



(PRE)SELECTION GUIDE SEASON 2025/2026

Celebrating
— 10 YEARS —

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INTRODUCTION

At KSV Haarlem, in addition to recreational skating, it is also possible to experience the sport in a more serious way.

In (pre)selection skating, the emphasis is increasingly on performance without, of course, deviating from the great feeling that the KSVH experience offers to all members.

(Pre)selection skating means emptier ice, more hours, and off-ice skating, an essential part of the sport. Competitions can also be part of selection skating, and starting in season 25/26, you can even try this out in Haarlem during our D-days!

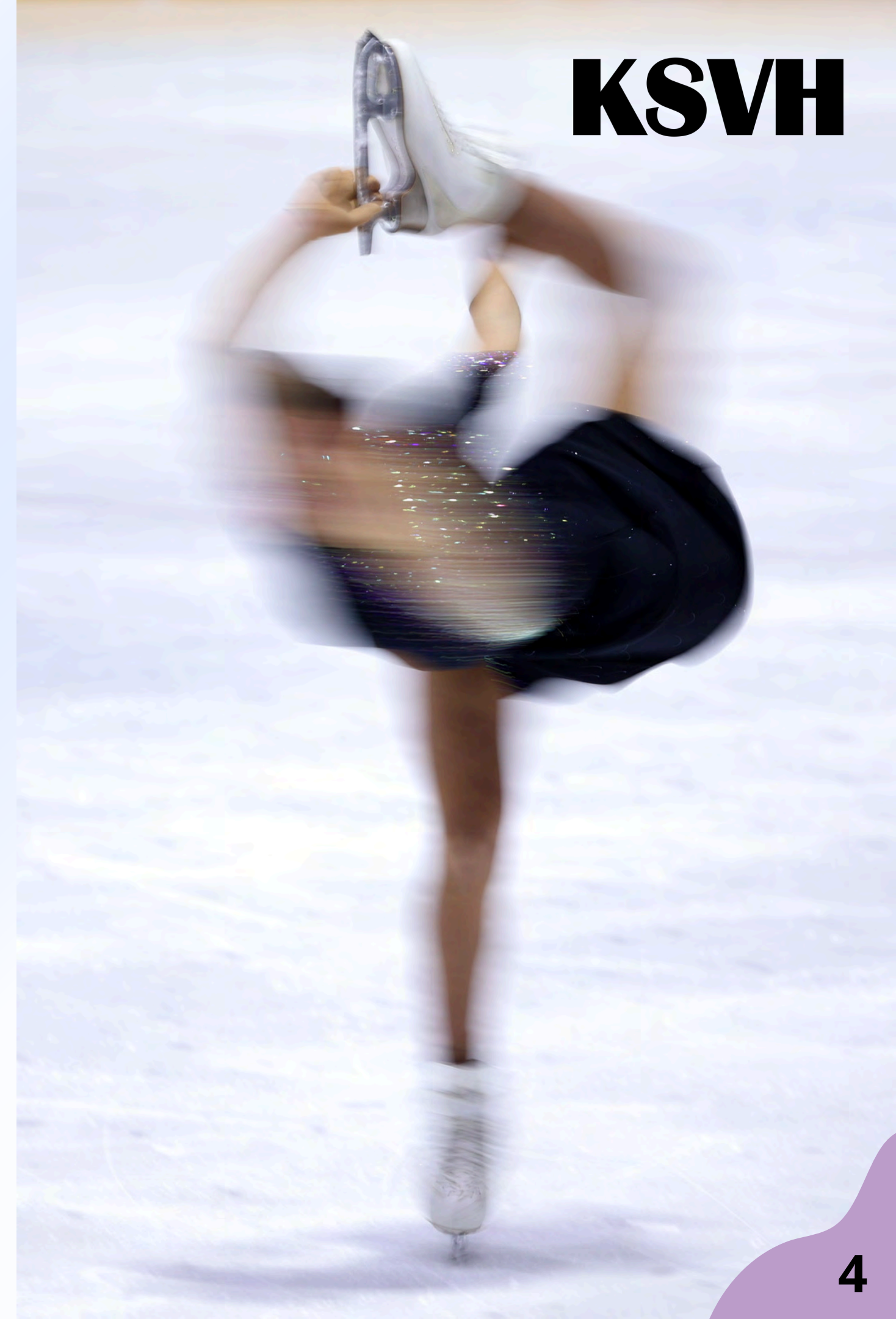
WHAT DOES (PRE)SELECTION INVOLVE?

The pre-selection is essentially open entry, although a minimum skating skill level is required. The bar isn't set too high to give motivational talent the chance to develop fast. The selection will be chosen from this pre-selection group, and from this, the competition participants will be selected. We will gradually introduce this new system within the club starting 25/26.

Conditions for participating in the (pre)selection:

- Take at least 2 lesson blocks per week, preferably selection blocks, but 1 selection block and 1 regular youth or teens & adults block is also possible.
- Sufficient entry level. Although pre-selection is still open, there must be an entry level. However, willingness, motivation, and attitude also play a role.

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D-DAY

Since we realized that practicing for competitions and a different approach to competitive skating were essential in the new direction KSVH is moving with the expansion of IJsbaan Haarlem, we're introducing D-Days in season 25/26. These are demonstration days where (pre-)selection skaters can compete in simulated competitions. This allows those already competing to better prepare for the real thing, and members just joining the (pre-)selection can get a taste of what it's like to compete, all in their own home. There will be no scoring or prizes, but everything else will be the same as in regular competitions, including starting order, warming up, and performing your freestyle alone on the ice in front of the spectators and fellow skaters.

MIF (MOVES IN THE FIELD)

MIF stands for "Moves In the Field" and is a series of skating technique tests within figure skating, aimed at assessing skaters' skating skills, such as edge use, posture, flow, and power. These tests, which do not include jumps or pirouettes, are an important part of preparing for figure skating competitions and are administered at various levels.

Although MIFs will play a MUCH less important role in competitive skating from season 25/26 onwards than in previous seasons, the entry test is still essential. Therefore, we have a selection training session on Saturdays that follows after the regular ice session where only MIFs are practiced. For those who have already passed the necessary tests, we will work on skating skills.

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(PRE)SELECTION SCHEDULE 25/26

Regular season (pre)selection Saturdays

08:20-08:50: Off-Ice

09:00-10:30: Ice training (this selection block includes a MIF session)

Regular season (pre)selection Sundays

09:00-10:30: Ice training

10:40-11:10: Off-Ice

Regular season (pre)selection Mondays

16:50-17:20: Off-Ice

5:30-7:00 PM: Ice training

Regular season (pre)selection Thursdays

16:50-17:20: Off-Ice

5:30-6:45 PM: Ice training



from Haarlem with love!



hopefully we'll see you
in the winter!