

Completing Your Training Schedule for Your Dance Course(s) related to Skating and Selecting Courses

Weekly Lessons

On the 2nd page of this document, please record your weekly scheduled skating sessions. Include the day of the week and the start and end time of the session. Please record any dryland training and/or off ice sessions as well. For example, a sample skating schedule is shown below:

Monday

- 4:00 – 4:45 on ice
- 4:50 – 5:35 off ice

Tuesday

- 4:15 – 5:45 on ice
- 6:00 – 7:30 dryland training

Thursday

- 2:30 – 3:15 on ice
- 3:25 – 3:55 off ice
- 4:00 – 4:45 on ice
- 4:45 – 5:45 private on ice

Record the Category

Review the list of disciplines and indicate the category you are competing at for the disciplines listed. If you are not training or competing in a particular discipline, leave it blank.

Authentic Performances

There are 2 sections to record your performances on the schedule.

The first section is to record the tests, simulations, and competitions for the year. You will record the event and then indicate what category you plan on participating in at that event. An event, may simply be a test, or it may have both a simulation and a competition.

The second section is to record any ice shows you are planning to participate in. You may actually end up doing more or fewer performances, and that is okay. We just want to know the plan.

Verification

Your schedule must be verified by your coach, which means they must sign and date it indicating it is accurate at the time of the signature. That schedule will be an important factor in determining how many athletic arts course credits you are eligible to receive, so it is important that it is accurate.

Dance Foundations and Dance Technique and Performance – Course Selection

You are required to have **2 hours per week** of skating training for either Dance Foundations (for Figure Skaters) or for Dance Technique and Performance (for Figure Skaters).

Look at your completed skating schedule.

- If you have 2 hours a week, you are eligible to take 1 dance course – **either** Dance Foundations (for Figure Skaters) or Dance Technique and Performance (for Figure Skaters)
 - Identify which course you want to take on the form on the 4th page.
- If you have 4 or more hours a week, you are eligible to take **both** Dance Foundations (for Figure Skaters) and Dance Technique and Performance (for Figure Skaters). You might decide to take one, and that is okay. You could start with one course in September and add another one later in the year if you wanted to.

Dance Course Selection

Student's Name: _____

Club Name: _____

Club Contact: _____

Club Contact's Email: _____

Club Contact's Phone Number: _____

Sign up for the dance courses you want to take related to your figure skating by completing the table below. Only complete the row for the course(s) you want to enroll in.

Course	Grade Level (10, 11 or 12)	Student Signature	Parent Signature
Dance Foundations (for Figure Skaters)			
Dance Technique & Performance (for Figure Skaters)			

Note: 2 hours of club training per week will give the student the minimum 60 hours required for Dance Foundations or Dance Technique and Performance.

You will upload the **signed calendar** and **this course selection page** into Moodle for **each** of the courses you signed up for in the table above.