

Contract Ice, Private Lessons, Competitions, and USFSA Testing Packet

This document has been prepared to assist you in navigating the world of figure skating! Much of this information is also available on our website: www.marshfieldsilverlaces.net

Please ask a coach or a Board member questions throughout the season as you encounter new experiences. We are always here to assist you!

Contract Ice

Contract ice (or Private Ice) is ice time for Silver Laces skaters to practice their skills and programs.

- Every 6-7 weeks, skaters and their parents may fill out an ice contract to select the days/times they would like to skate.
- Some sessions are “Open”, meaning skaters at all levels may skate on the session
- Other sessions are labeled “Bronze”, “Silver”, or “Gold”. These sessions are divided by skill level of the skaters to provide a safe environment for all skaters to practice their skills. Descriptions of the levels are provided on the ice contract
- The ice contract is completed online using “Sign-up Genius”
- Fees are paid via cash or check at the ice rink to the Contract Ice Chair
- If space is available, skaters may “walk-on” to a contract ice session that they have not pre-paid for. The fees for walk-on are higher than pre-paid sessions.
- Skaters will not be reimbursed for missed ice time UNLESS a doctor’s note for injury or illness is provided.
- All ice fees must be paid in full by the listed date on the ice contracts to remain in good standing with the club.

Fees

- Full club Membership Fee (\$60 per year)
- Ice fees on the ice contract (varies based on time of day and length of session)
- Private lesson fee (see website for each coach’s rate)

Private Lessons

Private figure skating lessons are available through Marshfield Silver Laces as a way for your skater to:

- improve their skills,
- learn skills at a more rapid pace,
- prepare programs for local competitions,
- begin USFSA testing, and
- perform in a specialty (feature) number for the annual ice show.

Private lessons may be arranged by contacting a coach and determining which date(s) and time(s) each week will work best for lessons. Additional costs involve paying for ice and coaches' fees.

Coaching fees vary based on the skating levels the coach has passed and their experience. Private lessons generally range in length from 10 to 30 minutes. The fee charged by the coach is prorated to the length of the lesson given.

Coaches are individually contracted by Marshfield Silver Laces; as such, their invoice is independent of the program. In general, the coach will provide a monthly, detailed bill for lessons given. Payments for CLUB Ice are made payable to Marshfield Silver Laces while payments to a coach for private lessons are made to the individual coach.

All coaches are listed on our website, along with availability, experience, hourly rate, and contact information.

Finding the right coach

There are many factors involved in selecting a coach. Things to consider are personality, learning and teaching styles, experience and technical know-how. You know your child and have the best idea of who might make a good fit. Keep your child's personality and needs in mind when interviewing and selecting a coach.

Characteristics of a Quality Coach -- A quality coach makes skating fun by being:

- Motivational
- Positive
- Encouraging
- Enthusiastic

A quality coach fosters a positive environment for training by being:

- Knowledgeable
- Professional
- Educated
- Organized
- Punctual

A quality coach prepares a child for testing and competing by being:

- Sensible
- Practical
- Polite
- Fair
- Respectful
- Calm
- Experienced

You may want to consider scheduling “trial lessons” with several coaches in order to see who is the best fit for your skater.

Junior Coaches

Junior Coaches are a great new addition to our coaching staff! We are proud to offer more coaches for our skaters to continue to grow and improve their skating skills. All Junior Coaches are required to meet USFSA testing requirements, complete our Club Apprentice Program, and be Learn to Skate Instructor Certified. Coaches 18 and older have completed SafeSport Training and a Background Check.

Additional Junior coach requirements:

- Age 16 or above
- Junior or Senior in High School
- Intermediate Moves in the Field test passed OR Juvenile Free Skate test passed

Upon graduation from High School, Junior coaches may move and no longer be available for lessons. Please plan ahead for the next season by contacting full club coaches to see who will be the best fit for your skater. Lesson times often fill up well in advance of a new season and planning ahead will guarantee your skater will get lessons in the future.

Ice Etiquette

Skaters must abide by a set of ice rules in order for all skaters to stay safe during the sessions. A complete list of ice etiquette rules is provided in the document skaters sign at the beginning of the season.

Music Policy

- Coaches' requests take precedent over skaters' requests
- Skaters may request their music 1 time per program per 45 minute session if not in a lesson
- Coaches may "bump" skaters
- Skater must wear the yellow pinny while skating to music

Right of Way

1. Skater in a lesson with music playing
2. Skater in a lesson
3. Skater with music playing
4. Everyone else

Please be mindful and respectful of all skaters on the ice

- Standing only permitted by boards
- Video by boards only
- Watch out for skaters doing MIF patterns and skaters with music playing
- Spin in the middle
- Jump outside of the blue lines
- No headphones or ear buds on the ice
- No gum on the ice
- If you need a break or want to talk to someone, go to the side of the ice

Competition Information

Additional fees include:

- Registration fees for each competition (varies, but estimate is \$50- \$90 per competition)
- Coach travel fees to each competition - this fee is divided among all skaters who participate in each competition (gas, hotel if needed, meals)
- Coach fees for time at each competition (individual coach will send Fee Schedule)
- Competition apparel (costume, tights)
- Personal travel expenses for each competition
- Music editing fees (varies by coach; coach should provide this in Fee Schedule)

Skater Levels

Each skater will learn a program to music. The programs have a set of REQUIRED skills the skaters must complete. The coach will determine the skaters' competition level based on how well the skater is able to perform each required skill. Skaters are permitted to compete at the highest level they have PASSED or one level higher than the highest level passed.

This means a skater who has PASSED Basic 3 and is WORKING ON Basic 4 may compete at the BASIC 3 level OR the Basic 4 level. This part might be a little confusing. However, the coach will determine which level will give the skater the greatest opportunity to succeed and excel as s/he starts competing.

Music

Every coach has different preferences for music. Lyrics are permitted per competition rules, but some coaches have personal preferences on whether or not to use music with lyrics. The length of the program is typically one minute to 1.5 minutes, depending on the skater's level of skating. The coach will usually recommend 2-3 songs, or the skater may suggest some favorites. The coach will edit the music to the appropriate length.

The coach will also burn a CD of the music for you, upload the music to the competition site if required, and provide a back-up if requested.

Costumes

Each skater needs a skating dress (girls) or nice shirt and pants (boys) to compete in. There may be a Swap Sale at the ice rink to purchase used dresses, there are a variety of options on Ebay, online websites, and the Club often will have a representative from Jerry's Skate World available to purchase new costumes. Work with your coach to select a costume that fits both the skater and the music selection.

Competitions

The following are OPTIONAL competitions for 2020. You may choose which competitions best fit with your schedule and budget. Not all coaches will go to all of the competitions. However, all of the coaches often work together and we are happy to assist one another's students at each competition. You may choose to go to a competition even if your skater's coach is not attending and another coach from MSLFSC will work with your skater during the competition. Parents are not allowed to be next to the boards while the skater prepares to get on the ice at competitions.

Dates/Locations of 2020 Competitions

Showcase of Talent: January 5, 2020 (3:00-5:00 PM) @ Marshfield Ice Rink

Fox Cities: January 10-12, 2020

Tomahawk: January 11, 2020 (Overlaps with Appleton)

Badger State Games: January 30-February 2, 2020

Rochester: February 7-9, 2020

Black River Falls: February 15, 2020 (Basic skills through Preliminary levels only)

Eau Claire: March 6-7, 2020

Showcase of Talent

Marshfield Silver Laces will have our annual "Showcase of Talent" on Sunday, January 5th. ALL skaters who are competing are welcome to perform for their peers, friends and family during this event. Mark your calendars and invite your friends and family to cheer on your skater!!! This is a FANTASTIC opportunity to perform alone on the ice for the first time. Often the ice is crowded and it is challenging to get through a program uninterrupted, so this is a great way to get the skaters prepared for competition.

Registering for Competitions

Registering for competitions is all done online. Most competitions use a site called "EntryEeze". When the coach sends out competition information, it will include a link to register for the competition via EntryEeze.

When using EntryEeze:

1. Use your USFSA number to create a login
2. A simple PIN is required
3. Complete the skater information page
4. Skill level is the highest level the skater has PASSED, either by basic skills/free skate badge or USFSA testing level

5. Your coach will provide which event(s) to register for. If the system does not “let” you register for the event, it is often because your skater profile information is incorrect.
6. **Practice ice** - is typically 15-20 minutes of ice time at the competition venue. Ice times are typically very early morning or late at night. This is OPTIONAL. Some skaters like to feel the ice and see the layout of the venue prior to competing on it. Discuss with your coach if you are interested in practice ice. No music is played during practice ice.
7. Feel free to work with your coach and/or send screenshots of the page you are on in EntryEeze if you are struggling to register at the correct event/level

Events Offered at Competitions

There are many events offered at competitions and some families choose to do as many as possible to make it worth their time for travelling. Here is a brief overview:

- **Free Skate Programs with music:** This is the routine your skater will perform with required elements and skills to the chosen music
- **Basic Elements (no music):** The skater will perform required skills in succession, without music, on half of the sheet of ice. The judges are judging only the required skills. Each skill is performed only once.
- **Spins:** The skater will perform 3-4 required spins on half of the ice. The skater is allowed to do connecting steps but those are not judged. Only the spins are judged. Each spin is performed only once
- **Jumps:** The skater will do 3 required jump elements. Each jump may be repeated once if the skater has a major error on the first attempt.
- **Compulsories:** The skater does a short program without music on half a sheet of ice. There are 4-5 required elements, including jumps, a spin, an artistic move (such as a spiral), and footwork. The program is learned ahead of time and practiced in advance.
- **Artistic/Showcase (with music):** The skater wears a more elaborate costume and performs a program to music in order to entertain and interpret the music. The skater is limited in the number of jumps and spins permitted. This is a great option for the skater who loves to perform.
- Some competitions may also offer Dance, Moves in the Field, Footwork, Short Programs, and more. Ask your coach if these are an option for your skater if offered.

Competition Reminders and Information

Every competition is set up a little differently. Prior to each competition, we email a list of reminders and venue information to help you plan ahead. We also email a “Master Schedule” of the skaters from Marshfield who will be competing. It is great for club morale to cheer on our fellow Silver Laces!

We also provide a list of “Things to Pack” to assist you in being prepared for everything that you may need while at the competition.

USFSA Testing

Skaters may choose to test their skills in front of a panel of USFSA (United States Figure Skating Association) judges in order to advance their skill level. Our club offers skaters the opportunity to work on skills in three areas for USFSA testing: Moves in the Field (MIF), Free Skate and Dance. Clubs throughout the state of Wisconsin offer test sessions throughout the year. Skaters must be Full Club Members and submit an application, signed and approved by the coach and a board member, in order to be eligible for testing.

Skaters may choose to pursue testing for the following reasons:

- To further develop their skating skills using set standards
- To be more competitive at local competitions by improving power, edges and quality of skating
- To better focus their practice ice time
- To gain credentials to meet future goals of becoming a coach
- To earn points toward a feature in the annual ice show
- To gain a better understanding and knowledge of the sport of figure skating

Moves in the Field

Moves in the Field (MIF) are patterns that skaters learn on the ice in order to improve quality of edges, quickness, power, posture, body control and footwork.

Skaters learn MIF patterns during both group Free Skate lessons and private lessons.

When a skater has mastered all of the patterns at each level, s/he is able to test in front of a panel of USFSA judges at a local test session. The judges evaluate and score each pattern. Skaters must earn a minimum score in order to pass the MIF level. If a skater does not earn the minimum score, s/he is able to retry the test again on or after 28 days.

Skaters must pass levels in successive order (i.e., Pre-preliminary MIF must be passed prior to testing Preliminary MIF) because the skills build upon each other as the skater advances. In addition, skaters must pass Moves in the Field prior to testing Free Skate at the same level (i.e., Pre-preliminary MIF must be passed prior to testing Pre-preliminary Free Skate).

When a skater passes the Senior level MIF test, s/he earns Gold Medalist status in MIF through the USFSA.

Free Skate

Free Skate is the area of figure skating that we are most accustomed to seeing on television. Skaters perform spins, jumps and other elements in programs skated to music.

Each level of Free Skate has required elements the skater must master and perform during a program skated to music (with the exception of Pre-preliminary Free Skate, which is not skated to music). Typically, there are five jump elements, two to three spin elements and footwork. The program must be well-choreographed and show a relationship with the music as skaters are judged not only on the required elements, but also the artistry of the program.

Skaters learn choreographed programs during private lessons with a coach. When the skater has mastered all of the required elements and has passed the prerequisite level of Moves in the Field, the skater tests the program in front of a panel of USFSA judges. If the skater does not pass, s/he is able to retry the test again on or after 28 days.

Free Skate tests are taken in successive order so that skaters must master skills from a lower level prior to advancing to a higher, more difficult level (i.e., Preliminary Free Skate test must be passed prior to testing the Pre-Juvenile Free Skate test).

When a skater passes the Senior level Free Skate test, s/he earns Gold Medalist status in Free Skate through the USFSA.

Dance

Ice Dance is the area of figure skating in which skaters must perform set-pattern dances to music. Dances are performed with a partner through the Pre-Silver level; for Silver and above, dances are performed both with a partner and as a solo.

Ice Dance requires skaters to learn to skate steps in time to the music, have good quality edges, power, speed, flow and grace across the ice, proper posture and rhythm.

There are three dances at the Preliminary through Silver levels, four dances at the Pre-Gold and Gold levels and ten dances at the International level.

When a skater has mastered the dance pattern and steps during private lessons, s/he will schedule practice time with a dance partner and test the dance in front of a panel of USFSA judges at a local test session.

Skaters may test one dance at a time or multiple dances. However, all dances at the lower level must be passed prior to testing dances at the next level (i.e. all three Preliminary dances must be passed prior to testing a Pre-Bronze dance). A skater must receive a minimum score in both the categories of Technique and Timing/Expression in order to pass the dance test. Technique focuses on the accuracy of the skater's steps, edges and dance pattern while Timing/Expression focuses on skating the steps to the correct rhythm of the dance as well as matching facial and body expression to the mood of the dance (i.e., the Cha Cha is upbeat, so the skater is expected to smile). If a skater does not pass, the dance may be retried on or after 28 days.

Once a skater passes all four Gold level dances, s/he earns Gold Medalist status in Dance through the USFSA.

USFSA Testing Progression Chart

Moves in the Field	Free Skating	Pairs	Free Dance	Dance
Pre-preliminary	Pre-preliminary			Preliminary
Preliminary	Preliminary			Pre-Bronze
Pre-Juvenile	Pre-Juvenile	Pre-Juvenile		Bronze
Juvenile	Juvenile	Juvenile	Juvenile	Pre-Silver
Intermediate	Intermediate	Intermediate	Intermediate	Silver
Novice	Novice	Novice	Novice	Pre-Gold
Junior	Junior	Junior	Junior	Gold
Senior	Senior	Senior	Senior	International

Your coach is your best resource when it comes to understanding USFS testing. The coach will make the final decision regarding testing readiness as well as which test sessions are the best options for your skater to attend.

Every skater gets nervous for testing, and this is normal. If a skater does not pass on the first try, it is not necessarily a sign of lack of preparation or coach incompetence. The judges will give feedback to help your skater continue to improve and grow as a skater.

Proper Procedure for Switching Coaches

If at any time, you and your skater feel the coach-skater relationship is not working out, you may consider switching coaches.

It is best to communicate with your coach in person to try to work out any differences and to leave all parties feeling positive about the situation.

Per guidelines set by the Professional Skaters Association (PSA), any skater or parent wishing to switch private lesson coaches at any time must follow the following procedure:

Parents

1. Contact your current coach and express your reasons for wanting to switch to another coach. There may be a way to correct the situation and the need to switch could be resolved before a change is necessary.
2. Make sure you paid your account balance in full with your current coach.
3. Discuss this change with your child. Make sure he/she is comfortable with the changes you are about to make.

Future Coach

1. Direct the client to first make contact with the former coach.
2. When this has been done, contact the current coach. Make sure there is no possible resolution to the situation.
3. Confirm that all outstanding balances are paid in full with the current coach prior to scheduling any lessons. NO lessons should be given prior to receiving confirmation of account status. There are often exceptions and discrepancies. These need to be handled on a case by case basis.

Skaters

1. Switching coaches, if the above procedures are followed, should not affect the skater's relationship with other skaters (except regarding working in groups).
2. Do not isolate or make an outcast of a skater who has switched from your coach to another coach.
3. Do not encourage others to switch from their current coach.
4. Treat all skaters with equal respect.
5. While on the ice, everyone must follow the same set of rules.

SafeSport

MSLFSC strives to provide a safe environment for all skaters. We are committed to abiding by the rules and recommendations as set forth by SafeSport.

U.S. Figure Skating strives to provide a safe environment for its members that is free of misconduct and harassment. The association will not tolerate or condone any form of harassment or misconduct of any of its members, including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating rules.

The U.S. Figure Skating SafeSport Program addresses the following types of misconduct:

- Sexual misconduct
- Physical misconduct
- Emotional misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct

Information regarding SafeSport and the SafeSport handbook is available on www.usfsa.org via the “SafeSport” link on the Home page.

The MSLFSC SafeSport chair is Lisa Boero. All SafeSport concerns should be directed to Lisa Boero and she will assist skaters, parents, and coaches in navigating through any SafeSport concerns.

