



# Handbook

## **BENEFITS OF BELONGING TO LAKELAND FIGURE SKATING CLUB (LFSC)**

As a valued member of LFSC:

- You will be a member of US Figure Skating and/or Learn to Skate USA
- You receive *Skating Magazine*
- You are eligible to compete in USFS sanctioned competitions
- You have the opportunity to perform in the club ice shows
- You have the opportunity to enjoy club social activities and educational camps and clinics
- You are part of a wonderful organization dedicated to maintaining the positive spirit of figure skating

## **PROGRAM STRUCTURE**

**Group Lessons:** The Lakeland Figure Skating Club has Learn to Skate programs for ages 4 to adult. The program consists of a 30-40 minute group lesson per week for the season which runs October to March

**Learn to Skate USA Levels:**

- **Snowplow Sam (Learn to Skate)**
  - Program is for skaters 4 years old and up. Earn the Snowplow Sam badge while becoming acquainted with the ice in a recreational environment.
- **Basic 1**
  - Introduces the beginning skaters to the sport with forward glides, swizzles and snowplow stops.
- **Basic 2**
  - Advances the beginning skater with backward glides, one foot glides, backward swizzles and two foot turns.
- **Basic 3**
  - Encompasses forward stroking, one foot swizzles, backward one foot glides and two foot spins.
- **Basic 4**
  - Emphasizes more advanced edges on a circle, forward crossovers, and backward stops.
- **Basic 5**
  - Backward Skating, including edges and crossovers are the focus along with forward outside three-turn and two foot spins.
- **Basic 6**
  - Advanced skaters learn to turn backwards to forward, complete advanced three turns, hockey stops, spirals, bunny hops and lunges.
- **Pre-Free Skate**
  - This is usually a combined class for the more proficient skater where the emphasis is on Mohawks, beginning technique on jumps and combining various elements for a more advanced sense of balance, control and coordination.

## WHAT DO I WEAR?

- Beginning skaters should wear helmets – bike, ski are examples
- Comfortable, flexible clothing in layers
- Gloves or mittens
- Tights or lightweight socks (heavy socks can make feet colder)
- Warm fleece and long pants (No jeans preferred)
- Jacket or vest, if necessary
- Ice skates with toe picks (No Double Runner Blades)

## CARE OF ICE SKATES

**Boots** should be cleaned with a soft cloth and saddle soap. For stubborn marks try Simply Green. Boot soles (if leather) should be water proofed with “snow seal” to keep the moisture out. Ask your coach for information on the correct technique for sealing soles.

**Hard guards** are required for walking around in the lobby and to the ice. Walking without hard guards damages flooring and the blades. Guards are taken off in the rinkside box. Do not store skates with hard guards on the blades.

**Blades** should be wiped down with a soft absorbent cloth after skating. After you wipe, check the blade screws to make sure they are tight. Many skaters use blade protectors (soakers) that absorb moisture missed during wiping. These can stay on your skates to protect them from getting nicked. **Never leave hard skate guards on your blades.** They hold in moisture and cause rusting. Hard guards are only used when you are walking in your skates. They protect the sharp edge of the blades from nicks or wear. Remember: skate blades need to be sharpened regularly.

Sharpening does two things, it deepens the hollow between the edges, which wear down over time, and it polishes off nicks or abrasions that come from hitting debris on the ice. Sharpening varies depending upon how you skate and how often you skate.

### **Where do I get blades sharpened?**

Your coach will know the best person to sharpen your skates. Do not attempt to sharpen them yourself or you will ruin your blades. It takes special equipment and techniques to sharpen blades properly. Be aware that most sports stores sharpen blades using techniques for hockey skates, which are not useful for figure skates.

Lakeland Ice Arena has a special figure skating attachment and the rink manager can sharpen many figure skating blades. Skate sharpening is \$15.

Jan Wolosek, Jan the Skate Man, is Northern Wisconsin's Edea Skate dealer. He is a Nationals level boot fitter and blade sharpener. Contact for appointment.

715-340-1632

2400 Tower Rd

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## SKATING SHOWS

Each year the club holds an annual ice skating show for skaters of all ages and abilities. This is a great way for the skaters to showcase what they have learned during their lessons for friends and family. An optional Holiday show has been added in December.

## RESPONSIBILITIES OF A SKATER'S PARENT

The success of a basic skills figure skater is highly dependent upon a three-way partnership and working relationship between the skater, parent, and club.

### **Be a Positive Role Model**

Children learn behavior from many different people – coaches, teachers, other adults, and peers. But the people they learn from the most are their parents. Your child not only soaks up what you say, but also what you don't say. Nonverbal messages – like a look of disgust or disappointment, often speak louder than words. Modeling good sportsmanship and respect for others provides an important lifelong lesson for your child.

### **Be Involved...**

Lakeland Hawks Ice Association is a non-profit 501(c)3 organization with one employee. Lakeland Figure Skating Club is a club sport, which means we depend on parents to run the club. This club is a reflection of you, your skater, and your interests. Every level of skaters has volunteer commitments. Basic 1-3 requires 10 hours per year. Basic 4-6 requires 15 hours per year. Pre-Free requires 20 hours per year, and Freestyle requires 35 hours per year. Here are a few ways to become involved:

- Attend General Membership Meeting of LFSC and the Lakeland Hawks Ice Association
- Volunteer on a committee supporting club activities
- Help with fundraising
- Volunteer to help at events, test sessions or summer camps

Emphasize Fun and Skill Development. All children can improve their skating skills and when they see that improvement, they are usually motivated to improve more. Developing skills is one of the most satisfying aspects of any sport, but it takes time and all children progress at different rates.

## EVALUATIONS

Evaluations will be conducted in order to determine placement for the next session. If a skater is ready to advance prior to the end of the session, the group lesson coach will arrange to have an earlier evaluation. Please note – we ask that parents support our coaches in the evaluation process.

## POLICIES

Our program is based on the guidelines of the USFSA

Note: this list is not all inclusive

- The Skating Club is not responsible for any child left at the rink unattended. The Board strongly discourages dropping off and leaving children at the rink. Given the nature of the sport, unless skaters are in a group or private lesson, they are not directly accounted for by an adult. It is strongly recommended that a parent, legal guardian, or other specifically appointed person be present during the skating sessions.
- Skaters must have signed Waiver of Liability and Emergency Contact forms on file.
- Parents and other spectators may watch from the lobby seating areas or bleachers, but not in the entry way at rink or in any players' boxes or penalty boxes
- All posted rules of the rink must be followed by skaters.
- We occasionally have changes or cancellations to our schedule. Please review the on line calendar regularly and look for e-mails notifying members of changes. Refunds or make up sessions are not offered for ice cancellations.

## IMPORTANT RESOURCES FOR SKATERS

**Skating Magazine** is the official publication of the US Figure Skating and is the best way to keep informed. By joining USFS and LFSC your family will receive a year's subscription included with your membership.

**USFS Website ([www.usfsa.org](http://www.usfsa.org))** provides vital information for all clubs and Basic Skills programs across the country. It also gives contact information for the USFS

## CONTACT INFORMATION

LFSC President – Karla Wotruba, [kjwotruba@att.net](mailto:kjwotruba@att.net), 920.202.1693

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