



# WHAT IS ASPIRE?

A revised version of the bridge 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. Designed to go hand-in-hand with U.S. Figure Skating introductory membership, Aspire is intended to boost member retention, keep skaters on the ice and teach young athletes and their families what it means to be a figure skater.

Aspire offers a wide variety of plug-and-play programming materials that organizations can combine to formulate a comprehensive package program. Resources include materials for on-ice classes, off-ice training, character development badge program and parent education.

The safe, supportive group training environment keeps costs down and motivation high as skaters acquire new skills, develop good practice habits and learn the fundamentals of off-ice training alongside their peers.

## BENEFITS

- Allows rink/club/program to create a desired and standardized “next step” for skaters in organized group lessons
- Provides a natural pathway into U.S. Figure Skating introductory membership
- Standardizes the transition between affordable group lessons and more expensive private lessons
- Teaches good practice habits on and off the ice
- Introduces skaters to moves in the field, edge classes and other skating disciplines
- Creates enhanced parental involvement and education

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[USFIGURESKATING.ORG/ASPIRE](https://USFIGURESKATING.ORG/ASPIRE)



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## HOW IT WORKS

- 1. CHOOSE A SCHEDULE.** Whether you prefer to run your program over the course of a six-week session, as a one-week day camp or as a one-day clinic, the customizable materials are designed to work with any time frame. Take a moment to review the sample agendas to determine what works best for you.
- 2. PACKAGE YOUR PROGRAM.** Skating families coming from organized group lessons are used to simplicity. Packaging on-ice, off-ice and educational components together into a program with a single point of registration ensures that skaters are getting a well-rounded introduction to figure skating and keeps the registration process simple. All Aspire programs should include on-ice classes, at least one off-ice training class and parent education. Use the ready-to-go programming resources to build a packaged program that works best for you.
- 3. BUILD A BRIDGE THAT EVERY SKATER WANTS TO CROSS.** The Aspire Program is designed to transition skaters from learn to skate group lessons into U.S. Figure Skating membership. Use the Aspire program to create a standardized and celebrated “next step” for beginning figure skaters that every budding figure skater in your learn to skate program can look forward to with anticipation. Fold the U.S. Figure Skating introductory membership into this step, and you’ll keep your membership pipeline full.
- 4. MAKE IT YOUR OWN.** Customize your Aspire program with a variety of downloadable activities and resources including nutrition guides, practice planners and goal-setting materials.

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# WHAT IS ASPIRE?

## JUNIOR CLUBS

In addition to implementing Aspire into your programming, establishing a junior club is an effective way to welcome new figure skaters. Junior clubs create a sense of belonging for new skating families. From wearing club apparel to representing the club at competitions, new members will feel included and create an instant new group of friends with other beginning figure skaters.

Offer the introductory membership (\$30 discounted first full year of membership) to make skating more affordable and appealing to new members. The introductory membership enables clubs to reduce first-time member fees as well. Run Aspire programming and include the full membership so skaters can take tests when they're ready. Consider hosting introductory classes offered through Aspire, such as learn to test, learn to compete, synchronized skating, and Theatre On Ice.

Work with your club to create additional benefits for junior club members, such as welcome meetings, a mentoring program with higher level skaters, parent education, special exhibition performances and social activities just for junior club members.

## HOW TO GET STARTED

1. Fill out the online application on the website and tell us a little more about your skaters and your current bridge program, if applicable.
2. A U.S. Figure Skating membership team member connect with you and help you design a customized packaged program that works best for you and your skaters.
3. Keep in touch with your contact and share how things are going. We are here to help you succeed and can't wait to celebrate your success!

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# WHAT IS ASPIRE?

## ASPIRE MODEL: ONE-DAY CAMP

### SAMPLE SKATER AGENDA

Divide skaters into two groups based on skill level. Example divisions are below.

**GROUP A:** Pre-free skate – Free skate 4

**GROUP B:** Free skate 5+

Time	Activity
9:00-9:30	Registration
9:30-10:00	Introductions/Ice breakers
10:00-10:15	National Dynamic Warm-Up
<b>10:15-10:30</b>	<b>Skates On</b>
10:30-11:00	Edge Class
11:00-11:30	Jumps (Group A): 15 minutes edge jumps; 15 minutes toe jumps Spins (Group B): 15 minutes basic positions; 15 minutes features
11:30-12:00	Spins (Group A): 15 minutes basic positions; 15 minutes combo spins Jumps (Group B): 15 minutes Axel prep; 15 minutes jump ladders
<b>12:00-12:15</b>	<b>Skates Off</b>
12:15-12:45	Lunch
12:45-1:30	Off-Ice Movement and Dance
<b>1:30-1:45</b>	<b>Skates On</b>
1:45-2:15	Curriculum sampling Ex: Introduction to ice dance
2:15-2:45	Curriculum sampling Ex: Introduction to synchro
2:45-3:15	Curriculum Sampling Ex: Theatre On Ice
<b>3:15-3:30</b>	<b>Skates Off</b>
3:30-4:00	Off-ice skater activity Ex: Goal Setting/Practice Planning
4:00	Wrap-up

#### OFF-ICE RESOURCES

- ☐ National Dynamic Warm-Up
- ☐ Off-Ice Movement and Dance

#### SKATER ACTIVITIES

- ☐ Goal setting
- ☐ Practice planning

#### ON-ICE RESOURCES

- ☐ Build your own edge class (30-minute version)
- ☐ Spins
- ☐ Jumps
- ☐ Curriculum sampling: Ice Dance, Synchronized Skating, Theatre On Ice



# WHAT IS ASPIRE?

## ASPIRE MODEL: ONE-DAY CAMP

### SAMPLE PARENT AGENDA

Time	Activity
9:00-9:30	Registration
9:30-10:00	Introductions/Ice breakers
10:00-10:15	Judging 101: Introduction to IJS and 6.0 judging systems
<b>10:15-10:30</b>	<b>Skaters put skates on (parents may assist skaters if needed)</b>
10:30-11:00	Observation of skaters in stands (Edge class)
11:00-11:30	Observation of skaters in stands (Jumps/Spins)
11:30-12:00	Off-ice jump class – learn the difference between skating jumps
<b>12:00-12:15</b>	<b>Skaters take skates off (parents may assist skaters if needed)</b>
12:15-12:45	Lunch
12:45-1:30	How to be a supportive skating parent
<b>1:30-1:45</b>	<b>Skaters put skates on (parents may assist skaters if needed)</b>
1:45-2:15	Introduction to U.S. Figure Skating, testing and competitive pipeline
2:15-2:45	Volunteering and getting involved
2:45-3:15	Observation of skaters in stands (Curriculum Sampling)
<b>3:15-3:30</b>	<b>Skaters take skates off (parents may assist skaters if needed)</b>
3:30-4:00	Q&A with seasoned club athletes and their parents
4:00	Wrap-up

#### RESOURCES

- ☐ Judging 101 (presentation)
- ☐ How to be a supportive skating parent (presentation)
- ☐ Introduction to U.S. Figure Skating (presentation)

#### ACTIVITIES

- ☐ Off-ice jump class
- ☐ Volunteering/getting involved
- ☐ Q&A with athletes and parents



# WHAT IS ASPIRE?

## ASPIRE MODEL: TWICE-WEEKLY SESSIONS

- Skaters practice two days per week for the duration of the session. These classes can be integrated into an existing skating school if needed.
- Tuesdays are focused on jumps, spins and off-ice training. Thursdays are focused on curriculum sampling and skater activities.
- Parent meetings are 20 minutes each and take place during the off-ice portion on Tuesdays.
- Divide skaters into two groups based on skill level. Example divisions are below.

### SAMPLE AGENDAS

#### TUESDAYS: JUMPS, SPINS, OFF-ICE TRAINING

Time	Activity
5:00-5:20	National Dynamic Warm-Up
<b>5:20-5:30</b>	<b>Skates On</b>
5:30-5:45	Edge Class (15-minute version)
5:45-6:00	Jumps (Group A); Spins (Group B)
6:00-6:15	Jumps (Group B); Spins (Group A)
6:15-6:30	Practice time
<b>6:30-6:40</b>	<b>Skates Off</b>
6:40-7:00	Off-ice Training (concurrent parent meeting) Ex: Movement and Dance

#### THURSDAYS: CURRICULUM SAMPLING + ACTIVITIES

Time	Activity
5:00-5:20	National Dynamic Warm-Up
<b>5:20-5:30</b>	<b>Skates On</b>
5:30-5:45	Edge Class (15-minute version)
5:45-6:15	Curriculum sampling Ex: Intro to Theatre On Ice
6:15-6:30	Practice time
<b>6:30-6:40</b>	<b>Skates Off</b>
6:40-7:00	Off-ice Activity Ex: Practice planning

### CURRICULUM SAMPLING

Thursdays are dedicated to curriculum sampling and diversifying a skater's on-ice experience. Suggested topics include:

- Intro to Theatre On Ice
- Intro to Artistry in Motion
- Intro to Ice Dance
- Intro to Synchro
- Interpretive skating
- Power skating
- Moves in the field
- Jumping patterns/navigating freestyle sessions

### PARENT MEETINGS

Parent meetings take place every Tuesday while skaters are participating in off-ice training and are just 20 minutes in length. This allows for flexibility in the parent's schedule. Suggested topics are below:

- Introduction to U.S. Figure Skating membership
- Testing and competitive pipeline
- Competition readiness
- How to be a supportive skating parent
- Q&A with higher level athletes and their parents
- Off-ice jumps class
- Introduction to judging systems
- Volunteer opportunities and getting involved





Model	Why They Need Aspire	Connect Introductory Membership	How to Market to Skaters	Suggested Format
<b>FACILITY</b> Facility runs learn to skate program.  Facility runs bridge program.	<ul style="list-style-type: none"> <li>Skaters enrolled in group programming longer (more revenue from same audience)</li> <li>Provides clear next step in group lessons; facility doesn't lose them to private lessons</li> <li>Prevents skaters from moving on after highest level in group lessons</li> </ul>	<ul style="list-style-type: none"> <li>Facility partners with figure skating clubs to host parent education sessions</li> <li>Facility DOES NOT collect introductory membership dues</li> <li>Offer a "pre-preliminary moves in the field class" that includes a test session; skaters join a club before testing</li> </ul>	<ul style="list-style-type: none"> <li><i>Take the step from skater to figure skater with a packaged program designed for beginning figure skaters.</i></li> <li><i>We'll teach you everything you need to know about competing, testing and everything in between.</i></li> <li><i>We'll introduce you to local figure skating clubs.</i></li> </ul>	<b>Integrate Aspire into skating school.</b> <ul style="list-style-type: none"> <li>If ice is available, develop a program that includes on- and off-ice classes and parent education; if ice is limited, keep existing sessions and offer off-ice training/parent education for skaters at free skate levels.</li> <li>Integrate a "pre-preliminary moves class" into existing skate school. Include test with registration fee</li> </ul>
<b>CLUB</b> Club runs learn to skate program.  Club runs bridge program.	<ul style="list-style-type: none"> <li>Provides natural next step into U.S. Figure Skating membership</li> <li>Introduces skaters to testing, competing and practicing in a way that all skaters in the learn to skate program can look forward to</li> </ul>	<ul style="list-style-type: none"> <li>Introductory membership is folded into the program registration fee</li> <li>This level of membership is designed for new members and includes everything they need to know</li> </ul>	<ul style="list-style-type: none"> <li><i>Take the next step in your figure skating journey with a packaged program designed for aspiring figure skaters.</i></li> <li><i>Our Aspire Program includes affordable introductory membership and special educational opportunities for new members.</i></li> </ul>	<b>Integrate Aspire into skating school. Supplement with camps/clinics.</b> <ul style="list-style-type: none"> <li>Add program to skating school (above)</li> <li>Add specialized camps and clinics (ex: pre-preliminary moves/intro to testing clinic; curriculum sampling clinic)</li> </ul>
<b>CLUB (from facility)</b> Facility runs learn to skate program.  Club runs bridge program.	<ul style="list-style-type: none"> <li>Provides a natural pathway from facility-run classes to membership in the figure skating club</li> <li>Positioning Aspire as an opportunity for skaters to apply for at a certain level; creates a desire for participation</li> <li>Skaters will join the club because they WANT to — not because they NEED to</li> </ul>	<ul style="list-style-type: none"> <li>Introductory membership is folded into the program registration fee</li> <li>This level of membership is designed for new members and includes everything they need to know</li> <li>Skaters can continue in their normal group lessons with the rink – an added benefit</li> </ul>	<ul style="list-style-type: none"> <li><i>Passed Basic 6? You're eligible for a fun and affordable packaged program designed for aspiring figure skaters!</i></li> <li><i>Test out different figure skating disciplines and learn all about testing, competing and more from your local figure skating club.</i></li> <li><i>This fun program includes an introductory membership with U.S. Figure Skating.</i></li> </ul>	<b>Host Aspire camps and clinics throughout the year.</b> <ul style="list-style-type: none"> <li>Host a one-day, weekend or one-week camp several times during a calendar year for skaters entering free skate levels</li> <li>Introductory membership is included with camp/clinic registration</li> </ul>
<b>ASPIRE JUNIOR CLUB</b> Club has a strong link to the feeder program.  Club utilizes bridge program as an entry level of club membership.	<ul style="list-style-type: none"> <li>Expected entry point for all skaters joining the club; every skater regardless of age/level is part of junior club for first year of membership</li> <li>Provides a natural pathway into club involvement and U.S. Figure Skating membership</li> <li>Skaters and parents are introduced to all aspects of membership with educational seminars and activities</li> </ul>	<ul style="list-style-type: none"> <li>Skaters join club with introductory membership fee – a discounted level of membership; includes club education and activities for skaters and parents.</li> <li>Each new member class participates in the same seminars and activities each year</li> <li>Skaters participate in activities and functions together, forming a tight-knit new member community</li> </ul>	<ul style="list-style-type: none"> <li><i>Passed Basic 6? You're eligible to join our Aspire Junior Club!</i></li> <li><i>Take the leap from skater to figure skater and join the Aspire Junior Club! You'll learn everything you need to know about membership in our club and U.S. Figure Skating.</i></li> <li><i>Ready to join U.S. Figure Skating? Join our Aspire Junior Club, and we'll teach you everything you need to know about competing, testing and everything in between!</i></li> </ul>	<b>Build connections and leverage on- and off-ice programming as onboarding resources</b> <ul style="list-style-type: none"> <li>Hold seminars and activities for skaters and parents</li> <li>Create a competition team and prepare new members for competition as a group (include team jackets)</li> <li>Host a pre-preliminary class that includes a test session at the end; skaters prepare and take their first test as a group.</li> </ul>