to teach the elements and patterns of the US Figure Skating's Preliminary Dance Test. Skaters will have the opportunity to test partnered ice dance tests for an additional USFS test fee. This class is not offered every session.

US Figure Skating Edge Program (Stars Edge)

A group edge class using the whole ice surface combined with some jumping exercises in a 45 minute lesson. Skaters must join the St. Paul Figure Skating Club which allows them 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.

Moves in the Field Class

This class will cover 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. Intermediate and higher will be combined into a Moves Technique class. The difficult turns and step will be covered and sequences will be worked on. Due to safety concerns the full pattern will not be covered.



SPECIALTY CLASSES FOR FIGURE SKATERS

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 4/5.

Silver- is open to skaters who have mastered forward spins in basic positions (4 revolutions). These skaters will be introduced variations and flying spins.

Gold is open to skaters who have passed Free Skate 5 and/or compete in WB Pre-Preliminary & Preliminary. These skaters must be proficient (4 revolutions) in all three basic positions on both feet.

Gold/Platinum is open to skaters who have passed Free Skate 6 or higher **and** show mastery of all basic positions on both feet (6 revolutions).

Platinum is open to skaters passed the Juvenile Free Skate test and are competing in Well-Balanced IJS competitive events. These skaters must be proficient (8 revolutions) in all basic positions on both feet.

Pre-Competitive Training Teams

Aspiring Stars



This is an exciting opportunities for figure skaters to improve more rapidly and be introduced to competitive skating. It is open to those who have passed Basic 3 through those working on Free Skate 2. Both teams train two times a week on Monday evenings and Saturday mornings, September through March. Attendance is required. Both teams have a number in the spring ice show and perform at the Holiday Exhibition.

- Emerging Stars is open to any skater willing to commit to skating two days during the season.
- Rising Stars skaters must given an invitation by the skating director and recommended by a staff coach to attend. The Rising Stars will skate 1 hour each day and be invited to skate with the Stars class a few times during the season.

An informational meeting will be held in September



SESSION DATES

We offer four 6-7 week sessions for skaters of all types and abilities.

Fall Sessions:

Monday Sept. 21, 2020 to October 26, 2020

Contract A begins Sept. 14th.

Monday Nov. 2, 2020 to December 14, 2020

Saturday Sept. 19, 2020 to October 24, 2020

Saturday Oct. 31, 2020 to December 19, 2020*

*No classes Sat. Nov. 28th. Contracts begin Sept. 12th

Winter Sessions:

Monday Jan. 4, 2021 to February 8, 2021

Monday Feb. 15, 2021 to March 22, 2021

Saturday Jan. 9, 2021 to February 13, 2021

Saturday Feb. 20, 2021 to March 27, 2021

Ice Show: (tentative)

April 22–April 25, 2021

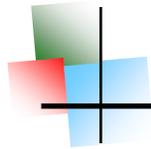
Fall Session Fees:

Adult, Basic Skills, Hockey or Free Skate Class: \$105 for 7 weeks

Specialty Classes: \$78 for 6 weeks or \$91 for 7 weeks

A practice pass is included with your registration for Adults, Basic Skills and Free Skate class. More information will be available during the first class.

Register online at www.coonrapidsicecenter.com



SESSION SCHEDULE

MONDAY

| | |
|--------------|---|
| 4:55-5:55 PM | Pod A (9 weeks: 9/14, 21, 28, 10/5, 12, 19, 26, 11/2) |
| 6:10-6:40 PM | Intro to Skating, Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 3, Bronze Spin |
| 6:40-7:10 PM | Basic 4 through Pre Free Skate, Silver Spin |
| 7:25-7:55 PM | Free Skate 1-4, Gold/Platinum Spin, Axel Technique (FS 5-7) |
| 7:55-8:25 PM | MIF– Pre Preliminary & Preliminary, Jump Technique 2Lo+, Free Skate 5-7 |
| 8:40-9:10 PM | MIF– Pre Juv and higher, Adults & Teens (Beginning— Advanced) |
| 8:40-9:25 PM | Pod B and Free skate practice ice (must be scheduled) |

SATURDAY

(Pods begin September 12)

| | |
|------------------|--|
| 7:00-7:45 AM | Pod C |
| 7:45-8:30 AM | Pod D |
| 8:00-8:30 AM | Platinum/Gold Spin Class |
| 8:40-9:25 AM | Stars Edge Class (separate brochure) |
| 9:25-10:10 AM | Pod E |
| 10:25-10:55 AM | Intro to Skating. Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 3 |
| 10:55-11:25 AM | Adults & Teens, Basic 4 & 5, Basic 6 & Pre FS Silver Spin |
| 10:25-11:25 AM | Aspiring Stars |
| 11:35AM-12:20 PM | Pod F |

WEBSITE & EMAIL

www.coonrapidsicecenter.com; Email-kmeck@coonrapidsmn.gov

OFF-ICE (DRYLAND) TRAINING

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.



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



OPTIONS FOR COMPETITIVE SKATERS

Pod Sessions/Private & Semi-Private lessons

Pods are groups of figure skaters who train together each week. This was previously know as contract ice. It is available to skating school participants 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 pod ice must be on the Coon Rapids Skating School staff or an invited guest coach.

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. Purchase the full contract to receive a discounted fee on ice. The weekly buy in rate is \$24 per hour.

Drop In Figure Skating

This ice is offered on Wednesday & Friday mornings before school and other times during the school day. See the Ice Center's full weekly schedule for more information. The fee is \$10.00 per hour with a one hour minimum. Skater must have passed Free skate 2 or be in a private or semi-private lesson to participate. This ice is limited to 22 skaters per hour.



ICE SHOW

The Thirty-First Annual Ice Fantasy Ice Show will be presented April 22-25, 2021.



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 20 or 27 and run for five weeks.

Participation information will be available in November and must be completed by Saturday December 19, 2020. 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, 2020 may participate in our Father/Daughter number. A separate registration is required for this number.

*******Please Note*******

All skaters will need to be measured for ice show costumes in December. More information will be provided.



SKATING SCHOOL NOTES

PROGRAM FEATURES

1. Ages and levels may be combined when classes do not fill.
2. Class time may change. You will be notified
3. The class size is limited.
4. Refunds will be given up to the second week (pro rated).
5. Practice time– Each skater will receive a practice pass for three hours of practice time. This time must be scheduled on a public session or for Free Skate level skaters the Monday 8:40pm session . No friends or parents are included in the practice pass but they may register for a public session.
6. Make-up lessons are not available.
7. Lessons will not be cancelled due to weather unless the Coon Rapids Ice Center Manager closes the building. A public skating pass will be issued for any cancelled class.
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 Learn to Skate USA member to participate. Membership runs from July 1, 2020-June 30, 2021. 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 1-4 and Pre Free Skate, Free Skate 1-6, CRIC Free Skate 7-9

PUBLIC SKATING for everyone

Wed. 12:30-2:30PM; Fri. 11:00am-1:00pm & Sunday 5:30-6:25PM & 6:35-7:30PM . Public Skate is offered by pre-registration online only, no walk-in skaters will be allowed and only Skating School practice ice passes will be accepted at this time. Each skater may have 2 spectators in the bleachers, any skater 10 or younger must have an adult chaperone remain in the building at all times. Skate rental and concessions may not be available. Adult, Senior, and Student \$5; 5 and under free with paid admission. Skate sharpening is available.

All skaters must pre-register

TIPS FOR SUCCESS

On the first day of lessons: Please arrive 10 minutes early to get prepared to take the ice. Skaters will be assigned an area to get ready. They should remain there until asked to take the ice. During the first class session, your child will be evaluated to make sure he/she has been registered for the appropriate level. The Intro to Skating and Basic I/Hockey I classes begin off ice. The instructors with the blue and green jackets will direct the skaters. Instructor assignments given out when you arrive to the second week of class. More information will be posted at the Ice Center.

What to wear

- Wear warm clothes. The arena is understandably cool so dress accordingly. Non-bulky layers are your best bet.
- Gloves/mittens are a must. Nothing can sour the experience more than cold hands.
- Helmets are strongly recommended for beginners

Reminders

- Registered skaters are allowed 1 chaperone, No siblings are allowed at this time.
- Only registered skaters are allowed on the ice.
- No one is allowed in the players' boxes during lessons.
- Please watch socially distanced from the comfort of the bleachers.
- Lessons should not be interrupted with questions. Leave a message for the instructor to contact you after the classes have ended or contact the Skating Director.

Enhance your child's experience!

- Support your child through challenges and successes
- Be realistic about your child's ability
- Allow the coach to do the coaching
- Use honest and open communication with your child's coach
- Don't compare your child to another skater.
- Be positive about your child's skating





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 Medalists. NETA Certified Group Exercise Instructor. Email: kmeck@coonrapidsmn.gov

STAFF COACHES:

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

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

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

Melissa Jaspersen— USFS Double Gold Medalist; Coach of State, Regional and Sectional Champions, National and International Competitors; PSA member; BS in Psychology, Minor in Athletic Coaching (UWRF); Coaching since 2002. Email: melissa.e.jaspersen@gmail.com

Rebecca Johnson—PSA Rated, Registered MIF & Freestyle; USFS Gold Medalist MIF, Adult National Solo Dance Champion, Adult National Medalist, MN State Adult Gold Champion; BS in Education (St. Cloud State University); coach of State and Regional competitors; coaching since 1999. Email: Rebecca.sk8coach@gmail.com

Michelle Nguyen— USFS Double Gold Medalist MIF and Free Skate, USFS Regional Competitor, MN State Medalist. BS in Kinesiology, U of MN, Doctor of PT student, Coach of State & Regional competitors, Coaching since 2014. Email: nguyem@outlook.com

Holly Olson— PSA Accredited coach, USFS Gold Medalist MIF, MN State Adult Champion, BA in Communications, U of MN; coach of USFS competitors; coaching since 2011. Email: Olso454@gmail.com

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



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