

Black River Falls

Figure Skating Club

Programs Handbook

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CATEGORIES OF FIGURE SKATING

The BRFFSC participates in the following categories of figure skating under regulation of USFS:

Learn To Skate - Using the USFS Learn to Skate Program, coaches will teach and/or reinforce proper skating form. Sessions are open to persons age 3 and above, including adults.

Junior Club - Junior Club provides additional ice time for Learn to Skate skaters in two ways. First, it provides an opportunity for a skater to practice what they learned in their group lesson. Secondly, it is an opportunity for skaters to hire a coach for individual lessons. Coach contact information can be found on the club website.

Senior Club/Private Lessons:

Skating Skills - This is compulsory footwork that is used to gain edge control

Singles - This consists of jumps, spins and footwork skated to music

Ice Dance – Ice dance is footwork sequences set to a specific dance style, either with a partner or solo. Testing for ice dance follows a similar track as Skating Skills Field

Additional Opportunities (may include):

Synchronized Skating - This stresses formation, moves and maneuvers performed in unison by a group of skaters. The major objectives of synchronized skating are unison and accuracy of formations. Tryouts for BRFFSC synchronized lines are held at the beginning of each season if necessary.

High School Team - School affiliated clubs offer skaters the opportunity to continue their participation in the sport of figure skating in a team environment, while also increasing awareness about their sport within their high school.

Group Lesson - This is group lessons that may include skating skills, jumps, spins, or other content as determined by skater needs.

SKATING EQUIPMENT

Skating Boots

Talk to a skating instructor before purchasing skates. Skate boots should fit like a well-fitted shoe of proper size, have a snug-fitting heel, and have plenty of ankle support. If the boot is too large and lacks ankle support, the skater loses control. Boots that are too small are not only uncomfortable, but feet become cold sooner from poor circulation.

As the skater becomes more advanced and is working on the more difficult jumps, the skater will need a high-quality boot with maximum support. The skater's instructor may be able to suggest the appropriate skate for the skater's level of skating.

It is important that boots provide support for the ankle. Leather skates are supposed to be stiffer to support the ankles. New skates need a period of time to be "broken in." As the skater uses the boots, the leather will conform to the skater's feet and crease slightly at the ankle. If the skater's ankles become sore, pads or gel socks may help alleviate the problem. The time it takes to break in the boot varies from skater to skater. Some skaters have few, if any, problems, while others have more problems. If problems continue or the boot seems to be bending easily within a few weeks, have a skating instructor check the boots and, if necessary, take the boot back to the skate shop.

Sizing Skates

Skate sizes are different from shoe sizes. Skaters are encouraged to consult with a professional or coach and a professional skate retailer to assure best style and fit.

Skate Blades

For the beginning skater, skate boots are sold with a factory freestyle blade attached. As skaters advance, boots and blades will be purchased separately. The blade is designed with a concave skating surface and toe picks. The concave design is there to give the skate definite inside and outside edges for control. The purpose of the picks is to assist the skater in jumping and should not be altered, unless recommended by an instructor. To keep blades sharp and free from damage and nicks, always wear skate guards when not on the ice surface. However, be careful to remove the guards when stepping onto the ice surface, so an unnecessary fall will not occur. To prevent rusting always wipe the blades dry after use and put on a protective cover (i.e. terry cloth blade covers sometimes called soakers.) Do not store blades in wet or dirty skate guards. Because of the concave design and the importance of edges on the blades, it is important to have skate blades sharpened by an experienced sharpener to avoid permanent damage.

LEARN TO SKATE PROGRAM

Skaters begin in our Learn to Skate program. This assures quality instruction and uniformity in skating programs throughout the United States. Our club usually starts skaters under the age of five in the Snowplow Sam category. Based on skater assessment the skater will move to the basic skills program. There are 6 levels in the Learn to Skate division of the USFS program. All 6 levels and Pre-Freeskate must be completed before moving into the second part of the program - Senior Club (Private Lessons).

The Learn to Skate registration fee includes group instruction, ice time, enrollment in the USFS Learn to Skate Program. Learn to Skate testing will be done on designated dates and will be done by the Learn to Skate Coaches. Skaters will be moved to appropriate groups as needed. If a parent does not wish a skater to be tested, please let the Learn to Skate Coordinator know in advance. If you would like information regarding summer skating, please talk with a coach or one of the Board of Directors.

JUNIOR CLUB

Junior Club provides additional ice time for Learn to Skate skaters in two ways. First, it provides an opportunity for a skater to practice what they learned in their group lesson. Secondly, it is an opportunity for skaters to hire a coach for individual lessons. Coach contact information can be found on the club website.

Junior club is optional for LTS participants. It gives skaters an opportunity to practice skills or work with a private coach. It is not necessary to have a coach for the Junior Club. If you choose to work with a coach it is your responsibility to communicate with the coach. A skater should communicate with the coach if not able to make a session. If a junior club participant chooses to compete, work with your coach on that process.

Pay your coach promptly. If you do not pay promptly -within two weeks of receiving a bill, BRFFSC will be forced to limit or suspend contracted ice time. Further non-payment may result in suspension of membership. Coaches should bill promptly as well.

Junior club participants must contract for Junior club time online.

PRIVATE LESSON PROGRAM (Senior Club)

When a skater passes Pre-Freeskate, they will transition into private lessons. When a skater enters private lessons, it is the skater's responsibility to contract and set up a lesson time with one of our club's approved coaches. The skater will pay the coach their individual rate directly to them. The BRFFSC will provide a list of coaches and their telephone numbers on the club website. The BRFFSC does not employ these coaches when they are teaching private lessons. The BRFFSC does, however, contract with these coaches for Learn to Skate, synchronized skating teams, group lessons, introduction to Ice Dance, and ice show related activities. When in private lessons, the skater and her/his parents are responsible for issues with the coach. The Board of Directors bears no responsibility for non-performance of a privately hired coach.

Private lesson skaters – know your coach's phone number. A skater should call their instructor when not able to make a lesson. Skaters make sure your coach knows your phone number so they can do the same. Testing and competition can be very confusing. If you have questions, talk to a coach or a Board Member.

Pay your coach promptly. If you do not pay promptly -within two weeks of receiving a bill, BRFFSC will be forced to limit or suspend contracted ice time. Further non-payment may result in suspension of membership. Coaches should bill promptly as well.

Private lesson skaters are required to schedule and pay for their own ice time through contracts. Contracts are available online (Website) Specific instructions for deadline times, rates, etc. are online. Private lesson ice rates are \$10/hr (\$5/30 min) for contracted ice, and \$11/hr (\$5.50/30 min) for random (walk on) ice.

Testing is the way a skater progresses through the levels of skating. A Skating Skills test must be passed before taking a Singles test at a given level. Upon passing the skating skills test, a skater can then test the singles portion of that level. When tested, a standard skill level set by the USFS measures the skaters. Qualified USFS judges test skaters at a test session. Testing is usually available in conjunction with competitions. There are many testing sessions available through the various clubs, including virtual testing options.

Another option in figure skating is to learn a program for exhibition and/or competition. Before participating in competition discuss with your coach the appropriate level. This is a wonderful experience for the skaters and most skaters enjoy it very much. Different than testing, it gives the skater a chance to measure progress against other skaters at the same test and age level.

GENERAL ICE RULES

1. Show respect to the coaches and other skaters. Coaches will not tolerate bad behavior. One warning will be given. A second reprimand will result in the skater being asked to leave the ice.
2. No gum chewing, eating, or drinking on the ice.
3. Wear skate guards when not on the ice for blade protection.
4. No ice games (crack the whip, trains, etc.)
5. All skaters and coaches must leave the ice before the Zamboni takes the ice.
6. Skaters may not stand on the ice and visit, as it is very dangerous.
7. Keep talking to a minimum.
8. Respect other skater's property. Any skater caught with another skater's personal property without permission will lose locker room privileges for the remainder of the season and may be subject to additional discipline.
9. The only people allowed in the locker rooms will be Board of Director members, coaches, and skaters.
10. Learn to Skate parents can be in the locker room with their child 10 minutes prior and 10 minutes after Learn to Skate and Junior Club Sessions.
11. Skaters that need assistance with skates must be accompanied by a same sex adult.
12. Observers/non-skaters are able watch from the bleachers or warming area only.
13. Contracted skaters will not be allowed in the music box unsupervised.
14. Do not interrupt your instructor or any instructor when they are giving a lesson. If you have a question for your instructor, please wait until a resurface time or do so on your own lesson time.
15. No physical or verbal abuse of any kind at any BRFFSC sponsored event (hitting, punching, pinching, put downs, etc.)
 - a. Disciplinary actions will be taken upon Board of Directors discretion.
16. The BRFFSC Board of Directors reserves the right to remove or suspend any skater from the ice that is found to not be following the rules of the club, or further causing distress to coaches or other skaters, on or off the ice.
17. No drugs, smoking or drinking of alcoholic beverages will be tolerated at any BRFFSC sponsored event.
 - a. Disciplinary actions will be taken upon Board of Directors discretion.
18. Adults accompanying LTS participants must stay in the rink in case of emergency. If a minor skater is injured and unaccompanied the BRFFSC and/or its designees reserve the right to call 911.

SENIOR CLUB ICE RULES

As the level of skating increases, so does the need for more definite/stricter rules for the safety of all skaters. All Coaches, the Board of Directors, and rink monitors will enforce all the rules. Skaters are expected to obey the rules all of the time.

1. Be courteous and attentive to skaters having a lesson or skating a program. **SKATERS WEARING THE REQUIRED ORANGE BELT AND SKATING A PROGRAM HAVE THE RIGHT OF WAY ON THE ICE, FOLLOWED BY SKATERS HAVING A LESSON.** Please be watchful and get out of the way, if possible.
2. Music is played in order of request. An instructor may request their skater's music during a lesson and will be given priority. **WHEN CLOSE TO A COMPETITION, WE RESERVE THE RIGHT TO LIMIT.**
3. Spins are to be done in the middle of the ice and jumps on the ends, unless the skater's solo program is being skated, with or without music.
4. There will be a maximum of 22 skaters allowed on the ice for skating skills and singles lessons (USFSA insurance rules).
5. Any edge work done in a straight line during Moves should be done on the center 3 lines of ice.
6. Virtual testing should not interfere with other senior club skaters ice time.

ICE CONTRACTING RULES

1. All skaters must check in with the rink monitor before getting on the ice for a session.
2. You will be billed for random ice at the end of each session (approximately every two months). Skaters with a 60 day past due bill will not be allowed on the ice, until the bill is paid in full or arrangements are made with the treasurer.
3. If the skater is not on the ice within 5 minutes after the start of a skating skills session or singles session, a person from the waiting list will be added at the random ice rate-THE LATE SKATER WILL FORFEIT THEIR SPOT AND THEIR FEE.
4. Skaters can switch for full credit on contracted ice, if the Rules and Ice Chairperson is given notice before the planned session starts.
5. If sessions must be canceled due to weather, such as extreme snow, ice, or cold temperatures, skaters can transfer to another available session upon request.
6. Parents of skaters using BRFFSC ice time will be required to play music/rink monitor. The parent must find a responsible replacement if not able to make the session. If the parent assigned to play music/rink monitor is not there or has not found a responsible replacement, their skater will not be allowed to skate. No refunds will be given for the missed ice time.
7. There will be no splitting of sessions allowed between family members. Each individual skater needs to purchase ice separately.