

2017-2018

WISCONSIN RAPIDS FIGURE SKATING CLUB HANDBOOK



WELCOME TO YOUR WISCONSIN RAPIDS FIGURE SKATING CLUB!

Your Wisconsin Rapids Figure Skating Club (WRFSC) welcomes all new and returning members to the skating season. We are delighted that you and your child have chosen to participate in figure skating this year. Your child will have fun and be treated respectfully, while learning new and exciting skills. This handbook will help acquaint you and your skater with many aspects of your Club.

Figure skating is both an art and a sport. It helps develop mental and physical self-discipline, good sportsmanship and an appreciation of music and movement. The purpose of the WRFSC is to provide opportunities for those interested in learning to figure skate through a structured program with strong professional instruction.

Becoming a WRFSC member includes more than just having ice time available to skate. Volunteering to help at club events, completing maintenance hours at the rink, and fundraising are all important to make our club successful. By becoming an active and involved club member, we know your skating experience will be both worthwhile and enjoyable.

This handbook will be available on our website, www.wrfsc.com to all skating families. Please read the handbook and let us know if you have any questions, comments, or concerns.

Home email, www.wrfsc.com, and bulletin boards at the rink should be watched for skating times, changes in schedules and announcements of upcoming events. It is the responsibility of the parent/skater to ensure that these communications are monitored on a regular basis.

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WRFSC 2015-2016 Board of Directors

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Patrick Bloczynski
President

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The Board is responsible for making decisions that help the Club achieve its goals. The Board establishes basic policies and protocols to make club operations run as smoothly as possible. The Board makes decisions on programs and fees to try and assure the long-term financial viability of the club. Board members are volunteers donating their time to WRFSC.

If you are interested in serving on the Board, please let a Board member know. If you are unable to serve on the Board, please support those who do. Board meetings are usually held monthly at the rink. Anyone wishing to have a specific item included on the agenda of a Board meeting is encouraged to meet with a Board member at any time to request this.

Membership/Sign-Up

You can join the WRFSC any time of the year. Most new members join at the start of a contract period but it is not a requirement. The WRFSC is a nonprofit organization sanctioned by United States Figure Skating (USFS), the governing body of amateur figure skating in the U.S. The club will enroll all club members with USFS. This entitles the members to participate in any USFS sanctioned competition and take any USFS test. Club skaters will also receive a subscription to Skating Magazine, published monthly by USFS (one subscription per household). Your USFS membership is valid from July 1st through June 30th of the following year.

Membership fee

The Club charges all skaters a \$75 membership fee, which is paid directly to the USFS. The fee is due every July and is payable with your first ice contract of the season. The fee is the same no matter when you join the club during the skating season.

Ice contracts

The Club contracts with the South Wood County Recreation Center for ice time. As one of several organizations that use the facility, the club purchases ice on behalf of all the members. The board must balance the needs of club members with the cost of ice. The WRFSC pays for all the hours whether there is one skater or 15 on the ice. Ice time is divided into sessions based on skating ability. Skaters using club ice time must be members of USFS.

There are currently four contract periods; summer, fall, winter and spring. Approximately six weeks before a contract period starts, skaters will receive a contract listing the dates, times and ice cost of each session. Skaters then choose as many sessions as they would like at their level. Contracts are for the full session. Session times or dates cannot be switched with other sessions. Generally, contracting for sessions is the lowest cost option and also assures you will be able to get on the ice. All members are encouraged to contract for their ice time.

Walk-on Ice

Club members can "walk-on" to skate sessions that are at their skill level. All walk-ons are subject to space availability on the ice. Walk-on fees are more expensive per session than contracted ice. The walk-on fee is for the entire session whether the skater skates the entire time or not. Walk-on skaters must sign in and pay the fee prior to going on the ice. Walk-on ice should be used when additional ice time is needed, not in place of a standard contract. Punch cards are also an option for purchasing walk-on ice. Punch card fees are lower than walk-on ice fees, but still more expensive than contracted ice.

Selecting a Private Coach

All club members should plan on hiring a coach for private lessons.

It is up to the skater and the parent to contact a coach directly to inquire about private lessons and fees. When you hire a coach, the agreement is made between the skater, the parent and the coach. The Club does not recommend specific coaches or assume responsibility for fees incurred as a result of the coaching agreement.

Your child may already have a favorite coach based on whom he/she has had for group lessons. It is extremely important that your skater likes their coach, so let your skater be involved in the decision.

You should consider the following issues when selecting a private coach:

- The Coach's availability
- How many sessions per week do you want?
- How many lessons per week can the coach provide?
- How much does the coach charge?
- Does the coach's philosophy match that of your skater?
- How long will each lesson last and at what time of night?
- Confirm with your coach that you are returning for another season in order to make room for your child the following year.

DO NOT WAIT – Coaches may get booked well ahead of the opening season. If you are thinking about private coaching, call now. Talk to parents, talk to other skaters and observe what happens on the ice when trying to decide on the right coach for your child.

Absence from a Lesson

It is the skater's responsibility to inform their private coach of their absence for a lesson. You may find that you have been charged for a lesson that you did not attend if adequate notice was not given. If your coach is away, he/she will try to notify you. In emergency situations, the coach will try to notify the Club of their absence. Each coach has their own policies regarding cancellation and missed lessons. Please consult your coach.

WRFSC Professional Coaches

Jessica Auclair

E-mail: sk8terjessica@gmail.com

Home: (715) 321-1765

Jessica is a USFSA member and maintains liability insurance through American Specialty Insurance INC. Jessica has passed her Senior Moves, Gold Dance, Senior Freedance, 5 International Dances, and Junvenile Freeskate. Jessica has taught as a Learn-to-Skate helper for five years. Her fees are \$7.50 per /15 minute lesson. Jessica will have limited time during the school year.

Sally Auclair

E-mail: sk8sally@gmail.com

Home: (715) 570-8402

Sally is a USFS and PSA member and maintains liability insurance through American Specialty Insurance INC. Sally coaches through Junior moves and Intermediate FreeSkate. She has been a LTS instructor for 21 years, taught private lessons for 20 years, and has been a synchronized coach for 18 years. Her fees are \$8.25 per /15 minute lesson.

Katie Baeten

E-mail: Katherinelotzer@gmail.com

Home: (715) 697-4348

Katie is a member of U.S. Figure Skating and is PSA registered. She has passed tests through senior freeskate and senior moves. She coaches levels through Senior Moves in the Field, and Senior Freestyle. Katie is available Wednesday nights.

Missy Bouchard

E-mail: missbou06@gmail.com

Home: (715) 570-8176

Missy is an insured PSA member. She has passed tests through Intermediate Moves, Pre-Juvenile Freestyle, and Preliminary Dance. Missy coaches levels through Juvenile Freestyle, Novice Moves, and Preliminary Dance. Her private coaching fees are \$7.00/per 15 minute lesson. Missy has 12 years coaching experience.

Jessie Hoelzlhammer

E-mail: jessiehoelzlhammer@gmail.com

Cell: (715) 213-7267

Jessie is insured through American Specialty Insurance Inc., is a member of PSA and U.S. Figure Skating. She has passed tests through Juvenile Freestyle, Intermediate Moves, Adult Gold Freestyle, Adult Gold Moves and Gold Dance. She coaches levels through Junior Moves in the Field, Intermediate Freestyle, and Pre-Gold Dance Adult Moves and Freestyle. Her private coaching fees are \$6.50/15 minute lesson. Jessie has been skating for 18 years, and has six years of private coaching experience.

Kayla Kopacz

E-mail: brew8screw@gmail.com

Cell: (715) 213-0275

Kalya is insured through American Specialty Insurance Inc., is a member of PSA and U.S. Figure Skating. She has passed tests through Novice Moves, Pre-Juvenile Freestyle, and Pre-Silver Dance. She coaches through Novice moves, Pre-Juvenile Freestyle, and Pre-Silver Dance. Kayla has been a Learn-to-Skate instructor for two year. Her private coaching fees are \$5.50/15 minute lesson. Kayla is available Sunday mornings, Wednesday nights after 6 p.m., and Saturday mornings.

Danielle Wolosek

E-mail: danielleskater5@gmail.com

Cell: (715)697-3111

Danielle is a member of USFSA and PSA. She has 3 years of coaching experience and 6 years teaching basic skills. Danielle has passed tests through Senior Moves in the Field, Senior Partnered Free Dance, Senior Solo Free Dance, Gold Dance, All 10 International Dances, Canadian Gold Dance, Novice Free Skate, Intermediate Pairs, as well as Preliminary Figures and 1st Figures. Her Private lesson rate is \$8.50/15 minute lesson. She coaches all levels of Free Style, Moves in the Field, Dance, Choreography and will also teach beginning Pairs and Figures.

Tessa Wolosek

E-mail: tessawokosek@gmail.com

Cell: (715) 697-1147

Tessa has passed tests through Intermediate Freestyle, Senior Moves, Gold Dance, 4 International Dances, and Senior Solo Freedance. She can coach through Intermediate Freestyle, Senior Moves, and Gold Dance. Her coaching fees are \$5.50/15 minute lesson

Maintenance Volunteer Hours

The South Wood County Recreational Center requires users of the facility to help maintain the facility. Each family will agree to a minimum of 10 maintenance and 10 volunteer hours per family to include 5 hours volunteer working at a WRFSC camp, test session or for the annual ice show at the South Wood County Recreation Center from June 1, 2017 – May 30, 2018. These hours will apply to the 2017 – 2018 maintenance year. Skaters will not be allowed to skate the next season until the balance of maintenance fees are paid in full.

WRFSC maintenance hours should be recorded on the WRFSC bulletin board located in the hallway next to the boardroom.

These hours can only be applied to one maintenance contract. For example, if you have a hockey and figure skating member, you can only apply your hours to one contract.

Suggested Maintenance Activities

- Wash windows and doors
- Vacuum lobby, entryway, locker rooms, WRFSC room
- Sweeping, mopping bleachers, bathrooms
- Picking up trash in lobby, bleachers, outside building
- Shoveling in front of entryway
- Clean toilets, sinks, mirrors
- Empty trash can in bathrooms, lobby, outside
- Empty recyclable containers
- Assist putting in the ice
- Assist painting the lines
- Assist taking out the ice
- Wipe off tables
- Put tables and chairs in proper places
- Wash brick walls in lobby by windows (removing shoe marks)
- Zamboni driver time and preparation

Maintenance hours do not include rink monitoring and ice show preparations, unless the cleaning is listed above. If you are not sure please ask a board member.

Cleaning supplies are located in the storage shed.

Volunteer Hours

WRFSC is a 100% volunteer organization staffed by parents or other adult supporters of skaters. With the large number of activities the club holds each year, each family will

agree to a minimum of 10 maintenance and 10 volunteer hours per family to include 5 hours volunteer working at a WRFSC camp, test session or for the annual ice show at the South Wood County Recreation Center from June 1, 2017 – May 30, 2018:

- WRFSC test session
- WRFSC summer camp
- WRFSC ice show

Most members put in significantly more time than the minimum. We sponsor, organize, staff and run the various events throughout the year to provide your skater with a full range of skating-related opportunities.

A charge of \$10.00 per hour will be billed at the end of the skating year for all volunteer hours not completed. Skaters will not be allowed to skate the next season until the balance of maintenance fees are paid in full.

Volunteer Opportunities

WRFSC Club Meetings – (Organize, set up and clean up)

WRFSC Learn To Skate Program

- _____ Registration signup
- _____ Count/package flyers for distribution
- _____ Distribution to Schools
- _____ Information table during LTS sessions
- _____ Staff Skate/Dress swap items
- _____ Skate with Santa

Skate Exhibition

WRFSC Summer Camp

- _____ Staff Concession stand
- _____ Staff Information Desk
- _ Provide support to camp organizers and coaches as needed

_____ Provide food and drink for coaching staff

WRFSC Test Session

_____ Staff Dance Partner Practice

_____ Staff Registration desk deliver results

_____ Announce Skaters

_____ Play Music

_ Pick-up at airport and transport judges as needed

_____ Set-up and take down rink for test

session _ Organize Judges Room and food

requirements ___ Organize skaters snack table

WRFSC Club requirements

_____ Staff open skate and skate rental sessions at SWCRC

_____ Work at Badger State Games as a figure skating volunteer

_ Update WRFSC Showcase after test sessions results are final

_____ WRFSC Board of Directors

Fundraising

All WRFSC skaters are encouraged to participate in fundraisers sponsored by the Club. Money raised by the skater is returned to the skater as a credit for ice contracts, show costs, and other fees. Information is available on our website, via home email and posted on the bulletin boards at the rink.

Our most important fundraiser and the event that needs the most volunteer support is our annual ice show held in the spring.

Ice Show

Our annual spring ice show is a true community event held to demonstrate the skills and talents of the skaters. This event builds Club spirit, is fun for skaters and families and provides an opportunity for every skater to display his/her skating skills. Additionally, it gives the public, parents, and relatives a chance to come and watch the skaters.

Many long hours of preparation are needed by skaters, coaches, organizers and volunteers to produce such an event. The Ice Show Committee will ask all club families to volunteer their time and talent to make the show a success. As our largest single fundraiser, please support your club by volunteering early to help and by encouraging your friends, neighbors, and relatives to come to the show.

- **Performances:** The show will have three performances; two on Saturday and one performance on Sunday. Dates and times to be announced.
- **Ticket Prices:** Admission fees per show will be determined by the Ice Show Committee. Parents of show skaters will have to purchase tickets for each show they wish to attend.
- **Work Credits:** Workers/volunteers will not be charged a show admission fee to the show in which they are scheduled to work.
- **Skater's Fee:** Every participant will be charged a fee to participate. Show registration costs include ice time, instruction, one show costume, tights and a long-sleeved T-shirt. In some cases, acquiring some costume parts may be the responsibility of the skater; e.g. black pants and gloves for opening or additional costume/s for more show numbers.
- **Eligibility:** The board will establish guidelines that must be met to participate in the show. Special circumstances may occur in any given year and will be at the discretion of the WRFSC Board of Directors to modify policies and criteria for skaters participating in the WRFSC's ice show, if deemed necessary.

Basic Club Rules

- The Club shall not be responsible for any damages, injury or loss of property to any member, guest or visitor to the Club regardless of the reason or nature of such damage, loss or injury.
- Parents are reminded that they are responsible for the safety of their child while he/she is in the SWC recreation center. Parents should ensure that someone is there

to supervise their child at all times. No parent, relative, friend, etc., is allowed on the ice surface.

- The Board member or representative as well as the professional coaches on the ice shall have the authority to remove any skater causing a disturbance from the ice surface.
- All coaches teaching on WRFSC ice have the authority to discipline skaters on the ice.
- Any member caught stealing will be dealt with accordingly. As a precautionary measure skaters should not leave any money or valuables in the dressing rooms. The Club accepts no responsibility for personal items lost or stolen.
- Skaters are expected to wear guards off ice all times. This is not only to protect blades but also property and the ice surface.
- Skaters are not allowed in the music booth other than to deliver or pick-up tapes, CD's or rendering special services.
- Dressing rooms and lobby are to be kept neat and organized by skaters and all garbage and personal items are to be picked up.
- Skaters coming into or leaving the rink for sessions should be quiet and courteous. There should be no yelling or bad language. This also includes behavior in the dressing room and lobby.
- Skaters must be on time for all skating sessions and leave the ice surface as soon as sessions are concluded.
- Skaters must dress neatly and appropriately at all times.
- No food or gum allowed on the ice surface.
- Skaters are to yield to another skater who is in a private lesson or is having their music played.

Rink Monitor

- Check in Skaters
- Collect walk-on fees
- If anyone uses a punch card for walk-on ice, please indicate this on the schedule and initial or mark - cash or check and place it in an envelope in the grey box
- If someone purchases a "Punch Card" be sure to record the name, card #, date, and cash or check # on the card and in the back of the monitor book. Money goes in the grey box
- Do NOT write names on the schedule ahead of time for walk-on-ice, unless I am notified and payment is made. I will then fill in the schedule in the book
- Do not cross off names on the schedule in the monitor book. If a skater is absent, it is the responsibility of the skater to inform their coach they will be gone. Be sure to check who should be coming off the ice at the end of their session and who stays on. It is part of your responsibility to ask skaters to leave the ice or question why they are on the ice if not on the schedule. Sometimes, lesson times overlap into the next session and I will try to have that noted
- Skaters check with your coaches for lesson times and please indicate on your Ice Contract form if you will be overlapping into another time or level for your lesson. I need to know this for the schedule
- If the person relieving you does not show up to monitor, please check in the next group of skaters and if possible, ask a parent from that group to oversee the monitor duties.
- Be available to anyone if help is needed
- If, for any reason, you are unable to work the session you are scheduled for, it is your responsibility to find a replacement for yourself. There is a \$25.00 fee for missing your rink monitor duties.

Limit of 15 skaters for GOLD ice
Limit of 15 skaters for SILVER ice
Limit of 15 skaters for BRONZE ice
Limit of 15 skaters for OPEN ice

***Rink Monitor duties are in addition to volunteer or maintenance hours.

Rink Monitor Contact Person: Stephanie Morman

Home Phone Number: 715-323-1607

E-mail Address: treasurer@wrfsc.com

Ice Etiquette & Safety Guidelines

Skating is basically an individual sport, and activities during most practice sessions are unstructured and require the skaters to be responsible for their actions on the ice.

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

“On Program” and “In Lesson” Get Priority

The skater who is “on program” (who’s music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. This skater will wear a visible/bright sash/vest or other item to make them more noticeable. Second in priority are those skaters who are currently in lessons with their coach.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (as you look out at the bleachers from the bench side of the rink). Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Take a good look at your expected “space” before you start the element, and don’t do it if it looks like you could cause a problem.

Falls and Injuries

If you should fall, get up quickly! Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don’t stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible.

Predictability

As you skate more, you’ll get to the point where you’ll recognize that a practice session has a certain “rhythm” to it. People tend to do expected or “predictable” things, and you can usually guess where somebody else is going, based on what they’re doing when you see them. Try not to skate or behave in a way that would surprise other skaters. If you’re standing near the boards, don’t enter the flow of skaters without checking to make sure you’re not going to get into someone else’s way.

Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

Introduction to Figure Skating

Skaters normally begin to skate in a group lesson environment, such as the USFS's Learn-to-Skate program, often called "Basic Skills". Basic Skills classes are held 3 times per year, Fall, Winter, and Summer, and are a very cost-effective way to learn the basics of skating, whether your interest is in competitive figure skating, recreational skating, or hockey. We also offer classes for adults. When skaters have learned the basic elements of skating in this group environment, many will join our skating club and begin to further develop those skills by working with a private instructor.

Freestyle

In Freestyle skating, a competitive skater performs a "program" that lasts anywhere from 1 to 4-1/2 minutes, (depending on the level the skater has tested up through) is composed of elements such as jumps spins and footwork, and is usually skated to music.

In Freeskating, there are 8 test levels defined. With the exception of the very first one, each test is a program skated to music, with very specific required elements. The freestyle test levels are: Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior.

Dance

Ice Dancing is a discipline where the skater learns ballroom style dancing on the ice to a specific rhythm of music. Ice Dancers will learn Waltzes, Tangos, Marches, and Foxtrots that are set to a specific pattern. Dancing is usually tested as a pair but, is not just limited to that. They also can take a "solo track" as partners can be hard to come by.

In compulsory dances, skaters are given a very specific pattern to follow. This pattern is shown in the form of a drawing which specifies the skater's moves right down to which foot is doing what particular step during every single "beat" of the music. Dancers are judged on their ability to skate the required pattern while demonstrating correct posture, strong edges, musical timing, and character of the specific dance.

The test structure for ice dancing includes the following levels: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold, and International. Individual Ice Dancing tests or competitions will be judged on both the technical aspects of the dance and expression of the dance.

Moves in the Field

Moves-in-the-Field, or "moves" are also done with a set pattern on the ice. Skaters are required to learn strong edges, a variety of turns, and controlled body positions, with good posture and power. There are a primary and a secondary focus for each move such as power, quickness, edge quality, extension. Moves-in-the-Field have test levels

matching each singles freestyle level, and it is required that all skaters testing freestyle must pass the equivalent Moves test prior to taking the corresponding test in the freestyle or pairs disciplines.

Synchronized Skating

Synchronized Team Skating is a “team” event, with teams of 8 to as many as 24 skaters skating complicated routines similar to those performed by marching bands or drum corps. Teams are required to do specific elements to music of the team’s choice. Blocks, wheels, intersections, lines, and different handholds will make up the routine.

Synchronized skating is the newest of the disciplines and is a fast growing sport that has generated a lot of excitement. There are now many colleges and universities that have taken up this sport.

Skate Equipment

The purchase and care of good, properly sized skates is **essential** for the enjoyment of and progression in figure skating. Your Club sponsors a skate sale prior to each season of Learn-To-Skate, where used skates, skating dresses and outfits, accessories, and equipment are sold at reasonable prices.

When purchasing skates for your child, you will want to purchase a pair with a firm boot and only one blade. No double blades, this gives the skater a false sense of steadiness. Talk to your coach prior to buying a new pair of skates.

Skate blades need special care. Each skater should have the following:

- A pair of hard guards
- A pair of soft (terry cloth or fleece) guards also called “soakers” □
- A soft absorbent cloth for drying

When walking in skates, hard guards need to be placed on the blades in order to protect them from dulling and scratching. Cement floors, wood floors and dirty rubber floors can all harm blades. Blades will rust if not properly dried and stored in soft guards when not in use.

Figure skates need to be sharpened periodically

A sharp blade grabs the ice better than a dull one. Sharpen your blades when they start to slide uncomfortably when you land. Keep a log of the number of hours you skate between sharpenings.

Sharpen responsibly—be careful of who you trust with your blades. NEVER have them done by one of those automatic machines you find in some rinks. Figure skates are ground with a “hollow” in the bottom.

Remember that even though steel is hard, it still wears down. Blades are made to slide on ice, not walk on floors. When you have to walk on floors, put “hard guards” on the blades.

When you get on and off the rink, be careful of the “threshold” on the entry door. Step OVER the threshold, NOT ON it as you get on to and off of the ice. Blades are only meant to be used on the ice, anywhere else a skater should have guards on.

Off the ice, the biggest killer of blades is rust. The rusted spot will never hold an edge again. Do your very best to avoid water damage.

Always dry off your blades when you get off the ice. Slide your fingers along both sides to remove “snow” as soon as you get off—before you slip on those hard guards. When you’re done for the day, be sure to wipe them down with a towel. If you’ve got the time, let them sit for a couple minutes and wipe them down again before you put them in your bag. When you do put them in the bag, always put them in “soakers”. NEVER store your blades in hard guards. Clean out the insides of the hard guards periodically. They will accumulate grit after a while, and that grit is very abrasive.

Caring for Your Boots

Take care to break them in properly. Replace your boots when they get too badly broken down—your safety and the quality of your jumps rely on the consistency of support that only a well cared for boot can provide.

Keep your boots well polished all the time - it seals the leather and helps it to shed water. Make sure you dry off the bottoms (sole) of the boot when you get off the ice.

If your feet sweat when you’re skating, moisture can get trapped inside the boot and rot it out from the inside. To help avoid this, open up your boot as much as you can when it’s off your foot. Loosen the laces as far down as you can. Pull the tongue up and out from the boot as much as you can to help the inside of the boot breathe. When you get home, unzip the bag to let it air out. NEVER leave your skates in a hot car in the summer after skating! The moisture will also rot your skates from the inside out.

The Mount: If you look at the bottom of your boot, you’ll find that the blade is held to the sole with screws. It’s important that you maintain the proper tightness of these screws. Due to the stresses and bending while you skate, they will loosen with time. Loose screws are dangerous, and promote quicker wear of the leather too. Don’t tighten them too tight because the leather will strip out easily.

Clothing Guidelines

Obviously when you compete or test you'll want to wear something that's special, and comfort won't be your first priority. But what about all those hours you spend practicing? Here comfort and safety will be important to you.

A skirt, dress, tight leggings or shorts with skating tights are all acceptable. Jeans and baggy clothing should NOT be worn during club times. Coaches will need to see your legs for extensions and proper positions. And of course, for safety reasons as well.

If you're prone to getting cold, consider a layered approach. A couple of thin sweaters or sweatshirts will be better than one really heavy thick one - and you can shed layers as you heat up.

Gloves are appropriate if your hands get cold.

U.S. Figure Skating Basic Skills Program

The U.S. basic skills program consists of a comprehensive lesson/test structure that is exciting, rewarding, safe and fun. Your skater will pass through the following levels when she/he can demonstrate to the coach the proper skills for that level. Classes are offered to skaters from 3 years old to adult. (Please refer to the record book given to you at your child's very first registration for a complete listing of skills.)

- Teddy Bear
- Snowplow Sam 1
- Snowplow Sam 2
- Snowplow Sam 3
- Basic 1
- Basic 2
- Basic 3
- Basic 4
- Basic 5
- Basic 6
- PreFree
- Freeskate 1
- Freeskate 2
- Freeskate 3
- Freeskate 4
- Freeskate 5
- Freeskate 6
- Adult 1
- Adult 2
- Adult 3
- Adult 4
- Dance 1, 2, 3
- Synchronized Skating (Snychro) 1, 2, 3, 4
- Hockey 1, 2, 3, 4

Competitions and Testing Information

Various Clubs host Invitational Competitions throughout the year. As the Club receives this information, a list will be placed in the file folders for all skaters. Fees for entry are the skater's responsibility.

- Please check home emails, wrfsc.com, and the bulletin boards often and discuss entries with your coach.
- Skater must be in good standing with the Club to enter.
- Skater must have a board member sign the registration form.

How are Tests Conducted?

A test session is an official USFS event. All Tests are judged by a panel of USFS appointed judges who are not related to the skater or the skater's coach.

Coaches will keep the skater and parent informed of the skater's readiness to take a particular test. There is a fee for taking a test. This covers ice time, administrative expenses associated with the paperwork, and the judge's travel expenses (judges are not paid for their work; however, they do receive reimbursement for the costs of their travel). Skaters should be at the rink and ready to skate approximately one hour prior to their scheduled time.

Usually, a test session is an "all-day" event. You will probably be scheduled in a group with several other skaters taking the same or similar tests. Your group will be scheduled for a "warm-up" time, followed immediately by the skating of the tests within that group.

There will be judges there to evaluate your performance. Usually, there are 3 judges for all tests. The judges are off the ice in a hockey-box or similar area. When it is time for your test, the judges or an announcer will inform you of your opportunity. When you have finished your test, you should stay on the ice until the judges "dismiss you".

After you are dismissed, you will need to wait for your results. Usually, the judges will complete a group of skaters before handing in their paperwork. Eventually, you will get copies of your "Test Papers". These will have the judge's comments on your performance, and at the bottom will have an indication of your "Pass" or "Retry" status. With a 3-judge panel, you must receive a passing mark from at least 2 judges in order to pass the test. Usually, you are allowed to keep a copy of your test papers.

If you do not pass a test, you are required to wait a minimum of 28 days before retrying the test.

Parents' Responsibilities

The most important thing for a skating parent to remember is that their skater is a person first, and a skater second. And in all probability the "person" in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still kids—DON'T!!! The same kids that we see looking so grown-up on the competition ice probably still cuddle their favorite stuffed animals when they go to bed at night. Let them be kids, and support them as they grow.

Some other things for parents to think about as they approach the sport:

- **Balance:** Make sure there is a balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career. Don't put so much focus on your child's skating that you forget they'll have to function in a "normal world" when they grow up. School is important. Social development is important. Being a kid is important.
- **Help to set goals:** Help your child to set his/her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. Make sure the goals are your skater's goals, not yours. Help to achieve these goals by setting targets, plotting progress, etc. Be willing to reevaluate when necessary.
- **Learn about the sport:** Learn enough about skating to recognize the elements. Know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
- **Support your Coach:** Pay your bills on time, get your skater to the rink on time. When you can't be there, make sure to tell the coach in advance. Let the coach participate in goal-setting discussions; or if not, at least ensure that the coach understands your skater's goals. Listen to your coach's advice and instructions, and help to ensure that your skater follows those instructions when practicing or doing off-ice activities.
- **Watch:** Don't use the rink as a babysitter. Stay and watch your skater practice, and in lessons, at least sometimes. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or "pressured" when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them...

- **Be a good sport:** Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive.
- **Support your skater:** Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize progress towards goals, but be willing to acknowledge when more work is needed without making that a "bad thing". Never destructively criticize, especially in front of others.
Resist the urge to compare your child against another. Some learn faster, some learn slower.
- **Support your Club:** Pay bills on time. Help with club activities. Most clubs are run by volunteers, and they need all the help they can get. Be willing to work on committees, or serve on the Board of Directors if needed. Be willing to do "jobs" like ice monitor, play music, etc...