

Southern N.H. Skating Club

P.O. Box 4478, Manchester, New Hampshire 03108
Visit us on-line www.snhsc.com / Voice Mail 603.485.6144

Spring Back to Basics Program 5 WEEKS

Starts Sunday April 25 to May 23, 2010

11:30am-12:00

Ice Den in Hooksett NH

For the past five years, the SNHSC has offered skaters the opportunity to improve their skating skills in both the FUNdamentals and FoUNdations Programs. These two programs have helped participants to learn new skills and to work on old ones in the areas of jumping, spinning and fundamental skating moves. The response to these programs has been overwhelming and we are proud of the results.

This spring, we are taking the FUNdamentals and FoUNdations programs to a whole new level - a BASIC one!

Introducing "**Back to Basics and Beyond**"

Back To Basics and Beyond will take the concepts from FUNdamentals/FoUNdations and allow skaters to work on what is truly important to their skating: the BASICS. Curriculum items will include proper edge technique and execution; proper stroking technique (forward and backward) and execution; proper crossover technique and execution; correct posture; correct use of arms for balance, control, and expression; basic choreography techniques; the BASIC components of any jump; the BASIC components of any spin; the BASICS of turns (3-turn, bracket, counter, rocker, twizzle, choctaw, mohawk, etc); the FOUNDATION of ice dancing; and much, much more.

Skaters should NOT expect to practice intricate jumps and spins; in fact, few actual spins or jumps will be done at all. The goal is to develop a skater's control and mastery of basic entry and exit positions, improve edge quality, gain knowledge of how to develop speed and strength in their skating, and understand and MASTER the CORE PRINCIPALS of figure skating.

Skaters will be divided into two groups ACCORDING TO THE INSTRUCTOR'S RECOMMENDATION/ASSESSMENT and according to the number of skaters enrolled. The coach's placement is final.

Skaters can expect the following:

A set curriculum of training topics

To work as a group on every training topic

To work on many areas that they feel they may have already "mastered".

To work HARD at improving technique and control of the Basics ... and BEYOND!

To have consistent coaches every week

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Back to Basics and Beyond Program

Spring 2010 Skate Sessions-Ice Den Hooksett, NH

Sunday April 25 to May 23, 2010 11:30-12:00

Instructions:

- Complete a separate application form for each child.
- Session fees must be paid in full with a completed application. There will be a \$20.00 service charge for all returned checks. All fees are non-refundable

| Due | April 19 2010 | | | | Program fee | amount due |
|---|---------------|--|-------|-------|-------------|------------|
| 5 week program 11:30am -12:00 | | | | | \$80.00 | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | Amount | Paid |
| Skater's name | | | | | | |
| Street address | | | | | USFS# | |
| Parent/Guardian's name (please print) | | | | | | |
| Street address | | | | | | |
| City/Town | | | | State | | Zipcode |
| date of birth | | | age | | gender | M F |
| Home phone# | | | Cell# | | work# | |
| Email address | | | | | | |
| Has the skater participated in a USFS Basic Skills Program before? Yes _____ No _____ | | | | | | |
| <input type="checkbox"/> If yes, note experience or last badge passed. _____ | | | | | | |
| <input type="checkbox"/> Is there any MEDICAL information we should know about your skater? | | | | | | |
| | | | | | | |
| The Southern New Hampshire Skating Club, it's Officers and Representatives accept no responsibility for damage or injuries suffered by skaters, officials, or spectators, during an event sponsored by the Southern New Hampshire Skating Club. | | | | | | |
| PARENT/GUARDIAN SIGNATURE: _____ | | | | | | |
| Return the application form to the following address with a check made payable to the SNHSC. Keep the cover sheet for your records. | | | | | | |

SNHSC –Spring Programs
 PO Box 4478
 Manchester, NH 03108