



Niles IceLand ASPIRE Cohorts

2020-2021

The U.S. Figure Skating ASPIRE program is the bridge between learn to skate group classes and US Figure Skating membership. Through the development of athleticism and artistry, skaters build a solid skill foundation that drives success on and off the ice.

At IceLand we will be using the Aspire program to create cohorts that will develop together to greater character development, skill development, and skating knowledge as a team. Having cohorts who all ASPIRE to greater skating development will help to motivate the skaters by working in a team atmosphere, training more than they have in the past or continue training harder, and develop a more advanced understanding of skating its different disciplines and connections.

- There will be two cohorts, one for the Freestyle level skaters and one for the Learn to Skate level skaters, that will work separately and together.
 - Cohorts will begin September 8, 2020 and run through December 19, 2020.
 - There will be a 10 skater maximum in each cohort.
- Cohorts will include an orientation, weekly classes, skater/parent sessions, handouts, homework, and an a gift pack that will include a t-shirt.

Who should participate?

Skaters who ASPIRE to develop greater skating skills, get stronger athletically, learn more, gain more skating knowledge, have a team to train with, support and be supported by fellow skaters and coaches while training, begin competing or compete at higher levels, and be surrounded by other who want the same.

Learn to Skate Cohort—Alpha through Freestyle 2

Freestyle Cohort—Freestyle 3 and above



**Aspire to exceptional Character Development!
Aspire to work harder each day!
Aspire to set, plan, and reach goals!
Aspire to do small things each day to be a better skater and person!
Aspire to encourage and motivate fellow skaters!**

We believe WE CAN ALL ASPIRE regardless of age, level, or title.

Once cohort begins there will be no refunds and all payments must be completed.

What do you get when you register for the ASPIRE Cohorts?



Participation in all aspects of the cohort is mandatory.



Freestyle Cohort: FS 3 and Above

- Zoom Orientation for skater and parent.
- Tuesday Sessions
 - 4:40pm Warm Up—Off Ice
 - 5:10pm On Ice Class
 - 6:10pm Off Ice Class
- Sunday Zoom Ballet Class
- Power Class—(choose Mon. or Sat.)
- Choice of 1 additional class that is offered within the skate school.
- 4 Parent/Skater Meeting Sessions.
- Handouts
- Gift pack including T-shirt.
- Only skaters in the ASPIRE Cohorts will receive \$10 off any additional classes offered within the skate school.

Recommended in additional to above:

Additional costs apply.

- Freestyle practice each week.
- Private lessons weekly.
- Additional classes such as Ballet, Floor Barre, Off Ice Class (Conditioning/Jump) Jump Workshop, and Spin Workshop

Learn to Skate Cohort: FS 2 and Below

- Zoom Orientation for skater and parent.
- Tuesday Sessions
 - 4:40pm Warm Up—Off Ice
 - 5:10pm On Ice Class
 - 6:10pm Off Ice Class
- Sunday Zoom Ballet Class
- Power Class—(Pre FS –FS 2 Mon. or Wed., Alpha-Delta Wed. depending on level.)
- Choice of 1 additional class that is offered within the skate school.
- 4 Parent/Skater Meeting Sessions.
- Handouts
- Gift pack including T-shirt.
- Only skaters in the ASPIRE Cohorts will receive \$10 off any additional classes offered within the skate school.

Recommended in additional to above:

Additional costs apply.

- Practice each week.
- Private lessons weekly.
- Additional classes such as Ballet, Level Class, and Off Ice Class.

Fees and Payment Information

Payment plan available.

15 Weeks of Training—September 8, 2020 to December 19, 2020

Resident: \$960.00

Team IceLand Gold Member: \$975.00

Non Resident: \$1002.00

**If paid in full at the time of registration receive a \$25.00 discount on the full fee.*

All participants must either be a full USFS Club member or a Learn to Skate USA member. Those that need to become a Learn to Skate USA member add \$17.00 to your first payment.

Payment Plan

**Anyone using the payment plan must provide a credit card number with an expiration date after 11/2-20.*

Payment 1: Due at time of registration. (Deadline to register is 9/4/20.) -1/3 Due **Code:433210-01**

Payment 2: October 10, 2020—1/3 Due **Code: 433210-18**

Payment 3: November 2, 2020—1/3 Due **Code: 433210-19**

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