



## 2019 SUMMER CONTRACT

**MONDAY JUNE 3 – FRIDAY AUGUST 9**  
**REGISTRATION DUE BY WEDNESDAY MAY 29**

Dear MFSC Members,

May 8, 2019

Enclosed is the 2019 MFSC Summer Ice Contract which starts on Monday, June 3 and runs through Friday, August 9. Our goal for the summer is to provide a fun and comprehensive skating program that will help and encourage our skaters to excel. We offer a variety of on ice Clinics, off ice Classes, and several ice sessions to choose from. All the information you need for our summer skating program is included in this contract. For more information on our skating club, you can visit our website at [www.mentorfsclub.org](http://www.mentorfsclub.org).

Registration will be done on Entryeze and is due by midnight on Wednesday, May 29. Late contracts will not be guaranteed requested placement and will be charged a late fee.

After reading the contract, please follow the instructions below to register...

1. Go to the MFSC Home Page on Entryeze at <https://comp.entryeze.com/Membership/Welcome.aspx?cid=97> and access your account.
2. Click on the Contract Ice tab, then Browse and Purchase. Select the packages and/or sessions that you would like and add to cart. You can choose to pay in full or pay installments. Payments can be made on your account with a credit card, or with a check. All checks are to be given to the monitor or placed in the ICE ADMINISTRATOR mailbox at the rink.
3. **If you are purchasing MINI SASS bundles, you must fill out the form at the end of this contract to choose your sessions, clinics and classes. The completed form can be put in the ICE ADMINISTRATOR mailbox (located in the MFSC locker room) or emailed to [iceadministrator@mentorfsclub.org](mailto:iceadministrator@mentorfsclub.org). If the form is not turned in by the contract due date your skater's name will not be on the attendance sheets and they will not be allowed to skate or participate in any of the clinics or classes.**

\*If you are paying in full, you can receive a 2% discount. To receive your discount, **payment must be in the form of a check and submitted by the due date** to the Ice Administrator.

Checks (if applicable) can be given to a monitor or placed in the ICE ADMINISTRATOR mailbox at the rink.

On a final note, I ask that you consider volunteering for your club as a monitor during one or more of the summer sessions if you are able. Monitors are critical to helping the sessions run safely and smoothly. Even if you are only available to help check in skaters at the start of the session, please consider helping. Contact [iceadministrator@mentorfsclub.org](mailto:iceadministrator@mentorfsclub.org) for more information.

If you have any questions, please contact [iceadministrator@mentorfsclub.org](mailto:iceadministrator@mentorfsclub.org)

Thank you,

Heather Sandrey  
MFSC Ice Administrator

2019 MFSC SUMMER SCHEDULE JUNE 3 - AUGUST 9					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	OPEN FREE	HIGH FREE	OPEN FREE	HIGH FREE	OPEN FREE
7:30 AM					
8:00 AM	OPEN FREE	OPEN FREE	OPEN FREE	OPEN FREE	OPEN FREE
8:30 AM					
9:00 AM	ICE CUT	ICE CUT	ICE CUT	ICE CUT	ICE CUT
9:15 AM	OPEN FREE	OPEN FREE	OPEN FREE	OPEN FREE	OPEN FREE
9:45 AM					
10:15 AM	POWER & EDGE CLINIC	ARTISTRY IN MOTION CLINIC	STROKING CLINIC	DANCE CLINIC	10:15 AM - 10:30 AM ICE CUT
10:45 AM	MIF/DANCE	MIF/DANCE	MIF/DANCE	MIF/DANCE	11:00 AM - 11:30 AM FIGURES CLINIC
11:15 AM	ICE CUT	ICE CUT	ICE CUT	ICE CUT	
11:30 AM	CLUB/CITY BASIC SKILLS	CLUB/CITY BASIC SKILLS	CLUB/CITY BASIC SKILLS	CLUB/CITY BASIC SKILLS	CLUB/CITY BASIC SKILLS
12:00 PM					
12:30 PM	OPEN FREE	OPEN FREE	OPEN FREE	OPEN FREE	OPEN FREE
1:00 PM					
1:30 PM	ICE CUT	ICE CUT	ICE CUT	ICE CUT	ICE CUT
5:45 PM	OPEN FREE				
6:15 PM					
6:45 PM					

OFF ICE CLASSES	11:30 - 12:15 PM ZUMBA	11:30 - 12:15 PM CORE & STRENGTH	11:30 - 12:15 PM HIP HOP CARDIO FUSION	11:30 - 12:15 PM WEIGHTS & YOGA	11:30 - 12:15 PM FLEX & STRETCH
			1:40 PM - 2:25 PM JUMP		

OPEN FREE - <i>Open to all skaters that have passed Basic 6 and up.</i>
HIGH FREE - <i>This is a restricted session designed for skating with power and speed Open to all skaters who have passed either: Pre-Juvenile MIF - OR - Pre-Juvenile FS - OR - All 3 Bronze Dances. *Exceptions can be made by request of coach and skills evaluation.</i>
MIF/DANCE - <i>Moves in the Field &amp; Dance ONLY. Open to all skaters working on Pre-Pre MIF and up &amp; all Dance levels</i>
CLUB/CITY BASIC SKILLS - <i>Open to all skaters that have passed Basic 1 and up. This session is shared with the City</i>
BASIC SKILLS - <i>Open to all skaters that have passed Basic 1 and up. Higher level skaters yield to lower level skaters.</i>
ON ICE CLINICS/OFF ICE CLASSES - <i>Please refer to the contract for level restrictions</i>

## ICE SESSION, CLINIC AND CLASS PRICES

### **SASS (Skate All Summer Special) - \$1340**

- Access to all eligible ice sessions, clinics and classes all summer.

### **MINI SASS BUNDLES – \$44, \$66, \$88, \$110 / week**

- Discount packages that include your choice of ice sessions, on ice clinics and off ice classes.

**\$44/week** = 2 ice sessions, 2 on ice clinics and 2 off ice classes

**\$66/week** = 3 ice sessions, 3 on ice clinics and 3 off ice classes

**\$88/week** = 4 ice sessions, 4 on ice clinics and 4 off ice classes

**\$110/week** = 5 ice sessions, 5 on ice clinics and 5 off ice classes

**\*MIF/Dance Sessions and Jump Class cannot be included in MINI SASS**

\*The ice sessions, clinics and classes you choose will be the same for the whole 10 week contract.

	<b>CONTRACTED</b>	<b>WALK ON CONTRACTED</b>	<b>WALK ON NON-CONTRACTED</b>
<b>ICE SESSION</b>	\$11.00	\$13.00	\$15.00
<b>MIF/DANCE SESSION</b>	\$6.00	\$7.00	\$8.00
<b>ON ICE CLINIC</b>	\$8.00	\$9.00	\$10.00
<b>OFF ICE CLASSES</b>	\$7.00	\$8.00	\$9.00

\*Please be aware of our current Ice session rules that may affect your skater with our exchange policy: On a potentially full ice session, skaters who are contracted for that session have first priority to skate on it, provided they arrive within the first 15 minutes of the session. Walk-on skaters have priority, based on the time that they check in with the monitor, requesting to skate on that session. On a full session, if a contracted skater has not checked in by the time the session begins, a walk-on skater may take the ice, and skate that session. If the contracted skater arrives before the 15-minute time limit, they may take the ice, and the walk-on skater must leave the session. No charge will be made to the walk-on skater. If a contracted skater arrives after the 15-minute time limit, and is closed out of their session, they will be issued exchange credits. Reasonable effort will be made by the Monitor of that session to see if contracted skaters are present.

### **Guidelines for Requesting and Utilizing credits**

- Ice session 60 minute exchanges earn 4 ice credits for each session.
- On-Ice 30 minute clinic exchanges earn 2 ice credits.
- **There will be no credits offered for Off Ice Classes.**
- Ice session and On Ice Clinic credits will be added automatically if the skater is absent.
- Credits must be taken or used for the entire scheduled Ice session or On Ice Clinic.
- Credits may only be requested earlier in the week in person with the monitor during the week (beginning Monday) of your session. There is no pulling forward from a future week unless you contact Heather Sandrey at [iceadministrator@mentorpsc.org](mailto:iceadministrator@mentorpsc.org)
- All exchange credits EXPIRE at the end of the current contract period (no carry-overs).

## **ON ICE CLINICS**

### **MONDAY: Power & Edge**

**Instructor: Baiba Zvejnieks**

***Level Requirements: Open to all skaters that have passed Pre Free Skate and up***

This clinic will focus on the element of Power and Edges. Baiba will emphasize elements needed to increase power and improve edge quality. She will be using exercises and drills that will improve stroking, acceleration and better edge control in a fun learning environment.

### **TUESDAY: Artistry in Motion**

**Instructor: Carrie Langguth**

***Level Requirements: Open to all skaters***

Artistry in Motion will help develop the skaters' presence and appearance on the ice. This clinic will also focus on enhancing basic skating skills (stroking, crossovers, warm-up material) in order to prep students for competitions. Other concepts that will be studied include upper body/arms, back placement, extensions, and presentation on the ice. NO CLASS ON JUNE 4

### **WEDNESDAY: Stroking**

**Instructor: Sally Tasca**

***Level requirements: Open to all skaters that have passed Basic 6 and up***

This clinic will focus on the element of Stroking and aerobic conditioning. Mastery of basic stroking skills and maintaining stamina is essential to every level skater. This clinic will emphasize proper stroking techniques including, rhythm, timing, posture and alignment to provide proper conditioning for figure skaters.

### **THURSDAY: Dance**

**Instructor: Michelle Walters**

***Level requirements: Open to all skaters learning Pre-preliminary moves in the field or higher***

Clinic provides introduction to Ice Dancing and also further instruction for those who are working on other dances. Focus will be on stroke, extension, edges, body position, dance steps, patterns, timing and partnering. NO CLASS ON JULY 4

### **FRIDAY: Figures**

**Instructor: Malia Harwood & Michele Steinberger**

***Level Requirements: Open to all skaters working on Pre-Preliminary Moves in the Field and up***

This clinic will focus on teaching the art of Figures. Figures were practiced before Moves in the Field were created. In Figures, skaters do the same edges and turns that are in MIF, but on a different pattern. Skating Figures will help strengthen MIF patterns and all elements in Freestyle. The Coaches will teach the basics and then give each skater Figures to work on that coincide with whichever MIF test that they are working on.

## OFF ICE CLASSES

***\*There are no level requirements for classes***

***\*Please bring a water bottle to every class along with the equipment required***

### **MONDAY: Zumba**

**Instructor: Carrie Langguth**

***Equipment: Tennis shoes***

Zumba is a Latin based cardiorespiratory workout. In this class, the students will have fun dancing, moving their hips, and shaking it without even realize they are EXERCISING! The instructor will work with mostly the same dances each week, so the students will have an opportunity to learn them and dance comfortably. No dance experience is required!

### **TUESDAY: Core & Strength**

**Instructor: Carrie Langguth**

***Equipment: Tennis shoes & Yoga mat***

This class is specifically designed to strengthen the core's explosiveness, as well as, stamina, increase functional strength, improve body movement patterns as related to skating such as balance, accuracy and speed. A stronger core allows you to recruit more muscle in order to jump higher and be stronger on the ice. NO CLASS ON JUNE 4

### **WEDNESDAY: Hip Hop Cardio Fusion**

**Instructor: Carrie Langguth**

***Equipment: Tennis shoes***

In Hip Hop Cardio Fusion, the students will have the opportunity to work on tricky footwork off-ice in order to help with on-ice foot articulation. This class will additionally have a cardiorespiratory component. The class will incorporate elements of "hip hop" in order to bring out the dance party! NO CLASS ON JUNE 5

### **WEDNESDAY: Jump**

**Instructor: Sally Tasca**

***Equipment: Tennis shoes & jump rope***

Working on perfecting your singles or doubles? Then this class is for you. This Class will incorporate the fundamentals of jump entries, core strength, air position and proper landing position. Class will also work on increasing vertical jump heights, core and upper body strength.

***\*\*Jump class cannot be selected for MINI SASS BUNDLES***

## **OFF ICE CLASSES (continued)**

### **THURSDAY: Weights & Yoga**

**Instructor: Carrie Langguth**

***Equipment: Hand weights (2 dumbbells not to exceed 5 lbs.) & Yoga mat***

This class will combine the use of hand weights and Yoga to help balance strength and flexibility. Upper body strength and good flexibility are very important for all aspects of skating. NO CLASS JULY 4

### **FRIDAY: Flex & Stretch**

**Instructor: Carrie Langguth**

***Equipment: Yoga mat***

Flex and Stretch will contain elements of classic ballet training. The focus of the class will be on increasing flexibility of the whole body. The students will have the opportunity to learn ballet stretches that will help increase flexibility in the upper body, back, and legs.

## **OFF ICE INSTRUCTOR BIOS:**

**Carrie Langguth** - Carrie is a recent graduated from Case Western Reserve University with an MFA in Contemporary Dance. She received a Bachelor of Arts in dance and a Bachelor of Science in exercise science from Slippery Rock University in Pennsylvania. Carrie was a competitive figure skater at the senior level in the United States and Canada. She is a certified personal trainer as well as group exercise, and Zumba instructor.

**Sally Tasca** - Sally has been coaching and running her jump class at Mentor for several years. She is a Master Rated figure skating coach in Freestyle and Moves in the Field and has coached several Regional and National competitors.

## **TERMS AND CONDITIONS:**

### **MEMBERSHIP:**

You must be a MFSC home or associate member to contract. Contracts will only be processed for current USFS MFSC Home and out of club associate members in good standing. To remain in good standing with MFSC, all accounts, including club ice and MFSC affiliated contracts & payments, must be paid current according to the terms stated. All USFS skaters must renew their club membership for 2019-2020 before June 3, 2019 (beginning the summer contract) or a late fee will be incurred on renewed memberships. On July 1, 2019 any skater who has not renewed their USFS membership cannot be allowed to skate on club ice due to insurance liability issues. MFSC Membership can be completed at <https://comp.entryeeze.com/Membership/Welcome.aspx?cid=97> under Apply/Renew.

### **CONTRACTS:**

- Contracts are binding for the entire contract period (6/3/19 – 8/9/19).
- Any requested session changes to the contract will result in a \$10 Change Fee and if there is a difference of cost due to the contract change ice credits will be issued. If a contract addition is requested no fee will be imposed.
- Release from a contract requires a MFSC Board decision.
  - Injury/Illness confirmed with signed documentation by a physician
  - Written request directly to the MFSC Board
  - Two weeks are reduced from all affirmative requests
- Late contracts will not be guaranteed requested placement. To be considered on-time the contract must be purchased on Entryeeze or check submitted on or before May 29, 2019. And, if you are purchasing MINI SASS Bundles, forms must be submitted on or before May 29, 2019.
- Sessions will be contracted based on:
  - 1.) MFSC contract seniority if contract received on or before the deadline
  - 2.) MFSC Home Club membership
  - 3.) Availability

## **TERMS AND CONDITIONS (Continued):**

### **PAYMENTS:**

\*Please be advised that the following payment schedule and late payment process will be strictly adhered to

- Payments can be made on Entryeze using a credit card or by check made out to MFSC. All checks can be given to the monitor or put in the ICE ADMINISTRATOR mailbox at the rink
- First payment including 1/3 of contract plus registration fee of \$20 is due by Wednesday, May 29.
- The second payment is due by Sunday, June 30.
- Last payment is due by Monday, July 29
  
- **Late Payment Process:**
  - Fee of \$20 will be assessed for each late payment beyond 7 days of the due date
  - Fee of \$25 will be assessed for all NSF checks
  - Skaters that are more than 30 days late with any payment will not be permitted to skate during MFSC sessions or participate in club sponsored functions such as test sessions or competitions
  - If you cannot meet the payment schedule, please contact the Ice Administrator **BEFORE** the payment due date and make arrangements for payments



## MINI SASS BUNDLE FORM

Skater's Name: \_\_\_\_\_

Freestyle Level: \_\_\_\_\_

MIF Level: \_\_\_\_\_

1. Check off which MINI SASS Bundle you would like:

	<b>PACKAGE</b>	<b>PRICE</b>	<b>INCLUDED IN BUNDLE</b>
	<b>BUNDLE #1</b>	<b>\$440.00 (10 WKS)</b>	<b>2 SESSIONS, 2 CLINICS, 2 CLASSES</b>
	<b>BUNDLE #2</b>	<b>\$660.00 (10 WKS)</b>	<b>3 SESSIONS, 3 CLINICS, 3 CLASSES</b>
	<b>BUNDLE #3</b>	<b>\$880.00 (10 WKS)</b>	<b>4 SESSIONS, 4 CLINICS, 4 CLASSES</b>
	<b>BUNDLE #4</b>	<b>\$1100.00 (10 WKS)</b>	<b>5 SESSIONS, 5 CLINICS, 5 CLASSES</b>

2. Continue to the following pages to select the Ice Sessions, On Ice Clinics and Off Ice Classes that are included in your bundle.
3. Go to your account on [www.entryeeze.com](http://www.entryeeze.com) and purchase the same MINI SASS Bundle that you selected on this form.
4. Return this form **(by the contract due date - Wednesday, May 29)** to the ICE ADMINISTRATOR mailbox at the rink or scan and email to [iceadministrator@mentorpsc.org](mailto:iceadministrator@mentorpsc.org)

## ICE SESSIONS

	MONDAY	7:00-8:00 AM	OPEN FREE
	MONDAY	8:00-9:00 AM	OPEN FREE
	MONDAY	9:15-10:15 AM	OPEN FREE
	MONDAY	11:30 AM-12:30 PM	CLUB/CITY BASIC SKILLS
	MONDAY	12:30-1:30 PM	OPEN FREE
	MONDAY	5:45-6:45 PM	OPEN FREE

	TUESDAY	7:00-8:00 AM	HIGH FREE
	TUESDAY	8:00-9:00 AM	OPEN FREE
	TUESDAY	9:15-10:15 AM	OPEN FREE
	TUESDAY	11:30 AM-12:30 PM	CLUB/CITY BASIC SKILLS
	TUESDAY	12:30-1:30 PM	OPEN FREE

	WEDNESDAY	7:00-8:00 AM	OPEN FREE
	WEDNESDAY	8:00-9:00 AM	OPEN FREE
	WEDNESDAY	9:15-10:15 AM	OPEN FREE
	WEDNESDAY	11:30 AM-12:30 PM	CLUB/CITY BASIC SKILLS
	WEDNESDAY	12:30-1:30 PM	OPEN FREE
	WEDNESDAY	6:15-7:15 PM	BASIC SKILLS

	THURSDAY	7:00-8:00 AM	HIGH FREE
	THURSDAY	8:00-9:00 AM	OPEN FREE
	THURSDAY	9:15-10:15 AM	OPEN FREE
	THURSDAY	11:30 AM-12:30 PM	CLUB/CITY BASIC SKILLS
	THURSDAY	12:30-1:30 PM	OPEN FREE

	FRIDAY	7:00-8:00 AM	OPEN FREE
	FRIDAY	8:00-9:00 AM	OPEN FREE
	FRIDAY	9:15-10:15 AM	OPEN FREE
	FRIDAY	11:30 AM-12:30 PM	CLUB/CITY BASIC SKILLS
	FRIDAY	12:30-1:30 PM	OPEN FREE

## **ON ICE CLINICS**

	MONDAY	10:15-10:45 AM	POWER & EDGE
	TUESDAY	10:15-10:45 AM	ARTISTRY IN MOTION
	WEDNESDAY	10:15-10:45 AM	STROKING
	THURSDAY	10:15-10:45 AM	DANCE
	FRIDAY	11:00-11:30 AM	FIGURES

## **OFF ICE CLASSES**

	MONDAY	11:30 AM-12:15 PM	ZUMBA
	TUESDAY	11:30 AM-12:15 PM	CORE & STRENGTH
	WEDNESDAY	11:30 AM-12:15 PM	HIP HOP CARDIO FUSION
	THURSDAY	11:30 AM-12:15 PM	WEIGHTS & YOGA
	FRIDAY	11:30 AM-12:15 PM	FLEX & STRETCH

***\*PLEASE BE AWARE OF LEVEL RESTRICTIONS ON SOME ICE SESSIONS AND ON ICE CLINICS.***

***\*IN ORDER FOR YOUR SKATER TO BE FULLY REGISTERED AND ON THE ATTENDANCE SHEETS, THIS FORM MUST BE FILLED OUT AND EMAILED TO THE ICE ADMINISTRATOR AT [iceadministrator@mentorfs.org](mailto:iceadministrator@mentorfs.org) OR PLACED IN THE ICE ADMINISTRATOR MAILBOX AT THE RINK BY WEDNESDAY, MAY 29. FAILURE TO DO SO MAY POSTPONE YOUR SKATER BEING ABLE TO SKATE OR PARTICIPATE IN ANY OF THE CLINICS OR CLASSES.***

***\*FEES WILL APPLY IF FORMS ARE LATE.***

***\*PLEASE MAKE A COPY FOR YOUR RECORDS\****