



ADVANCED SKATER'S HANDBOOK

Parents and Skaters

On behalf of the Board of Directors, we would like to congratulate those just entering the Advanced Program. We also welcome back our current advanced skaters and extend a warm greeting to the devoted parents who have contributed personal time to help make our program a success.

The Advanced Skaters Handbook should provide an introduction to the Advanced Program. In addition, it serves as a guide for parents for the selection of equipment, important dates, and expected cost. Feel free to contact any BFSC Board Member with questions or voice your concerns. Current names and phone numbers are posted at the arena. Board meetings are held the first Tuesday of each month. You are always invited to attend.

At the beginning of each session, a signup sheet for participation and coaching will be made available. The schedule sheet will have a variety of session times to choose from. The regular session is usually from October through February. There will be sessions in the early morning and afternoon. At least one morning session is required for Grade 7 and above.

Sessions are charged by their length of time. For example, early morning sessions run from 5:30 am until 8:00 am. Early departures are allowed to prepare for school. Fees are determined by the Board of Directors prior to the session. The advanced fees may be paid in three installments.

Fees include annual registration for U. S. Figure Skating Association. Registered members receive a copy of Skating Magazine and are issued a special number that will track testing progress and competition participation at the National Headquarters in Colorado Springs, CO.

A summer session is also available from June through the middle of August. This is an intensive session of 2 to 5 hours per day, Monday through Friday. This is a great time to improve skills. We also have sessions in April and September. These extra sessions are opportunities to stay current or prepare for advancement in the program.

Sessions may be divided into low and high. This division is used to promote safety. The speed of the high group can be very intimidating. The maximum number on the ice at one time is 24. Low is considered to be below the Pre-Juvenile free skate level and silver dance. High free skate is Pre-Juvenile and above Silver Dance. The Program Director can decide if a skater may participate in a session that is not the same as their skating level.

Schedules and Coaching

The coach must approve progression into the advanced program.

This is a very big step, and should be treated accordingly. This new adventure can greatly advance their skills and enjoyment of the sport.

The Advanced Program will require a coach or coaches. Coaches are independent contractors and are paid by the number of lessons requested. Coaching fees are set by the coach with the approval of the BFSC Board of Directors. Fees are based on the skating levels of the coach and years of experience. Coaches charge between \$5.00 and \$15.00 per 15 minute lesson. Most bill on a weekly or bi-weekly basis. Coaches are usually contracted for a session, but changes can be made by approaching the Director. It is important that both skater and coach to be comfortable with each other to produce the best working relationship. The primary coach must be contacted prior to the selection of a different coach.

The number of lessons taken is determined between the coach and parent. Usually, the younger skater produces greater results with more lessons, because of attention span. Older skaters are generally more goal oriented.

Stroking sessions are available as a group. These develop both speed and power. They are held occasionally during the session for 15 minutes and are covered by your ice fees.

Walk-on ice is available for an additional charge. These can be used to make up a session or extra practice prior to an event. Cash-in-hand or a check is required before entering the ice.

Parents are required to play music for the freestyle and dance sessions. You also serve as ice monitor to ensure that ice rules are observed and enforced. This will occur about once or twice per month. If you cannot schedule a time to play, you will need to trade with another parent or find a replacement. This is a VERY important issue for all concerned, so cooperation and communication is imperative.

USFS testing

Our club is a member of U.S. Figure Skating and use their same guidelines. This is a national testing body to certify and standardize testing. We also compete in U.S. Figure Skating sanctioned competitions.

A U.S. Figure Skating rule book is available in the fall session each year. You may buy the book with binder or you may buy only the new pages. This book provides testing and competition rules and is of vital importance.

To move through the program, a skater must pass different skill levels. This is done by testing. The discretion of the coach usually determines if the individual is ready to test. Testing is performed at the end of each session to include the middle of the regular season. These are usually the first weekend in December, the last weekend in February and the middle of August.

Testing is an additional expense. There is a fee for each test and must be prepaid. We encourage participation from other clubs to help reduce our costs. Three judges are flown in at club expense. Judges donate their time and are not paid. The club pays for airline tickets, motel rooms and meals for the judges.

Test levels determine competing levels. Sometimes, test levels determine placement in the Ice Show.

The test schedule is listed about two weeks prior. When testing, be at the arena one hour prior to test time. Because of the complexity of testing, the schedule can be moved ahead as well as fall behind. Appearance is not judged, however, a neat, clean, appearance does project seriousness and dedication. Hair should be neatly out of your face. Dress in an appropriate manner. Sloppy sweatshirts and jeans are not acceptable. Dark dresses are usually worn for dance, but are not mandatory.

Testing results are given directly to the skater. These should be reviewed immediately with their coach. If there are serious questions about the results, the skater and coach may meet with the judges.

FREESTYLE AND MOVES IN THE FIELD LEVELS:

Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior

DANCE LEVELS:

Pre-Preliminary (Dutch Waltz, Canasta Tango, Rhythm Blues)

Pre-Bronze (Cha Cha, Fiesta Tango, Swing)

Bronze (Willow Waltz, Hickory Hoedown, Ten Fox)

Pre-Silver (14 Step, European Waltz, Fox Trot)

Silver (American Waltz, Tango, Rocker Foxtrot)

Pre-Gold (Paso Doble, Kilian, Blues, Starlight Waltz)

Gold (Viennese Waltz, Westminster, Quick Step, Argentine Tango)

TEST RESULTS:

Separate evaluation sheets from each judge will be provided for each test taken. Evaluations have numerical scores with a PASS or RETRY circled. You must have 2 out of 3 PASS results to pass. If you receive 1 PASS and 2 RETRY you may take the test again, but not within the next 28 days.

Judges add written comments. This is helpful for both the skater and coach in preparing for competitions.

Practice time with a dance partner is an additional expense. This is arranged by the head coach. The fee for testing the dance with the partner is included in the fee for the dance test.

Competitions

Competitions are great fun! They are also optional. These are posted on the bulletin board at the arena. Competition fees include entry and registration. These fees vary depending on the number of events entered. Coaching expenses (hotel, gas, meals) are usually divided amongst those attending and in addition to fees for each event. Your coach can provide more guidance on this.

Motel reservations are an individual responsibility. A list of motels is usually provided with the registration information. Swimming is not recommended, as it makes the legs sluggish. Keep this in mind when selecting a motel.

Practice ice and coaching fees are an individual responsibility. A practice ice schedule will also accompany the registration information. If you want instruction at your practice ice, arrange this with your coach or the coach attending the competition. The presiding coach will bill separately for the lesson time. Practice ice is scheduled on Thursday evening so the hotel should be reserved for Thursday, Friday, and maybe Saturday. It is important to be at your best emotionally and physically when competing. Consider this when making your plans.

Competition outfits are the discretion of the skater. The U.S. Figure Skating magazine has web sites and addresses for catalogs. There are vendors present at all competitions.

The U.S. Figure Skating rule book has a few guidelines for dress. A different dress for each event is not required. It is important to polish skates and check screws, blades, shoelaces, and skate guards. A warm-up sweater is recommended. (Not a SWEATSHIRT.)

Artistic and synchronized skating events are usually held on Sunday.

Other individual expenses are food and travel. Sharing rooms is an option, but a well-rested skater will perform better.

The Role of the Parent

A parent can provide a very beneficial role in the development of a skater.

1. Love your child for what he/she is.
2. Ensure that priorities are in order by asking if they are having fun.
3. Be realistic about goals and abilities.
4. Don't live vicariously through your child.
5. Understand that there will be peaks and valleys.
6. Failing a test does not mean the child is a failure.
7. Measure success by development as a person, not as a skater.
8. Communicate with your coach. Ask questions to help understand the total involvement and commitment.
9. Be the person your child can be proud of.
10. Rink Gossip is harmful to you, your child, and your club.
11. Be an active participant in the club.

12. The tests passed and the medals won will soon be forgotten. The impression you leave, will remain for a lifetime. We never get a second chance to make a good first impression.

Tape Parent Guide

PURPOSE

1. To have a responsible adult present in case of emergency or injury.
2. To ensure that skaters follow club rules.
3. To ensure that freestyle and dance music is played in an orderly and equitable manner.

DUTIES

1. Tape Parents should be present and available for moves, dance and freestyle sessions.
2. Review the responsibility statement on the tape schedule.
3. All music is to be played once before any other music is played a second time. Skaters having multiple programs will have the second tape played after all skaters have had their first tape played. A coach may request a skater's program during a lesson.
4. If a skater is off the ice or has declined to have their freestyle tape played at the assigned time, the tape is moved to the end of the rotation.

Music

Individual music is needed to compete in U.S. Figure Skating competitions. It is also used to perform in exhibitions and to pass certain tests. When enough spins, jumps, and connecting steps, have been mastered, the skater and coach will select music that is suitable for your style and ability. The coach will arrange to have this music recorded on a CD or cassette. This is an additional expense. The coach will retain a duplicate CD/tape in case a problem arises with the original. The skater is responsible for the care of the CD/cassette. The skater will give it to the tape parent at the beginning of the session and collect it before leaving.

Ice Rules

1. Practice safety at all times.
2. The single most important ingredient in progression is efficient use of ice time. Arrive at the rink ready to work.
3. Use the bathroom during ice resurfaces or breaks. Ask permission of the coach before leaving.
4. Actively participate in the entire Dance, Freestyle, and Moves in the Field sessions. Some exceptions may apply.
5. Do not stand along the sides of the ice, nor stand in or continue to skate in the corners. Use the entire surface of the ice.
6. **PROLONGED VISITING IS NOT TOLERATED!**
7. Do not litter. Clean up (Kleenex, sweater, jacket, gloves) after yourself. This includes the locker room.
8. **NO FOOD** (including gum) is allowed in the rink area. Colored beverages can spill and leave sticky stains. Water is the preferred drink.
9. Perform each Freeskate or Artistic practice as if it were competition. Wear the bright colored belt to ensure safety.
10. Yield to those wearing the bright colored belt or those in a lesson.