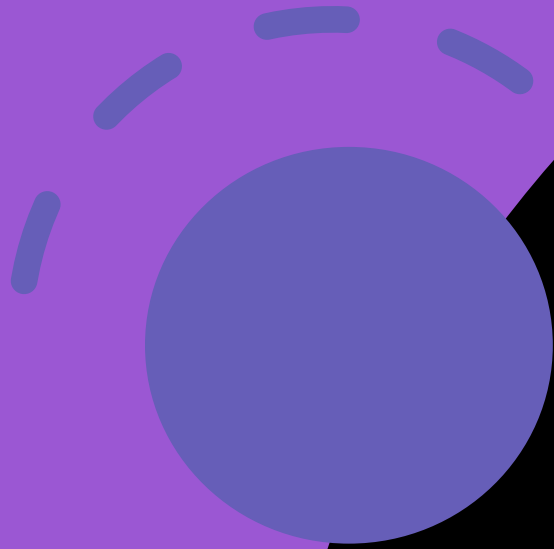




District 196 Icettes Informational Meeting

Who are the Icettes

We are a club in the District 196 School District

This is our 50th year in the District

We are a figure skating team made up of skaters from 7th to 12th grade

We are mostly “self supported”.

Season runs from November 10 to March 7th

We participate in 3 competitions and have an annual ice show

How our season runs

- We skate at 3 district arenas (Apple Valley, Eagan, Rosemount)
- We spend at least a week at each arena, but the times vary from day to day
- Check Icettes.com for our calendar
- Skaters will practice 2 to 3 days a week depending on what teams they are placed on.
- All Skaters will skate on Friday for an entire team practice, plus one other day for either the JV Team or Varsity Team. (Skaters would have an added day if they tryout and are placed on a synchronized skating team)

Placements

Tryouts are held the first and second week of the season.

Skaters will be told their placements via an email from the coaches.

Skaters are placed on teams based on the skills the skater are consistent with, which spots need to be filled, availability for the competitions.

Tryouts and Teams

- Teams
 - JV Team – No tryout required. Everyone who want to participate in Icettes is welcome, no matter skating ability.
 - Varsity Team – Tryout is required. Skaters should have a consistent Axel, a combination spin, and have a working knowledge of twizzles, brackets, and counters.
 - JV Synchro – Tryout Required. Skaters should be able to skate with some extension and power. Skaters should be proficient in 3 turns, power 3 turns, mohawks.
 - Varsity Synchro – Tryout Required. Skaters should skate with extension and power, while skating in close proximity to others. Skaters should be proficient in JV Skills, plus twizzles, brackets, counters and rockers.
 - Entire Team – A full team production number that competes at our yearly competitions and is performed in the Ice Show.



Team Expectations

- Have fun
- Learn and Improve Skating Skills
- Attend team events and fundraisers
- Follow all MSHSL and District 196 expectations
- Every member will participate on a JV Team/Varsity Team and Entire Team (production). Synchro teams are optional
- Attend all practices
 - Excused Practice – approved by coaches ahead of time
 - Unexcused Practice – ISS, OSS, after school detention, not letting coaches know
 - Please schedule appointments, Make up work, etc on days you do not skate

Competitions

Frosty Blades – Blaine, MN

February 6 - February 8

Varsity Teams, JV Teams, Synchro Teams, Production

Winter Classic – Valencia, CA (Optional Competition)

February 13 – February 15

Varsity Teams, JV Teams, Synchro Teams, Production

Individual Events are available

Bold Ice Challenge

Date to be determined

Participation will be dependent upon date as it may conflict with the Ice Show



Karri Nachtigal – Head Coach,
Icettes.Coaches@district196.org

Miranda Shultz – Assistant Coach

Brianna Regan – Synchro
Choreographer

Coaches