

NORTHBROOK PARK DISTRICT



Northbrook
Icette Program

Tryouts 2019

Welcome to the Northbrook Park District's Icette Program tryouts!

Icette Program tryouts this season will take place on Saturday, November 16 starting at 1:10pm.

Parents and skaters are responsible for the information contained in this packet. The Icette Program Supervisor will be available via phone or email to answer any additional questions.

Icette Program

A proud tradition since 1969, the Icette Program focuses on dance skills, teamwork, dedication and leadership. Created in the style of the Ice Follies, the Icettes feature glamorous, dazzling costumes and theatrical dance production numbers. Many Icettes have skated in national touring shows, such as the Ice Capades and Holiday on Ice. Over the years, the Icette Program has grown to include skaters in grades 6-12. Most young skaters in Northbrook hope to become Icettes and to continue the tradition. The Icette Program is comprised of three dance teams consisting of skaters of various ages and levels:

- **Dancette Team (Coaches: Suzy Hunt & Allie Rubenstein)**

Skaters must be entering 6 grade or higher and in Freestyle 5 or above. This team is a "dance-on-ice" style team (no jumps/spins) and is a stepping stone into Jr. Icettes. Skaters will complete approximately 20 hours of rehearsal time from January to May. Each skater is expected to attend all rehearsals with few excused absences. A parent of a Dancette skater is required to work two volunteer shifts during the production beyond any outside requirement from a different organization such as Teams Elite. Dancettes will perform one number in Northbrook-On-Ice and may also perform at the Krolak Cup in early April. Dancette participants are eligible to skate in an upper level number in the show.

- **Jr. Icette Team (Coaches: Suzy Hunt & Allie Rubenstein)**

Skaters must be entering 7 grade or higher and in Freestyle 5 or above. Skaters will complete approximately 60 hours of rehearsal time from December to May. Each skater is expected to attend all rehearsals with few excused absences. A parent of a Jr. Icette skater is required to work two volunteer shifts during the production beyond any outside requirement from a different organization such as Teams Elite. Jr. Icettes will perform three numbers in Northbrook-On-Ice (one of those numbers will be combined with the Icette team) and may also perform at the Krolak Cup in early April. Jr. Icette participants are eligible for an upper level number in the show.

- **Icette Team (Coaches: Meredith Eisen & Vicky Osseland)**

Skaters must be entering 9 grade or higher and in Freestyle 6 or above. Skaters will complete approximately 90 hours of rehearsal from November to May. Each skater is expected to attend all rehearsals with few excused absences. A parent of an Icette skater is required to work two volunteer shifts during the production beyond any outside requirement from a different organization such as Teams Elite. Icettes will perform six numbers in Northbrook-On-Ice (one of those numbers will be combined with the Jr. Icette team). Icette participants are not eligible for an upper level number in the show.

History of the Icette Program

More than 50 years ago, the Icette program was established to showcase skaters' dance styles on ice. Through the years, the program has been updated and the tryout process modified, but the criteria have remained constant. Skaters should have a strong technical background with the added elegance of style and the ability to learn large amounts of choreography, both over a short period of time and in one session.

The program began with just one team, the Northbrook Icettes. After 35 years, a second team (Northbrook Jr. Icettes) was created to train skaters in grades 7 and 8. Due to the popularity of the program and the desire to train skaters at a young age, a third team was created (the Northbrook Dancettes) to add 6th graders into the mix. The Dancette team strives to be more inclusive, allowing skaters to learn and experience the program before advancing to a more demanding level. With the changes throughout the last decade, the Icette program has become a series of stepping stones to prepare skaters for their ultimate Northbrook Icette experience.

Why is retention so important?

During the Icette Program season, the coaches share a large amount of choreography and blocking information with skaters. The amount of rehearsal time increases with each advancing team due to the increase in group numbers performed.

Dancettes: One Number/Approximately 20 hours of rehearsal

Jr. Icettes: Three Numbers/Approximately 60 hours of rehearsal

Icettes: Six Numbers/Approximately 90 hours of rehearsal

During the choreography process, numbers can change at the last minute due to revisions, pattern changes, lighting/prop cues, injuries or illness. Skaters are expected to adjust to changes with ease and cooperation.

Scheduling

The program supervisor closely examines the schedule for all three teams and tries to avoid potential conflicts by comparing floor/ice/staff opportunities and practice times for synchronized skating, poms, orchesis, soccer, lacrosse, cheerleading, etc. Although we revise the schedule to accommodate skaters' other interests, we cannot avoid every conflict. This packet is produced early in the year to give plenty of notice to important dates and times. We expect all members to fully commit to the season and to make the Icette Program their number one priority.

Tryout Conflicts

Occasionally, conflicts arise that prevent a skater from attending the tryout session. If this occurs, the skater should alert both the program supervisor and team coaches at least two months prior to the tryout. Skaters with a conflict will be considered for the same level team as in the previous season only by participating in all optional clinics. In order to advance to the next level team, a skater must attend the Saturday tryout. If a skater suffers from a death of a family member and/or serious injury or illness requiring hospitalization on the tryout date, their score from the previous year will be used.

Northbrook-On-Ice

Northbrook-On-Ice is on Mother's Day weekend. The following dates require mandatory participation by all Icette Program members to remain eligible for the team. Skaters should attend the tryout clinic of the highest-level team they are trying out for. Mandatory dates are:

Thursday, November 14	5:20-6:10pm – Dancette Clinic 6:20-7:30pm – Jr. Icette Clinic 7:30-9:00pm – Icette Clinic	<i>Closed to the public</i> <i>Closed to the public</i> <i>Closed to the public</i>
Saturday, November 16	1:10pm – Icette Program Tryout	Fee: \$45/skater Code: 11680
Tuesday, November 19	5:30-6:00pm – Dancette Meeting (Multipurpose Room) 6:00-6:45pm – Jr. Icette Meeting (Multipurpose Room) 6:45-8:00pm – Icette Meeting (Multipurpose Room)	
Saturday, April 4	9:00-1:30pm – NOI Picture Day	
Thursday, April 30	5:30-9:00pm – Action Shot Night	
Saturday, May 2	8:00am-6:00pm – Dress Rehearsal	
Sunday, May 3	8:00am-6:00pm – Dress Rehearsal	
Tuesday, May 5	6:30-9:30pm – Tech Night – Full Show	<i>Closed to the public</i>
Friday, May 8	7:00pm – Ice Show	
Saturday, May 9	12:00pm & 5:00pm – Ice Show	
Sunday, May 10	1:00pm – Ice Show	

Optional Instructional Opportunities – The following clinics are highly encouraged for all members training to tryout this season or in upcoming seasons. (5th Grade and Above, FS 4 and Up)

Tuesday, October 29	Code: 11676	6:50-8:20pm – Optional Skills Clinic	Fee: \$39R/\$49NR
Tuesday, November 5	Code: 11677	6:50-8:20pm – Optional Dance Clinic	Fee: \$39R/\$49NR
Tuesday, November 12	Code: 11678	6:50-8:20pm – Optional Pick Up Dance Clinic	Fee: \$39R/\$49NR

Other Important Dates:

Tuesday, November 5	Testing Cut-off for Icette Program Eligibility	
Wednesday, November 6	Icette Tryout Registration Deadline	
Saturday, January 11	Ice Show Tryout Registration Deadline	
Saturday, January 25	Ice Show Solo Tryouts	Fee: \$29/skater

Eligibility

Each tryout participant must choose **one** of the following eligibility requirements for each session to be eligible for the 2019-2020 Icette Program season. Skaters choosing to participate in the freestyle ice option should refer to “Freestyle Ice Eligibility Option” below the chart:

Fall Session	Winter Session
Freestyle skating school class at Northbrook Sports Center	Freestyle skating school class at Northbrook Sports Center
4 hours/week of freestyle ice at Northbrook Sports Center	4 hours/week of freestyle ice at Northbrook Sports Center
<i>Skaters on any intermediate or higher synchronized skating team – exempt for the Fall session only</i>	

Freestyle Ice Eligibility Option

Skaters choosing to participate in freestyle ice for eligibility must inform the coach and program supervisor prior to the start of the 2019 Fall skating school session beginning on Monday, September 9. Freestyle ice time will start to be counted as of Monday, September 9. Eligibility weeks coincide with Skating School session dates. Skaters may complete additional hours on some weeks to make up for a loss of hours during others. Weekly practice logs will be provided upon request and must be submitted to the program supervisor on a weekly basis.

Skaters must participate during regular season freestyle ice. Winter break freestyle ice, public skating, cosmic, team practices, and rehearsal hours are not eligible.

Icette Program Skills List

The skills listed below are highly recommended for skaters training to become Icettes. The strength of skill performance will help to determine team placement, but skaters who master all of the skills are not guaranteed a position on the Dancette, Jr. Icette or Icette team. The Icette Program is based on a dance and theatrical background combined with the use of technical highlights throughout the routines.

<p>Icette-Style Footwork</p> <ul style="list-style-type: none"> • Front/Back T-Stops (Left and Right) • Outside/Inside Show Stops (Left and Right) • Chaîné Turns • Split Falling Leafs • Fan Kicks • Rond De Jambes (Front and Back) • Bauer Turn Bauer • Inside Spread Eagle 	<p>Advanced Skills</p> <ul style="list-style-type: none"> • Outside Loops (LFO, RFO) • Inside Loops (LBI, RBI) • Brackets • Inside Slide Stops (Right and Left) • Mazurka • Illusion (Forwards and Backwards) • Twizzles – Single and Double (Right and Left)
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Tryout Guidelines

Videotaping

Parents, coaches, and skaters will not be permitted to videotape skaters at the rink during the practice sessions on Thursday (all day), Friday (all day) or Saturday morning the week of tryouts. Each skater deserves the respect of practicing their routine/dance independently and free from worry that they are being watched, copied, or judged.

Group/Skating Order

- Skating order will be randomly selected during the night of the mandatory clinic. Skaters will be grouped by Dancettes, Jr. Icettes, and Icettes.
- Each segment of the tryout will begin with a different skating order number.

Tryout Times

Tryouts are scheduled to begin at 1:10pm. All skaters should arrive one hour before their warm-up time. Please check in at the Community Room to receive your number. Clear your schedules for time before and after the tryout due to the slight time changes that may occur.

Tryout Attire

- For females: Sleeveless black leotard – no rhinestones or colored trim
- For males: Black skating slacks and a fitted black shirt – no rhinestones or colored trim
- Hair should be neatly tied back (half-up or ponytail) and slicked down – hairspray/gel highly recommended (no headbands); bobby pins will not be permitted on the ice
- Performance make-up
- Numbers will be pinned on the front of the leotard or shirt prior to warm-ups
- No previous Icette Program attire should be worn during any point of the tryout session (ex: Icette sweatshirt)
- No gloves permitted
- No underwear should be visible
- Hard guards required while in the holding room

Closed Tryouts for Parents & Coaches

To maintain a level of objectivity, outside judges are brought in to ensure an equitable field for all skaters. The Director of Northbrook-On-Ice, Icette Program staff, and other Sports Center office staff will be present at the tryouts to assist in the execution of the tryout. Staff, non-staff coaches, and parents will not be allowed to view the tryout.

Judges

The judges panel is comprised of past Icette Program participants and/or those with experience in a variety of productions.

Tryout Format

All skaters should clear their schedules during the following blocks of time to ensure no conflicts during tryouts:

Dancette Tryout Information

Tryout Date: Saturday, November 16

Time: 1:10-2:30pm

1st Section of Tryouts: Dance Performance (80%)

Participants will learn a 30-45 second dance at the mandatory clinic. Skaters will review the dance one to two times before performing it to the judges. The first performance will be executed as an entire group, the second in two large groups and the third performance will be done two at a time. The judges may request additional performances at that time.

2nd Section of Tryouts: Compulsory Elements (20%)

Participants will be asked to perform two compulsory elements. Groups of skaters will have a two-minute warm-up and then be asked to leave the ice. Skaters will be called individually and will pose at center ice. At that time the judges will ask the skater to perform their first element without music. Once the first element has been completed, skaters should pose at center ice until asked to perform their second element. Skaters will have the opportunity to request a **reskate for one compulsory element** should they feel they are capable of a better attempt; however, this must take place **directly after the first attempt has been made**. Judges will score the better of the two attempts.

Required Elements:

- Feature maneuver – Please choose **two** from the list below:
 - Spiral, Bauer, Bielman, Spread Eagle (one direction only), Grab Spiral, 135 or 180, Hydroblade, Shoot-the-duck (backwards edge), Charlotte/Candlestick, moving Splits, Johnny Slide

Categories with Weights	
Dance Performance/Pick Up Dance (80%): <ul style="list-style-type: none">• Technical Icette Program Skills (40%)• Presentation (40%)	Compulsory Elements (20%): <ul style="list-style-type: none">• Feature Maneuver (10%)• Feature Maneuver (10%)
Bonus Points: Number of years of participation in Northbrook-On-Ice (0.10/year) Number of years of participation in the Icette Program (0.25/year) Northbrook Park District Residents (0.25)	

Jr. Icette Tryout Information

Tryout Date: Saturday, November 16

Jr. Icettes: 2:30-5:00pm

1st Section of Tryouts: Dance Performance/Pick-Up Dance (50%)

Participants will learn up to a minute and half dance at the mandatory clinic. An additional pick-up dance up to one minute in length will be taught during the tryout. Skaters will review the full dance one to two times before performing it for the judges. The first performance will be executed as a whole group, the second by two large groups and the third performance will be done two at a time. The judges may request additional performances at that time.

2nd Section of Tryouts: Compulsory Elements (50%)

Participants will be asked to perform compulsory elements. Groups of skaters will have a five-minute warm-up and then be asked to leave the ice. Skaters will be called individually and will pose at center ice. At that time the judges will ask the skater to perform each of the elements listed without music. Once an element has been completed, skaters should pose at center ice until asked to perform the next element. Skaters will have the opportunity to request a **reskate for one compulsory element** should they feel they are capable of a better attempt; however, this must take place **directly after the first attempt has been made**. Judges will score the better of the two attempts.

Required Elements:

- Single axel/single axel attempt or higher jump
- Spin (Option of solo or in combination) **Spin will be judged on quality not quantity of positions*
- Split jump or Russian
- Feature maneuver – Please choose **one** from the list below:
 - Spiral, Bauer, Bielman, Spread Eagle (one direction only), Grab Spiral, 135 or 180, Hydroblade, Shoot-the-duck (backwards edge), Charlotte/Candlestick, moving Splits

Scoring

Since this is not a technical competition but a production by nature, scores are not solely awarded to the strongest skaters. Skaters must be proficient in their ability to dance and entertain in addition to their technical abilities. Judges will score skaters within a set point range based on the categories below:

Categories with Weights	
Dance Performance/Pick Up Dance (50%) <ul style="list-style-type: none">• Technical Icette Program Skills (25%)• Presentation (25%)	Compulsory Elements (50%) <ul style="list-style-type: none">• Single Axel/ Attempt or Higher Jump (15%)• Spin (15%)• Split Jump (10%)• Feature Maneuver (10%)
Bonus Points: Number of years of participation in Northbrook-On-Ice (0.10/year) Number of years of participation in the Icette Program (0.25/year) Northbrook Park District Residents (0.25)	

Icette Tryout Information

Tryout Date: Saturday, November 16

Icettes: 5:00-9:00pm

1st Section of Tryouts: Dance Performance/Pick-Up Dance (50%)

Participants will learn up to a minute and half dance at the mandatory clinic. An additional pick-up dance up to one minute in length will be taught during the tryout. Skaters will review the full dance one to two times before performing it for the judges. The first performance will be executed as a whole group, the second by two large groups and the third performance will be done two at a time. The judges may request additional performances at that time.

2nd Section of Tryouts: Compulsory Elements (50%)

Participants will be asked to perform compulsory elements. Groups of skaters will have a five-minute warm-up and then be asked to leave the ice. Skaters will be called individually and will pose at center ice. At that time the judges will ask the skater to perform each of the elements listed below without music. Once an element has been completed, skaters should pose at center ice until asked to perform the next element. Skaters will have the opportunity to request a **reskate for one compulsory element** should they feel they are capable of a better attempt; however, this must take place **directly after the first attempt has been made**. Judges will score the better of the two attempts.

Required Elements:

- Single Axel
- Double Jump or higher
- Spin (Option of solo or in combination) **Spin will be judged on quality not quantity of positions*
- Split Jump or Russian
- Feature maneuver – Please choose **one** from the list below:
 - Spiral, Bauer, Bielman Spread Eagle (one direction only), Grab Spiral, 135 or 180, Hydroblade, Shoot-the-duck (backwards edge), Charlotte/Candlestick, moving Splits

Scoring

Since this is not a technical competition but a production by nature, scores are not solely awarded to the strongest skaters. Skaters must be proficient in their ability to dance and entertain in addition to their technical abilities. Judges will score skaters within a set point range based on the categories below:

Each individual freestyle element is scored on a 10 point scale based off of execution of the maneuver. However, the double jump for Icette tryouts will be scored differently. Instead of a 10 point scale for execution, there will be a 5 point scale for difficulty and a 5 point scale for execution of the maneuver.

Scoring for the double jump or higher goes:

Double Jump or Higher Scoring	
Difficulty (50%) <ul style="list-style-type: none"> • Double sow or toe (1 point) • Double loop or flip (2 points) • Double lutz (3 points) • Double axel (4 points) • Triple (5 points) 	Execution (50%) <ul style="list-style-type: none"> • Popped/Underrotated/Underrotated Fall (0 points) • Fully rotated fall (1 point) • Slow entrance, touch down on landing (2 points) • Slow entrance, shaky landing (3 points) • Speed into entrance, some speed on landing (4 points) • Powerful skating into entrance, strong landing with speed (5 points)
Difficulty Points + Execution Points = Overall Double Jump or Higher Score	
Categories with Weights	
Dance Performance/Pick Up Dance (50%) <ul style="list-style-type: none"> • Technical Icette Program Skills (25%) • Presentation (25%) 	Compulsory Elements (50%) <ul style="list-style-type: none"> • Single Axel (15%) • Double Jump or Higher (15%) • Spin (10%) • Split Jump/Russian (5%) • Feature Maneuver (5%)
Bonus Points: Number of years of participation in Northbrook-On-Ice (0.10/year) Number of years of participation in the Icette Program (0.25/year) Northbrook Park District Residents (0.25)	

Results

- On the night of the tryout clinics, skaters will confirm with Meredith the teams they are interested in participating on this season. Selections will be confirmed with participants on the day of tryouts before taking the ice. Selections cannot be changed after they have been confirmed. These selections will be referenced when fielding the team rosters.
- Skaters whose scores do not field them on to a selected team will not be fielded.
- On the day of tryouts, the judges' scores are immediately entered onto a spreadsheet and the calculations are double-checked and judges' scores are reviewed for inconsistencies and/or bias.

Team Placement Results

Team placement results with a finalized schedule and commitment contracts will be emailed to the main contact of each household on Sunday, November 17 by 10:00pm.

No Contact Period

The program supervisor and Icette Program staff will not be available for contact from the Tuesday before tryouts to the Tuesday morning after tryouts.

Parent/Skater Conferences

If you have questions/concerns, we would like to speak to you in person. We are happy to meet with you on an individual basis. Blocks of time have been set aside for half-hour conferences with the program supervisor to review results and receive feedback on the skater’s tryout. Skaters must be present for these meetings to take place. If you would like to schedule a conference, please contact Peggy Schreiner at 847-291-2993 or email at pschreiner@nbparks.org.

Tentative Team Practices

Until all teams have been fielded, practice schedules cannot be confirmed. We recognize the need to plan for the upcoming season; therefore, a tentative schedule has been provided for each team. Please note that days and times may change once teams have been fielded. Participants will be informed of any schedule changes prior to signing commitment forms for the season. Skaters who expect to miss numerous hours of practice due to other activities should reconsider their participation in the program.

Dancettes	Jr. Icettes	Icettes
Floor Practices - January-February	Floor Practices - December-February	Floor Practices - November-February
Tuesdays from 5:00-6:00pm	Tuesdays from 6:00-7:30pm	Sundays from 11:00am-2:00pm
On-Ice Practices - March-May	On-Ice Practices – March-May	Tuesdays from 7:30-9:00pm
Thursdays from 5:30-6:30pm	Thursdays from 6:40-9:00pm	On-Ice Morning Practices - November-May
		Fridays from 6:00-7:15am
		On Ice Practices - March-May
		Mondays from 5:50-9:00pm

General Tryout Tips for Skaters

- Practice and review the Icette Program skills listed on page five.
- Eat healthy and be sure to get plenty of rest.
- Talk to past/present skaters who have been through the tryout; they can be an excellent source of information.
- Every time you practice, perform all moves “full out”.
- If you make a mistake, don’t panic! Show your ability to handle mistakes graciously and with confidence. Pick up where you left off, keep yourself calm and relaxed.
- Smile, make eye contact with the judges, and always show enthusiasm. Show your personality and have fun! The judges want to see who YOU are!

General Tryout Tips for Parents

- Prepare your skater for the possibility that they will not make the team they desire or have been on in previous years. If they choose not to accept other team options, are they okay with not being a part of the program?
- Encourage them to be realistic about their chances.

Team Payments

All families are required to provide a credit card and agree to the payment plan or pay the balance in full. Payments will automatically process on the dates listed below.

Icette Season Fee: \$980

Includes: Ice time, coaching/choreography fees, six costumes, locker room supplies

December 15 - 1st payment of \$245 due

January 15 - 2nd payment of \$245 due

February 15 - 3rd payment of \$245 due

March 15 - final payment of \$245 due

***Seniors pay an additional \$125 for the extra number, costume, and collage in the program book.**

Junior Icette Season Fee: \$580

Includes: Ice time, coaching/choreography fees, three costumes, locker room supplies

December 15 - 1st payment of \$145 due

January 15 - 2nd payment of \$145 due

February 15 - 3rd payment of \$145 due

March 15 - final payment of \$145 due

Dancette Season Fee: \$320

Includes: Ice time, coaching/choreography fees, one costume, locker room supplies

December 15 - 1st payment of \$80 due

January 15 - 2nd payment of \$80 due

February 15 - 3rd payment of \$80 due

March 15 - final payment of \$80 due

Icette Program Sweats

The payment for sweats will be \$80-\$100 for each team and is not included in your monthly payments. All skaters must purchase the team shirt/tank for Icette Action Shot night. The remaining items are optional.

Reporting Problems

If you experience any hurtful behavior or harassment, report it directly to your team coach. If the coach cannot take care of the situation, the program director and facility manager will be brought in; the situation will remain confidential to all parties involved.

Parent Volunteering Options (All times are tentative)

Dress Rehearsal: 7:30am-1pm or 1-5:30pm

Tech Night: 6-9pm

Friday Night Show: 6:30-10pm

Saturday Afternoon Show: 11:30-4pm

Saturday Night Show: 4:30-8pm

Sunday Afternoon Show: 12:30-4pm

Parents in the Icette Program must devote their volunteer shifts to the locker room areas first. Once those times fill up, they can sign up for shifts in other areas, such as sales tables or the Community Room. Information regarding volunteer sign-up will be sent to each participant after winter break.

Locker Rooms

Icette Program teams will use locker rooms for dress rehearsal days, tech night and all four shows. Head volunteers for each locker room will organize the snacks and water needed for each event. Team locker room assignments will be communicated before the shows.

Feedback & Questions

If you have any additional questions, please email Meredith Eisen, Recreation Supervisor, at meisen@nbparks.org. If the question is general and applies to all parents or skaters, the question and answer will be emailed to all eligible to tryout.

Registration information is currently available. Please check the Northbrook Park District Program Guide.