

GET INVOLVED- FIGURE SKATING CLUBS

The best way to be a part of U.S. Figure Skating is to become a member of your local figure skating club. With more than 750 member clubs nationwide, it's easy to find one that meets your needs. Clubs serve many purposes for their members, offering weekly or monthly practice sessions, private instruction, test sessions, ice shows and exhibitions, nonqualifying and qualifying competitions, seminars and ice dance weekends, as well as providing a social network for adult members. Most skating clubs are non-profit associations run by volunteers. If there is not a club in your area, you can join U.S. Figure Skating as an individual member.

WHERE CAN I FIND MORE INFORMATION?

Adult skating program information and competition applications are available at the Adult Skating Program page on U.S. Figure Skating's website: <http://www.usfigureskating.org/story?id=83955>. SKATING magazine also includes a section on adult skating in each issue, as well as a calendar of adult skating events. For questions, contact info@usfigureskating.org.

ADULT SKATING COMMITTEE

U.S. Figure Skating has an extensive volunteer network of committees supporting all disciplines and aspects of figure skating. The Adult Skating Committee (ASC) is dedicated to the growth and advancement of adult skating within U.S. Figure Skating. Committee representatives exist in most areas of the country and are a valuable resource in assisting adult skaters with information regarding testing, clubs, rule interpretation and, most of all, networking with other adult skaters. To get in touch with an ASC member near you, or to get involved, please visit www.usfigureskating.org, click "Programs" and select "Adult Skating," then "Leadership."

WHERE DO I BEGIN?

Some adults are new to skating and have never taken a lesson, while others competed as children and want to return to the ice for fun and fitness. Whether you are an adult who became a skater or a skater who became an adult, the U.S. Figure Skating adult skating structure has a place for everyone to learn, enjoy and participate through a variety of skating programs, proficiency tests and competitions on the local, national and international levels.



U.S. FIGURE SKATING
**ADULT SKATING
BROCHURE**

GETTING STARTED - ADULT LEARN TO SKATE USA PROGRAM

Learn to Skate USA, powered by Toyota, offers an introductory skating curriculum for adults who have never skated or would like to refine their skating skills. It is divided into six levels in which adult skaters progress at an individual rate while being challenged and motivated. The curriculum is designed specifically to teach the basic elements of forward skating, backward skating, turning and stopping before advancing to more challenging elements. Whether you want to skate during your lunch break, form a coffee club or lay the foundation to progress into the U.S. Figure Skating adult test structure, Learn to Skate USA is the place to start. As Learn to Skate USA members, adults may enter Compete USA competitions at their level. This is a great opportunity for adults to showcase the skating elements they have learned. Many adults enter these events to meet a specific goal or to satisfy their desire to compete. More information is available at LearnToSkateUSA.com.

TESTING

Proficiency tests allow skaters to advance to the next level. Each level has specific requirements that a skater must perform in front of a panel of qualified judges. Adults can choose to test in the adult testing structure or the standard-track testing structure. Either structure allows the adult skater to participate in adult competitions and events.

Standard-track and adult tests are offered in free skate, moves in the field, pairs, pattern dance (solo and partnered), free dance (solo and partnered) and figures. Tests for older athletes (with more lenient expectations) are also offered in several disciplines.

Detailed information on test requirements and prerequisites is available in the Test Rules section of the current U.S. Figure Skating Rulebook.

COMPETITIONS

Adult nonqualifying competitions are hosted nationwide throughout the year. Adult skating competitions divide competitors by age and test level. Most offer free skate, showcase, ice dance, solo ice dance, pairs, compulsory moves and jump/spin competitions. Many clubs also offer adult events as a part of their regular nonqualifying competitions.

The Adult Competition Series provides a meaningful competitive experience to skaters in the adult 1 through adult bronze levels. Participants accumulate points based on placement in the free skate and compulsory moves events at participating Compete USA and nonqualifying competitions. Winners for each section are determined and announced at the nonqualifying competitions held in conjunction with the adult sectional championships.

The Adult Sectional Championships, the annual qualifying events for the U.S. Adult Figure Skating Championships, are held in each section of the country (Pacific Coast, Midwestern and Eastern) and usually include a corresponding nonqualifying competition. Adult sectional championships typically take place each March.

The U.S. Adult Figure Skating Championships is the pinnacle of the adult competitive season and takes place each April. The competition is unique in that both championship events (that require qualification through adult sectionals) and open/nonqualifying events are included. Part competition, part family reunion, the U.S. Adult Championships is not to be missed if you are a competitive adult skater.

The International Skating Union also provides opportunities for adults to compete internationally.

OTHER OPPORTUNITIES

Synchronized Skating is characterized by teamwork, speed, intricate formations and challenging step sequences. Synchronized teams in the U.S. can compete at 14 different levels, including open adult, adult, open masters and masters levels. "Masters" in the context of synchronized skating refers to an adult team comprised entirely of skaters age 25 and older.

Theatre On Ice is a form of competitive figure skating that combines the grace of figure skating with the excitement of theater and dance. Adults may skate on any team for which they meet the test and age qualifications.

Showcase fuses artistic creativity with figure skating for single skaters, duets, small ensembles of three to seven and production numbers of eight to 30. National Showcase offers the categories of light entertainment, dramatic entertainment and interpretive events for adult singles skaters.

The **Solo Dance Competition Series** provides an avenue for ice dancers at the standard levels to compete at and qualify for the National Solo Dance Final. Adults may participate in the series based on their standard-track ice dance tests.

Adult **camps and clinics** are great ways to improve on-ice skills, while meeting other adult skaters and having fun together - both on and off the ice. Several adult skating camps are held throughout the year.

Many adults enjoy **social ice** dancing. Without the pressure of testing or competing, it provides the opportunity to relax and enjoy skating with others who share the same passion. Social ice dance weekends and sessions are held in many places throughout the year and usually welcome all levels and abilities.

WHERE CAN I FIND MORE INFORMATION?

Adult skating program information and competition applications are available on the U.S. Figure Skating website at www.usfigureskating.org under "Programs." SKATING magazine also includes a section on adult skating in each issue, as well as a calendar of events. celebrity skaters available. Training camps are held for singles, pairs and ice dancers. Information is available online and in SKATING magazine.

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