



Sharper Edge Skating School

Valley Sports Arena ~2320 Main Street, Concord, MA ~ (978) 369-0088



## Moves in the Field

### **Why do Moves in the Field?**

There are many benefits to working on Moves in the Field. This helps improve your child's overall skating, control, power, and posture along with helping children to learn patterns and turns which helps with dance steps and routines. Please keep in mind that the Moves in the Field level has nothing to do with the ISI Freestyle level. You may notice high test moves on low test freestyle or vice versa. Each child has different strengths. As with any sport, the more you practice, the faster you will progress. Please, please, please... worry about your own child and do not compare to other skaters. If you have any concerns, please feel free to send me an email or ask to set up an appointment to go over your child's progress.

Thank you!

### **Moves in the field class structure 2021 - 2022**

*\*Skaters must be evaluated to enter this class.*

Each level has a different amount of skills. For example, Pre-preliminary has four skills and Preliminary has six skills.

Please make every effort to attend each class on time. If you arrive even 5 minutes late, the skater is missing their first few skills.

As you get higher in the levels, the skills become more difficult and extra practice time is necessary.

### **Testing moves in the field**

- 1. USFS membership:** Each skater must become a member of USFS, you can register for an individual membership through their website at [www.usfsa.org](http://www.usfsa.org)
- 2. Test sessions:** Clubs host test sessions generally every month. These test sessions often happen during school hours and take approximately one to two hours. Usually, we try to go to test sessions that take place on holidays or vacations, such as Columbus Day.
- 3. Fees:** Every club's test fees vary and are dependent on the type and level of test being taken. Typically, each test fee is approximately \$65.00. You will be responsible to pay for the coach's time, which is based on how many kids and how many tests are taken that day. The coach's fee for each test is approximately \$75.00 – see Coach.

**4. On the day of the test session:** Please treat the test session as you would a competition.

1. Apparel

- Clean skating dress
- Tights with no holes
- Hair in a neat bun
- Skating sweater with matching gloves may be worn

2. Upon Arrival: Each skater will check in with the ice monitor. They will stretch and warm up with the coach. They will then take the ice for a 5 minute warm up.

3. After the test is completed, the coach will be given the judges sheets. Your coach will review the sheets and go over the results with your skater. A copy of the judge's sheets will be given your child.

**\*\* Please note parents are not allowed into the rink during the test session. You are required to stay in the warm room or the lobby.**

If you have any questions or concerns, please feel free to call the office at 978-369-0088.

Thanks, and Happy Skating!

Dawn & SESS Staff

**Coaches available for test sessions**

Yulia Borissova..... skatehappy@comcast.net

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