



NACKA TEAMÅKNINGSKLUBB

COMETS – PRE-JUVENILE

Age limits in the 2024/2025 season: a maximum of 75% of the riders must have reached the age of 13

Knowledge level: Skating school mark 8, as well as being able to scissor backwards in both directions and do a mohawk

Training days per week: 2

Training times during the main season: often around 15:30 on weekdays and morning on the weekend

Heating: mandatory

Floor: mandatory

Stretch: mandatory

Ballet/dance: optional but recommended

Team fee during season 23/24: SEK 1,200

Training fee during season 23/24: SEK 5,800

Autumn camp & spring camp: included in the training fee

Summer camp: approx. SEK 3,000, not included in the fees

Clothing included in the team fee: team uniform, training uniform, tights **Clothing**

you buy yourself: Club fleece, black training tights, possibly Club jacket

The goaltender's commitment required: •

Work at least 5 shifts during the season (official at e.g. Christmas Show, Neck Trophy & Spring Show) • Ice guard according to a rolling schedule throughout the season

Events per season outside Stockholm: 0

Days riders may have to take time off from school: 0

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.



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COSMOS – JUVENILE

Age limits for the 2024/2025 season: max. 75% of the riders must have reached 15 years of age
Knowledge level: You must be able to handle the basics of synchro, must have taken at least a helmet test, and you must be able to concentrate and listen to coaches.

Training days per week: 2

Training times during the main season: often around 15:30 on weekdays and afternoon on the weekend

Heating: mandatory

Floor: mandatory

Stretch: mandatory

Ballet/dance: optional but recommended

Team fee during season 23/24: SEK 5,000

Training fee during season 23/24: SEK 8,000

Autumn camp & spring camp: included in the training fee

Summer camp: approx. SEK 3,500, not included in the fees

Clothing included in the team fee: team uniform, training uniform, team shirt

Clothes you buy yourself: Club fleece, black training tights, tights

The guardian's commitment that is

required: • Work at least 5 shifts during the season (official at e.g. Christmas Show, Neck Trophy & Spring Show) • Mandatory participation in various parent groups, e.g. sales, sponsorship, clothing group, etc. • Ice guard according to a rolling schedule throughout the season

Events per season outside Stockholm: 1-2

Days riders may need to take time off from school: 1-2

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.



NACKA TEAMÅKNINGSKLUBB

CRYSTAL – BASIC NOVICE

Age limits in the 2024/2025 season: the riders must not have reached the age of 16

Knowledge level: riders must have knowledge equivalent to Basic 1 and Free 1

Training days per week: 3

Training times during the main season: approx. 3.30pm on weekdays and morning or afternoon on the weekend

Heating: mandatory

Floor: mandatory

Stretch: mandatory

Ballet/dance: optional but recommended

Team fee during season 23/24: SEK 6,000

Training fee during season 23/24: SEK 10,000

Autumn camp & spring camp: included in the training fee

Summer camp: approx. SEK 3,500, not included in the fees

Clothes included in the team fee: team uniform, training uniform, team shirt

Clothes you buy yourself: Club fleece, black training tights, tights, team parkas

The guardian's commitment that is required:

- Work at least 5 shifts during the season (official at e.g. Christmas Show, Neck Trophy & Spring Show)
- Mandatory participation in various parent groups, e.g. sales, sponsorship, clothing group, etc.
- Ice guard according to a rolling schedule throughout the season

Events per season outside Stockholm: 2-3

Days riders may need to take time off from school: 2-3

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.



NACKA TEAMÅKNINGSKLUBB

CORAL – MIXED AGE

Age limits in the 2024/2025 season: no requirement

Knowledge level: not yet determined

Training days per week: 1-2

Training times during the main season: weekdays/weekends

Heating: mandatory

Floor: mandatory

Stretch: mandatory

Ballet/dance: optional but recommended

Team fee during season 23/24:

Training fee during season 23/24:

Autumn camp & spring camp: included in the training fee

Summer camp: approx. SEK 3,500, not included in the fees

Clothing included in the team fee: team uniform, training uniform

Clothes you buy yourself: Club fleece, black training tights, tights

The guardian's commitment that is

required: • Work at least 5 shifts during the season (official at e.g. Christmas Show, Neck Trophy & Spring Show) • Mandatory participation in various parent groups, e.g. sales, sponsorship, clothing group, etc. • Ice guard according to a rolling schedule throughout the season

Events per season outside Stockholm: 1-2

Days riders may need to take time off from school: 0-2

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.



NACKA TEAMÅKNINGSKLUBB

CAPRICE – ADVANCED NOVICE

Age limits for the 2024/2025 season: born no earlier than 1/7 2009 and no later than 31/12 2011. Possibly no earlier than 1/1 2009.

Knowledge level: riders must have knowledge equivalent to Basic 3 and Free 1

Training days per week: 3 days as standard, 4 days sometimes before big competitions **Training times**

during the main season: weekdays usually from around 17.00 and Sundays, a total of approximately 11 hours/week.

Summer camp: compulsory

Warm-up and stretch: mandatory

Floor: mandatory

Phys: mandatory

Ballet/dance: compulsory

Team fee during season 23/24: SEK 9,000

Training fee during season 23/24: SEK 11,500

Autumn camp & spring camp: included in the training fee

Summer camp: approx. SEK 3,500, not included in the fees

Clothes included in the team fee: competition suit, training suit, team shirt, theme shirt.

Clothes you buy yourself: Club fleece, black training tights, tights, team parka

The guardian's commitment that is required:

- Work at least 5 shifts during the season (official at e.g. Christmas Show, Neck Trophy & Spring Show) • Mandatory participation in various parent groups, e.g. sales, sponsorship, clothing group, etc. • Ice guard according to a rolling schedule throughout the season

Events per season outside Stockholm: 4-5

Days riders may need to take time off from school: 2-4

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.



NACKA TEAMÅKNINGSKLUBB

MOONLIGHTS – JUNIOR

Age limits for the 2024/2025 season: born no earlier than 1/7 2005 and no later than 30/6 2010

Knowledge level: riders must have knowledge equivalent to Basic 4 and Free 2

Training day & sessions per week: 4 days, 3-4 ice sessions per week plus physio, ballet and floor training, total approx. 12-15 h/week

Training times during the main season: Evenings on weekdays and mornings on weekends. Some time earlier during the week around 17:30 on a weekday. At least one late evening (end time approx. 10 p.m.) per week.

Team fee, season 23/24: SEK 10,000

Training fee, season 23/24: SEK 11,500

Autumn camp & spring camp: included in the training fee

Summer camp: approx. SEK 3,500, not included in the fee

Extra camp after season: not included

Competitions abroad: not included

Summer camp: compulsory

Warm-up and stretch: mandatory

Floor: mandatory

Phys: mandatory

Ballet/dance: compulsory

Clothes included in the team fee: competition clothes, training clothes, team shirt, theme shirt

Clothes you buy yourself: Club fleece (blue for ML), black training tights, tights, team parka

The guardian's commitment that is required:

- Work at least 5 shifts during the season (official at e.g. Christmas Show, Neck Trophy & Spring Show) • Mandatory participation in various parent groups, e.g. sales, sponsorship, clothing group, etc. • Ice guard according to a rolling schedule throughout the season

Events per season outside Stockholm: 4-5

Events per season outside Sweden: 2

Days you may have to take time off from school: 4-5

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.



NACKA TEAMÅKNINGSKLUBB

COMEBACK - ADULT TEAM

Age limits in the 2024/2025 season: 75% of the participants must be at least 25 years old

Knowledge level:

Training day & session per week: 1 day, 1 ice session in total

Training times during the main season: often late times on weekdays (approx. 9-11 pm)

Warm-up: optional but recommended

Floor: optional but recommended

Stretch: optional but recommended

Team fee during season 23/24: SEK 0 (because they did not participate in any competition)

Rider fee during season 23/24: SEK 5,000

Autumn camp & spring camp: not included in the costs

Summer camp: not included in the fees

Clothing included in team fee: none

Clothes you buy yourself: club fleece, black training tights

Goalkeeper commitment required: none

Events per season outside Stockholm: 0

Days riders may have to take time off from school or work: 0

Note: The fees for 2024/2025 have not yet been decided.

What is included in the training fee: cost of ice and trainer, registration fees for competitions as well costs for coaches and 2 team managers at competitions, according to the annual plan decided at the annual meeting.

All information regarding the schedule applies to the main season. Deviations may occur during the pre- and post-season.