



The Ice Den solo dance team will participate in the United States figure skating solo dance series. The series consists of 3 regions, Pacific, Midwest, and East Coast. Each region has its own set of competitions that host solo dance events. Competitors can compete outside of their region but must compete in 2 competitions to be able to qualify for solo dance nationals, which is held each September. Solo dance series is International, and skaters may qualify to represent Team USA.

The goal for this program is to create a fun, competitive program for solo dancers that will allow them to expand their competitive opportunities, be a part of a team atmosphere and have a chance to qualify for a national or international event. We will increase the awareness of ice dancing at both Ice Den's.

## WHAT IS SOLO ICE DANCE

Solo ice dance is a mirrored event to partnered ice dance. We do the same pattern dances and free dance events as the partnered events do. Ice dancing is a discipline of figure skating that draws from ballroom dancing. In ice dancing, dancers must always skate to music with a definite beat or rhythm.

Dance emphasizes the techniques of edge work, flow, and motion. Ice dancing has two focus areas:

### Pattern Dance:

Skaters are given a very specific pattern to follow. This pattern is shown in the form of a drawing which specifies the skater's moves right down to which foot is doing what step during every single beat of music. Dancers are marked on their ability to skate the required pattern with demonstrated musical feeling.

### Free Dance:

Skaters get to use their own music and choreography, usually given to you by the coach/choreographer you are working with. These programs must include specific required elements and steps assigned to your level and must be performed in a musical way. No jumps are allowed.

### How do you qualify for Nationals?

1. Compete at two competitions in any region.
2. Skaters will qualify for the final (Nationals) and be ranked by section based on their highest IJS score. Top 6 scores in each region, qualify for the final.
3. The number of skaters qualifying for the national event may increase if conditions allow.

## COMPETITION & TEST LEVEL STRUCTURE

The competition levels and test structure for Ice Dance in pattern dances and free dances are as follows:

Preliminary Pattern Dance	Dutch Waltz, Canasta Tango, Rhythm Blues
Pre-Bronze Pattern Dance	Cha Cha, Swing Dance, Fiesta Tango
Bronze Pattern Dance, Juvenile Free Dance	Willow Waltz, Ten Fox, Hickory Hoedown
Pre-Silver Pattern Dance, Intermediate Free Dance	14 Step, European Waltz, Foxtrot
Silver Pattern Dance, Novice Free Dance	Tango, American Waltz, Rocker Foxtrot
Pre-Gold Pattern Dance, Junior Free Dance	Blues, Paso Doble, Starlight Waltz, Killian
Gold Pattern Dance, Senior Free Dance	Westminster Waltz, Quickstep, Argentine Tango, Viennese Waltz
International Pattern Dance	Yankee Polka, Ravensburger Waltz, Finnstep, Midnight Blues, Silver Samba, Cha Cha Congelado, Golden Waltz, Tango Romantica, Tea-Time Foxtrot

## REQUIREMENTS

1. Team members must be a registered United States Figure Skating individual member, or a member of a registered USFS club. Such as **Coyotes Skating Club of Arizona** at the Ice Den Scottsdale or **Desert Ice Skating Club of Arizona** at the Ice Den Chandler.
2. All team members interested in participating in the 2026 solo dance competition series are required to complete the online series registration form on USFSA website. The registration fee of approximately \$53.35 covers all the events. Forms must be completed and submitted by April 1, 2026.
3. A travel consent form signed by a parent/guardian is required for a team member to travel to competition with a team designated chaperone.
4. A Team jacket is required for all team members. More information will be coming soon on how to order the team jacket.

## 2026 ICE DEN SOLO DANCE TEAM REGISTRATION FEE: DEADLINE MARCH 1, 2026

**Team member fee: \$125.00**

*(this is separate from the fee submitted online with USFSA)*

Team member fee includes:

- Four (4) on-ice group classes (Summer 2026). Class options will be offered at both Chandler and Scottsdale locations.
- Opportunity for a free group performance at the Summer Show in Scottsdale in June
- Learn to Skate exhibition opportunities
- Critique
- End of Season Wrap Up Exhibition
- National Bound Team Member Sendoff Party

**REGISTER ONLINE AT [ICEDENCHANDLER.COM](http://ICEDENCHANDLER.COM)**