



**2017**  
**SUMMER SKATING SCHOOL**  
**JUNE 26 – SEPTEMBER 1, 2017**

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

**DIRECTOR OF FIGURE SKATING**

**CRAIG MAURIZI**  
World and Olympic Champion Coach

**SENIOR STAFF PROFESSIONALS**

**GALINA ZMIEFSKAYA**  
2 Time Olympic Champion Coach

**NIKOLAI MOROZOV**  
Olympic Champion Coach

**IGOR KROKAVEC**  
World/Olympic Coach

**VLADIMIR KAPROV**  
World Coach

**VICTOR PETRENKO**  
World/Olympic Coach

**GALIT CHAIT**  
World/Olympic Coach

**KELBY RILEY**  
Jr. National Coach

**STEVEN RICE**  
US International Coach

**ROMAN SEROV**  
US National Coach

**GENNADI KRASNITSKI**  
World/Olympic Coach

**DANIEL RAAD**  
US National Pairs Coach

**ELAINE ZAYAK**  
US International Coach

**JULIA LAUTOWA**  
US National Coach

**ANTON NIMENKO**  
World Pairs Coach

**FELICIA ZHANG**  
US National Pairs Coach

**SENIOR STAFF SPECIALISTS**

**NINA PETRENKO**  
World/Olympic Choreographer

**YELENA PAVLOVA**  
Jr. National Choreographer

**ANNA ZADOROZNIUK**  
US National Choreographer

*ABOUT THE ICE HOUSE*

The figure skating program has gained worldwide recognition for Olympic level skaters including the 2002 Olympic Champion Sarah Hughes. 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.

**ON ICE CLASSES**

Edge Work Power Stroking Spins

**OFF ICE CLASSES**

Strength & Conditioning, Ballet, Stretch

**MONTHLY TEST SESSION**

June, July, August ([www.icehousenjpsc.org](http://www.icehousenjpsc.org))

**MORAN MEMORIAL CHAMPIONSHIPS**

August 25-27

**FREESTYLE SESSIONS DAILY DIVIDED BY LEVEL**

# WELCOME

Welcome to the **ICE HOUSE** 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. In addition, we have the best Professional Staff in the area and one of the best in the entire country!

## ON ICE PROGRAM

Freestyle, Dance/Pair and Elite ice is available from 6:15am to 6:05pm Monday through Friday and from 9:00am to 11:15am on Saturday. We have sessions for every level of skater. Please check the Freestyle, Pairs/Dance and Elite ice 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.

## OFF ICE PROGRAM

The amount of classes available during Summer Months 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.

Athletic Enhancement Training- Parabolic (201) 880-7663

Ballet, Dance & Stretch

## 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      UNLIMITED: \$750

- 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 will not combine two children onto one discount card).
- UNLIMITED: skater will be committed to a monthly contract.

## 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 SUMMER SKATING SCHOOL  
ON ICE SCHEDULE  
JUNE 26 – SEPTEMBER 1, 2017**

**MONDAY – FRIDAY**

*THE ICE HOUSE WILL BE CLOSED ON THE FOLLOWING DATES: **JULY 1-4***

**You MUST skate the sessions you are qualified to skate! There is NO “Skating up” a level!**

**RINK 1**

6:00am-6:45am	NO TEST-SENIOR
6:45am-7:30am	NO TEST-SENIOR
7:40am-8:25am	JUVENILE-SENIOR
8:25am-9:10am	JUVENILE-SENIOR
9:20am-10:05am	NOVICE-SENIOR
10:05am-10:50am	NOVICE-SENIOR
<b>10:50am-11:20am</b>	<b>ON ICE CLASS</b>
<b>M,W,F: Stroking</b>	<b>T,TH: Spins</b>
11:30am-12:15pm	NO TEST-SENIOR
12:15pm-1:00pm	NO TEST-SENIOR
1:10pm-1:55pm	JUVENILE-SENIOR
1:55pm-2:40pm	JUVENILE-SENIOR
2:50pm-3:35pm	NO TEST-SENIOR
3:35pm-4:20pm	NO TEST-SENIOR
<b>4:30pm-5:15pm</b>	<b>NO TEST-SENIOR</b>
<b>5:15pm-6:00pm</b>	<b>NO TEST-SENIOR</b>

**2<sup>nd</sup> Rink (check Monitor)**

7:00am-7:40am	DANCE/PAIRS
7:40am-8:20am	DANCE/PAIRS
<b>8:30am-9:10am</b>	<b>DANCE/PAIRS/ELITE</b>
<b>9:10am-9:50am</b>	<b>DANCE/PAIRS/ELITE</b>
12:10-12:50pm	ELITE SINGLES
12:50-1:20pm	ELITE SINGLES
2:10-2:50pm	DANCE/PAIRS
2:50-3:30pm	DANCE/PAIRS
3:40-4:20pm	ELITE SINGLES
4:20-5:00pm	ELITE SINGLES
<b>5:10-5:50pm</b>	<b>OPEN</b>
<b>5:50-6:30pm</b>	<b>OPEN</b>

**\* No 2<sup>nd</sup> Rink the following days:**

7/13-7/14 Hockey Tournament: No 2<sup>nd</sup> Rink  
7/27 Test Session No 2<sup>nd</sup> Rink from 2:10pm-6:30pm

**TUESDAY/THURSDAY ONLY**

6:15pm-7:00pm	ADULT ONLY (21 and over)
7:00pm-7:45pm	ADULT ONLY

**SATURDAY**

**(CLOSED July 1, August 26)**

7:15am-8:00am	JUVENILE-SENIOR	7:35am-8:15am	PAIRS/DANCE
8:00am-8:45am	JUVENILE-SENIOR	8:15am-8:55am	PAIRS/DANCE
8:55am-9:40am	NO TEST-SENIOR	8:55-9:35am	PAIRS/DANCE/ELITE
9:40am-10:25am	NO TEST-SENIOR	9:45am-10:25a	ELITE SINGLES
10:25am-11:10am	NO TEST-SENIOR	10:25am-11:05am	ELITE SINGLES

**\* No Saturday sessions the following days: 7/1 (Holiday) 8/26 (Moran Memorial)**

- 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:** Open to PAIRS TEAMS and DANCE TEAMS. Solo Ice Dancers may skate a PAIRS/DANCE session ONLY with prior approval from the Director of Figure Skating.
- ELITE SINGLES:** Open only to those skaters who qualified for the US National Championships in the prior year or a Foreign Junior or Senior skater who participated in Junior Worlds or the World Championships and placed in the top 24 in the prior year. Skaters who can land a minimum of two different triples and are approved by the Director of Figure Skating also qualify.
- ADULT:** Open to any adult skater who is at least 21 years of age.
- PLEASE NOTE:** Field Moves may be skated on any session corresponding to the skater’s freestyle level. Solo Dance lessons MUST be skated on OPEN sessions ONLY!



# 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:

1. CD's: 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.