

Weekend / Club Group Practice Times

All skaters competing in Michigan Showcase on 3.14 & 3.15 are excused from practice on those days, provided they are competing.

A Little Less Conversation

Coach: Rachel

Group: Dance

SAT. 2.21 - 11-11:30am

SUN. 2.22 - 8-8:30am

SAT. 2.28 - 11-11:30am

SUN. 3.1 - 8-8:30am

SAT. 3.14 - 11-11:30am

SUN. 3.15 - 8-8:30am

SAT. 3.28 - 11-11:30am

SUN. 3.29 - 8-8:30am

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Applause / Abracadabra

Coach: Rachel & Corey

Group: Pre-Bronze S, Bronze SS & up

SAT. 2.21 - 11:30am-12pm

SUN. 2.22 - 8:30-9am

SAT. 2.28 - 11:30am-12pm

SUN. 3.1 - 8:30-9am

SAT. 3.14 - 11:30am-12pm

SUN. 3.15 - 8:30-9am

SAT. 3.28 - 11:30am-12pm

SUN. 3.29 - 8:30-9am

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Motown Mix

Coach: Meredith

Group: Pre-Bronze S, Bronze SS & up

SAT. 2.21 - 12-12:30pm

SUN. 2.22 - 9-9:30am

SAT. 2.28 - 12-12:30pm

SUN. 3.1 - 9-9:30am

SAT. 3.14 - 12-12:30pm

SUN. 3.15 - 9-9:30am

SAT. 3.28 - 12-12:30pm

SUN. 3.29 - 9-9:30am

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Pirates of the Carribean

Coach: Holly

Group: Boys (B6, age 8 & up)

SAT. 2.21 - 12:30-1pm

SUN. 2.22 - 9:30-10am

SAT. 2.28 - 12:30-1pm

SUN. 3.1 - 9:30-10am

SAT. 3.14 - 12:30-1pm

SUN. 3.15 - 9:30-10am

SAT. 3.28 - 12:30-1pm

SUN. 3.29 - 9:30-10am

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Golden

Coach: Holly

Group: FS3-Prelim S

SAT. 2.21 - 1-1:30pm

SUN. 2.22 - 10-10:30am

SAT. 2.28 - 1-1:30pm

SUN. 3.1 - 10-10:30am

SAT. 3.14 - 1-1:30pm

SUN. 3.15 - 10-10:30am

SAT. 3.28 - 1-1:30pm

SUN. 3.29 - 10-10:30am

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Show Yourself

Coach: Rachel

Group: FS3 - FS6 / Aspire (in LTS)

SAT. 2.21 - 1:30-2pm

SUN. 2.22 - 10:30 - 11am

SAT. 2.28 - 1:30-2pm

SUN. 3.1 - 10:30 - 11am

SAT. 3.14 - 1:30-2pm

SUN. 3.15 - 10:30-11am

SAT. 3.28 - 1:30-2pm

SUN. 3.29 - 10:30 - 11am

Rehearsal: 4.9.26, 5-7pm

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Saturdays

*EXCLUDING 3.14 & 3.15

11-11:30am - A Little Less Conversation

11:30am-12pm - Applause / Abracadabra

12-12:30pm - Motown Mix

12:30-1pm - Pirates of the Carribean

1-1:30pm - Golden

1:30-2pm - Show Yourself

Sundays

*EXCLUDING 3.14 & 3.15

8-8:30am - A Little Less Conversation

8:30-9am - Applause / Abracadabra

9-9:30am - Motown Mix

9:30-10am - Pirates of the Carribean

10-10:30am - Golden

10:30-11am - Show Yourself

ALL PRACTICES WILL BE AT MICHAEL A.RIES RINK.



Thursday / Learn to Skate Practice Times

Happy / Double Life

Coach: Meredith

Group: Snowplow 2 - Basic 2

6-6:20pm on Thursdays:

2.26.26

3.5.26

3.12.26

3.19.26

3.26.26

4.2.26

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Coach Meredith



Gift of a Friend

Coach: Holly & Julie

Group: Basic 3-5

6:20-6:40pm on Thursdays:

2.26.26

3.5.26

3.12.26

3.19.26

3.26.26

4.2.26

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.12.26 from 3-5pm

Coach Holly



Coach Julie



Hard Knock Life

Coach: Corey

Group: Basic 6-Freeskate 2

6:40-7pm on Thursdays:

2.26.26

3.5.26

3.12.26

3.19.26

3.26.26

4.2.26

Rehearsal: 4.9.26, 5-7pm (Subject to Change)

Show dates: 4.11.26 from 6-8pm, and 4.11.26 from 3-5pm

Coach Corey



Song Selection Guide for Solos & Specialites

Skaters must choose a Solo or Specialty song based on one of these showcase categories, and list their reasoning when submitting their song:

- **Emotional Performance**
 - Programs should portray a story, expressing conflict, resolution, and/or depth of emotion. The skater should provoke an emotional response from the audience through related skating movements, gestures, and choreographic processes. The entire spectrum of emotions should be considered when selecting the theme (e.g., love, loss, longing, fulfillment, happiness, melancholy, sadness, etc.).
- **Choreographic Artistry**
 - Programs will have music without spoken words or lyrics. Emphasis should be on developing movement on the ice, using the entire body to express innovative ideas, choreographic processes, and gestures, not creating characters and themes.
- **Lyrical Pop**
 - Skaters will perform to a vocal song with lyrics, allowing them to express themselves through the content and narrative of the music.
- **Character Performance**
 - Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, or original adaptation are all welcome here.
- **Comedic Impressions**
 - A humorous performance intentionally designed to achieve continuous/multiple chuckles, laughs, or audible rises from viewers. Performance is projected outward towards the audience and entertaining through skating movements, gestures, and physical actions deemed comedic.
- **Theme Event: Divas of the 80's and 90's**
 - The selected music or sound environment must be a song released between 1/1/1980 and 12/31/1999 or an artist that was active with a song or album released in this time period. Skaters may use the original, re-release, or a cover of the song. A diva (regardless of gender) is considered a successful performer or personality who behaves as if they are very special or important.

Skaters are encouraged to make and use props to enhance their number!

Show Eligibility:

Club Solo, Specialty & Group Number Show Eligibility:

- Must be a Home Club or Associate Member of Forestwood.
- Must be current on all contracts.
- Must currently take private lessons.
- All show contracts and costume fees must be paid in full by 3.9.26.
- Mandatory Participation Fee required to purchase Solo, Specialty and Club Group Numbers.
 - Option to split participation fee into 2 payments.
- *Skaters eligible for both a Solo and Specialty may choose (1) Solo, and (1) Specialty. Graduating Seniors may choose (1) Solo, (1) Senior Solo and (1) Specialty.

- **Solo Eligibility:** Passed Preliminary (Standard) or Adult Bronze Singles by 2.14.26.
- **Graduating Senior Solo Eligibility:** Open to all skaters graduating high school during the 2025-2026 year.
- **Specialty Eligibility:** Must have passed Freeskate 2 or Adult 6 by 2.14.26. Skaters have the choice of their specialty partner(s), but should take similarities in skill, age and height into consideration.
 - Specialties are not allowed to practice on Virtual Test Ice. Trios are only allowed to practice on Jr. Club Ice.
- **Group Number Eligibility:** Specific to each group number criteria.
 - All skaters must be present at EVERY group practice. Check your calendar to be sure that you can be at each practice. Skaters who are not at practice may be subject to removal from the show.
 - All costumes and group practice dates and times are subject to change at the Director's discretion.

Test Level & Registration Deadlines:

- Test level as of 2.14.26 determines eligibility for the show.
- Registration deadline is 2.20.26 for Group Numbers and 3.1.26 for Solos and Specialties.

Solo & Specialty Time Allowance (Determined by test level as of 2.14.26):

A Song Selection Survey will be sent after you have purchased your Solo or Specialty.

- Skaters are responsible for their music cut and costume (must be family-friendly).
- Specialty time allowance determined by highest tested skater in the specialty.
 - No Test - 1:10 max
 - Pre-Pre-Preliminary Singles - 1:30 max
 - Pre-Bronze-Pre-Silver Singles - 2:00 max
 - Silver-Gold Singles - 2:30 max