



2017-2018 FALL-SPRING SCHEDULE

SEPTEMBER 5, 2017 – JUNE 30, 2018

111 MIDTOWN BRIDGE APPROACH, HACKENSACK, NJ. 07601 TEL:(201) 487-8444 ext.232 FAX:(201) 498-1250
www.icehousenj.com

DIRECTOR OF FIGURE SKATING

CRAIG MAURIZI
World and Olympic Coach

SENIOR PROFESSIONALS

Featuring

GALINA ZMIEFSKAYA \ **NIKOLAI MOROZOV**
Two Time Olympic Champion Coach Multi Olympic Champion Coach/Choreographer

GENNADI KRASNITSKI
World Coach/Olympic Coach

VLADIMIR KAPROV
World Coach

VICTOR PETRENKO
World & Olympic Coach

STEVEN RICE
International Coach

ROMAN SEROV
US National Coach

JULIA LAUTOWA
US Jr. National Coach

IGOR KROKAVEC
World/Olympic Coach

KELBY RILEY
Jr. National Coach

GALIT CHAIT
World/Olympic Coach

GILBERTO VIADANA
World Coach

ELAINE ZAYAK
US International Coach

DANIEL RAAD
US National Coach

FELICIA ZHANG
US National Coach

Specialists

NINA PETRENKO
World/Olympic Choreographer

MICHELA BOSCHETTO
US National Choreographer

YELENA PAVLOVA
US Jr National Choreographer

ANNA ZAROROZNIUK
US National Choreographer

ABOUT THE ICE HOUSE

The figure skating program has gained worldwide recognition for Olympic level skaters including

2002 Olympic Champion Sarah Hughes
2002 Olympic Champions Elena Berezhnaya and Anton Sikharulidze
2004 World Silver Medalist Sasha Cohen
2007 World Silver Medalist Daisuke Takahashi
2007 World Champion Miki Ando

With over 100 hours of ice time weekly and one of the best coaching staffs around the Ice House has established itself as a premier figure skating training facility. Since its inception in 1999 the Ice House has sent 28 skaters to the Olympic Games, 31 skaters to the World Championships and 45 skaters to the US National Championships.

WELCOME

Welcome to the **ICEHOUSE** Skating School. We are offering a comprehensive on and off ice training program designed to maximize the potential of every skater. On and off ice sessions are divided by levels. Off ice we have daily Ballet, Pilates and Strength and Conditioning classes. In addition, we have the best Professional Staff in the area and one of the best in the entire country!

ON ICE PROGRAM

Freestyle and Pairs/Dance/Elite ice is available from 5:55am to 6:10pm Monday through Friday and Saturday ice is also available in the mornings and afternoons. We have sessions for every level of skater. Please check the Freestyle and Pairs/Dance/Elite schedule in this packet to see the designations. We are limiting the number of skaters on every session. The limit per session will vary based upon the lowest designation for that particular session. PLEASE NOTE: The test level designations and/or the maximum number of skaters per session may be changed at any time. A notice on the MESSAGE BOARD located next to the Skating School Office will be posted if any such change is made.

OFF ICE TRAINING

The amount of classes available has been based on the recommended Off Ice Training Regimen set by the *US Figure Skating Association.

We provide the absolute best opportunity for Skaters of all levels, by scheduling the following programs in accordance with one another as well as the Skaters On Ice schedule.

PARABOLIC

At Parabolic Performance & Rehabilitation, we offer a unique combination of sports physical therapy and performance training to suit the needs of professional athletes as well as those recovering from injuries or surgery.

201.880.7663

info@goparabolic.com

PRICING

We offer the following pricing options for every skater for our Freestyle, Open and Pairs/Dance sessions:

WALK ON: \$15

10 SESSION CARD: \$120

40 SESSION CARD: \$360

\$750 Unlimited Contract

- **All session cards will have an expiration date of 60 days from the date of issue.**
- All sales, tickets (issued as a receipt for all sessions purchased), discount cards etc. are non transferable (ie: they may be used only by the specific individual in whose name the purchase was made).
- Each individual person must purchase a minimum of 40 sessions to get the extended discounted per session rate (ie: we can not combine two children onto one discount card).

CREDITS/REFUNDS

- A customer will be granted a credit for any reason only if they have their original ticket and present it at the admissions window a minimum of 15 minutes prior to the start of the session in question.
- Switching of sessions will be processed as a credit and a new sale and subject to the same 15 minute rule.
- All credit/refund issues will be handled exclusively by the Admissions Dept.

PLEASE NOTE: All sales for ANY sessions are FINAL within 15 minutes of the start of a session!

IT IS THE POLICY OF THE ICE HOUSE THAT PAYMENT FOR ANY SESSION MUST BE MADE PRIOR TO GETTING ON THE ICE. FAILURE TO PAY FIRST WILL RESULT IN THE SKATER BEING ASKED TO LEAVE THE ICE. SKATER MUST THEN PAY THE WALK ON FEE FOR THE SESSION(S) HE/SHE DID NOT PAY FOR IN ADVANCE. IF CAUGHT THREE TIMES WITHOUT PAYING FOR A SESSION WITHIN A 60 DAY PERIOD THE SKATER WILL BE REQUIRED TO PAY THE WALK ON FEE FOR EVERY SESSION THEY SKATE FOR 30 CONSECUTIVE DAYS.



**2017-2018 FALL-SPRING SCHEDULE:
EFFECTIVE TUESDAY, SEPTEMBER 5, 2017 – June 30, 2018
ON ICE SCHEDULE**

MONDAY – FRIDAY

RINK 1		RINK 2, 3 or 4 (check daily schedule)	
5:55am-6:40am	OPEN	7:30am-8:10am	PAIRS/DANCE
6:40am-7:25am	OPEN	8:10am-8:50am	PAIRS/DANCE
7:25am-8:10am	OPEN	8:50am-9:30am	PAIRS/DANCE
8:20am-9:05am	OPEN	9:40am-10:20am	PAIRS/DANCE/ELITE
9:05am-9:50am	No TEST -SENIOR	10:20am-11:00am	ELITE SINGLES
10:00am-10:45am	NO TEST-SENIOR	11:00am-11:40am	ELITE SINGLES
10:45am-11:30am	NO TEST-SENIOR	11:50am-12:30pm	PAIRS/DANCE
11:40am-12:25pm	NO TEST-SENIOR	12:30pm-1:10pm	PAIRS/DANCE
12:25pm-1:10pm	NO TEST-SENIOR	1:20pm-2:00pm	PAIRS/DANCE/ELITE
1:20pm-2:05pm	NO TEST-SENIOR	2:00pm-2:40pm	ELITE SINGLES
2:05pm-2:50pm	NO TEST-SENIOR	2:40pm-3:20pm	ELITE SINGLES
3:00pm-3:45pm	NO TEST-SENIOR		
3:45pm-4:30pm	NO TEST-JUVENILE	3:30pm-4:15pm	INT-SENIOR
4:40pm-5:25pm	NO TEST-JUVENILE	4:15pm-5:00pm	INT-SENIOR
5:25pm-6:10pm	NO TEST-SENIOR		

SATURDAY

RINK 2, 3 or 4 (check daily schedule)			
6:15am-7:00am	OPEN	1:00pm-1:45pm	NO TEST-SENIOR
7:10am-7:55am	<u>JUVENILE-SENIOR</u>	1:45pm-2:30pm	NO TEST-SENIOR
7:55am-8:40am	<u>INTERMEDIATE-SENIOR</u>	2:40pm-3:25pm	OPEN
8:50am-9:35am	NO TEST-SENIOR	3:25pm-4:10pm	OPEN
9:35am-10:20am	NO TEST-JUVENILE		

CANCELATIONS:

10/4/17 - 10/8/17 US Figure Skating REGIONALS *SCHEDULE SUBJECT TO CHANGE*

Other Cancellations will be posted on Skating Office window

- FREESTYLE:** All sessions are restricted to skaters whose freestyle test levels correspond to the session. The skater **MUST** have passed the minimum level of FREESTYLE test to qualify to skate on a particular session i.e.: skater must have passed the Juvenile Freestyle Test to skate on a JUVENILE-SENIOR session.
- OPEN:** Open to any level of skater &/or skating discipline
- PAIRS/DANCE/ELITE:** Open to PAIR TEAMS, SOLO DANCERS, DANCE TEAMS AND SINGLES USA NATIONAL (novice and above) and foreign INTERNATIONAL TEAM MEMBERS (skaters who have been selected by their Federation to compete in ISU Senior Grand Prix (or represent TEAM USA) events or qualified to compete at the World Championships) only. Prior approval from the Director is required. Non International skaters who can consistently land a minimum of two triple jumps also qualify to skate these sessions (Prior approval from the Director of Skating is required).
- PLEASE NOTE:**
- Field Moves may be skated on any session corresponding to the skater's freestyle level. Solo Dance lessons MUST be skated on DANCE or OPEN sessions ONLY!
 - There is no "moving up" to a higher level freestyle session if you have a lesson.**

If may be necessary for you to show proof of membership to the ISI/USFS or of your highest freestyle test passed. PLEASE have your membership card or most recent test sheets with you when you come to the rink should the office need to see proof.



Ice Etiquette & Safety Guidelines

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

“On Program” and “In Lesson” Get Priority

The skater who is “on program” (whose music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. Be on time for your sessions, especially after a resurface. Use every minute of your ice time to the maximum. Say, “excuse me”, if you can see that another skater does not see you coming. Say “I’m sorry” when you accidentally get in someone else’s way, especially if they had the right of way.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (except for clockwise jumpers). These corners are informally called the “Lutz Corners”, and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice of activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you’ve started the element it will be hard for you to see those around you. Take a good look at your expected “space” before you start the element, and abort it if it looks like you could cause a problem. Practice spins in the center of the rink and jumps at either far end to avoid problems.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don’t stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep “loose” when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and may be injured, don’t just drag him or her off without being certain that doing so won’t hurt him or her further. If you suspect that someone else is seriously hurt, the best thing to do is, 1) have someone stand “guard” over them to make sure that the other skaters avoid collisions with them, and 2) get a qualified person (EMT) to come and help them. A blanket or warm up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way. Pay special attention when skating away from the boards. Always look in both directions.

Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice time and presents additional hazards for other skaters to avoid. If you must chat or stop to rest, please do it off the ice; go to the penalty boxes, or the boards. Stay moving – standing around means someone has to maneuver around you, which can cause an accident.

No Littering

Please do not litter or leave anything on the ice. Be sure to keep track of your used tissues, tissue boxes, and guards. Items left on the ice may severely damage the Zamboni, and it is inconsiderate to others to leave used tissues along the boards.

Music Playing Procedure

To insure every skater will have an opportunity to get his/her music played, the procedure will be as follows: Pro request will automatically be placed at the front of the line. However, we will not play an unlimited number of Pro requests ahead of the non – lesson requests. We will allow a maximum of one Pro request to the front of the line. After the Pro request is played, we will play a non lesson then another Pro request then a non – lesson etc. Skaters can only play their music once a session unless ALL other programs have been played already. There will be NO restarting of a program with programs waiting to be played. If a skater does not get their music played on a particular session, that skater will have priority on the next session with getting their music played. The skater cannot go ahead of lesson requests but will have the priority over skaters who had a program played that day already. If there isn't a music monitor on a particular session, it is the responsibility of the skater's and the Professional Staff to adhere to these guidelines. The Pro or skater must be aware of who is in a lesson and who is not when placing their program in line. If you are not sure who is in a lesson then please ask a skater or coach. To help with knowing if a particular program is a skater or Pro request you should do the following:

Pro requests should have the label facing the rink and skaters should have their labels facing backwards. All CD programs should be standing on their end.