



Icettes 2016-2017

# Coaching Staff

- Karri Nachtigal (Co-Head Coach)
  - 952/891-2148
  - [icettes.coaches@isd196.org](mailto:icettes.coaches@isd196.org)
- Amy Williams (Co-Head Coach)
  - 651/261-1894
  - [icettes.coaches@isd196.org](mailto:icettes.coaches@isd196.org)
- Brianna Regan (Synchro Coach)

# Register for Icettes

- To register for Icettes:
  - Go to your high school's website
  - Click on SchoolView
  - Use Feepay to register for Icettes
- Middle School Athletes
  - Go to your future high school's website to complete the process
- If you have questions about how to register, contact your high school directly

# Team Expectations

- Have fun & make friends
- Be responsible
- Be respectful
- Be part of the team
- Every member of the Icettes must be on a team compulsory
- MSHSL & District 196 Expectations
  - Cumulative GPA = 2.0
    - We will be checking grades every 2 weeks
  - MSHSL Bylaw 205 (chemicals) & 206 (Code of Conduct)

# What You Need

- ISI Membership
  - US Figure Skating Membership (optional)
  - Team Attire (required)
    - Pull Over (same as last year)
    - T-shirt (new order)
    - Pants (same as last year)
    - Backpack (new this year and will be used as skating bag)
  - Spirit Wear (optional)
    - Ordered through website... pay directly online
- \*You will receive an email when apparel is available to order.

# Competitions

- Bend of the River (Mankato, MN)
  - January 14<sup>th</sup>
  - Optional (Only individual events)
- Duluth Competition (Duluth, MN)
  - January 26<sup>th</sup>-28<sup>th</sup>
  - Optional (Only individual events)
- Frosty Blades (Blaine, MN)
  - February 3<sup>rd</sup>-5<sup>th</sup>
  - Varsity and JV Synchro, Team Compulsory, Production
  - Individual events are available
- Winter Classic (Oxford, OH)
  - February 8<sup>th</sup>- 13<sup>th</sup>
  - All Team and Individual events are available
- Skate Parade (Minneapolis, MN)
  - March 3<sup>rd</sup>-5<sup>th</sup>
  - Varsity/JV Synchro & Production
  - No team compulsory
  - No individual events unless going with your private coach

# Team Selection

- Tryouts will be held for JV Synchro, Varsity Synchro and Varsity Individual.
  - Friday, November 4<sup>th</sup> 2:00-5:00pm
- Synchro
  - See tryout handout
  - Varsity minimum requirement: Passed Pre-Juv Moves
- Varsity Individual
  - See tryout handout

# Try-Outs

- Friday, November 4<sup>th</sup>
- 2:00-5:00 PM @ Eagan Rink 2
  - Please arrive one hour prior to your scheduled tryout time
- Varsity & JV Synchro
  - Skills from try-out handout will be performed individually and as a group
- Varsity Individual
  - Program required
- Closed tryouts



# Lettering

- Varsity Synchro and Varsity Individual have the opportunity to letter as long as they meet the lettering criteria.
- Juniors and Seniors on either JV or Varsity have the opportunity to letter as long as the lettering criteria is met.
- JV Synchro and Individual have the opportunity to letter if they move to the Varsity team BEFORE the Winter Classic Competition in February.

# Parent Expectations

- Your major role, and ours, is to make a student-athlete's involvement in athletics a fun and positive experience.
  - Support your skater
- Talk to your skater first about any questions or issues...then talk directly with the coaches
  - You will be agreeing to do this in the “Parent Pledge” when you registered.

# Important Dates

- October- Halloween Party
- November 4- Try-Outs
- November 14- First Day of Practice
- November 21- Winter Classic Competition Deadline
- December 16- Bend of the River Deadline
- January 14- Bend of the River Competition
- January 15- Camp Sacajawea (Sunday night)
- February 3-5- Frosty Blades Competition
- February 8-13- Winter Classic (Oxford, OH)
- March 3-5- Skate Parade
- March 8-11- Ice Show
- April 3- Banquet

# Winter Classic Trip

- Oxford, Ohio (Miami University)
- Approximately \$525
- Parents will not have transportation with the team to/from OR during the trip
- Another meeting will be held closer to the trip to discuss more details

# Booster Board

- Members
  - Elaine Stevens (President)
  - Carry Langseth (Vice President)
  - Tom Kenyon (Treasurer)
  - Dez Sobiech (Secretary)
  - Alonzo Anthony (Events Coordinator)
- Fundraising
- \$175 Booster Fee

# Extra Fees

- These are not included in your athletic fee for being part of the Icettes:
  - Any individual events at competitions
  - Dresses for competitions (individual events or team ensemble events)
  - Spirit Wear and Required Team Attire
  - Winter Classic Trip (approximately \$525)
- \$175 Booster Club Fee







Ice Show Theme:

Red Carpet

Affair