



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.”

Attitude

Sportsmanship

Perseverance

Integrity

Respect

Effort

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 15, 2024

Time	Activity
9:30 – 10:00	Registration
10:00 – 10:30	Introductions/ Ice Breakers
10:30 – 10:45	National Dynamic Warm Up
10:45 – 11:00	Skates On
11:00 – 11:30	Edge & Skating Skills 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 – 1:50	Off ice activity
1:50 – 2:00	Skates On
2:00 – 2:40	Introduction to Synchronized Skating & Theatre on Ice
2:40 – 3:10	Introduction to Singles & Choreography
3:10 – 3:30	Introduction to Ice Dance
3:30 – 4:00	Free Skate/ Games
4:00 – 4:30	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 10-15 minutes and will have your skater feeling ready to hit the ice. This will teach skaters the importance of warming up and stretching before skating.

Edge & Skating Skills Class – A great way for skaters to continually develop and improve their skating skills. Good edge quality results in a confident and controlled movement. Skating Skills (SS) are designed to teach the skills necessary to improve as a skater; this will introduce the U.S. Figure Skating Skating Skills Test Protocol.

Jumps/ Spins – Skaters will learn different types of jumps and spins, which are a part of the Singles (Free Skate) Curriculum within U.S. Figure Skating.

Introduction to Synchronized Skating and Theatre on Ice – Synchronized Skating is a team sport in which 5 to 20 skaters perform a program together. Theatre on Ice is a team form of figure skating that combines the grace of figure skating with the excitement of theater and dance.

Introduction to Singles & Choreography – Singles tests show skaters how to perform required elements within a choreographed program.

Introduction to Ice Dance – Ice Dance is based on different aspects of dance, including rhythm, interpretation of the music and precise steps, and is an option of the U.S. Figure Skating testing protocol.

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

Off ice activity – Activity to be determined.

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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
- Camp fee is \$80
- Learn to Skate Membership (if you need to renew: \$22)
- Registration must be received by August 8th

Things to bring to camp:

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

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