



## JUMPSTART

### **About the Program**

JumpStart is an introductory program for children interested in competitive or recreational figure skating. It is a dynamic program that creates a fun, enthusiastic atmosphere to learn correct technique in fundamental skills. Entrance into our JumpStart program is by invitation only and skaters must be 4-14 years old in order to join.

### **Program Requirements**

JumpStart skaters will train 1-3 days per week. We recommend a minimum of two days per week for accelerated progress. JumpStart classes are offered in four terms per year: Fall, Winter, Spring and Summer.

We expect our skaters to show up on time and ready to work hard! A training plan is set in place for every on ice session to build a strong foundation for long-term success in the sport of figure skating.

Our off-ice classes are mandatory as it helps improve flexibility, strength, balance, coordination, agility and jump rotation. This training compliments our on-ice program and helps develop your skater into a well rounded athlete with all the skills needed to be successful.

### **Equipment Required**

- Skaters must wear figure skates (no recreational skates), warm clothing, and gloves. For safety reasons, skin should not be exposed.
- Hard guards to protect blades while walking off the ice.
- Skaters in Group 1 and 2 must wear a helmet, unless you have permission from the Coordinator.
- Hair should be neatly tied back in a ponytail or bun.
- Fitted clothing with long sleeves to allow the coach to see the lines and body positions. Bulky coats and hoodies are not acceptable.
- Proper running shoes for off-ice classes.