

DIAMOND EDGE FIGURE SKATING MEMBER HANDBOOK



Season 2009/10

It is our mission "To provide programs that encourage personal growth and a life long commitment to physical fitness through the art and sport of figure skating." Diamond Edge Figure Skating Club is a member of United States Figure Skating.

WELCOME

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See us on the web at...
www.diamondedgefsc.com

or email us at...
diamondedgefsc@hotmail.com

The Diamond Edge Figure Skating Club Board of Directors would like to welcome you to the 2009 - 2010 season of figure skating. Whether you are a returning member or interested in becoming part of Diamond Edge. We hope you will enjoy your skating experience with us this year, and you find encouragement, fun and rewards while participating and performing the sport of figure skating.

It is our desire as a figure skating club to make this a wonderful experience for our skaters. All registered skaters with DEFSC (*Diamond Edge Figure Skating Club*) will be enrolled in the USFS (*United States Figure Skating*) Basic Skills Program. As members of USFS you will receive an official U.S. Figure Skating Basic Skills membership card, record book with stickers to track your progress through the lessons, official Basic Skills logo patch, membership year patch and sport accident insurance.

Everything you need to register your skater for lessons is included in the class registration materials. Please register early because class size is limited and will be filled on a first come first serve basis. You will be notified if there is a class or scheduling conflict. Please complete the class registration materials and return to DEFSC by October 16, 2009. Those new to Diamond Edge may turn their registration materials in at the open house on October 25th. All members should read the information in this member handbook and the class registration materials in their entirety and keep it handy throughout the season for reference if a question arises.

Thank you again for your interest and commitment to the kids of our community as well as the art and sport of figure skating!

- * **We have more practice ice. In addition to Mondays, we have added Thursday evenings... see page 5 for details.**
- * **There is an added Show Session so lessons are not interrupted.... See page 3 for description and dates.**
- * **A Christmas Session has also been added for those who love to skate and want to stay on the ice during school break... see page 11 for more information.**
- * **The Lakes Area Classic competition is expanding into a series... see page 3 for a description.**
- * **Diamond Edge is going green.... See page 2 on communication.**
- * **Changes in volunteer hour requirements... see page 4 for details.**
- * **A committee structure has been added to help the club run more smoothly and give members more opportunity to become involved and keep skating a viable community activity for youth... see page 4 under *Volunteering/Fundraising*.**



MEET THE BOARD

Beth Fischer, President
Serves through 2010/11
(320) 214-0122 or bfischer@seeyouinwillmar.com

Angela Peters, Vice-President
Serves through 2010/11
(320) 382-6677

Jolene Borka, Secretary
(Membership & Testing)
Serves through 2009/10
(320) 354-4330 or borka@tds.com

Lisa Kaenel, Treasurer
Serves through 2010/11
(320) 222-1968

Dave Peterson
Serves through 2009/10
(320) 995-6561

Marie Ostby
(Employment, Ice Scheduling & Membership)
Serves through 2009/10
(320) 235-2070 or marie@imagnetrack.com

Tammy Fuglie
Serves through 2009/10
(320) 796-6975 or tammysf@msn.com

To find forms and information go to our website at:

www.diamondedgefsc.com

Have questions... feel free to contact any of the Board members above or email:

diamondedgefsc@hotmail.com

The Diamond Edge Board of Directors meetings are open meetings and you are welcome to come share your ideas, comments and concerns. Please contact Beth Fischer, Board President, for location and/or agenda details prior to each meeting.

Please remember we are a group of parents (just like you) who love figure skating and want to keep the sport alive in our community. We are volunteers who put in a lot of hours and are doing the best we can to make figure skating an enjoyable sport for all our members. Not all our decisions will be popular all the time and at times we may even make a mistake or two, but please bear with us we really do care about this Club and want to see it continue for many more years!

Other Volunteer Positions Serving Diamond Edge:

Skating Supervisors: The purpose of the skating supervisor is to help our student instructors and assistants develop into capable teachers and assist the student instructors in working with behavioral issues that may arise and encourage them as they work with your children. Prior to the skating year, the Skating Supervisors along with Board members conducted a skating instructor/student instructor/assistant clinic to assist the students in their preparation to work with your children. The clinic was open to all Freestyle skaters who are 7th grade and above. We are pleased to announce that Cheryl Schmidt and Marilee Dorn will again be our skating supervisors for the 2009/10 season.

Financial Coordinator: Sue Kidrowski was appointed to manage the fiscal affairs for Diamond Edge in tandem with the Board Treasurer. This position will be responsible for timely paying of bills, payroll and deposits and to work closely with the Board Treasurer on preparation of the annual budget, necessary financial statements and year end tax forms. The intent of this position is to add the proper separation of duties for accountability to the financial business of Diamond Edge.

COMMUNICATION



In an effort to be more environmentally conscience Diamond Edge has gone paperless to all extents possible. In addition, with the increasing cost of postage, printing & supplies (e.g. paper & envelopes); as well as the time consuming process of duplicating and mailing the Board of Directors has implemented *Paperless Club Communication* in which all materials, including registration forms, schedules, etc., will be sent electronically via e-mail and posted on the Diamond Edge Website. It is important that you indicate an e-mail address that you check regularly and/or get a communication buddy that you check in with or who will call you when there is Diamond Edge communication. Also each member of DEFSC will have a folder which will be located in the warming room and accessible during each session at the Willmar Civic Center. Please make sure you check your folder each week for pertinent Club information.

Informational meetings for the parents and caregivers of Diamond Edge skaters will be scheduled within the first few weeks of the new season, please watch for email notices with dates and times as well as postings at the rink. Come and learn more about the Club and its various activities. We also want to use this time to gather feedback from parents and get your suggestions and ideas. All members of Diamond Edge are charged with building this club to its fullest potential and building these kids up to be the best they can be. Let's continue with our positive efforts into the next skating season.

Diamond Edge will not cancel a class session. If the Willmar Civic Center is open, we have ice time. In case of inclement weather and the Willmar Civic Center does decide to cancel all scheduled activities for the day or evening, the announcements will be on KQIC (Lakeland Broadcasting) and disseminated by email.

CELEBRATING 10 YEARS OF SKATING EXCELLENCE

It is our 10 year anniversary in 2010 and to commemorate, our annual Ice Show on February 27 & 28, 2010, will be a celebration honoring our success. All Diamond Edge Figure Skaters are invited and encouraged to perform in the show, however involvement is not required. It is a great time for skaters of all levels to show case what they have learned and be involved in a wonderful skating production. The Show Session will run from February 7 to February 22, 2010, with show practices scheduled on those Sunday evenings to all extents possible. A complete show practice schedule will be provided in January. The cost by level is below...these fees are to pay for ice and instructor/choreographer time.

SS1 through B1 \$57.50 includes one show number (keep costume)
B2 & B3 \$70 includes 1 small group & 1 large group number (keep one costume)
B4 through B6 \$77.50 includes 1 small group & 1 large group number (keep one costume)
B7 through F2 \$92.50 includes 2 group number (keep one costume)
F3 and above \$102.50 includes 2 group number (keep one costume)
F3 and above are also offered one *optional* specialty number with a \$20 additional participation cost (*costume additional if needed*)



We will make every attempt to keep to a Sunday practice schedule, however as show time draws near it sometimes becomes necessary to schedule additional practice sessions.

You must attend both lesson sessions in order to be included in the show.



SYNCHRO IS BACK

The Synchronized Skating program for skaters Basic 2 and above is back again this season. Synchronized skating is a fun and rewarding experience for skaters of all ages. It is the newest and fastest growing discipline in the sport of figure skating. Synchronized skating is slated to be an Olympic sport in the 2010 Winter Games. Synchronized skating is all about teamwork, skating various formations and steps in unison to a choreographed program set to music. The objective is for the team to skate as one unit rather than as individuals. Synchronized skating offers you the opportunity to participate in a group activity and make new friends, while sharing in the experience, energy and camaraderie of a team sport. Students will be evaluated and groups will be formed with the participating skaters based on skill and age. The synchro program is \$75 and will run concurrently with lessons in sessions 1 & 2. These groups will also have one number in the show (costume included) at no additional cost. *See the class lessons schedules posted under "schedules" at www.diamondedgefsc.com for time and location.*

LAKES AREA CLASSIC & CMBSC SERIES

Diamond Edge will again be holding the Lakes Area Classic on January 16, 2010. Basic skills competitions are designed to promote a positive competition experience at the grassroots level and are to provide an enjoyable, introductory competitive experience for the beginning skater and develop their skills. This will be our second year offering the Lakes Area Classic with the notable addition that 2009/2010 will be the first year of regionalizing and offering it as part of a series in which skaters earn points throughout the season.

The CMBSC (Central Minnesota Basic Skills Competition) Series is sponsored equally by the St. Cloud Figure Skating Club, Diamond Edge Figure Skating Club and Alexandria Figure Skating Club. This is a United States Figure Skating approved Basic Skills Series Competition which is meant to give skaters a chance to develop their U.S. Figure Skating Basic Skills in a fun competitive environment. During the competition season, skaters will have the chance to compete at different clubs and arenas and earn points that accumulate for a final standing. Series awards are presented to skaters with the highest point totals at a yearend ceremony. In addition, there are placement awards at each individual competition whether you are apart of the series or not.

Participation in the CMBSC Series is optional and you can participate in the Lakes Area Classic (or any other competition) without participation in the Series. For more information on the Lakes Area Classic or CMBSC Series please see Beth Fischer, Jolene Borka or Sue Kidrowski. Informational and competition registration materials are posted on the Diamond Edge Website.

This type of competition has been going on for several years in other states such as Michigan and Colorado, but we are the first regional skating group to bring this type of series competition to Minnesota at the basic skills level.

VOLUNTEERING / FUNDRAISING

Please remember that the DEFSC is a non-profit organization. Each season we depend on your volunteer help to keep our costs and yours at a minimum. Any spare time that members and parents are able to donate will help to ensure the continuing success and growth of our Club into the following years.

We need each family (parents, as well as skaters) to volunteer and contribute their time to various Club activities and/or fundraising throughout the skating year or pay a buy-out fee of \$100. This is a mandatory requirement of Club membership for each skating family. The level of volunteer time required is as follows:

Snowplow Sam to Basic 1	5 hours
Basic 2 to Basic 6	10 hours
Basic 7 to Freeskate 2	15 hours
F3 and above	20 hours + committee involvement/leadership

A Volunteer Hours Record will be required for each of the hours you work. The Volunteer Hours Record must also be signed by the activity/committee leader to verify your volunteer time. If at the end of the skating year you have not contributed your minimum volunteer requirements a \$100 fee will be due to the Club and you will be invoiced as such.

Added this season is a committee structure to help distribute the essentials involved in running a successful figure skating club and involve all members of Diamond Edge. A number of working committees have been developed to address either established needs or areas of focus for our club. As the new committee structure continues to evolve, there may be other working committees established, as well as other work groups established within a working committee itself. The established working committees and their areas of focus are as follows:

1. **Fundraising & Volunteers:** Seek out profitable fundraising opportunities for Club members to participate. Designate a contact person to track volunteer hours and for Club membership to report hours worked and direct questions as needed.
2. **Lakes Area Classic Competition:** Plan and coordinate all aspects of competition (e.g. registration, programs, ice schedules, trophies, novelty areas, etc.)
3. **Membership/Marketing:** Market Diamond Edge in area community education books, newsprint and other advertising vehicles. Create registration forms and process of dissemination and collection of forms. Plan and prepare for It's Great to Skate open house.
4. **Ice Scheduling/Class Scheduling/Ice Monitor:** Work closely with Board of Directors, Willmar Civic Center Staff and other designated committee contacts (e.g. Show, Competition, Testing) to assure the most cost effective use of ice to be scheduled for classes, open/practice times, testing/evaluation, show, show practices, competition, etc. Schedule volunteers to ensure the ice is monitored at each Diamond Edge sponsored event (e.g. lessons, practice ice, special event, etc.).
5. **Testing & Evaluation:** Work closely with ice/instructor supervisor and instructors on testing and evaluation process to be carried out. Keep detailed and accurate records of testing, evaluation and level/class lists.
6. **Finance & Budget:** Work closely with Club Treasurer and Board of Directors on budget, investment and financial aspects of the Club.
7. **Show:** Meet regularly and as needed to assure progress of show details and report progress to Board of Directors. Establish sub-committees and ad-hoc committees as necessary to cover the details needed such as 1) Music & Show Order; 2) Costumes; 3) Advertising/ Marketing; 4) Photography / Programs; 5) Tickets; 6) Novelty Sales & Schedules; 7) Sponsorship & Raffle; 8) Lighting, Sound & Communication Technology; 9) Backstage & Dressing Rooms

A complete description of each committee and sub-committee will be available at the rink, from any Board member and on our website. Participation in a committee or sub-committee can help assure you reach your required volunteer time each season and will build our Club and promote camaraderie and friendships within membership. It is our hope that involvement in the Clubs structure and processes by all members will give you feeling of partnership with Diamond Edge.

TESTING / EVALUATION

Testing is an important part of the basic skills program. It is tempting for the eager skater to want to advance quickly through learning the basics, and it's a temptation that's worth resisting. If you want to progress, it is time well invested to learn the basics thoroughly, even if the moves are a little uncomfortable for you. Like a pyramid, everything else you do as a skater will be built on these first skills.

Instructors will evaluate skaters the first two weeks of session 1 during lessons and provide feedback to both skaters and testing coordinator to assure all skaters are at their appropriate level. If your skater is advanced to a different level during these first two weeks you will be responsible for the season cost of the corrected level. Formal testing nights will be at the end of each lesson session. A qualified testing instructor will be testing skaters during lessons and practice ice time on the following dates:

SS1 through B6 Sunday, December 6, 2009 & Sunday, January 31, 2010.

B7 through F2 Sunday, November 22, 2009 & Sunday, January 24, 2010.

F3 and above will be tested at the discretion of a qualified testing instructor.



Evaluation feedback forms will be provided to each skater at the conclusion of testing. Testing can be an anxious time, please assure your skater it takes time and practice to be an accomplished skater, it is very important to master every skill at each level as each one is a building block preparing them for more challenging moves.

Thank you to all the parents for making our skating season a positive experience for your children and our club. We look forward to more progress and fun in 2009 & 2010.

PRIVATE LESSONS

Coaches and student instructors are screened for their availability to provide private lessons on club ice, but the agreement you make is an individual one. Private lesson fees are set by the individual instructor, not by DEFSC. While we strive to provide all the necessary instruction during the regular class lessons to allow your child to be successful in the skating program, sometimes a student will need some individual attention to master a particular skill they may be having trouble with. If this is something you are interested in, a list of available instructors/coaches and their contact information will be made available through a Board member and the Skating Supervisors throughout the season. Private lessons will be allowed during the Monday and Thursday Practice Ice only.

PRACTICE ICE

DEFSC encourages skaters to work on their moves and skills learned during practice ice. Practice ice times are for Diamond Edge members only because of insurance liability. The ice will be sectioned off to provide for the safety of our students. We do not allow students to practice spins and jumps that could injure a young unaware skater, therefore there are times set aside for the younger or beginner students as well as those at the more advanced levels. Practice ice times will be available on Monday's and Thursday's throughout lesson sessions 1 & 2 as indicated below. Practice ice is the perfect opportunity to sharpen your skills with or without a private lesson.

Snowplows through F2

Mondays Only - 6:00 to 6:45 p.m. - \$25 for each 6-week session (4 ½ hrs total)

Thursdays Only - 7:15 to 8:00 p.m. - \$25 for each 6-week session (4 ½ hrs total)

Both Mondays / Thursday (same time noted above) - \$40 for each 6-week session (9 hrs total)

F3 and above

Mondays Only - 6:45 to 7:15 p.m. - \$15 for each 6-week session (3 hrs total)

Thursdays Only - 8:00 to 8:45 p.m. - \$25 for each 6-week session (4 ½ hrs total)

Both Mondays / Thursday (same time noted above) - \$30 for each 6-week session (7 ½ hrs total)

What is not allowed during practice ice: Chasing, horsing-around or deliberately running into the rink barrier, talking with friends in groups or standing around watching other skaters in the middle of the rink.

If you have fallen, get up as quickly as possible to avoid being in the way of another skater or getting hurt because a skater may not see you. *IF YOU ARE HURT, don't move, call to a skater or coach/instructor to assist you.*

SKATERS CODE OF CONDUCT

As a member of the Diamond Edge Figure Skating Club I agree to abide by the following guidelines on and off the ice:

- ◆ Skaters will show respect at all times towards the instructors, parents, board members and fellow skaters. Be courteous both on and off the ice.
- ◆ Instructors have discipline authority on and off the ice in the arena. Any instructor has the right to remind any skater (in a courteous and non-threatening manner) of any of the rules at any time if they are not abiding by them.
- ◆ All skaters will participate during lessons or show practice and follow the instructors' directions without complaint.
- ◆ Cooperate with your instructors, other skaters, parents and the civic center employees; they make it possible for you to skate.
- ◆ Skate for fun. Skate for yourself. Set goals for your own improvement.
- ◆ Honest effort is as important as victory. Winning is doing your best!
- ◆ Play by the rules. Do the right thing.
- ◆ Using the civic center locker room is a privilege; treat it with respect and keep it clean and neat at all times.
- ◆ Control yourself: negative or bad comments and behavior detracts from the sport and makes you look bad.
- ◆ Treat all skaters as you would like to be treated.
- ◆ Set a good example for younger, less experienced skaters. They look up to you.
- ◆ Remember that the goals of any sport are to have fun, build skills, and improve mental and physical conditioning and discipline.
- ◆ Maintain a positive attitude and outlook. Help others to see their strengths.

PARENTS CODE OF CONDUCT

Codes of Conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (*Arizona Sports Summit Accord*)

- ◆ Parents will conduct themselves with good sportsmanship and instill in their skaters the desire to reflect such sportsmanship. Parental pressure disguised as love and concern can quickly destroy a skater's desire to participate. Once the priorities are misplaced and the activity is no longer skater oriented, but parent oriented, we have lost the purpose and the ultimate objectives of figure skating.
- ◆ Parents will assist in seeing that proper care of all equipment and facilities are maintained. All facilities should be left in a clean and orderly manner.
- ◆ Parents will realize that DEFSC encourages skaters to enjoy figure skating as a sport and to have fun.
- ◆ Parents will provide whatever reasonable assistance may be asked of them. DEFSC is a volunteer organization, and as such, many volunteers are needed to run the organization.
- ◆ Parents will pay fees required by DEFSC prior to the deadline dates to ensure that skaters may participate in the skating programs. Skaters with unpaid fees will not be able to participate in DEFSC programs or events until those fees are paid or arrangements have been made with the DEFSC Treasurer. It is the parent's responsibility to know when the payments are due and are responsible for timely remittance of all expenses and fees.
- ◆ Parents will assume the responsibility for the safety of their child. If the parent fears injury or witnesses' poor sportsmanship, they have the right and responsibility to remove their child from skating under this condition. In the same respect, any parent observing a situation within the rinks which creates a high probability of immediate harm to any skater should immediately bring it to the attention of the Skating Supervisor or a Board member for immediate correction.
- ◆ Parents will agree to pay for any damages assessed to DEFSC by any facility if their skater/skaters are found responsible for causing the damage.
- ◆ Parent's conduct that at any time reflects negatively on DEFSC will be referred to the Board of Directors for review. No parent shall use threatening, abusive and/or obscene language or behavior toward any DEFSC coach, skater (including their own child), volunteer, employee, or arena staff. The penalty for any of the above actions may include immediate removal from the arena, an appearance before the Board of Directors and possible expulsion and/or suspension of skating privileges from the Club for a period of time to be set by the Board.
- ◆ Parents will refrain from approaching instructors with comments and requests pressuring them to advance their child. A parent who believes their skater is inappropriately placed should request a meeting with the club's testing coordinator.
- ◆ Parents will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes and will teach their child to resolve conflicts without resorting to hostility or violence.
- ◆ Parents agree that problems between the Instructors/coaches and parents should be handled as follows;
 1. *Parents will not confront an instructor/coach during practice times or an event. Initial contact, after an overnight cooling-off period, should be made to the Skating Supervisor(s) voicing the concern and/or circumstances. A written request for contact with a notation of the nature of the complaint may be given to the Skating Supervisor(s) at the end of a lesson, and a follow-up call to clarify the complaint will be made the next day.*
 2. *Parents, Skating Supervisor(s) and instructor/coach will meet. If this meeting cannot resolve the problem, the parents, Skating Supervisor(s) and instructor/coach will then request a meeting with the Club President.*
 3. *The final meeting, if needed, would be with the parents, instructor/coach, Skating Supervisor(s) and the DEFSC Board of Directors.*

COURTESIES OF THE RINK

Please do not talk with coach/instructors during someone else's lessons. You are using valuable ice time that someone else is paying for.

Your role as skating parents is to encourage your skater to practice and use his/her time wisely. Please do not send negative messages to skaters or parents about other coach/instructors or skaters.

Encourage your skater to support other skaters as a team, as we are all skating for and representing the same Club, regardless of the fact that your skater has a different coach/instructor.

Most importantly, **do not** spread rumors or gossip about skaters, coach/instructors, or other parents. If you think there is room for improvement, which there always is, please let one of the board members know immediately!

Please support one another at all times, on the ice, in the arena, during a show. Never make fun of someone else for falling, or not quite mastering something they are working on, after all you were once there too! Never tell another skater that they aren't any good, or that you are better than them, or that your coach/instructor is better than their coach/instructor. Encourage one another to feel good about yourselves.

Do all of these things and your club spirit will grow and be passed on to others and the community which you represent.

These rules apply to all skaters, parents, coaches/instructors and rink visitors. Because this is a lot for a young skater to remember we ask all parents to talk with their children about these courtesies. If you see a rule being broken, please remind them again of the rule. They will learn in time. We will all be patient, kind, and encouraging. Thanks for your help!

Other Tips

- ✳ Please arrive 10 minutes early to put on skates and stretch. Be ready to go on the ice a few minutes prior to your scheduled time. Instructors cannot leave the ice during class so please have an adult on the premises to help if your child needs it.
- ✳ If your child is unsteady or uneasy it is recommended to wear a helmet and other protective gear.
- ✳ For the safety of all skaters no gum or food is allowed on the ice. It is also advised that no street shoes be allowed on the ice as they can track in small pebbles and grime. Debris on the ice (e.g. food, gum and dirt) can cause a fall and/or damage blades. Some of our skaters have very expensive skates and we would hate to cause damage with something so preventable.
- ✳ Parents or a responsible adult should stay on-site in case your child needs assistance. Should your child get hurt, an adult is available to assume care for them or authorize advanced emergency medical system activation, as only basic first aid can be provided by the skating supervisors. If it is absolutely necessary for a parent to leave the arena during practice, you may agree for another parent to assume supervision responsibility for your skater. Be sure your skater and the other parent are fully aware of this relationship. This is especially important during practice ice time when instructors may not be present.
- ✳ For your viewing pleasure bleacher seating is available in the Cardinal Arena and the upper warming room of the Blue Line Area for parents to observe the lessons. Skaters can enter/exit through the hockey box area and parents may help your child to the ice or get ready for skating in that area. But for observation of classes we ask you use the bleacher section. You may see the skating supervisor and/or Board members in the hockey box area to connect with instructors, help with testing/evaluation or attend to class matters, but for the most part we have been asked to keep the hockey boxes clear and uncluttered. Thank you in advance for your cooperation.
- ✳ Keep in mind that the Willmar Civic Center rink's temperature is usually about 45-50 degrees. We recommend that skaters wear warm but lightweight jackets, hats, mittens and warm pants or leggings. Jeans are not appropriate, as they do not provide adequate warmth especially when damp and may limit movement. Pants must not extend below the skate boot – they cannot interfere with the skate blade contacting the ice or the instructor's ability to see the blade. A warm and cushioning hat is advised; baseball-style caps are not appropriate while skating. A helmet is optional, but may be advisable for beginning skaters and those learning advanced moves. Skaters may wear a skating dress and tights if preferred.

Making Your Skater a Champion for Life

What is success? Success is the easily measured distance between your origin and your final achievement. Athletic participation and competition in figure skating allow your child the opportunity to develop and excel. While pursuing self-improvement and achievement, athletes transcend themselves and become better people or champions for life. Here are some valuable characteristics that are developed and enhanced in successful athletes:

<i>Persistence</i>	✳	<i>Courage</i>	✳	<i>Perspective</i>
<i>Concentration</i>	✳	<i>Self-confidence</i>	✳	<i>Self-worth</i>
<i>Desire</i>				

Taken from www.usfigureskating.org

EQUIPMENT... BUYING AND CARING FOR SKATES

Skates: The most important equipment you as a skater can purchase is your skates. No two bladed skates are acceptable on the ice. We cannot over emphasize the importance of purchasing good quality skates, for they will either help a skater progress or severely hinder their progress. It is important to purchase skates made of leather if at all possible. The DEFSC recommends that you purchase the appropriate skate for the skater's skill level. Beginners should avoid the more expensive, stiffer skates meant for higher level skaters, and higher level skaters should avoid skates with boots or blades meant for beginners.

Fitting Tip: Skates must fit properly! Skates that are uncomfortable or are too big will become a frustration to the skater. Many people quit skating before they really give it a chance because "It hurts my feet/ankles." This is a sign of an improper fit! Another important factor is support. Skates that lack adequate ankle support can't hold you up; you wind up using a lot of your muscle power just to stay upright and you risk ankle injury when landing jumps and doing spins. When purchasing used skates, check for wrinkles in the ankle area which indicate the skates have broken down and will not support your skater.

Be aware that your skate size is not always the same as your shoe size; usually the skate size is smaller than the regular shoe size. Wear the socks you intend to wear on the ice when fitting a skate. Keep trying on skates until you find a pair that fits. Your feet should not move around inside your boots, especially the heel. Your heel should be as far back into the boot as possible and should feel snug. The boots should feel snug but your toes shouldn't be pinched. You should be able to fit one finger behind the heel, with the laces opened and your foot slid forward, for a proper fit!

The closer the fit, the more control you will have.

Lacing Tips: Tap your heel back into the boot as far as possible. Pull the tongue completely up (giving it a gentle pull) and try to secure it straight up and down then tuck it beside your foot. Starting with the second or third set of laces from the bottom, begin to pull the laces tightly, one pair at a time, so the boot closes well over the front of your foot.

It is important not to let the laces slip. The laces should be snug through the ankle area and the bottom two sets of hooks. The top two can be a little bit looser to allow for some flexibility. There is a way to add an easy non-slip twist to the laces to keep the tension proper in the different sections, and to wrap the laces in the eyelets to keep them properly snug; see one of the Skating Supervisors or advanced skaters' parents for advice.

If extra lace remains, try to cross it over the hooks neatly. Do not wind the extra lace around the skates; use a tied double-bow instead. If your skate hurts or doesn't feel right, spend time re-lacing and adjusting.

Breaking in New Skates: There are a few proven methods that help break new skates in to skater's feet.

1. The main thing that helps is purely wearing them. You can wear them around the house (with the guards on of course!).
2. Have the skater put on the skates. A parent turns on a blow dryer on hot heat and blows the hot heat on the skate until the skater can feel the warmth from the blow dryer. This tends to soften up the leather in the boot to the skater foot. Repeat as often as needed. (*This is not recommended for heat molded boots.*)
3. If your skater's boots are still creating painful spots or not adequately supporting them, lacing the boots differently may help. See one of the Skating Supervisors for advice or referral.

Guards and Soakers: You will need plastic guards for your skates to use when walking to and from the ice. You should keep the guards on the blades until right before you get on the ice, and put them back on whenever you leave the ice. If you do not use guards when walking with skates on, the dirt from the floor will make your blades dull. DO NOT walk on the cement as this will damage your blades very quickly. When you are done skating, you should dry off the blades with a cloth or towel. You can use "soakers" to store your skates. Soakers are cloth guards that fit over the blades when you are done skating. Drying the blades thoroughly, then using the cloth guards instead of plastic guards when you take your skates off and put them away prevents the blade from rusting and losing its edge. It is VERY IMPORTANT to keep your blades maintained and sharpened.

Blade Sharpening & Care: You should know that each blade has two narrow edges which touch the ice, with a hollow ground between them. The goal of the sharpening job is to remove just enough metal from the bottom of the blade to renew the edges and keep the hollow-grind. Skates should be sharpened "When they need it". This depends on how much you skate and how hard you skate. Skates need sharpening when they start to slide sideways too easily. An experienced skater can often tell when the skates are getting dull but beginners can't, so look for feet skidding sideways when pushing or doing crossovers. Try to remember that nice feel of freshly sharpened skates, and when they don't feel that way, it's time.

Not all skate sharpening shops are equal. Be sure the person sharpening is qualified to maintain figure skate blades, knows what radius to apply to the hollow, and is using a square to check the levelness of the edges. If not, you may want to go elsewhere for sharpening.

Always dry off the blades after skating to prevent rusting. Check periodically that the blades are tightly attached to the boots, and the boot heels are also secure. **For safety and to prevent damage, skates are not allowed to be worn at any time on the bleachers, disability access ramp or disability viewing area of the arena.**

Which coach is right for my child?

Some things to look for in a coach are personality, teaching style, teaching experience, skating background and technical know how.

Group lessons are a great way to learn basic skating... but you can hire a coach for supplemental or regular private lessons at anytime.

When should I hire a private coach?

What size rental skate do I get?

Rental skates should be the same size as your shoes or one size smaller.

How do I tie skates?

Why do I need to join a club?

Join a club to make friends, go to competitions, perform in ice shows and exhibitions and take skating tests.

It's a blast!

Tie your skates from the toes up through the bottom hooks and lace them looser as you progress to the top hooks to provide for enough circulation and appropriate ankle flexibility.

What should my child wear?

Rinks are chilly so dress them in layers of comfortable warm clothing that allow for movement. Always remember gloves or mittens. Hats and safety approved helmets are encouraged for all children.

What is the purpose for testing?

How does my child get into a competition?

The test structure is a ladder of proficiency tests designed to encourage skill development and measure skill mastery.

Skaters can compete at every level, even basic skills. To find an event near you, do an event search on the homepage, check the rink's bulletin board or ask your skating director.

Can I get used skates?

Yes, however figure skates usually conform to the foot of the owner so be sure they are fitted properly before spending too much money on something that might not be right for your skater.

How much should my child practice?

Practice and dedication are keys to success. Rule of thumb is to practice 2-3 times for every lesson if possible. Practice = perfect!

When do I buy skates?

How do I support my child?

Be on time and prepared for your lessons, encourage your skater to practice and be positive! If your child enters a competition, remember to teach them good sportsmanship regardless of the result.

You can invest in your own equipment any time. Ask for advice on finding reputable pro shops in your area.



Skating?





WHAT DOES IT ALL COST?

Registration fee's cover instructor costs and ice time at the Willmar Civic Center and your membership fee will cover your skater's membership and liability insurance through USFS. Ice time is a major expense to the Club and that is why we look for ways to generate income to pay for ice. Some ways are having fund raisers throughout the year and this is where we need every family's participation to help make this Club successful. (See *Volunteer Guidelines and Fundraising*). Class level fees are listed below. The \$15 membership fee is non-refundable. There will be no prorating of session costs; the price listed below is for the entire season with half cost for Lesson Session 1 and half for Lesson Session 2. If a skater is unable to attend Lesson Session 2, due to injury or other, half the season cost will be returned upon request.

**Lesson Session 1 Sundays... Nov 1, Nov 8, Nov 15, Nov 22, Nov 29 & Dec 6
And Lesson Session 2 Sundays... Dec 13, Jan 3, Jan 10, Jan 17, Jan 24 & Jan 31**
Snow Plow Sam \$95 *Registration* + \$15 *Membership* = \$110.00 (beginners age 4 – 7)
Basic 1 \$95 *Registration* + \$15 *Membership* = \$110.00 (beginners age 8 & up)
Basic 2 & 3 \$120 *Registration* + \$15 *Membership* = \$135.00
Basic 4, 5 & 6 \$135 *Registration* + \$15 *Membership* = \$150.00

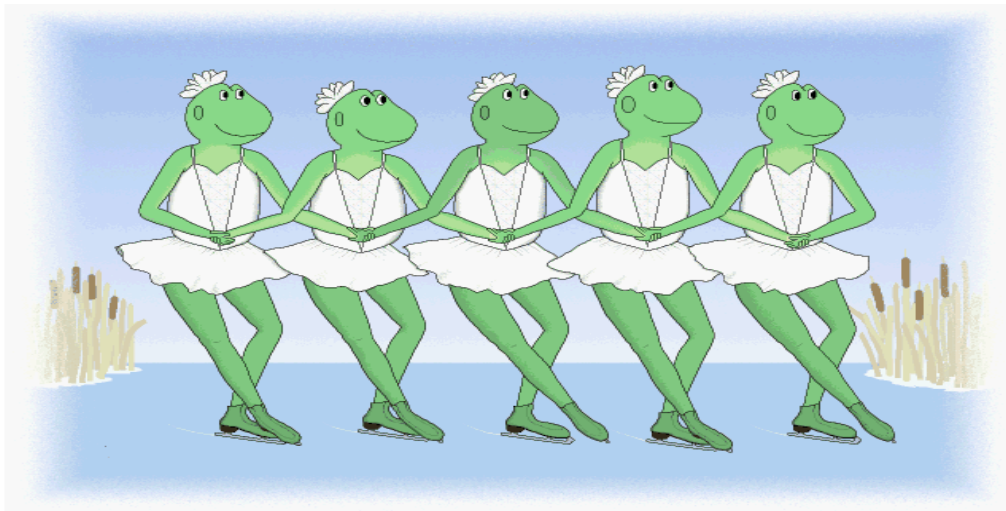
**Lesson Session 1 Sundays... Oct 18, Oct 25, Nov 1, Nov 8, Nov 15 & Nov 22,
And Lesson Session 2 Sundays... Nov 29, Dec 13, Jan 3, Jan 10, Jan 17 & Jan 24**
Basic 7 & 8 - Freeskate 1 & 2 \$165 *Registration* + \$15 *Membership* = \$180.00
Freeskate 3 & up \$185 *Registration* + \$15 *Membership* = \$200.00

See the complete Sunday evening skating schedule under “schedules” at www.diamondedgefsc.com, posted on the Club bulletin board at the Civic Center, in the member mailbox and forms/information box or from any Diamond Edge Board Member.

Current returning members of Diamond Edge can earn \$10 towards skating fees and your friends can to. By presenting a coupon worth \$10 off of skating lessons to friends and family members who currently are not members of DEFSC you both get a \$10 credit. You will sign the coupon and if the child you contacted participates as a new member they will receive \$10 off of their membership and you will also receive \$10 off of your skating lessons. The coupon will be emailed with the registration materials in September '09. You may copy this form as often as you wish. You can apply multiple coupons, for example, if four of the students you contact join our club you will receive a \$40 credit towards your lessons. New skaters may only apply one coupon towards their fees.

Payment (*minimum of half Club registration*) is due no later than the first day of each Lesson Session or your skater cannot take the ice. Or, payment arrangements must be made with the Club Treasurer.

If participating in the Diamond Edge Figure Skating Program would cause financial hardship, limited scholarships are available to pay up to 50 percent towards the class lesson registration fee. Any scholarship granted will be divided evenly between the first and second sessions of class lessons. Unfortunately we are unable to provide scholarships for practice ice, synchro, Christmas session, show session or competitions. You may get more information from one of our membership volunteers listed in Board Contacts on page 2.



Synchronized Skating

The synchro program is \$75 and will run concurrently with lessons in sessions 1 & 2. These groups will also have one number in the show (costume included) at no additional cost.

Additional Practice Ice

We have additional practice available on Monday and Thursday evenings for club members signed up for classes and will run during Lesson Sessions 1 & 2. This is a great opportunity to work in extra practice or receive additional instruction through a private lesson. Space will be limited so please sign up early. Cost is as follows:

Snowplows through F2

Mondays Only - 6:00 to 6:45 p.m. - \$25 for each 6-week session (4 ½ hrs total)

Thursdays Only - 7:15 to 8:00 p.m. - \$25 for each 6-week session (4 ½ hrs total)

Both Mondays / Thursday (same time noted above) - \$40 for each 6-week session (9 hrs total)

F3 and above

Mondays Only - 6:45 to 7:15 p.m. - \$15 for each 6-week session (3 hrs total)

Thursdays Only - 8:00 to 8:45 p.m. - \$25 for each 6-week session (4 ½ hrs total)

Both Mondays / Thursday (same time noted above) - \$30 for each 6-week session (7 ½ hrs total)

**Christmas Session ~ December 20 to January 2, 2010**

For \$30 there will be six hours of ice available for private lessons, small group lessons or practice ice.

A schedule of available ice will be available at the beginning of December. Testing or Re-Testing will be available during this session. In addition, Santa has been asked to visit (*he's a busy man so the exact date and time still needs to be determined... ho, ho, ho*).

Show Session ~ February 7 to February 22, 2010 (*You must attend both lesson sessions in order to be included in the show*)

SS1 through B1 \$57.50 includes one show number (keep costume)

B2 & B3 \$70 includes 1 small group & 1 large group number (keep one costume)

B4 through B6 \$77.50 includes 1 small group & 1 large group number (keep one costume)

B7 through F2 \$92.50 includes 2 group number (keep one costume)

F3 and above \$102.50 includes 2 group number (keep one costume)

F3 and above are also offered one *optional* specialty number with a \$20 additional participation cost (*costume additional if needed*)

VALUES KIDS LEARN THROUGH SKATING

Your child can benefit greatly by participating in skating, but those benefits are not guaranteed. They are the result of a cooperative effort among local skating clubs, coaches, officials and parents. Those benefits come more readily when adults put the interests of children first and leave their own egos and desires about winning at home. Through skating your child can:

- Acquire an appreciation for an active lifestyle
- Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills
- Learn to manage stress, perform under pressure, and test emotional and physical balance
- Develop social skills with other children and adults
- Learn about managing success



Taken from www.usfigureskating.org

WHAT IS MY CHILD SUPPOSE TO BE LEARNING?

What do the different levels mean? What should I expect my child to learn during their lessons? Sometimes it seems they are just playing? These are common questions for new parents to the Club and in a lot of cases families who have been around for a while. The Snowplow Sam levels 1 – 3 are for younger children with the elements equivalent of Basic 1 but are divided into smaller, easier steps for little ones to gain confidence on the ice. Games and stories are encouraged to keep classes fun and child participation at a maximum. The following are examples of what students should be learning by skating level, according to United States Figure Skating:

Snowplow Sam 1	✓ Bunny hop.	✓ Toe loop.
✓ Sit on ice and stand up with skates (<i>on and off the ice</i>).	✓ Forward arabesque/spiral on a straight-line – right or left	✓ Forward and backward crossovers in a figure 8 pattern.
✓ March in place.	✓ Forward lunge – right or left	✓ Waltz Eight.
✓ March forward (8 – 10 steps)		✓ Advanced forward consecutive swing rolls.
✓ March, then glide on two feet.		✓ Backward inside 3-turn.
✓ Dip in place.		✓ Backspin with free foot in crossed leg position.
Snowplow Sam 2	Basic 7	✓ Salchow.
✓ March followed by a long glide.	✓ Forward inside open Mohawk from a standstill position right to left and left to right.	✓ Half lutz jump.
✓ Dip while moving.	✓ Backward outside edge to forward outside edge transition on a circle.	✓ Waltz jump/toe loop combo or Salchow/toe loop combo.
✓ Backward wiggles – 6 in a row.	✓ Ballet jump – right or left.	
✓ Forward two foot swizzles – 2 – 3 in a row.	✓ Backward crossovers to backward outside edge glide, (landing position).	Freestyle 4
✓ Rocking Horse – one forward, one backward swizzle action.	✓ Forward inside pivots, right or left.	✓ Spiral Sequence: FI Spiral, FI Mohawk, BO Spiral.
✓ Two foot hops in place.		✓ Forward Power 3 turns.
Snowplow Sam 3	Basic 8	✓ Continuous backward progressive chassé sequence on a circle.
✓ Forward skating – 8 – 10 steps	✓ Moving forward outside three-turn on a circle – right and left.	✓ Sit spin.
✓ Forward one foot glide – right and left.	✓ Moving forward inside three-turn on a circle – right and left.	✓ Loop Jump.
✓ Forward swizzles – 4 – 6 in row.	✓ Combination move: forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge – repeat 3 times.	✓ Waltz Jump/Loop jump Combination
✓ Backward swizzles – 4 – 6 in a row.		Freestyle 5
✓ Forward snowplow stop.		✓ Backward outside 3-turn, Mohawk into 3 backward crossovers.
✓ Curves.		✓ Spiral sequence-forward outside spiral, forward outside 3-turn, one backward crossover, and back inside spiral.
Basic 1	✓ One foot spin.	✓ Forward outside slide chassé swing roll sequence.
✓ Sit on ice and stand up.	✓ Waltz jump.	✓ Camel spin.
✓ March forward across the ice.	✓ Mazurka – right or left.	✓ Forward upright spin to back scratch spin.
✓ Forward one foot glide.		✓ Loop/loop combination.
✓ Dip.	Freestyle 1	✓ Flip jump.
✓ Forward swizzles – 6 – 8 in row.	✓ Advanced forward stroking.	✓ Waltz jump/falling leaf/toe loop jump sequence.
✓ Backward wiggles – 6 – 8 in a row.	✓ Basic forward outside and forward inside consecutive edges – 4 – 6 edges.	Freestyle 6
✓ Snowplow stop.	✓ Advanced back outside 3-turns.	✓ Alternating back crossovers to back outside edges.
✓ Rocking Horse – 2 – 3.	✓ Scratch Spin from back.	✓ 5-step Mohawk sequence.
✓ Two foot hops in place.	✓ Waltz jump – from 2-3 back crossovers.	✓ Camel/sit spin combination.
Basic 2	✓ Half flip.	✓ Split jump/stag jump.
✓ Forward two foot glides – right and left.	Freestyle 2	✓ Waltz jump/1/2 loop/salchow.
✓ Backward two foot glides	✓ Basic back outside and back inside consecutive edges – 4 – 6 edges.	✓ Lutz jump.
✓ Backward swizzles – 6 – 8 in a row.	✓ Forward outside and forward inside spirals.	✓ Axel – walk through, preparation, jump.
✓ Two foot turns from forward to backward.	✓ Continuous forward progressive chasse.	
✓ Moving snowplow stop.	✓ Waltz threes.	
✓ Forward alternating ½ swizzle pumps, in a strait line.	✓ Beginning back spin.	
Basic 3	✓ Waltz jump, side toe hop, waltz jump sequence.	
✓ Forward stroking, with correct use of blade.		
✓ Forward ½ swizzle pumps on a circle, 6 – 8 consecutive clockwise/counter clockwise.		
✓ Backward one-foot glides – right and left.		
✓ Forward slalom.		
✓ Two foot spin – up to 2 revolutions.		
Basic 4		
✓ Forward outside edge on a circle.		
✓ Forward inside edge on a circle.		
✓ Forward crossovers.		
✓ Forward outside three-turn – right and left.		
✓ Backward ½ swizzle pumps on a circle.		
✓ Backward stroking.		
✓ Backward snowplow stop.		
Basic 5		
✓ Backward outside edge on a circle.		
✓ Backward inside edge on a circle.		
✓ Backward crossovers.		
✓ One foot spins – up to 3 revolutions.		
✓ Hockey stop.		
✓ Side toe hop – both directions.		
Basic 6		
✓ Forward inside three-turn, from a standstill position.		
✓ Moving backward to forward two foot turn on a circle clockwise.		
✓ T-stop, right or left.		

Some of the games and tools you see creative instructors use might be...

- ✓ **Red Light/Green Light**, to learn to stop and go in the different skating elements (e.g. marching, forward and backward glides, swizzles, etc.)
- ✓ **Driving Game**, to stroke onto the highway and dip under a bridge or glide through a dark tunnel.
- ✓ **Bagging Groceries**, to glide to the milk jug, dip to pick it up and glide to the grocery bag and dip to place the item in the bag (repeat with other grocery items).
- ✓ **Fishing Game**, dip down to get your bait and place it on the hook, cast your reel to catch a sunfish, goldfish, dolphin... if someone gets a Shark you must wiggle or swizzle backward as fast as you can to get away from him until your instructor says you are in a safe zone.
- ✓ **Other games might include: Marching Band, Hokey Pokey, Red Rover, and Simon Says.**
- ✓ **Other items used with smaller children are washable markers to draw on the ice, bubbles, cones or pylons, hula hoops, pool noodles, etc.**

Common elements in all Basic 1 – 8 levels are forward skating, backward skating, turns and stops. Plus some fun extras in each level to add skill progression and motivation.

Common elements in all Freestyle levels are Moves in the Field footwork sequences, spins and jumps, plus basic skating skills such as crossovers, stroking, spirals and others.