

Try something new!

Group Instruction in Moves in the Field



Use this class to begin your training in the US Figure Skating Moves in the Field Tests, or augment your private instruction with this added practice time. Moves in the Field are basic skating moves skated without music. The goal is the effortless, flowing and graceful execution of each move. They require the carriage of the head in an upright, relaxed and natural position, the carriage of the upper body in an upright but not stiff position, graceful arms, and an extended free-leg with the toe pointed. They must be skated with good edges, control, flow, extension, carriage and rhythm.

- Six Weekly Sessions: Tuesdays 7:00 – 7:30 PM
- Two Free Freestyle Sessions
- For Adult & Youth Skaters in FS 2 & Above



Series 1: May 18—June 22, 2010
 Series 2: July 6—August 10, 2010



Classes are offered at the Pre-Preliminary, Preliminary and Pre-Juvenile Level. **The Pre-Preliminary test** encourages beginning skaters to learn the fundamentals of ice skating. The candidate must show knowledge of the steps, fairly good edges, and some evidence of good form. **The Preliminary test** continues the encouragement of beginning skaters. The candidate must show knowledge of the steps and a good sense of power (speed and flow). Attention should be given to the depth of edges and proper curvature of lobes. **The Pre-Juvenile test** requires the skater to demonstrate good edges, flow, power, extension and posture.

- ❖ Classes will be taught by Gold Level Moves in the Field Instructors
- ❖ Please note there are **NO MAKE-UP CLASSES. REFUNDS ARE SUBJECT TO A \$25 REGISTRATION FEE.**
- ❖ For more information, please contact: Heather Piepenburg, Skating Director at 410-612-1000 x101

Group Instruction in Moves in the Field - Registration Form

Parent's Full Name _____ Student's Name _____
 Address _____ City _____ State _____ Zip _____
 Work Number _____ Home Number _____ Date of Birth _____
 email Address _____

Series 1 Series 2

Class Level: _____ Pre-Preliminary _____ Preliminary _____ Pre-Juvenile

Method of Payment: Check # _____ Cash Credit Card Exp. Date _____

If Credit: Visa M/C Discover Amex # _____

Assumption of Risk Agreement and Release:

Upon entering events sponsored by Ice World &/or agents or affiliates, I/We agree to abide by the rules of Ice World as currently published. I/We understand and appreciate that participation or observation of ice skating constitutes risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners 1, LLC, Sponsors, or event organizers and officials from any and all liability therefore.

Date: _____ Signature: _____

(signature of parent or guardian required for minors under age of 18)

Return completed form and payment to: Ice World, 1300 Governor Ct., Abingdon, MD 21009

USFS's

Moves in the Field

Pre-Preliminary skills:

- Forward perimeter stroking
- Basic consecutive edges (forward outside, forward inside, backward outside and backward inside)
- Forward right and left foot spiral
- The “waltz eight” pattern

Preliminary skills:

- Forward and backward crossovers
- Consecutive outside and inside spirals
- Forward power three turns
- Alternating forward three turns
- Alternating backward crossovers to backward outside edges

Pre-Juvenile:

- Forward Perimeter Power Crossover Stroking Counterclockwise only
- Backward Perimeter Power Crossovers Stroking Counterclockwise only
- Forward Outside/Back Inside Three-Turns in the Field
- Forward Inside/Back Outside Three-Turns in the Field
- Forward and Backward Power Change of Edge Pulls
- Five Step Mohawk Sequence