



2018 SUMMER CONTRACT
MONDAY JUNE 4TH – FRIDAY AUGUST 10TH
REGISTRATION DUE BY SUNDAY MAY 27TH

Dear MFSC Members,

May 1, 2018

Enclosed is the 2018 MFSC Summer Ice Contract which starts on Monday June 4th and runs through Friday August 10th. 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.mentorfsc.org.

Registration will be done on Entryeze and is due by midnight on Sunday May 27th. 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 mailed to the Ice Administrator.
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 mailed to Michele Steinberger or put in her mailbox (located in the MFSC locker room). If the form is not turned in by the contract due date your skaters 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 mailed by the due date** to the Ice Administrator.

MINI SASS Bundle Forms and checks (if applicable) can be mailed to:

Michele Steinberger
7086 Cross Creek Dr.
Mentor, OH 44060

If you have any questions, please contact us at iceadministrator@mentorfsc.org

Thank you,

Michele Steinberger & Danielle Murphy
MFSC Ice Administrators

2018 MFSC SUMMER SCHEDULE JUNE 4th - AUGUST 10th					
	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	SPINS CLINIC	STROKING CLINIC	SKILLS & DRILLS 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 & Dance ONLY. Open to all skaters working on Pre-Pre MIF and up & 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.

	CONTRACTED	WALK ON CONTRACTED	WALK ON NON-CONTRACTED
ICE SESSION	\$11.00	\$13.00	\$15.00
MIF/DANCE SESSION	\$6.00	\$7.00	\$8.00
ON ICE CLINIC	\$8.00	\$9.00	\$10.00
OFF ICE CLASSES	\$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 Danielle Murphy at danimurphy@sbcglobal.net
- 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: Spins

Instructor: Molly German

Level Requirements: Open to all skaters that have passed Freestyle 1 and up

This clinic will focus on spin fundamentals and positions. Molly will help skaters develop and improve their spins speed and originality.

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: Skills & Drills

Instructor: Graziella Tasca

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

This clinic will focus on the skater as a whole. From transitions and edges to spirals and counters, Graziella will explore the unique turns that skating has to offer. This clinic will provide the skater with the general knowledge of the major turns incorporated in a skating program as well as the transitions that make those programs stand out, while also incorporating an interpretive element, enhancing the skater's ability to connect to music.

FRIDAY: Figures

Instructor: Colleen Thomas

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. Colleen 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: Jake Sintic

Equipment: Tennis shoes & Yoga mat

This class is specifically designed to strengthen the cores 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.

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!

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: Jen Leyrer

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.

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.

Jake Sintic - Jake has been coaching full time at CrossFit Painesville for over 5 years now. Jake played hockey for 20 years and knows the carry over needed from off ice workouts to developing on ice performance. His credentials are as follows: CrossFit Level 2 Trainer, CrossFit Strongman, CrossFit Olympic Weightlifting, CrossFit Kids along with being certified in CPR/AED.

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.

Jen Leyrer - Jen is a yoga/fitness instructor in the Mentor area. She has her RYT500 and E-RYT200 certifications through Yoga Alliance and has been teaching yoga for over 9 years. Jen also has a background in music education and loves working with athletes and students of all ages.

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 2018-2019 before June 4, 2018 (beginning the summer contract) or a late fee will be incurred on renewed memberships. On July 1, 2018 any skater who has not renewed their USFS membership cannot be allowed to skate on club ice due to insurance liability issues. MFSC Membership applications can be found on our website www.mentorpsc.org/membership/ in May.

CONTRACTS:

- Contracts are binding for the entire contract period (6/4/18 – 8/10/18).
- 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 Entryeze or check mailed on or before May 27, 2018. And, if you are purchasing MINI SASS Bundles, forms must be mailed or handed in on or before May 27, 2018.
- 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, put in the Ice Administrators mailbox or mailed to the Ice Administrator:

Michele Steinberger
7086 Cross Creek Dr.
Mentor, OH 44060

- First payment including 1/3 of contract plus registration fee of \$20 is due by Sunday, May 27th.
- The second payment is due by Saturday, June 30th.
- Last payment is due by Monday, July 30th.

• 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:

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

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.entreeze.com and purchase the same MINI SASS Bundle that you selected on this form.
4. Mail or hand in this form (**by the contract due date - Sunday May 27th**) to the Ice Administrator:

Michele Steinberger
7086 Cross Creek Dr.
Mentor, Ohio 44060

Thank you,

Michele Steinberger & Danielle Murphy
MFSC Ice Administrators

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	10:15-11:15 AM	POWER & EDGE
	TUESDAY	10:15-11:15 AM	SPINS
	WEDNESDAY	10:15-11:15 AM	STROKING
	THURSDAY	10:15-11:15 AM	SKILLS & DRILLS
	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 GIVEN TO OR MAILED TO THE ICE ADMINISTRATOR BY MONDAY MAY 27TH. 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