



Diamond Edge Figure Skating Club's (DEFSC)

Parent / Skater Handbook

P.O. BOX 204, Willmar, MN 56201

Email: diamondedgefsc@hotmail.com

Website: www.diamondedgeskating.com

It is our mission "To provide programs that encourage personal growth and a lifelong commitment to physical fitness through the art and sport of figure skating." Diamond Edge Figure Skating Club is a member of United States Figure Skating.

The Diamond Edge Figure Skating Club's (DEFSC) Board of Directors would like to welcome you to the current skating season. We hope you will enjoy your skating experience with us this year. Whether you are a returning member or interested in becoming part of Diamond Edge, we hope you will enjoy your skating experience with us this year, and you find encouragement, fun and rewards while participating and performing the sport of figure skating.

It is our desire as a figure skating club to make this a wonderful experience for our skaters. All registered skaters with DEFSC (Diamond Edge Figure Skating Club) will be enrolled in the USFS (United States Figure Skating) Basic Skills Program. As members of USFS you will receive an official U.S. Figure Skating Basic Skills membership card, record book with stickers to track your progress through the lessons, official Basic Skills logo patch, membership year patch and sport accident insurance.

Figure Skating is a very individual sport, but a team effort can be used to achieve the skater's goals. Your team consists of the skater, the instructor, the parents and the club. Each member of the team is important to the development of the skater and each other.

This club is a volunteer organization. Volunteers monitor the skating sessions, produce shows, assist with tests and competitions, and support the club in general. **WITHOUT VOLUNTEERS, THE CLUB WOULD CEASE TO EXIST. PLEASE VOLUNTEER YOUR TIME TO HELP ENSURE OUR CLUB IS SUCCESSFUL.**

All members should read the information in this member handbook and the class registration materials in their entirety and keep it handy throughout the season for reference if a question arises.

Thank you again for your interest and commitment to the kids of our community as well as the art and sport of figure skating!

Meet the 2013 – 2014 DEFSC Board Members:

Beth Fischer, President (Serves through 2014 / 2015)

Rodney Staska, Vice President (Serves through 2013 /2014)

Angela Peters, Secretary (Serves through 2014 / 2015)

Sara Folsted, Treasurer / Employment Liaison (Serves through 2015 / 2016)

Marilee Dorn, Skating Supervisor (Serves through 2013 / 2014)

Lisa Groff (Serves through 2013 / 2014)

Julie Schultz (Serves through 2014 / 2015)

Nichole Gleason (Serves through 2015 / 2016)

Jolene Weber (Serves through 2015 / 2016)

DEFSC is a volunteer club governed by our elected Board Members. The Board of Directors manages the DEFSC club rules, events, shows and other business throughout the year. The board meets once a month in the evening on the second Monday of each month at the Holiday Inn in Willmar. During the skating season, the board may meet at the rink on the same scheduled date.

A Board Director's term is three years, but no director shall serve more than two consecutive terms (6 years). Board of Directors are elected each year at the club's annual meeting at the end of the skating season. If you are interested in serving on the board, please email diamondedgefsc@hotmail.com. The Board of Directors will elect officers and other club officials at their first meeting of the skating season each year.

Club Membership:

All skaters must be a USFS and a DEFSC Club Members, consist with our bylaws, to receive lessons or contract for ice during the skating season. Only Club members, Club Professionals, and approved guests (with an USFS membership) can skate on Club ice. To arrange for guest privileges, contact the Club Treasurer prior to the session.

Membership payment of dues and fees is due prior to the skater taking to the ice. The cost for sessions is set by the Club Board of Directors for each skating season. One of our goals is to provide a good variety of ice times at the lowest reasonable cost to our members. The Club pays the arena for ice regardless of whether it is used. If a session is underutilized, the Board may eliminate that session from the schedule at any time.

Communication

In an effort to be more environmentally conscience Diamond Edge has gone paperless to all extents possible. In addition, with the increasing cost of postage, printing & supplies (e.g. paper & envelopes); as well as the time consuming process of duplicating and mailing, the Board of Directors has implemented Paperless Club Communication in which all materials, including registration forms, schedules, etc., will be sent electronically via e-mail and posted on the Diamond Edge Website. It is important that you indicate an e-mail address that you check regularly and/or get a communication buddy that you check in with or who will call you when there is Diamond Edge communication. Also each member of DEFSC will have a folder which will be located in the lobby and accessible during each session at the Willmar Civic Center. Please make sure you check your folder each week for pertinent Club information.

Informational meetings for the parents and caregivers of Diamond Edge skaters will be scheduled within the first few weeks of the new season, please watch for email notices with dates and times as well as postings at the rink. Come and learn more about the Club and its various activities. We also want to use this time to gather feedback from parents and get your suggestions and ideas. All

members of Diamond Edge are charged with building this club to its fullest potential and building these kids up to be the best they can be. Let's continue with our positive efforts into the next skating season.

Diamond Edge will not cancel a class session. If the Willmar Civic Center is open, we will have ice time. In case of inclement weather and the Willmar Civic Center does decide to cancel all scheduled activities for the day or evening, the cancellation will be posted on Operation Snowdesk with Lakeland Broadcasting.

Testing

Testing is an important part of the basic skills program. It is tempting for the eager skater to want to advance quickly through learning the basics, and it's a temptation that's worth resisting. If you want to progress, it is time well invested to learn the basics thoroughly, even if the moves are a little uncomfortable for you. Like a pyramid, everything else you do as a skater will be built on these first skills. Evaluation feedback forms will be provided to each skater at the conclusion of testing. Testing can be an anxious time, please assure your skater it takes time and practice to be an accomplished skater, it is very important to master every skill at each level as each one is a building block preparing them for more challenging moves. We look forward to more progress and fun in 2013 / 2014.

Other Key Volunteer Positions with DEFSC

Skating Supervisor: The purpose of the Skating Supervisor is to help our instructors and assistants develop into capable teachers and assist the student instructors in working with behavioral issues that may arise and encourage them as they work with your children. Prior to the skating year, the Skating Supervisor along with Board members conducted a skating instructor/student instructor/assistant training session to assist the instructors in their preparation to work with your children. We are pleased to announce that Marilee Dorn will be our Skating Supervisors for the 2013 / 2014 season. Sara Folsted, Board Employment Liaison and Club President Beth Fischer will also work closely with the instructors and assistants.

Testing Coordinator: Kareen Hayden has will continue to serve as our Testing Chair. She will assure testing standards are upheld and results documented properly to assure club records are updated, class lists are accurate and class instructors are provided the skill notes on their skaters to better utilize class time and assistants.

Costume Closet Coordinator: Dawn Bergh and Deb Wilson will continue to work diligently to organize and manage the Costume Closet for the club. We do have some dresses that are available for rental for competitions. The rental price and deposit are set by the DEFSC Board of Directors.

Lakes Area Classic Co-Chairs: Julie Danzeisen, Lisa Groff, Dawn Bergh, Sue Kidrowski and Beth Fischer will Co-Chair the 2014 Lakes Area Classic Competition that will be held on January 11, 2014.

Show Committee: Lisa Kaenel, Donna Lee, Sue Kidrowski, Rhonda Kaenel, Beth Fischer, Dawn Bergh, Kareen Hayden, Holly Kidrowski, Lexie Kaenel, Jessie Lee, Sydney Fischer and Hannah Erickson are volunteering on 2014 Show Committee. If you are interested in helping, please contact one of these committee members. The committee is open to Adults, and Senior/Junior skaters.

These are a few of the many volunteer opportunities for our club. If you are interested in learning where you can best volunteer, please email diamondedgefsc@hotmail.com. Specific volunteer opportunities for both the Competition and the Show will be made available in December.

Volunteering & Fundraising

Please remember that the DEFSC is a non-profit organization. Each season we depend on you to volunteer to help keep our costs and yours at a minimum. Any spare time that members and parents are able to donate will help to ensure the continuing success and growth of our Club into the following years.

We are asking each club member to participate in our fundraising program by selling \$125 in actual product for first skater, and \$200 in sales for families with multiple skaters, through a variety of different fundraising options. If you choose to buy-out, the fee is \$50.00 for one skater and an additional \$25.00 for a second skater in the family. If you have more than two skaters, there is no additional fee. At the time of registration each family will need to prepay their fundraising commitment. If your family sells \$125.00 in sales / \$200 in sales multiple skaters, your fundraising commitment fee that you prepaid will be credited to your skater's account.

Volunteer Requirements for all DEFSC Club Members:

We need each family (parents, as well as skaters) to volunteer and contribute their time to various Club activities throughout the skating year or pay a buy-out fee based on their skating level. If you have multiple skaters, your volunteer commitment is based upon the highest level skater. The level of volunteer time required is as follows:

Snowplow Sam to Basic 2 - 5 hours or pay a \$50.00 buy-out fee

Basic 3 to Freestyle 1 -10 hours or pay a \$75.00 buy-out fee

Freestyle 2 and above 20 hours + committee involvement/leadership or pay a \$100.00 buy-out fee

Please note a portion of your volunteer hours should be completed at both the Competition and the Annual Show.

You do not need to prepay your volunteer fee, unless you are choosing to buy-out.

We have a number of working committees that have been developed to address either established needs or areas of focus for our club. Each of the committees has a variety of different volunteer opportunities for club members. The established working committees and their areas of focus are as follows:

1. Fundraising & Volunteers: Seek out profitable fundraising opportunities for Club members to participate. Designate a contact person to track volunteer hours and for Club membership to report hours worked and direct questions as needed.
2. Lakes Area Classic Competition: Plan and coordinate all aspects of competition (e.g. registration, programs, ice schedules, trophies, novelty areas, etc.)
3. Membership/Marketing: Market Diamond Edge in area community education books, newsprint and other advertising vehicles. Create registration forms and process of dissemination and collection of forms. Plan and prepare for It's Great to Skate open house.
4. Ice Scheduling/Class Scheduling/Ice Monitor: Work closely with Board of Directors, Willmar Civic Center Staff and other designated committee contacts (e.g. Show, Competition, Testing) to assure the most cost effective use of ice to be scheduled for classes, open/practice times, testing/evaluation, show, show practices, competition, etc. Schedule volunteers to ensure the ice is monitored at each Diamond Edge sponsored event (e.g. lessons, practice ice, special event, etc.).

5. Testing & Evaluation: Work closely with ice/instructor supervisor and instructors on testing and evaluation process to be carried out. Keep detailed and accurate records of testing, evaluation and level/class lists.

6. Finance & Budget: Work closely with Club Treasurer and Board of Directors on budget, investment and financial aspects of the Club.

7. Annual Show: Works with a variety of different components to ensure a successful and profitable show. There are several working sub-committees underneath the show committee.

If you are interested in learning more about any of the committees or are looking for volunteer opportunities, please email diamondedgefsc@hotmail.com.

A Volunteer Hours Record will be required for each of the hours you work. The Volunteer Hours Record must also be signed by the activity/committee leader to verify your volunteer time. If at the end of the skating year you have not contributed your minimum volunteer requirements you will be invoiced as such for the buy-out fee of your highest level skater.

Synchronized Skating

The Synchronized Skating program for skaters Basic 4 and above is back again this season. Synchronized skating is a fun and rewarding experience for skaters of all ages. It is the newest and fastest growing discipline in the sport of figure skating. Synchronized skating is all about teamwork, skating various formations and steps in unison to a choreographed program set to music. The objective is for the team to skate as one unit rather than as individuals. Synchronized skating offers you the opportunity to participate in a group activity and make new friends, while sharing in the experience, energy and camaraderie of a team sport. Students will be evaluated and groups will be formed with the participating skaters based on skill and age. Our goal is to have three Synchro Teams during the 2013 – 2014 year. The Ruby and Sapphire Synchro Teams will compete in the Basic Skills Competition Series. The Upper Synchronized Skating Team will not be competing in the Basic Skills Competition Series.

Our annual Ice Show is scheduled for February 22 & 23, 2014. All Diamond Edge Figure Skaters are invited and encouraged to perform in the show, however involvement is not required. It is a great time for skaters of all levels to showcase what they have learned and be involved in a wonderful skating production. Registration for the “One World” 2014 Show will take place on November 3rd and 10th. Skaters must participate in both the Fall Session II and the Winter Session in order to be eligible for the skating show. F3+ Skaters, at the time of show registration, will be eligible for a specialty number. Specialty numbers will be selected by the Show Committee per the guidelines.

Lakes Area Classic & CMBSC Series

Diamond Edge will again be holding the Lakes Area Classic on January 11, 2014. Basic skills competitions are designed to promote a positive competition experience at the grassroots level and are to provide an enjoyable, introductory competitive experience for the beginning skater and develop their skills. This will be our sixth season offering the Lakes Area Classic and fifth season of regionalizing and offering it as part of a series in which skaters earn points throughout the season.

The CMBSC (Central Minnesota Basic Skills Competition) Series is sponsored equally by the St. Cloud Figure Skating Club, Diamond Edge Figure Skating Club, Alexandria Figure Skating Club and the Fergus Falls Figure Skating Club. This is a United States Figure Skating approved Basic Skills Series Competition which is meant to give skaters a chance to develop their U.S. Figure Skating Basic Skills in a fun

competitive environment. During the competition season, skaters will have the chance to compete at different clubs and arenas and earn points that accumulate for a final standing. Series awards are presented to skaters with the highest point totals at a yearend ceremony. In addition, there are placement awards at each individual competition whether you are a part of the series or not.

Participation in the CMBSC Series is optional and you can participate in the Lakes Area Classic (or any other competition) without participation in the Series. For more information on the Lakes Area Classic or CMBSC Series or would like registration materials visit the competition website at www.centralminnesotaseries.com.

Private Lessons

Instructors and student instructors are screened for their availability to provide private lessons on club ice. While we strive to provide all the necessary instruction during the regular class lessons to allow your child to be successful in the skating program, sometimes a student will need some individual attention to master a particular skill they may be having trouble with. If your skater is planning to participate in the Lakes Area Classic or other competition, it is recommended that you sign up at the beginning of the skating season for a Private Lesson.

10 minute Buddy Lessons (2-3) skaters per group will be available for SS1- F1 skaters during the practice ice portion of your lesson time on Sundays only.

Additional 10 minute Private Lessons will be available for SS1-B4 skaters on Monday and Thursdays only.

Additional 15 minute Private Lessons will be available for B5+ skaters on Mondays and Thursdays only.

Instructors will be assigned for the Buddy Lessons and Private Lessons by DEFSC.

Values Kids Learn From Skating

Your child can benefit greatly by participating in skating, but those benefits are not guaranteed. They are the result of a cooperative effort among local skating clubs, instructors, officials and parents. Those benefits come more readily when adults put the interests of children first and leave their own egos and desires about winning at home.

Through skating your child can:

- Acquire an appreciation for an active lifestyle
- Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills
- Learn to manage stress, perform under pressure, and test emotional and physical balance
- Develop social skills with other children and adults
- Learn about managing success

Taken from www.usfigureskating.org

Practice Ice

DEFSC encourages skaters to work on their moves and skills learned during practice ice. Practice ice times are for Diamond Edge members only because of insurance liability. The ice will be sectioned off to provide for the safety of our students. We do not allow students to practice spins and jumps that could injure a young unaware skater, therefore there are times set aside for the younger or beginner students as well as those at the more advanced levels. Practice ice times will be available on Sundays, Monday's and Thursday's throughout the season as indicated on your registration materials. Practice ice is the perfect opportunity to sharpen your skills with or without a private lesson.

During Practice Ice the Ice Monitors are in charge at all times! The Ice Monitor and/or any Instructor have the right to reprimand any skater at any time if the following rules are not adhered to:

- Chasing or horsing-around will not be allowed.
- Talking with friends in groups or one-on-one on the ice is not allowed.
- Standing around watching other skaters in the middle of the rink is not allowed. Do this at the side of the rink or from a side box.
- Lying on the ice is not permitted! If you have fallen, get up as quickly as possible to avoid being in the way of another skater or getting hurt because a skater may not see you. IF YOU ARE HURT, don't move, call to a skater or coach to assist you.
- GUM, FOOD, or DRINKS are not permitted on the ice. Drinks may be kept at rink side only.

Music and Right of Way Rules for Practice Ice:

- Your music can be played at any time as long as there is no line.
- If there are several skaters wanting to play music, put your music/CD in line. It will be played in the order in which it was put in line. If you have more than one CD, move these tapes together. Only one tape can be played at a time. A parent or the RINK MONITOR would be welcome to play the music for the skaters to speed up the use of time for all skaters.
- Instructors giving lessons ALWAYS have the right to play their student's music while giving their student a lesson whether their tape is in line or not. (Max. 2X per lesson, if there is a long line)
- THE SKATER WITH THEIR MUSIC PLAYING always has the right-of-way on the ice. All other skaters are expected to watch out for this skater at all times and not get in their way. This may occasionally happen unintentionally. If it happens too many times, the skater will be reminded of this rule. Following skaters with their music playing, the next right-of-way is skaters in lessons and those doing Moves patterns.
- Other music may be played during practice, but must be in good taste. If an instructor or board member feels inappropriate music is being played, you will be asked to turn it off.
- TRAFFIC ISSUES need to be brought to the attention of the ice monitor to be resolved.
- A colored sash may be worn by the skater with music playing to designate that they are skating to their program music and have the right-of-way. All other skaters are to notice this skater and stay out of their way. A sash will only be used if the ice is very busy!

“Skate and work hard and you will improve; stand by the boards and gossip, and you will stay at the same level you were last year.”

Skater's Code of Conduct

As a member of the Diamond Edge Figure Skating Club I agree to abide by the following guidelines on and off the ice:

- Skaters will show respect at all times towards the instructors, parents, board members and fellow skaters. Be courteous both on and off the ice.
- Instructors have discipline authority on and off the ice in the arena. Any instructor has the right to remind any skater (in a courteous and non-threatening manner) of any of the rules at any time if they are not abiding by them.
- All skaters will participate during lessons or show practice and follow the instructors' directions without complaint.
- Cooperate with your instructors, other skaters, parents and the civic center employees; they make it possible for you to skate.
- Skate for fun. Skate for yourself. Set goals for your own improvement.
- Honest effort is as important as victory. Winning is doing your best!
- Play by the rules. Do the right thing.
- Using the civic center locker room is a privilege; treat it with respect and keep it clean and neat at all times.
- Control yourself: negative or bad comments and behavior detracts from the sport and makes you look bad.
- Treat all skaters as you would like to be treated.
- Set a good example for younger, less experienced skaters. They look up to you.
- Remember that the goals of any sport are to have fun, build skills, and improve mental and physical conditioning and discipline.
- Maintain a positive attitude and outlook. Help others to see their strengths.

Parent's Code of Conduct

Codes of Conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord)

- Parents will conduct themselves with good sportsmanship and instill in their skaters the desire to reflect such sportsmanship. Parental pressure disguised as love and concern can quickly destroy a skater's desire to participate. Once the priorities are misplaced and the activity is no longer skater oriented, but parent oriented, we have lost the purpose and the ultimate objectives of figure skating.
- Parents will assist in seeing that proper care of all equipment and facilities are maintained. All facilities should be left in a clean and orderly manner.
- Parents will realize that DEFSC encourages skaters to enjoy figure skating as a sport and to have fun.
- Parents will provide whatever reasonable assistance may be asked of them. DEFSC is a volunteer organization, and as such, many volunteers are needed to run the organization.
- Parents will pay fees required by DEFSC prior to the deadline dates to ensure that skaters may participate in the skating programs. Skaters with unpaid fees will not be able to participate in DEFSC programs or events until those fees are paid or arrangements have been made with the DEFSC Treasurer. It is the parent's responsibility to know when the payments are due and are responsible for timely remittance of all expenses and fees.
- Parents will assume the responsibility for the safety of their child. If the parent fears injury or witnesses' poor sportsmanship, they have the right and responsibility to remove their child

from skating under this condition. In the same respect, any parent observing a situation within the rinks which creates a high probability of immediate harm to any skater should immediately bring it to the attention of the Skating Supervisor or a Board member for immediate correction.

- Parents will agree to pay for any damages assessed to DEFSC by any facility if their skater/skaters are found responsible for causing the damage.
- Parent's conduct that at any time reflects negatively on DEFSC will be referred to the Board of Directors for review. No parent shall use threatening, abusive and/or obscene language or behavior toward any DEFSC coach, skater (including their own child), volunteer, employee, or arena staff. The penalty for any of the above actions may include immediate removal from the arena, an appearance before the Board of Directors and possible expulsion and/or suspension of skating privileges from the Club for a period of time to be set by the Board.
- Parents will refrain from approaching instructors with comments and requests pressuring them to advance their child. A parent who believes their skater is inappropriately placed should request a meeting with the club's testing coordinator.
- Parents will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes and will teach their child to resolve conflicts without resorting to hostility or violence.
- Parents agree that problems between the Instructors/coaches and parents should be handled as follows;
 - Parents will not confront an instructor/coach during practice times or an event. Initial contact, after an overnight cooling-off period, should be made to the Skating Supervisor(s) voicing the concern and/or circumstances. A written request for contact with a notation of the nature of the complaint may be given to the Skating Supervisor(s) at the end of a lesson, and a follow-up call to clarify the complaint will be made the next day.
 - Parents, Skating Supervisor(s) and instructor/coach will meet. If this meeting cannot resolve the problem, the parents, Skating Supervisor(s) and instructor/coach will then request a meeting with the Club President.
 - The final meeting, if needed, would be with the parents, instructor/coach, Skating Supervisor(s) and the DEFSC Board of Directors.

Courtesies of the Rink

- Please do not talk with coach/instructors during someone else's lessons. You are using valuable ice time that someone else is paying for.
- Your role as skating parents is to encourage your skater to practice and use his/her time wisely.
- Encourage your skater to support other skaters as a team, as we are all skating for and representing the same Club.
- Most importantly, do not spread rumors or gossip about skaters, coach/instructors, or other parents. If you think there is room for improvement, which there always is, please let one of the board members know immediately!
- Please support one another at all times, on the ice, in the arena, during a show. Never make fun of someone else for falling, or not quite mastering something they are working on, after all you were once there too! Never tell another skater that they aren't any good, or that you are better than them, or that your coach/instructor is better than their coach/instructor. Encourage one another to feel good about yourselves.
- Do all of these things and your club spirit will grow and be passed on to others and the community which you represent.
- These rules apply to all skaters, parents, coaches/instructors and rink visitors. Because this is a lot for a young skater to remember we ask all parents to talk with their children about these

courtesies. If you see a rule being broken, please remind them again of the rule. They will learn in time. We will all be patient, kind, and encouraging. Thanks for your help!

- Other Tips
 - Please arrive 10-15 minutes early to put on skates and stretch. Be ready to go on the ice a few minutes prior to your scheduled time. Instructors cannot leave the ice during class so please have an adult on the premises to help if your child needs it.
 - If your child is unsteady or uneasy it is recommended to wear a helmet and other protective gear.
 - For the safety of all skaters no gum or food is allowed on the ice. It is also advised that no street shoes be allowed on the ice as they can track in small pebbles and grime. Debris on the ice (e.g. food, gum and dirt) can cause a fall and/or damage blades. Some of our skaters have very expensive skates and we would hate to cause damage with something so preventable.
 - Parents or a responsible adult should stay on-site in case your child needs assistance. Should your child get hurt, an adult is available to assume care for them or authorize advanced emergency medical system activation, as only basic first aid can be provided by the skating supervisor. If it is absolutely necessary for a parent to leave the arena during practice, you may agree for another parent to assume supervision responsibility for your skater. Be sure your skater and the other parent are fully aware of this relationship. This is especially important during practice ice time when instructors may not be present.
 - For your viewing pleasure bleacher seating is available in the Cardinal Arena and the upper warming room of the Blue Line Area for parents to observe the lessons. Skaters can enter/exit through the rink door and parents may help your child to the ice or get ready for skating in that area. But for observation of classes we ask you use the bleacher section. You may see the skating supervisor and/or Board members in the hockey box area to connect with instructors, help with testing/evaluation or attend to class matters, but for the most part we have been asked to keep the hockey boxes clear and uncluttered. No parents will be allowed at the rink door or in the hockey boxes. This includes both lesson time and practice ice. Also, please note the rink door will be closed during lessons. Thank you in advance for your cooperation.
 - Keep in mind that the Willmar Civic Center rink's temperature is usually about 45-50 degrees. We recommend that skaters wear warm but lightweight jackets, hats, gloves and warm pants or leggings. Jeans are not appropriate, as they do not provide adequate warmth especially when damp and may limit movement. Pants must not extend below the skate boot – they cannot interfere with the skate blade contacting the ice or the instructor's ability to see the blade. A warm and cushioning hat is advised; baseball-style caps are not appropriate while skating. A helmet is optional, but may be advisable for beginning skaters and those learning advanced moves. Skaters may wear a skating dress and tights if preferred.

Making Your Child a Champion for Life

What is success? Success is the easily measured distance between your origin and your final achievement. Athletic participation and competition in figure skating allow your child the opportunity to develop and excel. While pursuing self-improvement and achievement, athletes transcend themselves and become better people or champions for life. Here are some valuable characteristics that are developed and enhanced in successful athletes:

- Persistence
- Courage
- Perspective
- Concentration
- Self-confidence
- Self-worth
- Desire

Equipment...Buying are Caring for Skates

Skates: The most important equipment you as a skater can purchase is your skates. No two bladed skates are acceptable on the ice. We cannot over emphasize the importance of purchasing good quality skates, for they will either help a skater progress or severely hinder their progress. It is important to purchase skates made of leather if at all possible. The DEFSC recommends that you purchase the appropriate skate for the skater's skill level. Beginners should avoid the more expensive, stiffer skates meant for higher level skaters, and higher level skaters should avoid skates with boots or blades meant for beginners.

Fitting Tip: Skates must fit properly! Skates that are uncomfortable or are too big will become a frustration to the skater. Many people quit skating before they really give it a chance because "It hurts my feet/ankles." This is a sign of an improper fit! Another important factor is support. Skates that lack adequate ankle support can't hold you up; you wind up using a lot of your muscle power just to stay upright and you risk ankle injury when landing jumps and doing spins. When purchasing used skates, check for wrinkles in the ankle area which indicate the skates have broken down and will not support your skater. Be aware that your skate size is not always the same as your shoe size; usually the skate size is smaller than the regular shoe size. Wear the socks you intend to wear on the ice when fitting a skate. Keep trying on skates until you find a pair that fits. Your feet should not move around inside your boots, especially the heel. Your heel should be as far back into the boot as possible and should feel snug. The boots should feel snug but your toes shouldn't be pinched. You should be able to fit one finger behind the heel, with the laces opened and your foot slid forward, for a proper fit! The closer the fit, the more control you will have.

Lacing Tips: Tap your heel back into the boot as far as possible. Pull the tongue completely up (giving it a gentle pull) and try to secure it straight up and down then tuck it beside your foot. Starting with the second or third set of laces from the bottom, begin to pull the laces tightly, one pair at a time, so the boot closes well over the front of your foot. It is important not to let the laces slip. The laces should be snug through the ankle area and the bottom two sets of hooks. The top two can be a little bit looser to allow for some flexibility. There is a way to add an easy non-slip twist to the laces to keep the tension proper in the different sections, and to wrap the laces in the eyelets to keep them properly snug; see one of the Skating Supervisors or advanced skaters' parents for advice. If extra lace remains, try to cross it over the hooks neatly. Do not wind the extra lace around the skates; use a tied double-bow instead. If your skate hurts or doesn't feel right, spend time re-lacing and adjusting.

Breaking in New Skates: There are a few proven methods that help break new skates in to skater's feet.

1. The main thing that helps is purely wearing them. You can wear them around the house (with the guards on of course!).
2. Have the skater put on the skates. A parent turns on a blow dryer on hot heat and blows the hot heat on the skate until the skater can feel the warmth from the blow dryer. This tends to soften up the leather in the boot to the skater foot. Repeat as often as needed. (Not recommended for heat molded boots.)
3. If your skater's boots are still creating painful spots or not adequately supporting them, lacing the boots differently may help. See one of the Skating Supervisors for advice or referral.

Guards and Soakers: You will need plastic guards for your skates to use when walking to and from the ice. You should keep the guards on the blades until right before you get on the ice, and put them back on whenever you leave the ice. If you do not use guards when walking with skates on, the dirt from the floor will make your blades dull. DO NOT walk on the cement as this will damage your blades very quickly. When you are done skating, you should dry off the blades with a cloth or towel. You can use “soakers” to transport your skates. Soakers are cloth guards that fit over the blades when you are done skating. Drying the blades thoroughly, then using the cloth guards instead of plastic guards when you take your skates off and put them away prevents the blade from rusting and losing its edge. It is VERY IMPORTANT to keep your blades maintained and sharpened. Your skates should not be stored in your skating bag.

Blade Sharpening & Care: You should know that each blade has two narrow edges which touch the ice, with a hollow ground between them. The goal of the sharpening job is to remove just enough metal from the bottom of the blade to renew the edges and keep the hollow-grind. Skates should be sharpened "When they need it". This depends on how much you skate and how hard you skate. Skates need sharpening when they start to slide sideways too easily. An experienced skater can often tell when the skates are getting dull but beginners can't, so look for feet skidding sideways when pushing or doing crossovers. Try to remember that nice feel of freshly sharpened skates, and when they don't feel that way, it's time.

Not all skate sharpening shops are equal. Be sure the person sharpening is qualified to maintain figure skate blades, knows what radius to apply to the hollow, and is using a square to check the levelness of the edges. If not, you may want to go elsewhere for sharpening.

Always dry off the blades after skating to prevent rusting. Check periodically that the blades are tightly attached to the boots, and the boot heels are also secure. For safety and to prevent damage, skates are not allowed to be worn at any time on the bleachers, disability access ramp or disability viewing area of the arena.

What is my Skater Working On?

What do the different levels mean? What should I expect my child to learn during their lessons?

Sometimes it seems they are just playing? These are common questions for new parents to the Club and in a lot of cases families who have been around for a while. The Snowplow Sam levels 1 – 3 are for younger children with the elements equivalent of Basic 1 but are divided into smaller, easier steps for little ones to gain confidence on the ice. Games and stories are encouraged to keep classes fun and child participation at a maximum.

The following are examples of what students should be learning by skating level, according to United States Figure Skating:

Snowplow Sam 1

- A. Sit and stand up with skates on – off ice
- B. Sit and stand up – on ice
- C. March in place
- D. March forward – 8–10 steps
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles – six in a row
- D. Rocking horse – one forward, one backward swizzle action
- E. Forward two-foot swizzles – 2-3 in a row
- F. Two-foot hop in place (optional)

Snowplow Sam 3

- A. Forward skating – 8–10 steps
- B. Forward one-foot glide – R and L
- C. Forward swizzles – 4–6 in a row
- D. Backward swizzles – 4–6 in a row
- E. Forward snowplow stop with skid
- F. Curves

Basic 1

- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles – 6–8 in a row
- F. Backward wiggles – 6–8 in a row
- G. Snowplow stop
- H. Rocking horse – 2–3
- I. Two-foot hop in place (optional)

Basic 2

- A. Forward one foot glides – R and L
- B. Backward two-foot glide
- C. Backward swizzles – 6–8 in a row
- D. Two-foot turn from forward to backward in place
- E. Moving snowplow stop
- F. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)

Basic 3

- A. Forward stroking, showing correct use of blade
- B. Forward half swizzle pumps on a circle – 6–8 consecutive clockwise and counterclockwise
- C. Moving forward to backward two-foot turn – clockwise and counterclockwise
- D. Backward one-foot glides – R and L
- E. Forward slalom
- F. Two-foot spin – up to two revolutions

Basic 4

- A. Forward outside edge on a circle – R and L
- B. Forward inside edge on a circle – R and L
- C. Forward crossovers, clockwise and counterclockwise
- D. Forward outside three-turn, R and L from a stand-still position
- E. Backward half swizzle pumps on a circle, clockwise and counterclockwise
- F. Backward stroking
- G. Backward snowplow stop – R and L

Basic 5

- A. Backward outside edge on a circle – R and L
- B. Backward inside edge on a circle – R and L
- C. Backward crossovers, clockwise and counterclockwise
- D. Beginning one-foot spin – up to three revs, optional entry and free-foot position
- E. Hockey stop
- F. Side toe hop – both directions

Basic 6

- A. Forward inside three-turn – R and L from a standstill position
- B. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
- C. T-stop – R or L
- D. Bunny hop
- E. Forward spiral on a straight line – R or L
- F. Forward lunge – R or L

Basic 7

- A. Forward inside open Mohawk from a standstill position – R to L and L to R
- B. Backward outside edge to forward outside edge transition on a circle – R and L
- C. Ballet jump – R and L
- D. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- E. Forward inside pivots – R or L

Basic 8

- A. Moving forward outside three-turn on a circle – R and L
- B. Moving forward inside three-turn on a circle – R and L
- C. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
- D. One-foot upright spin, optional entry and free-foot position
- E. Waltz jump
- F. Mazurka – R and L

Free skate 1

- A. Advanced forward stroking
- B. Basic forward outside and forward inside consecutive edges (4-6)
- C. Advanced back outside three-turns clockwise and counterclockwise (R and L)
- D. Scratch spin from back crossovers – three revolutions minimum
- E. Waltz jump – from 2-3 back crossovers
- F. Half flip

Free skate 2

- A. Basic back outside and back inside consecutive edges (4-6)
- B. Forward outside and forward inside spirals, clockwise and counterclockwise (R and L)
- C. Continuous forward progressive chasse sequence – clockwise and counterclockwise
- D. Waltz threes, R and L
- E. Beginning back spin – two turns
- F. Waltz jump, side toe hop, waltz jump sequence
- G. Toe loop

Free skate 3

- A. Forward and backward crossovers in figure 8 pattern
- B. Waltz 8
- C. Advanced forward consecutive swing rolls (4-6)
- D. Backward inside three-turn: R and L
- E. Backspin with free foot in crossed leg position – three revolutions minimum
- F. Salchow
- G. Half Lutz jump
- H. Waltz jump-toe loop combo or Salchow-toe loop combination sequence on a circle – clockwise and counterclockwise

Free skate 4

- A. Spiral sequence: FI spiral, FI Mohawk, BO Spiral – clockwise and counterclockwise
- B. Forward power three-turns: R and L
- C. Continuous backward progressive, chasse sequence on a circle – clockwise and counterclockwise
- D. Sit spin – three revolutions
- E. Loop jump
- F. Waltz jump-loop jump combination

Free skate 5

- A. Backward outside three-turn, Mohawk into three backward crossovers – repeat three times clockwise and counterclockwise
- B. Spiral sequence – Forward outside spiral, forward outside three-turn, one backward crossover, back inside spiral: clockwise and counterclockwise
- C. Forward outside slide chasse swing roll sequence – 3–6 times, alternating feet
- D. Camel spin – three revolutions minimum
- E. Forward upright spin to back scratch spin – three revolutions, each foot
- F. Loop/loop combination
- G. Flip jump
- H. Waltz jump-falling leaf-toe loop jump sequence

Free skate 6

- A. Alternating back crossovers to back outside edges
 - B. Five-step Mohawk sequence – clockwise and counterclockwise
 - C. Camel-sit spin combination – four revolutions total
 - D. Split jump or stag jump
 - E. Waltz jump-half loop-Salchow
 - F. Lutz jump
 - G. Axel – walk through, preparation, jump
- Axel does not need to be landed to pass this test.*

Some of the games and tools you see creative instructors use might be...

- Red Light/Green Light, to learn to stop and go in the different skating elements (e.g. marching, forward and backward glides, swizzles, etc.)
- Driving Game, to stroke onto the highway and dip under a bridge or glide through a dark tunnel.
- Bagging Groceries, to glide to the milk jug, dip to pick it up and glide to the grocery bag and dip to place the item in the bag (repeat with other grocery items).
- Fishing Game, dip down to get your bait and place it on the hook, cast your reel to catch a sunfish, goldfish, dolphin... if someone gets a Shark you must wiggle or swizzle backward as fast as you can to get away from him until your instructor says you are in a safe zone.
- Other games might include: Marching Band, Hokey Pokey, Red Rover, and Simon Says.
- Other items used with smaller children are washable markers to draw on the ice, bubbles, cones or pylons, hula hoops, pool noodles, etc.
- Common elements in all Basic 1 – 8 levels are forward skating, backward skating, turns and stops. Plus some fun extras in each level to add skill progression and motivation.
- Common elements in all Freestyle levels are Moves in the Field foot-work sequences, spins and jumps, plus basic skating skills such as crossovers, stroking, spirals and others.

US Figure Skating Programs

The Basic Skills Program is designed by U.S. Figure Skating to be the best beginning ice skating program that serves the needs of both the recreational and competitive skater. The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether their goal is to achieve Olympic fame or simply enjoy the recreational benefits of skating, the Basic Skills Program is the place to start!

By using this comprehensive development program skaters of all ages and abilities will be able to participate in this lifelong sport. The fundamentals of the basic skills programs include the following:

SNOWPLOW SAM 1-3: The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

BASIC SKILLS 1-8: The “Basic Skills” are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, three turns, and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

FREE SKATE 1-6: Skaters are always excited to graduate from the Basics to the free skate levels. Each free skate level is divided into 4 sections:

Moves in the Field Dance/Footwork sequence Spins Jumps

The Free skate levels are designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating. Figure skating can be either competitive or recreational, and those learning to skate can choose either route. While competitive skaters are required to participate in the U.S. testing structure to eventually compete in qualifying competitions, recreational skaters can also opt to take tests in order to continually challenge themselves and their abilities.

OFFICIAL TEST TRACK: The official tests of U.S. Figure Skating may be taken by all figure skaters who are members of a member club or collegiate club, individual members who are currently registered with U.S. Figure Skating and are otherwise qualified under these rules. There are several classes of tests in the U.S. Figure Skating structure 1) Moves in the field (standard track and adult); 2) Free skate (or free skating) (standard track and adult); 3) Pairs (standard track and adult); 4) Compulsory Dance (standard track, solo, adult and masters); 5) Free dance (standard track and masters)

Moves in the Field Levels:

No Test
Pre – Preliminary
Preliminary
Pre – Juvenile
Juvenile
Intermediate
Novice
Junior
Senior

Test Track Freeskate Levels:

No Test
Pre-Preliminary
Preliminary
Pre – Juvenile
Juvenile
Intermediate
Novice
Junior
Senior