

Iceettes 2021-2022



Coaching Staff

- Karri Nachtigal (Co-Head Coach)
 - 952/891-2148
 - icettes.coaches@district196.org
- Amy Williams (Co-Head Coach)
 - 651/261-1894
 - icettes.coaches@district196.org

History

- 46th year of the team
- Not a part of MN State High School League*
- Club
- District pays for ice time and one coach

Register for Icettes

- To register for Icettes:
 - Go to your high school's website
 - Click on MyPaymentsPlus
 - Use Feepay to register for Icettes

**Don't forget that you need an updated physical on file
- 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 & support your teammates
- Be responsible
- Be respectful
- Be positive and have a good attitude
- Work hard
- Any questions- ask the coaches
- Every member of the Icettes must be on an individual team (which includes a team compulsory)
- MSHSL & District 196 Expectations

Team Expectations

- You will be at every practice
- Attend team events/fundraising
- Excused absences:
 - An event that the skater has no other option but to miss (and is approved by the coaches ahead of time)
- Unexcused absences:
 - ISS, OSS, after school detention
 - Did not let coach know in advance
 - Skipped practice
- Schedule appointments and teacher meetings on days you are not skating

What You Need

- ISI Membership
- Team Attire (required)
 - Pull Over (Website)
 - Black Icettes T-shirt w/logo on back (Website)
 - Fabletics Pants (through Booster Board)
 - Under Armour Backpack (through Booster Board)
- Spirit Wear (optional)
 - Ordered through website... pay directly online

Try-Outs

- November 8th – 12th
 - Scheduled practice times
 - Check the calendar
- Varsity & JV Synchro
 - Skills from try-out handout will be performed individually and as a group
 - Handout is located on the website 😊
- JV & Varsity Individual
 - Skills tryout- no program required this year
 - This will help determine which team compulsory skaters are placed on
- Closed tryouts

Team Selection

- Tryouts will be held for JV Synchro, Varsity Synchro and Varsity Individual.
- Synchro
 - See tryout handout
 - Varsity minimum requirement: Passed Pre-Juv Moves or equivalent
- Varsity Individual
 - Elements/skills tryout
- JV Individual
 - No tryout required
 - Still need to still attend grade-level practice the first week to determine team compulsory groups

Competitions

- Frosty Blades (Blaine, MN)
 - February 4th – 6th
 - Varsity and JV Synchro, Team Compulsory, Production
 - Individual events are available
 - When registering for competition- put both coaches (Karri and Amy) down for coaches.
- Winter Classic (San Jose, CA)
 - February 18th – 20th
 - Varsity and JV Synchro, Team Compulsory, Production
 - Individual events are available
 - When registering for competition- put both coaches (Karri and Amy) down for coaches.

Ice Show

- Each skater will participate in the following numbers:
 - Team Compulsory
 - Grade Level
 - Production/Opening
 - JV or Varsity Individual
 - Synchro (if on a synchro team)
 - Finale
 - Upperclassman number 11th and 12th graders
 - Senior Solos (to be eligible for a senior solo you must have participated in Icettes as an 11th grader)
 - A step-out will be given as an option to those who do not meet this criteria

Booster Board

- Members
 - Jeff Melville (Emily)
 - John Knapp (Blu)
 - Millette Avenido (Kiara)
 - Davina Nelson (Marina)
 - LeeAnn Thomas (Jayce)
 - Jessica Hoopa (Sydney)

Questions?