



April 25, 2017  
Dear Skater,

Mentor Figure Skating Club <b>Summer 2017 Ice Contract</b> June 5 –August 11, 2017 Due May 17, 2017
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Enclosed is the Summer Ice Contract for MFSC ice sessions from June 5 through August 11, 2017. Our goal for the summer is to provide a fun and **comprehensive skating program** that includes daily On-Ice clinics and Off-Ice classes which promote and encourage our skaters to excel. Please refer to the contract packet for additional contract details or our website – [www.mentorfsclub.org](http://www.mentorfsclub.org).

We are continuing to offer discounts for those who pay in full and/or mail their contract on time. Please read all pages of the contract carefully and register on line with [entryeeze.com](http://entryeeze.com) and turn in appropriate forms to the Ice Administrator, Michele Steinberger. Contracts are due May 17, 2017, mail the appropriate portions of the contract to Michele Steinberger with a postmark on or before May 17, 2017. **Late contracts will not be guaranteed requested placement.**

1. Go to [www.entryeeze.com](http://www.entryeeze.com) and sign into your account. Choose the Contract Ice tab and select Packages or A la Carte. Select the package and/or sessions that you would like and add to cart. You can pay with a credit card on Entryeeze or with a check given to the Ice Administrator.
2. Print and fill out the following forms found on [www.entryeeze.com](http://www.entryeeze.com) click on:
  - “Find Your Home Club” then,
  - enter “Mentor Figure Skating Club”
  - click “Go to club”

\*SASS, MINI SASS and/or A LA CARTE Contract Sheet – check off all the sessions that you are skating and have it **signed by your coach.**

\*MFSC Request for Credit Sheet (If Needed)

3. The signed forms and first or full payment (if by check) can be given or mailed to:

Michele Steinberger  
7086 Cross Creek Dr.  
Mentor, Oh 44060

\*DISCOUNT FOR FULL PAYMENT: Must be paid by check . Just subtract 2% of the package not including registration fee and give or mail to Ice Administrator.

## **Highlights of the SUMMER 2017 contract include:**

**SASS-** Back again this year: our **SASS** Program, an all-inclusive package. You can skate any eligible ice sessions, clinics, and/or classes for one low price, including City Ice Sessions.

**Your price for “Skate All Summer Special (SASS)” is \$1340.**

- Please check all sessions and clinics that you would like to be scheduled for – be sure to include the sessions you have lessons on (for session capacity scheduling).
- You will be able to walk on to any session this summer subject to session availability.
- Session availability is subject to session capacities and rules set forth.
- Availability may be limited to the first 15 **SASS** contracts selecting this so **ACT FAST**.
- If an off-ice class is cancelled due to low enrollment **SASS** is not eligible for refunds.

**MINI SASS:** For the low price of **\$22 per day** you can choose:

- 1 Ice session per day.
- 1 On-Ice Clinic per day.
- 1 Off-Ice Class per day.
- You must choose your Ice session, On-Ice Clinic, & Off-Ice Class on the same day.
- Must choose a minimum of 2 days per week to be eligible for **MINI SASS**.
- You can choose up to all 5 days for our **MINI SASS** program.
- Please ensure you do not have lessons scheduled with your coach at the same time as your Off-Ice Class.

**A LA CARTE: See A La Carte page for pricing**

**CITY ICE:** Mentor Civic Arena will offer City Ice Daily from 7:00-8:00am. Cost is \$11/hour and is included in SASS. If you would like to skate this session and are not doing SASS, you may select this a la carte at the current MFSC hourly rate. Skaters whom wish to skate a City Ice Session that have not contracted City Ice will have to pay the “walk-on rate” at club rates. The only skaters whom may utilize credits to walk onto City Ice are those skaters whom contracted City Ice. If you contracted city ice, you can receive MFSC on-ice credits for any city ice contracted that you do not skate.

**SUMMER CONTRACT REGISTRATION FEE:** Each summer contract requires a registration fee of \$20. This fee is not associated with membership and is paid each time you contract with MFSC.. **YOU MUST BE A FULL MEMBER OR AN ASSOCIATE MEMBER MENTOR FSC TO CONTRACT.**

# MFSC Exchange Policy

**Summer 2017:** MFSC will offer on-ice credits automatically. NO off-ice credits will be available for the summer session.

**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**

- Credits must be taken or used for the entire scheduled Ice session or On Ice Clinic.
- There are no off-ice credits available.
- 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.
- All exchange credits EXPIRE at the end of the current contract period (no carry-overs).
- Ice session 60 minute exchanges earn 4 ice credits for each session
- On-Ice 30 minute clinic exchanges earn 2 ice credits.

**Please visit our website [www.mentorfsc.org](http://www.mentorfsc.org) to contact a specific committee**

MFSC PRICING POLICY			
	Session	Walk on	Walk on
	Contract	Contracted	Non-Contracted
<b>60 minutes Club or City Ice</b>	<b>\$11.00</b>	<b>\$13.00</b>	<b>\$15.00</b>
<b>On-Ice 30 Minute Clinic</b>	<b>\$8.00</b>	<b>\$9.00</b>	<b>\$10.00</b>
<b>Off-Ice Class</b>	<b>\$7.00</b>	<b>\$9.00</b>	<b>\$10.00</b>

**Review your contract with your Pros *and* have them sign the contract before submitting—ensure your off-ice selections do not conflict with scheduled private lessons.** If you have questions, please contact your Pro or Ice Administrator, Michele Steinberger @ [sk8rgirl672@gmail.com](mailto:sk8rgirl672@gmail.com)

Completed contract includes the appropriate CONTRACT SHEET (SASS, or Mini-SASS, or A La Carte), Coaches signature and first payment. Due May 17, 2017.

## MFSC Summer 2017 **ON-ICE** Clinics

Judges base half of their marks on skating skills, transitions, artistry, performance & execution, choreography, and interpretation. These clinics were designed with that in mind.

We encourage skaters to take all On-Ice clinics offered as each is unique in its focus.

**CLINICS ARE OPEN TO DIFFERENT LEVELS, PLEASE BE ADVISED BY COACH FOR APPROPRIATE CLINIC FOR YOUR SKATER.**

There will be an assistant instructor to accommodate all levels of skaters for clinics with high attendance.

**In the event a scheduled instructor is unable to attend a session due to unforeseen circumstances, a suitable substitute instructor will fill in.**

### **Jacqueline's COMPONENTS on-ice Clinic**

Instructor: Jaqueline Henry

**No Restrictions (Basic 6 and up)**

**Monday 10:15-10:45**

Jacqueline will emphasize enhancement of the skater's second mark in scoring, the **5 Program Components**: skating skills, transitions, performance & execution, choreography, and interpretation. Her goal is to improve the overall quality of performance focusing on Strength, control, flexibility, line, balance, agility, rhythm, and overall body awareness. This clinic will accommodate the needs of skaters of ALL LEVELS AND ABILITIES.

### **Colleen & Michele's LOW LEVEL POWER & EDGE on-ice Clinic.**

Instructor: Colleen Thomas AND Michele Steinberger

**RESTRICTION (Passing basic 6 through passing Preliminary MITF)**

**Tuesday 10:15- 10:45**

This clinic will focus on increasing power and improving edge quality in the lower level skater. We will be doing fun power and edge drills that will help you skate a better program, demonstrate cleaner moves and give you more confidence on the ice!

This clinic will accommodate the needs of skaters Basic 6 through Preliminary Moves in the Field.

### **Sally's STROKING on-ice Clinic**

Instructor: Sally Tasca

**No Restrictions (Basic 6 and up)**

**Wednesday 10:15-10:45**

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.

This clinic will accommodate the needs of skaters of ALL LEVELS AND ABILITIES.

### **Graziella's DRILLS & SKILLS on-ice Clinic**

Instructor: Graziella Tasca

**No Restrictions (Basic 6 and up)**

**Thursday 10:15-10:45**

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. The clinic will run low-high energy and will range in all types of music. This clinic will accommodate the needs of skaters of ALL LEVELS AND ABILITIES.

### **Baiba's HIGH Power & Edge on-ice Clinic**

Instructor: Baiba Zvejnieks

**Restrictions (Passing Pre-Juvenile Moves and higher)**

**Friday 10:15-10:45**

This clinic taught by Baiba Zvejnieks 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.

## MFSC Summer 2017 OFF-ICE Classes

MFSC is proud to offer 7 different Off-Ice Classes this summer. Each class will focus on core and muscle strengthening in its own way. We encourage skaters to take them all.

**An Individual may be excused from class without proper footwear or for improper behavior**

Please have proper footwear recommended for each class. Tights over the feet can be very slippery on mats and floors. **Due to the low cost of our Off-Ice Classes, they will not be eligible for any exchange credits**

**MFSC is privileged to welcome our Off-Ice Instructors:**

**Carrie Langguth:** Carrie is an accomplished former Mentor figure skater. Carrie has degrees in both Exercise Science and Dance and is a Certified Group Fitness Instructor and Personal Fitness Trainer, Ballet and Zumba Instructor.

**Jake Sintic:** Jake is a certified instructor in “Crossfit Level One coach”, “Crossfit kids”, “Crossfit strongman”, “Crossfit weightlifting” and CPR certified.

**Sally Tasca:** Sally is a PSA master rated Coach teaching for over 21 years.

**Graziella Tasca:** studied Exercise Science at John Carroll University and is pursuing Certified Strength & Conditioning Specialist.

### CORE FUSION off-ice Class

Instructor: Carrie Langguth

**No Restrictions (open to all levels)**

**Monday 11:00-11:45**

Class Description: A mixture of Pilates and yoga methods will be used in this class, as well as, breathing techniques. This class is designed to strengthen, tone and sculpt the entire body, increase flexibility, and increase stamina, while improving strength and posture.

Please have **light hand weights and Yoga sticky mat** for every class.

### BALLET OPEN off-ice Class

Instructor: Carrie Langguth

**No Restrictions (open to all levels)**

**Tuesday 11:00-11:45**

Class Description: This class is **essential** to every successful skater in any skating discipline. This class is designed to help the skater with artistic interpretation of music incorporating the elements of ballet to achieve better body awareness, presentation, strength, coordination, flexibility, elegance, grace, expression and arm movements needed to enhance a skater’s program.

Please have **BALLET SHOES or SOCKS** for every class.

### BALLET HIGH off-ice Class ®

Instructor: Christine Carson

**Restrictions: (open to High free skaters or those entering 8<sup>th</sup> grade and up)**

**Tuesday 12:15-1:15**

Class Description: This class is designed for High Free skaters and those serious skaters entering 8<sup>th</sup> grade and up. Christine is classically ballet trained and will focus on posture and body alignment, leg extension height, stretching, flexibility, classical ballet barre, classical ballet center work, jumps, turns & leaps. Conditioning will include core strength, standing/free leg strengthening.

Please have **BALLET SHOES or SOCKS** for every class.

### ZUMBA off-ice Class

Instructor: Carrie Langguth

**No Restrictions (open to all levels)**

**Wednesday 11:00-11:45**

Class Description: This fun, energetic class focuses on Latin dance and aerobic conditioning incorporating elements of Hip-Hop, Soca, Samba, Salsa, Merengue, Mambo and Martial arts.

Please have **TENNIS SHOES** for every class.

### Sally’s JUMP off-ice Class

Instructor: Sally Tasca

**No Restrictions (open to all levels)**

**Wednesday 1:15-2:00pm**

Class Description: 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.

Please have **TENNIS SHOES** and a **JUMP ROPE** for every class.

### STRENGTH/CONDITIONING off-ice Class

Instructor: Graziella Tasca

**No Restrictions (open to all levels)**

**Thursday 1:15-2:00pm**

Class Description: This class is designed to help the skater with off-ice strength training and conditioning. It will incorporate plyometrics for figure skaters, endurance/conditioning, upper and lower body strength, flexibility and core training in a class that is sure to be interesting, and fun.

Please have a **RESISTANCE BAND, WATER, TOWEL, TENNIS SHOES** and a **MAT** for every class.

### CROSSFIT CORE STRENGTH

Instructor: Jake Sintic

**No Restrictions (open to all levels)**

**Friday 11:00-11:45**

Class Description: 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.

Please bring **TENNIS SHOES, MAT AND WATER** for every class.



## 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 2017-2018 before June 5, 2017 (beginning the summer contract) or a late fee will be incurred on renewed memberships. On July 1, 2017 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.mentorfsclub.org](http://www.mentorfsclub.org) in May.
  
- **CONTRACTS -**
  - Contracts are binding for the **entire** contract period (Summer 2017 contract lasts 6/5/17 – 8/11/17)
  - 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 completely filled out, signed by you and your coach, and the required payment received on or before May 17, 2017.**
  - 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
  
- **PAYMENTS –** (Please be advised that the following payment schedule and late payment process will be strictly adhered to)
  - Make check or money order payable to **Mentor Figure Skating Club (MFSC)**
  - Payment of the 1<sup>st</sup> third of this contract AND your registration is due postmarked on **May 17, 2017**
  - **The second payment is due June 20 and final payment July 20,** Unless it is the final payment, all payments will be at least 1/3 of contract or \$100, whichever is **higher**
  - **Late Payment Process**
    - ***Due Date – payment is received by the Ice Administrator at the address listed below***
    - ***Fee of \$20 will be assessed for each late payment beyond 5 days of the due date***
    - ***Fee of \$25 will be assessed for all NSF checks***
    - ***Skaters that are more than 10 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, contact the Ice Administrator **BEFORE** the payment due date and make arrangements for payments
  - **PLEASE MAKE A COPY OF SKATER SCHEDULE AND PAYMENT SCHEDULE FOR FUTURE REFERENCE.**



## Mentor FSC Summer 2017 Schedule

### June 5 - August 11, 2017 (10 week Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:00	City Ice	City Ice	City Ice	City Ice	City Ice
8:00 - 9:00	Open Free	High Free ®	Open Free	High Free ®	Open Free
9:00-9:15	Ice Cut	Ice Cut	Ice Cut	Ice Cut	Ice Cut
9:15-10:15	Open Free	Open Free	Open Free	Open Free	Open Free
10:15-10:45	Jaqueline's <b>Components</b> Baiba's Power Clinic	Colleen & Michele's LOW Power & Edge Clinic	Sally's <b>Stroking</b> Clinic	Graziella's <b>Drills &amp; Skills</b> Clinic	Baiba's <b>HIGH Power &amp; Edge</b> Baiba's Power Clinic
10:45-11:00	Ice Cut	Ice Cut	Ice Cut	Ice Cut	Ice Cut
11:00-12:00	Open Free	Open Free	Open Free	Open Free	Open Free
12:00-1:00	Open Free	Low Free ®	Open Free/ Basic Skills	Open Free	Open Free
Off-Ice	Core Fusion 11:00-11:45	Ballet Open 11:00-11:45	Zumba 11:00-11:45		Crossfit Core & Strength 11:00-11:45
Off-Ice		Ballet High ® 12:15-1:15	Jump Class-Sally 1:15-2:00	Strength/Conditioning 1:15-2:00	
5:45-6:45 pm	Open Free				

**Notes: ® = Restrictions: Please be aware of individual session restrictions**

<b>On-Ice Skating Sessions</b>	City Ice	Open to all levels Basic 6 and above.
	Open Free Session	Open to all levels Basic 6 and above
	High Free Session ®	Open to skaters who have passed either: Pre-Juvenile FS - OR - Juvenile MIF - OR - all three Bronze Dances
	Low Free Session ®	Open to skaters passing Basic 1 through passing Preliminary FS. Must yield to newer skaters.
	Open Free/Basic Skills	Open to ALL skaters, Basic skills and above. Must have passed Basic 1 or Tot 1 minimum. Must yield to newer skaters.
GREEN On-Ice	"GREEN" ON ICE CLINIC	Open to all levels Basic 6 and above
PURPLE On-Ice	"PURPLE" ON ICE CLINIC	Passing Basic 6 through passing Preliminary MITF
YELLOW On-Ice	"YELLOW" ON ICE CLINIC	Passing Pre Juvenile MITF and higher
<b>Off-Ice Classes</b>	ALL OFF ICE CLASSES	Open to all levels
	Ballet Open	Ballet Open-Open to skaters
	Ballet High ®	Open to High skaters or skater entering the 8th grade and up

# MFSC SUMMER 2017 **SASS** CONTRACT SHEET

June 5 - August 11, 2017 (10 week Schedule)

If choosing SASS return this Completed Page as a Part of Registration - make a copy for your records!  
 Note: ® = Restrictions: Please be aware of individual session restrictions (see description page for details)

	Session Time	# weeks of sessions						
<b>Monday</b>			<b>Monday</b>			<b>Monday</b>		
7:00-8:00 am	City Ice	60	10					
8:00 - 9:00am	Open Free	60	10				Please choose which session(s) you plan to attend. <i>(you will be able to walk on to any available session, but list your planned schedule for lessons)</i>	
9:15 - 10:15am	Open Free	60	10					
10:15 - 10:45am	Components On-Ice Clinic	30	10					
11:00 - 12:00pm	Open Free	60	10					
11:00 - 11:45am	Core Fusion Off-Ice Class	45	10					
12:00 - 1:00pm	Open Free	60	10					
<b>Monday Evening</b>			<b>Monday Evening</b>			<b>Monday Evening</b>		
5:45 - 6:45 pm	Open Free Evening ice	60	10					
<b>Tuesday</b>			<b>Tuesday</b>			<b>Tuesday</b>		
7:00-8:00 am	City Ice	60	9					
8:00 - 9:00am	High Free ®	60	9				Please choose which session(s) you plan to attend. <i>(you will be able to walk on to any available session, but list your planned schedule for lessons)</i>	
9:15 - 10:15am	Open Free	60	9					
10:15 - 10:45am	LOW Power & Edge On-Ice Clinic	30	9					
11:00 - 12:00pm	Open Free	60	9					
11:00 - 11:45am	Ballet Open Off-Ice Class	45	7					
12:00 - 1:00pm	Low Free ®	60	9					
12:15 - 1:15pm	Ballet High ® Off-Ice Class	60	7					
<b>Wednesday</b>			<b>Wednesday</b>			<b>Wednesday</b>		
7:00-8:00 am	City Ice	60	10					
8:00 - 9:00am	Open Free	60	10				Please choose which session(s) you plan to attend. <i>(you will be able to walk on to any available session, but list your planned schedule for lessons)</i>	
9:15 - 10:15am	Open Free	60	10					
10:15 - 10:45am	Stroking On-Ice Clinic	30	10					
11:00 - 12:00pm	Open Free	60	10					
11:00 - 11:45am	Zumba Off-Ice Class	45	10					
12:00 - 1:00pm	Open Free/Basic Skills	60	10					
1:15 - 2:00pm	Jump Off-Ice Class	45	10					
<b>Thursday</b>			<b>Thursday</b>			<b>Thursday</b>		
7:00-8:00 am	City Ice	60	10					
8:00 - 9:00am	High Free ®	60	10				Please choose which session(s) you plan to attend. <i>(you will be able to walk on to any available session, but list your planned schedule for lessons)</i>	
9:15 - 10:15am	Open Free	60	10					
10:15 - 10:45am	Drills & Skills On-Ice Clinic	30	10					
11:00 - 12:00pm	Open Free	60	10					
12:00 - 1:00pm	Open Free	60	10					
1:15 - 2:00pm	Conditioning Off-Ice Class	45	10					
<b>Friday</b>			<b>Friday</b>			<b>Friday</b>		
7:00-8:00 am	City Ice	60	10					
8:00 - 9:00am	Open Free	60	10				Please choose which session(s) you plan to attend. <i>(you will be able to walk on to any available session, but list your planned schedule for lessons)</i>	
9:15 - 10:15am	Open Free	60	10					
10:15 - 10:45am	HIGH Power & Edge On-Ice Clinic	30	10					
11:00 - 12:00pm	Open Free	60	10					
11:00 - 11:45am	Crossfit Core/Strength Off-Ice Class	45	10					
12:00 - 1:00pm	Open Free	60	10					

**SKATE ALL SUMMER SPECIAL "SASS"** Skate all eligible ice sessions, clinics, and/or classes for one low price.  
 You may walk on to any session. See Contract for specific details.

\*\*\*Coach Signature X\_\_\_\_\_

**Please only one SASS form per skater. Skater name: \_\_\_\_\_**

\*\*\*Must be signed by coach.

# MFSC SUMMER 2017 **MINI-SASS** CONTRACT SHEET

June 5 - August 11, 2017 (10 week Schedule)

If choosing MINI SASS Return this Completed Page as a Part of Registration - make a copy for your records!  
 Note: ® = Restrictions: Please be aware of individual session restrictions (see description page for details)

	Session Time	# weeks of sessions					
<b>MUST CHOSE A MINIMUM OF 2 DAYS TO BE ELGIBLE FOR MINI SASS PRICING</b>							
<b>MONDAY MINI SASS</b>			<b>10</b>	<b>MONDAY</b>		<b>MONDAYMINI SASS</b>	
7:00-8:00 am	City Ice	60	10				
8:00 - 9:00am	Open Free	60	10				Please choose for Monday 1 Free skate ice session, 1 On-Ice Clinic, and 1 Off-Ice Class
9:15 - 10:15am	Open Free	60	10				
10:15 - 10:45am	Components On-Ice Clinic	30	10				
11:00 - 11:45am	Core Fusion Off-Ice Class	45	10				
12:00 - 1:00pm	Open Free	60	10				
5:45 - 6:45 pm	Open Free <i>Evening ice</i>	60	10				
<b>TUESDAY MINI SASS</b>			<b>9</b>	<b>TUESDAY</b>		<b>TUESDAY MINI SASS</b>	
7:00-8:00 am	City Ice	60	9				
8:00 - 9:00am	High Free ®	60	9				Please choose for Tuesday 1 Free skate ice session, 1 On-Ice Clinic, and 1 Off-Ice Class
9:15 - 10:15am	Open Free	60	9				
10:15 - 10:45am	LOW Power & Edge On-Ice Clinic	30	9				
11:00 - 11:45am	Ballet Open Off-Ice Class	45	7				
12:00 - 1:00pm	Low Free ®	60	9				
12:15 - 1:15pm	Ballet High ® Off-Ice Class	60	7				
<b>WEDNESDAY MINI SASS</b>			<b>10</b>	<b>WEDNESDAY</b>		<b>WEDNESDAY MINI SASS</b>	
7:00-8:00 am	City Ice	60	10				
8:00 - 9:00am	Open Free	60	10				Please choose for Wednesday 1 Free skate ice session, 1 On-Ice Clinic, and 1 Off-Ice Class
9:15 - 10:15am	Open Free	60	10				
10:15 - 10:45am	Stroking On-Ice Clinic	30	10				
11:00 - 11:45am	Zumba Off-Ice Class		10				
12:00 - 1:00pm	Open Free/Basic Skills	60	10				
<b>THURSDAY MINI SASS</b>			<b>10</b>	<b>THURSDAY</b>		<b>THURSDAY MINI SASS</b>	
7:00-8:00 am	City Ice	60	10				
8:00 - 9:00am	High Free ®	60	10				Please choose for Thursday 1 Free skate ice session, 1 On-Ice Clinic, and 1 Off-Ice Class
9:15 - 10:15am	Open Free	60	10				
10:15 - 10:45am	Drills & Skills On-Ice Clinic	30	10				
11:00 - 12:00pm	Open Free	60	10				
12:00 - 1:00pm	Open Free	60	10				
1:15 - 2:00pm	Conditioning Off-Ice Class	45	10				
<b>FRIDAY MINI SASS</b>			<b>9</b>	<b>FRIDAY</b>		<b>FRIDAY MINI SASS</b>	
7:00-8:00 am	City Ice	60	10				
8:00 - 9:00am	Open Free	60	10				Please choose for Friday 1 Free skate ice session, 1 On-Ice Clinic, and 1 Off-Ice Class
9:15 - 10:15am	Open Free	60	10				
10:15 - 10:45am	HIGH Power & Edge On-Ice Clinic	30	10				
11:00 - 11:45am	CROSSFIT Core/Strength Off-Ice Class	45	10				
12:00 - 1:00pm	Open Free	60	10				
*** Coach Signature X _____						<b>MUST CHOOSE AT LEAST 2 DAYS TO BE ELGIBLE FOR MINI SASS</b>	
MINI SASS provide skaters at least 2 and up to 5 days a week of 1 ice session, 1 on-ice clinic, and 1 off-ice class per day at \$22 per day							
Any Additional ice sessions or clnics or classes should be selected via A La Carte Sheet							
Please only one MINI SASS form per skater. Skater name: _____							

\*\*\*Must be signed by coach.

# MFSC SUMMER 2017 **A La Carte** CONTRACT SHEET

June 5 - August 11, 2017 (10 week Schedule)

If Choosing A La Carte or adding sessions, clinics and classes return this Completed Page as a Part of Registration - make a copy for your records!

Note: ® = Restrictions: Please be aware of individual session restrictions (see description page for details)

	Session Time	# weeks of sessions	Session Price	√ session	
<b>Monday</b>		<b>Monday</b>		<b>Monday</b>	
7:00-8:00 am	City Ice	60	10	\$110.00	
8:00 - 9:00am	Open Free	60	10	\$110.00	
9:15 - 10:15am	Open Free	60	10	\$110.00	
10:15 - 10:45am	Components On-Ice Clinic	30	10	\$80.00	
11:00 - 12:00pm	Open Free	60	10	\$110.00	
11:00 - 11:45am	Core Fusion Off-Ice Class	45	10	\$70.00	
12:00 - 1:00pm	Open Free	60	10	\$110.00	
<b>Monday Evening</b>		<b>Monday Evening</b>		<b>Monday Evening</b>	
5:45 - 6:45 pm	Open Free <i>Evening ice</i>	60	10	\$110.00	
<b>Tuesday</b>		<b>Tuesday</b>		<b>Tuesday</b>	
7:00-8:00 am	City Ice	60	9	\$99.00	
8:00 - 9:00am	High Free ®	60	9	\$99.00	
9:15 - 10:15am	Open Free	60	9	\$99.00	
10:15 - 10:45am	LOW Power & Edge On-Ice Clinic	30	9	\$72.00	
11:00 - 12:00pm	Open Free	60	9	\$99.00	
11:00 - 11:45am	Ballet Open Off-Ice Class	45	7	\$49.00	
12:00 - 1:00pm	Low Free ®	60	9	\$99.00	
12:15 - 1:15pm	Ballet High ® Off-Ice Class	60	7	\$49.00	
(Ballet High is a restricted session please check description page for eligibility)					
<b>Wednesday</b>		<b>Wednesday</b>		<b>Wednesday</b>	
7:00-8:00 am	City Ice	60	10	\$110.00	
8:00 - 9:00am	Open Free	60	10	\$110.00	
9:15 - 10:15am	Open Free	60	10	\$110.00	
10:15 - 10:45am	Stroking On-Ice Clinic	30	10	\$80.00	
11:00 - 12:00pm	Open Free	60	10	\$110.00	
11:00 - 11:45am	Zumba Off-Ice Class	45	10	\$70.00	
12:00 - 1:00pm	Open Free/Basic Skills	60	10	\$110.00	
1:15 - 2:00pm	Jump Off-Ice Class	45	10	\$70.00	
<b>Thursday</b>		<b>Thursday</b>		<b>Thursday</b>	
7:00-8:00 am	City Ice	60	10	\$110.00	
8:00 - 9:00am	High Free ®	60	10	\$110.00	
9:15 - 10:15am	Open Free	60	10	\$110.00	
10:15 - 10:45am	Drills & Skills On-Ice Clinic	30	10	\$80.00	
11:00 - 12:00pm	Open Free	60	10	\$110.00	
12:00 - 1:00pm	Open Free	60	10	\$110.00	
1:15 - 2:00pm	Conditioning Off-Ice Class	45	10	\$70.00	
<b>Friday</b>		<b>Friday</b>		<b>Friday</b>	
7:00-8:00 am	City Ice	60	10	\$110.00	
8:00 - 9:00am	Open Free	60	10	\$110.00	
9:15 - 10:15am	Open Free	60	10	\$110.00	
10:15 - 10:45am	HIGH Power & Edge On-Ice Clinic	30	10	\$80.00	
11:00 - 12:00pm	Open Free	60	10	\$110.00	
11:00 - 11:45am	Crossfit Core/Strength Off-Ice Class	45	10	\$70.00	
12:00 - 1:00pm	Open Free	60	10	\$110.00	
*** Coach's Signature X _____					
Please only one A LA CARTE form per skater. Skater Name: _____					

\*\*\*Must be signed by coach.



## Mentor Figure Skating Club Request for Credit Sheet

This form is to be used when requesting credits to be applied towards ice contact. Please complete the information, identifying the amount of the credit and how it was earned. This should be submitted attached to your contract or with your contract payment. No credit may be used before it is earned. If you have any questions, please contact the Ice Administrator.

Amount of Credit

Type of Credit earned

\_\_\_\_\_

Monitor Credits

\_\_\_\_\_

Dress Sale Credits

\_\_\_\_\_

Carryover Credits (Adjustments or overpayment from previous contract—this does not include ice exchange credits as they EXPIRE at the end of the previous contract period)

\_\_\_\_\_

Other: \_\_\_\_\_  
please list fundraiser to be credited

**Total Credit Requested**

Skater Name: \_\_\_\_\_

Date: \_\_\_\_\_

Contract applying credit toward (example Summer 17): \_\_\_\_\_