

# Rising Stars – For those who love to skate!



## Rising Stars Program:

**ON-ICE CLASS**—Consists of small group instruction with low 4 to 1 student to coach ratio, tailored to each skaters' age and ability. As well as large group instruction utilizing the entire ice surface. Skaters will be exposed to many various elements and skills, both basic and advances to help them grow and reach their own goals as a skater. Skaters will learn the basics to powerful skating and begin to learn the proper jumping and spinning techniques as well as form and posture.

**OFF-ICE CLASS**—Introduces skaters to proper warm-up and cool-down exercises as well as stretching techniques, jumping and spin positions and body alignment for balance and posture. Skaters will learn various warm up drills and stretches to help increase flexibility and stamina on the ice. We have the unique opportunity to use a off-ice harness to work on correct air position during jumps while being able to control the skater's positions and ability to rotate.

Skaters have a blast learning new things each week while making lasting friendships with other skaters who are as excited and motivate like themselves!



### Rising Stars

is a comprehensive program designed for skaters who want to **improve their skills** and **progress more quickly** than is typical with only group lessons. This program is a fun, economical way to introduce skaters and their parents to the world of **United States Figure Skating (USFS)**, and our local chapter, the **Roseville Figure Skating Club (RFSC)**.

### Perks!

- \*Includes Basic Skills membership to USFS (US Figure Skating)
- \*Be a part of exclusive events and seminars that RFSC (Roseville Figure Skating Club) hosts for their members.
- Opportunity to participate in RFSC's fall Theater on Ice production with other RFSC members
- Opportunity to compete in our May competition held here at Roseville Skating Center in May
- Access to a variety of Roseville home club coaches, and opportunities to begin private one on one lessons with them!

**Winter II 2021** Classes are held at the Roseville Ice Arena on Friday evenings.

### Rising Stars:

**Time:** 5:45-6:45pm On-Ice instruction, followed by 15 min (6:30-6:45) of practice time

**Dates:** January 8, 15, 22, 29 February 5, & 19

**Cost:** \$120 for the 6 week session

\*NO CLASS Friday February 12 or 26 or March 5\*

*Please bring your own skates, mittens/gloves and helmet.*

Skater's name: \_\_\_\_\_  
 Skater's DOB and age: \_\_\_\_\_  
 Parent's name: \_\_\_\_\_  
 Contact phone: \_\_\_\_\_ Contact email: \_\_\_\_\_  
 Address: \_\_\_\_\_

**Please fill out Permission form on back!**

**Return bottom half of this form with your check. Please MAKE CHECKS PAYABLE TO: RFSC**  
Please return this form to Kelli McClellan, or contact her with any questions [Quadkell@aol.com](mailto:Quadkell@aol.com).

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**Permission Form**

As a participant in the Rising Stars Basic Skills program, I agree to hold harmless Roseville Figure Skating Club, its officials, professional staff and operating committees for any claims or demands arising out of any accidents and injuries sustained during skating sessions or for the loss of personal property. I further agree to abide by all of the rules of the Club and USFS.

By: \_\_\_\_\_

(Parent signature required if under 18.)

I hereby consent to the giving of emergency care or treatment to my son or daughter, \_\_\_\_\_, by any professional, medical, or nursing staff of any hospital, which, in their judgment is required in case of accident or medical emergency incurred during my child's presence in or around the building or grounds of the Roseville Skating Center. The area hospital and its staff may consider this consent to be valid until notified to the contrary in writing by the person signing this consent.

Signature of Parent/Guardian: \_\_\_\_\_

In case of Emergency Contact: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_

Insurance #: \_\_\_\_\_