



*Club Manual*

The Star of the North Figure Skating Club (SNFSC) is pleased to have you as a member. We hope you will enjoy the sport and develop new skills in the process.

The SNFSC is a member of United States Figure Skating Association (USFSA), which is the governing body of amateur figure skating in the United States.

The SNFSC is governed by a Board of Directors with a president, vice president, treasurer, and secretary; there are twelve members of the board, all elected to two-year terms. Elections are held in the spring of each year. Each person on the board is a volunteer who donates many hours of time. The Board is responsible for establishing the basic policies and protocols for the Club. Board meetings are held monthly. People wishing to address the Board are encouraged to contact a Board member to have the item placed on the agenda.

The SNFSC is a non-profit organization, which is sanctioned under the USFSA. All members who join have a portion of their dues sent to the USFSA for enrollment. This entitles the members to participate in any USFSA sanctioned competition and take any USFSA test.

If you have other questions about the SNFSC or skating in general after reviewing this handbook, please feel free to contact a Club instructor or a SNFSC Board member or through our website at [SNFSC.org](http://SNFSC.org).

As a parent of a member of the SNFSC, you will be periodically asked to help with functions during the year such as the Test Session in February and also the Club's annual ice show. The ice show is a major fundraiser for the Club and helps keep registration fees low. Please consider volunteering during these events or one of the many other volunteer opportunities to insure the continued success of our Club.

## **GROUP LESSONS-TINY TOTS, BASIC SKILLS AND FREESKATE**

Registration for our classes is approximately four weeks prior to class and we ask that all registrations be completed at this time. Class size is limited, so register early. Credit is given for medical emergencies and requests must be accompanied by a physician's authorization. Skaters have until November 15<sup>th</sup> as a trial period to skate. Circumstances that cannot permit the skater to continue must be brought to the Board prior to November 15<sup>th</sup> to receive a prorated refund.

Group lessons are highly recommended for the beginning skater to learn the basic fundamentals of ice-skating. As a skater advances through the USFSA Basic Skills Program and the skating maneuvers become more difficult, private lessons may be used to supplement the group lessons. This is called Basic Skills Contracting. The Basic Skills Contract allows the skater to purchase additional ice time (sessions) each month for extra practice or private lessons. When the skater has completed the USFSA Basic/Freeskate Skills program or has a strong desire to pursue competitive skating, then it is time to move on to private lessons.

### **TINY TOTS**

The Tiny Tots group lesson classes consist of a 22-minute lesson offered once per week for a period of 16 weeks. The program is for children 3 and 4 years old.

### **BASIC SKILLS**

The basic skills group lesson classes consist of a 45-minute lesson offered once per week for a period of 16 weeks. The program encourages ice-skating at all levels and is designed to keep students excited about their skating from the time they begin until they achieve their goals. Each skater received an embroidered badge for each class level successfully completed.

There are eight Basic Skills levels designed to introduce beginners to the fundamentals of figure skating and to encourage participation in skating as an enjoyable lifelong sport. A few examples of elements taught in the Basic 1-8 levels are:

- sitting on the ice and getting up (B1)
- backward skating on two feet (B2)
- forward stroking (B3)
- forward crossovers (B4)
- backward crossovers (B5)
- forward inside three turns (B6)
- beginning scratch spin (B7)
- forward inside pivots (B8)

## **FREESKATE SKILLS**

There are six levels of Freestyle skills. Freestyle instruction includes many interesting and exciting moves, from waltz jumps, to one-foot spins, providing the variety important to Freestyle skating. Skaters are introduced to sequences of jumps and jump combinations.

## **BASIC SKILLS CONTRACTING**

A skater taking group lessons may arrange for additional Private lessons with an instructor of his/her choice, after completing Basic 4 level. An option for Basic Skills Contracting is available on the registration form. An additional fee covers one additional ice session per week. It is the parent/skater responsibility to obtain a coach from the list of private instructors and to compensate that coach for their time.

## **PRIVATE INSTRUCTION (PRIVATES)**

A list of private instructors is posted on the SNFSC bulletin board at the IRA Civic Center and on the SNFSC website. A skater who has passed all Basic and Freestyle tests will need private instruction to continue through advanced levels of the USFSA testing program and to prepare for competitions.

It is the responsibility of the skater and parents to arrange for lessons. It is also their responsibility to make financial arrangements with the instructor. The SNFSC hires instructors only for group lessons at the Basic and Freestyle levels.

Skaters who are not signed up for Privates or Basic Skills Contracting may “walk-on” a private session time for a fee. Check in with the ice monitor prior to the start of the session. Skaters will be allowed on if the session is not full.

Talk to you coach to find out if a competition interest you. Coaches can give you details on what is required and can help you prepare.

## COMPETITIONS

Competitions are available throughout the year in various cities. Talk to your coach to find out more information about competitions.

## SNFSC ICE SAFETY AND ETIQUETTE

To ensure that all skaters can be successful with their training, skaters are expected to follow some basic rules on and off the ice for the maximum enjoyment and safety of everyone. Coaches will hold yearly sessions with skaters to review the rules.

**THE RINK MONITOR AND THE COACHES WILL HAVE AUTHORITY TO ENFORCE ALL OF THE RINK RULES. VIOLATION OF ANY OF THE FOLLOWING RULES BY A SKATER COULD MEAN A FORFEITURE OF THE SKATER'S ICE TIME.**

The following rules are intended to keep ice sessions flowing so that:

- a) a skater can skate through his/her entire program without interruption;
- b) a skater will not have to circle numerous times trying to find a spot to jump and will be able to skate consistent patterns leading to jump consistency;
- c) a skater's frustration level will be kept to a minimum; thereby allowing the skater to remain focused on his/her goals;
- d) skaters will not collide with one another; skaters will practice together in harmony.

1. Only figure skates and hockey skates are allowed on club ice (no speed skates).
2. Skaters must check in with the monitor at the beginning of each session.
- 3. A skater doing his/her program (with music) has the right-of-way. Coaches and other skaters are expected to move out of the skater's way.**
- 4. Skaters in lessons, including skaters having lessons in the jump harness, have the right-of-way.**
5. Skaters practicing their spins must be aware of skaters trying to jump in the "Lutz corners." (See #16 below.)
6. Faster skaters should go to the outside.

7. Skaters must learn how to “merge” into the flow of the session by skating with **heads up and eyes open**. Skaters as well as coaches must avoid getting in the way of one another and should be especially aware of skaters in lessons.

**8. Skaters who are not moving should be at the boards. Standing while “thinking” or chatting in the middle of the ice will not be tolerated.**

9. Skaters should not cut off other skaters by darting across the middle of the rink.

10. A skater doing his/her program or setting up for a jump should be given plenty of room.

11. Skaters practicing field moves on freestyle sessions should yield to skaters setting up for jumps.

12. A skater should always be respectful of the other skaters and should be constantly aware of the skaters around him/her. A skater who is surrounded by skaters of significantly greater or lesser skills must be especially careful! Strive to avoid collisions!

13. A skater who falls should get up quickly, remembering that other skaters will have a much harder time seeing a skater who is down on the ice. A skater should learn how to fall properly -protecting the head as much as possible, staying “loose,” and keeping fingers away from skate blades.

14. A skater who sees another skater fall and suspects serious injury should: a) have someone stand "guard" over the injured skater to prevent collisions with other skaters; b) get a qualified adult to come and help; c) throw a blanket, a warm-up jacket, or a sweatshirt over the injured skater to keep the skater warm; and d) have the monitor contact a parent and/or call 911.

15. The Lutz jump is most commonly performed in the 10:00 and 4:00 corners of the rink (except in the case of a clockwise jumper). These corners are informally called the “Lutz corners” and can typically be identified by the unusually large concentration of divots in the ice. Skaters should strive to avoid long-term practice activities in these corners and should be especially aware of their surroundings when in them. The approach to a Lutz is long and blind. A skater preparing to do a Lutz jump is not likely to see other skaters.

16. Certain skating moves are inherently dangerous. A skater who is practicing an element such as a camel spin or a back spiral must be especially aware of the danger his/her exposed blade poses to other skaters. The skater should recognize that once he or she has started the element, it will be difficult to see the surrounding skaters. A skater preparing to practice a dangerous move should take a good look at the expected "space" before starting the element and abort the move if a problem is likely to arise.

17. Jumping is not allowed on sessions designated for moves in the field only.

**18. As a matter of safety and according to state law, no skater or coach is to remain on the ice when the zamboni starts to enter the ice.**

20. Skaters should be courteous, respectful, and encouraging to coaches and other skaters.

21. Skaters should dress appropriately.

22. Skaters should work alone on sessions. Skaters are not allowed to stand and visit along the boards. Talking, playing, “teaching,” or engaging in any other type of behavior that might distract other skaters on the session is discouraged.

23. Skaters should refrain from kicking ice, sitting on the ice, and playing tag. Such behavior is nonproductive and can be dangerous.

24. A skater should refrain from showing signs of disgust if another skater or coach inadvertently gets in the way.

25. A skater who gets extremely upset (i.e., crying) should leave the ice.

26. Skaters are expected to set goals and work hard on sessions to achieve those goals.

27. Skaters should not interrupt coaches giving lessons to other skaters.

**28. Cell phones are prohibited on the ice.** No food, gum, or beverages (with the exception of water bottles) will be allowed on the ice.

29. Friends, parents, and skaters are not allowed to sit in the hockey boxes during ice sessions.

30. A skater on an ice session is expected to skate the entire session.

“Hanging out” in the lobby is not acceptable during designated ice times.

The parent of a skater requiring extra breaks for a particular reason, physical or otherwise, should discuss that need with the skater’s coach.

31. Skaters should clean up after themselves. Tissues and empty water bottles must be discarded in appropriate receptacles.

**ALSO SEE:** [www.usfigureskating.org](http://www.usfigureskating.org)

## **LOCKER ROOM ETIQUETTE**

Please remember that locker room use is a privilege, which can be revoked for unacceptable behavior.

1. Skaters should not gossip.

2. Skaters should be positive role models for other skaters.

3. Skaters should be kind and supportive by complimenting fellow skaters on their accomplishments.

4. Skaters should clean up after themselves, discarding trash and cleaning up food messes.

5. Skaters should not spend unnecessary time at the monitor station. A skater who hangs out excessively or disrupts the monitor will be verbally warned. If the verbal warning does not rectify the behavior, a parent/guardian will be contacted.
6. Skaters should be respectful of other skaters' belongings. A skater will not go into another skater's bag or personal belongings without permission.
7. Skaters should take care to secure money and valuables. Money and valuables can be left with the monitor during sessions.
8. Skaters should keep the topics of locker room conversation appropriate for **all ages** that may be in the locker-room.

**Above all we want to foster an environment where each skater can work hard on their skills and safely enjoy their skating experience.**