



What is the Aspire Program?

The U.S. Figure Skating Aspire program helps beginning figure skaters make the transition from Learn to Skate group classes into U.S. Figure Skating membership.

The Mission of the U.S. Figure Skating Aspire Program is to “provide a solid foundation in figure skating through the development of athleticism and artistry, empowering skaters to be successful on and off the ice.”

- A**ttitude
- S**portsmanship
- P**erseverance
- I**ntegrity
- R**espect
- E**ffort

- ASPIRE TO JOIN A TEAM
- ASPIRE TO JUMP HIGHER AND SPIN FASTER
- ASPIRE TO BE A HEALTHIER YOU
- ASPIRE TO MAKE NEW FRIENDS
- ASPIRE TO DISCOVER A NEW PASSION
- ASPIRE TO BE THE BEST YOU
- ASPIRE TO PERSONAL EXCELLENCE
- ASPIRE TO BE A FIGURE SKATER!

The U.S. Figure Skating Aspire Program

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Aspire Camp Schedule: August 23, 2022

Time	Activity
10:00 - 10:30	Registration, Introductions/Ice breakers
10:30 - 10:45	National Dynamic Warm-Up
10:45 - 11:00	Skates On
11:00 - 11:30	Edge Class
11:30 - 12:00	Jumps (Group A): <i>15 min. edge jumps; 15 min. toe jumps</i> Spins (Group B): <i>15 min. basic positions; 15 min. features</i>
12:00 - 12:30	Spins (Group A): <i>15 min. basic positions; 15 min. combo spins</i> Jumps (Group B): <i>15 min. Axel prep; 15 min. jump ladders</i>
12:30 - 12:40	Skates Off
12:40 - 1:10	Lunch
1:10 - 1:35	Off ice activity
1:35 - 1:45	Skates On
1:45 - 2:15	Introduction to ice dance and theatre on ice
2:15 - 2:45	Intro to M.I.T.F. and Freestyle
2:45 - 3:15	Intro to Synchronized Skating
3:15 - 3:45	Free Skate/Games
3:45 - 4:00	Skates Off, wrap up

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What will I be doing in each session?

National Dynamic Warm Up – This dynamic warm-up takes about 10 minutes and will have your skater feeling ready to hit the ice.

Edge Class – A great way for skaters to continually develop and improve their skating skills. Good edge quality results in a confident and controlled movement.

Jumps/Spins – Skaters will learn different types of jumps and spins.

Stretching – Skaters will learn the importance of stretching before taking the ice.

Into to Ice Dance and Theatre on Ice– Ice Dance is based on different aspects of dance, including rhythm, interpretation of the music and precise steps. Theatre on Ice is a form of competitive figure skating that combines the grace of figure skating with the excitement of theater and dance.

Into to M.I.T.F and Freestyle – Moves in the Field (MITF) are designed to teach the skills necessary to attempt increasingly more difficult free skating elements. Freestyle tests show skaters can perform required elements within a choreographed program.

Intro to Synchronized Skating – Synchronized Skating is a team sport in which eight to 20 skaters perform a program together.

Free Skate/Games – Coaches and skaters can have fun working on what they learned and playing games.

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Camp Information

- All classes will be taught by Learn to Skate coaches and apprentices
- Goodie bag for all participants

How to Register:

- Must have a current Learn to Skate or Club membership
- Must have completed Learn to Skate Basic 4
- Please register with the registration form in this packet
- Camp fee is \$80
- Learn to Skate Membership (if you need to renew is \$22)
- Registration must be received by August 19th

Things to bring to camp:

- Packed lunch
- Filled water bottle
- Gloves/Hat
- Skates
- Tennis shoes

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Registration Form

Skater's Name: _____

Parent/Guardian Name: _____

Phone number in case of emergency: _____

Skater's LTS or USFS Number: _____

Skater's last LTS level completed: _____

Camp registration fee: \$80.00 _____

LTS Registration Fee: \$22.00 _____
(If needs to be renewed)

Check Total: _____

Please make checks payable to: GGBFSC
Mail registration and check to: Sarah Schoen
2040 Labyrinth Lane
De Pere, WI 54115

****We will need at least 12 participants to hold the camp****

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