



# **PARK RIVER FIGURE SKATING HANDBOOK**

## **2025-2026**



# **PRFS Handbook**

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**We would like to welcome you to another exciting season of skating. This handbook is to familiarize skaters and parents with the elements of our programs structure and answer any questions that you may have about our program.**

**Communication is an essential tool for developing a successful program. Your input is important! We encourage you to visit with our instructors and board members whenever you may have suggestions or questions. The following are the current board members: Alexis Ramsrud (President), Jodi Jelinek (Vice President), Naomi Myrdal (Secretary), Jennifer Kadlec (Treasurer), Nancy Huhta, and Jenn Chimbur.**

**Visit us at the Park River Parks and Rec website—  
click on the “Figure Skaters” tab  
Website: [www.parkriverparks.com](http://www.parkriverparks.com)**

# Deposits

The Park River Figure Skaters are committed to keeping participation costs as affordable as possible, ensuring that all individuals who wish to skate have the opportunity to do so. Please note that registration fees alone do not cover the full cost of operating the program.

To support program expenses, each family is required to:

~Complete 3 credits of volunteer hours (DIBS)~

~Sell one book of raffle tickets~

~Contribute to the annual fundraiser~

In addition, each family must provide a \$250 deposit check, payable to Park River Figure Skaters, prior to their skater(s) being permitted on the ice.

- If all requirements (volunteer credits, raffle ticket sales, and fundraiser contribution) are fulfilled, the deposit check will not be cashed.
- If requirements are not met, the deposit check will be cashed without prior notice.

Please be advised that Park River Figure Skaters is not responsible for any Non-Sufficient Funds (NSF) fees that may result from a returned check. Such fees are the sole responsibility of the account holder who issued the check.

**Important: All DIBS volunteer hours must be completed by an adult. Athletes are not permitted to fulfill these requirements.**

# Dibs

The following activities will be available for volunteer credit sign-up through the DIBS section of the Park River Parks website:

- Arena cleanup following the fair
- Costume preparation for show
- Set-up for the annual skating show
- Installation or removal of arena glass for the skating show
- Event support during the skating show (e.g., concessions, ticket sales, program distribution, door management)
- Arena cleanup at the conclusion of the season
- Participation in the annual fundraiser
- Support with other yearly fundraising events

**Important:** To ensure your volunteer hours are properly recorded, please sign all applicable check-in lists or notify a board member at the time of completion. Failure to do so may result in hours not being credited.

**Important:** All DIBS volunteer hours must be completed by an adult. Athletes are not permitted to fulfill these requirements.

# Expectations

Our coaches have established the following expectations for participants and parents throughout the skating season. If you have any questions or concerns, please reach out to a board member.

- Respect is Essential. Respect must be demonstrated at ALL times by skaters, parents, and board members. Misbehavior or disrespect of any kind will not be tolerated. Coaches will issue one warning. If the behavior continues, the skater will be asked to leave the ice. Following the class, the coach will meet with the parent or guardian to address the matter.
- Progress is Individual. Age will not be considered when making testing or advancement decisions. Each skater progresses at their own pace, and evaluations are based solely on readiness and ability.
- Open Communication. Coaches welcome new ideas, helpful tips, and suggestions. Feedback should always be shared respectfully.
- Safety Requirement. All Snowplow Sam level skaters are required to wear helmets during lessons.
- Proper Attire. All skaters must wear gloves and should dress in thin, warm layers that allow for comfortable movement on the ice.

Let's work together to make this a positive and successful season for everyone!

**To ensure a safe, organized, and positive experience for all participants, the following guidelines must be observed:**

- **Arrival Time.** Skaters should arrive at the rink at least 15 minutes prior to their scheduled lesson to allow adequate time to prepare and be ready to enter the ice on time.
- **Skills Books.** Skaters are encouraged to bring their USFSA Skills Books to each lesson for reference and tracking progress.
- **Parent Access.** Parents are not permitted on the ice unless specifically requested by a coach.
- **Encouragement.** Parents and guardians are asked to provide positive encouragement and support, motivating skaters to work hard toward their goals.
- **Program Eligibility.** Skaters must be in Basic 5–6 to participate in Basic Power.
- **Level Updates.** Please note that Learn to Skate USA has reclassified Basic 7 and 8 levels as Pre-Free Skate.
- **Equipment Standards.** Skaters in Basic 5 and above must wear figure skates with a toe pick. Hockey skates do not meet the requirements to successfully complete these levels.
- **Parental Involvement.** Parents are encouraged to accompany their child into the building and assist with skates. During lessons, family members should observe from the designated viewing area, unless otherwise discussed with a coach.

# Program Eligibility

- To participate in Power and Dance, skaters must be enrolled in Pre-Free Skate through Advanced Free Skate.
- Skaters in Pre-Free Skate and above are eligible to sign up for Advanced Power.
- Skaters with prior Ice Dance class experience may sign up for Advanced Dance.
- **Registration Fees.** All registration fees are nonrefundable and must be paid in full at the time lessons begin.
- The PRFS Board reserves the right to refuse membership at its discretion.
- Skaters in Free Skate 1 or higher may qualify for a feature number or duet in the annual skating show.
- Skaters in Free Skate 4 and above may be eligible for a feature number, solo, or duet at the discretion of both the coaches and the board.
- Preference for solos and features will be given to skaters who are actively competing during the season. Availability of these opportunities is dependent on the overall number of show groups.
- **Inclement Weather Policy.** If the Park River Area School cancels school or releases students early due to weather, all figure skating lessons for that day will be canceled. The safety of skaters and coaches is the top priority. Notifications of cancellations will be posted on the Park River Figure Skaters Facebook page, sent via email, and/or distributed through Sports Engine messaging.

# Premier Skate

Over the past several years, we have carefully evaluated our Free Skate, Moves, Jump & Spin, and Intro to Dance classes. While these groups have provided valuable training, we recognize that the structure can sometimes feel repetitive. To provide skaters with a more well-rounded and engaging experience, we are excited to announce the return of Premier Skate this season!

- **Eligibility:** Skaters enrolled in Pre-Free Skate through Advanced Free Skate will register for Premier Skate.
- **Class Structure:** This two-hour class will emphasize the key elements of each skater's Free Skate level while also incorporating:
  - **Moves in the Field**
  - **Intro to Dance**
  - **Jump and Spin (with potential off-ice practice at the discretion of the coach)**

This redesigned format is intended to challenge skaters, reduce repetition, and provide a more dynamic approach to skill development.

# Parents Info

A mandatory parent meeting will be held the week prior to the start of practice. Attendance at this meeting is a priority, as we will review:

- Program expectations
- Volunteer requirements (DIBS)
- Scheduling
- General questions and answers

**IMPORTANT: A \$250 DEPOSIT CHECK MUST BE SUBMITTED AT THIS MEETING. SKATERS WILL NOT BE PERMITTED ON THE ICE UNTIL THE DEPOSIT HAS BEEN RECEIVED.**

Please monitor your email and the Park River Figure Skaters Facebook page regularly for meeting dates, updates, and additional program information.

We look forward to another successful season with  
**PRFS!**

*Alexis Ramsrud- President-701-741-0017*

*Jodi Jelinek-Vice President-701-331-1720*

*Jen Kadlec-Treasure-701-330-6087*

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