



# After Basic Skills

## AFTER BASIC SKILLS- A PARENT'S GUIDE TO THE NEXT STEPS



### When is the right time to join a Figure Skating Club?

U.S. Figure Skating encourages beginner skaters to complete the Learn to Skate classes through Basic 8 or Adult 4. Many specialty classes become available at this point. The majority of USFSA members join by finding a local club that can support and coach them as they pursue their chosen discipline.

To maximize your skaters development, additional practice is paramount at this point "Freestyle" ice sessions ensure a limited number of skaters on the ice and supplemental private lessons will allow your skater to improve rapidly. The skating club of Morris has a wealth of private coaches available, including former Olympians! To arrange a private lesson, either contact the coach directly or ask for details at the Mennen Arena front desk.

Joining a club is a key step to becoming a more advanced figure skater. Upgrading your Basic Skills membership to a full USFSA Club Membership is a prerequisite in order to test, compete or participate in figure skating events sanctioned by U.S. Figure Skating. For details on becoming a member of the Skating Club of Morris, based at Mennen Arena, visit [www.scomnj.org](http://www.scomnj.org).

Skaters becoming a full member of U.S. Figure Skating for the first time are eligible for the discounted Introductory Membership rate.

### Club Benefits:

- Access to Club Ice sessions
- Ability to take official U.S. Figure Skating Tests & priority on Club test sessions
- Compete in USFSA competitions beyond Basic Skills
- Home Club social events and annual awards banquet
- 1 year subscription to Skating Magazine, the official publication of USFSA

### Mennen's Aspire Program



If a skater is interested in figure skating and passed Basic 4, the skater is eligible for the Aspire Bridge Program which gives a clear pathway to joining the Skating Club of Morris! The program includes both on and off-ice training and our staff of instructors with their years of experience in coaching figure skaters will take their knowledge and combined training and the materials that the U.S. Figure Skating Aspire program provides to its members to teach, train and engage your skater in a small group environment. Visit [www.morrisparks.net](http://www.morrisparks.net) for the latest brochure.

# U.S. Figure Skating Test & Competition Structure

Basic Skills
Freestyle 1
Freestyle 2-3
Freestyle 4-5
Freestyle 6

Relative Equivalent Level



Moves in the Field	Freestyle	Pairs	Pattern Dance	Free Dance
	Beginner			
	High Beginner			
	No-Test			
Pre-Preliminary	Pre-Preliminary*			
Preliminary	Preliminary*		Preliminary	
Pre-Juvenile	Pre-Juvenile*		Pre-Bronze	
Juvenile	Juvenile*	Juvenile*	Bronze	Juvenile*
Intermediate	Intermediate*	Intermediate*	Pre-Silver	Intermediate*
Novice	Novice*	Novice*	Silver	Novice*
Junior	Junior*	Junior*	Pre-Gold	Junior*
Senior	Senior*	Senior*	Gold	Senior*

\* Equivalent Moves-in-the Field test is prerequisite

## U.S. Figure Skating Test Structure

Think of figure skating beyond Basic Skills in ladder progressions. Moves in the Field tests are the prerequisite to other proficiency tests—free skate, pairs and dance. All tests are performed before a panel of 1-3 qualified judges with the difficulty level increasing as the level increases. The Pre-Preliminary Moves test is the first U.S. Figure Skating test.

## Competitions

Many clubs host basic skills competitions where skaters can compete at all levels of the basic skills program and open (non-qualifying) levels. Nonqualifying competitions are divided into two tracks one is more recreational and the other is more competitive in nature. The majority of figure skaters compete in the non-qualifying competitions.

Beyond this, U.S. Figure Skating also provides a full competition structure of qualifying events that lead to the U.S. Figure Skating Championships, World Figure Skating Championships and the Olympic Winter Games.

Whether you chose to compete, or chose to continue up the testing ladder to gain credentials for coaching, judging or just your personal satisfaction, figure skating has something for everyone!

## FREESKATE TRACKS

### Excel

Excel's primary mission is to inspire more of our young athletes to continue training and remain committed to participating in figure skating by providing them with events that allow them to showcase their strengths.

Skaters participating in the Excel Series have the opportunity to attend the Excel National Festival.

### Well Balanced

More competitive level. The singles discipline of figure skating is an exciting arm of the sport, offering entry points at a multitude of levels, inviting individuals into a lifelong relationship with the sport and also cultivating champions on and off the ice at the regional, sectional, U.S., international, World and Olympic levels.