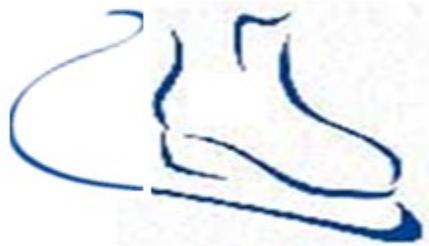


**Central New Hampshire**



**Skating Academy**

Member Handbook  
2017 – 2018

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**Website:** [www.cnhskatingacademy.org](http://www.cnhskatingacademy.org)

# **CENTRAL NEW HAMPSHIRE SKATING ACADEMY MEMBER HANDBOOK**

*"The Mission of the Central New Hampshire Skating Academy is to provide a fun, positive atmosphere for competitive and recreational skaters. ",*

## **Welcome to our Program**

The Central New Hampshire Skating Academy, figure skating club (CNHSA) is pleased to have you as a participant in our ice programs. We hope you will enjoy the sport and develop new skills in the process.

CNHSA is a nonprofit organization sanctioned by the United States Figure Skating (USFS). All club members automatically have part of their registration fee sent to USFS for enrollment. This entitles the members to participate in any USFS-sanctioned competition, take any USFS test, and receive a subscription to *USFS Skating Magazine*, published by USFS.

CNHSA runs a Learn to Skate Program, called the Learn-to-Skate *program*, and an ice theater program for CNHSA members. The Learn-to-Skate Program is designed to teach skating in group sessions for figure skating and introduction, to ice hockey. We also offer individual private lessons.

A Board of Directors, consisting of seven members--including a President, VicePresident, Secretary and Treasurer governs CNHSA. Elections are held *each* spring. The Board establishes basic policy and protocols and updates them as needed. Board members are volunteers donating their time to CNHSA. If you are *interested* in serving on the Board, please let a Board member know. If you are unable to serve on the Board, please support those who do. Board meetings are held at Laconia Ice Arena during the regular skating season (fall and winter) and at a designated place during, the spring and summer. Meeting notices are posted on the CNHSA bulletin board at the rink currently being used. Regular Board meetings are open to the general membership of the Club; however, the Board does reserve the right to call closed Executive meetings. Anyone wishing to have a specific item included on the agenda of a Board meeting is encouraged to meet with a Board member at any time to request this.

For any questions you may have after reading this handbook, please feel free to contact a Skating Director or CNHSA Board Member.

**We wish you good luck and good skating!**

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# The Central New Hampshire Skating Academy Board

## Administration

### Board Members

Joan Cellupica  
Sarah Fusonie  
Amy Wyman  
Kelly Gagnon

### Officers

Joan Cellupica  
Sarah Fusonie  
Amy Wyman  
Kelly Gagnon  
Nathalie Strickrott  
Jen Tondreau

[President@cnhskatingacademy.org](mailto:President@cnhskatingacademy.org)  
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[director@cnhskatingacademy.org](mailto:director@cnhskatingacademy.org)

### Committees

Dan Beauregard  
Growth  
Entertainment  
Fundraising  
Show  
Registration Membership

Communications [daniel@cnhskatingacademy.org](mailto:daniel@cnhskatingacademy.org)

## Inter-Club Communication Method

You should be getting email from CNHSA coaches and board members. This is the primary way the club communicates. If you have not received email from us your email address must be corrected to receive communications. Please verify your email address by going to our web site [www.cnhskatingacademy.org](http://www.cnhskatingacademy.org) and click on "Online Registration". Enter your email address and your registrations will appear.

## General Information

During the fall and winter months (September-March), there are four sessions. Most sessions are six weeks long. These take place at the Laconia Ice Arena. The club also offers ice on alternate days for private lessons, and show routines with New Hampshire Ice Theater. Other sessions may be offered depending on the number of participants registered. The last week of each session is "test week". Each skater is assessed on the quality of his or her skills and either remains at the same level or moves up to the next level after the test. A skater is also able to purchase a badge upon the completion of a level. Badges are sold in the lobby at the front desk during "test week".

In affiliation with the New Hampshire Ice Theatre, CNHSA will have two shows: In the fall we will have the cancer benefit show with CNHSA skaters and guest skaters from around New England. Skaters registered in the CNHSA, Learn to Skate Program are eligible to participate in the annual *ice shows*. Our end of season show will be in March. Please watch for sign-ups posted in early November, and January.

## CNHSA Home Club Membership

Skaters can be associated with the CNHSA in two ways. One is to become a member of the Learn-to-Skate Program and take lessons in the weekly group lesson program, which CNHSA coordinates and runs. CNHSA would then be your home club.

Benefits of CNHSA Home Club Membership are

- Membership and registration number
- Membership card
- A one year subscription to *USFS Skating Magazine* (quarterly)
- A limited accident insurance policy
- Eligibility to participate in USFS-endorsed events
- Participation in the CNHSA Ice Show

Once skaters have completed the introductory Learn-To-Skate levels, the skaters are ready for advancement into home club membership in the Central New Hampshire Skating Academy to receive more directed private or group lessons in order to advance skills at a faster pace, Skaters that transition from the basic skills program to the club, both on-ice and office conditioning classes are offered as well. In addition, club members may test to advance to higher skating levels and may compete in USFS-sanctioned events. USFSA events *per Joint Statement Of Recognition (June 29, 2004) Page 270 of 2006 Edition of the Skaters and Coaches Handbook.*

## What is CNHSA Annual Membership

All artistic (for example dance) and sports (example gymnastics) clubs have annual dues. CNHSA is both an athletic sports club (learn to skate and competition team) and artistic club (performance company). CNHSA incurs expenses that relate to both artistic clubs and sports clubs.

Here are some examples of operational expenses that CNHSA annual membership dues helps pay for.

### 35% - Coaching Staff Subsidies

CNHSA Coaches professional USFSA membership  
CNHSA Coaches Professional background check  
CNHSA Coaches Professional USFSA insurance  
Coach teaching manuals, updates, and competition literature  
Props and teaching tools used on ice

### 30% – BASIC USFS Membership

Enter local, district, and national USFSA competitions and shows  
Receive USFSA Skating magazine  
Register tests  
Badges and accomplishments  
Accident insurance coverage  
CNHSA Club Communications

### 35% – CNHSA Administration

USFSA Professional Membership  
USFSA Event Endorsements  
City of Laconia event licensing  
CNHSA Board of directors meeting space  
Club IRS and State annual financial filings  
Maintenance of non-profit status  
Website maintenance  
Marketing

Consider CNHSA recruits and retains the highest credentialed professional skating coaches in the lakes region. CNHSA coaching staff adheres to USFSA learn to skate program standards. Keeping coaches' skills current requires constant training and updates. When a coach is engaged to train a skater for preparation for an USFSA competition or exhibition, the skater must perform to USFSA standards. This requires specialized knowledge and training of CNHSA coaches. To assist with keeping the coaching staff skill set current, CNHSA subsidizes related costs.

## Scheduling

Each year the Board of Directors develops the club's ice program schedule, including ice times and rate packages. (See Attachment A for the current year's rate schedule). At the beginning of the season, the ice committee reviews the levels of the skaters in the Club and divides the sessions so that times are available for skaters at all levels. This division is reviewed throughout the year, and if necessary, the schedule is changed. Parents with questions can contact a board member. At times, due to circumstances beyond the control of CNHSA, ice times may have to be changed. If so, a notice of the changed time will be published via email and the website. It is important to check the web site frequently in case of ice time changes, as

well as other important Club announcements, are posted here. It is the responsibility of the skater or their parents to check the web site for any changes in ice time.

**In case of bad weather, cancellation of the program will be announced via email and website only**

## Registration Membership Fees

The first registration for the fall session will be held in June, allowing skaters a payment program during the summer. The payment program will be divided into four equal payments to be paid by the 10<sup>th</sup> of each month. All accounts must be paid in full before each session or the skater may not be able to participate in CNHSA activities. Payments can continue for the remainder of the skating season and long as each session is paid in full before the start of the session. Skaters joining after the start of the session will pay a prorated registration fee.

Skaters canceling their registration before the start of the session will receive all but \$25.00 of their monies back, due to USFS registration fee and administrative fees. Skaters leaving after the session has begun will receive a prorated refund, less \$25.00.

Walk-on fees must be paid to the front desk ice monitor prior to the skater entering the ice. Walk-on fee for one hour is \$15. All skaters must be a member CNHSA.

## Return Check Policy

A fee of \$25.00 will be charged for all returned checks. Your skater will not be allowed to skate until replacement of the returned check, plus the \$25.00 fee is paid in full, and in cash or by a money order only.

## Skating Programs

### Group Skating Lessons

USFS's standardized weSK4TE program, introduced in 1964, is a structured program designed to increase interest and participation in ice skating. The program provides a nurturing environment where skills are broken down into progressive, achievable levels that encourage skater development.

A group skating lesson typically has from 5-10 students and is taught by a member of the CNHSA Professional coaching staff for 30 minutes. The remaining 30 minutes to an hour (during which other group lessons are taking place) may be used as monitored free time. The CNHSA coaching staff recommends that this time be used to practice the skills learned during lessons, not as play time. Practice makes perfect, so use this the wisely.

The *Learn-to-Skate* program is offered in group lessons, classes include:

- **Tottlers:** The USFS Snowplow Sam testing program offers specialized instruction for three to five-year-olds with the emphasis of fun.
- **Beginning Skaters:** The USFS Basic 8's test program introduces skaters to the wonderful world of ice skating. Emphasizing fun and safety, lessons quickly generate confidence as new skaters develop skills and make new friends.
- **Basic Skills:** The USFS basic skills skating program guides new skaters through carefully graduated maneuvers, ensuring rapid progress over short time periods. Alpha, Beta, Gamma and Delta tests provide direction and build competency in all important foundation moves. Forward and backward skating, stopping, turning and edges are taught.

This program is designed for skaters aged three to adult. Advanced and first-time skaters alike are welcome.

The *Learn-to-Skate* Skating Program levels, from most basic to most advanced, are taught.

- Basic Level 1 - 8

After completion of the introductory Learn-To-Skate levels, skaters may progress through any of the following levels

- Freeskate 1-10
- Figures levels 1-10
- Couples levels 1-10
- Pairs levels 1-10
- Dance levels 1-10
- Special Skater 1-10 (mentally or physically impaired)
- Team skating USFS's
- Free Dance levels 1-10

Skaters are also able to learn power hockey, figures, dance, artistry in motion, synchronized skating, and power freeskate. If you are interested in any of these areas, talk to the Skating Director, Jen Tondreau about availability.

Team Skating program includes:

- Jump and Spin Teams
- Pattern Skating
- Production numbers
- Freestyle Synchro
- Synchronized Teams--Formation, Skating, Dance
- Synchronized Team. Compulsories - Formation and Skating
- Team Compulsories
- Kaleidoskate Teams

USFS Skating Competitions are team competitions developed to encourage skaters of all ages, levels and abilities. A competition is won or lost by the team as a whole. Skaters are matched by similar ages and ability levels and compete in individual titles and awards. Even if an individual skater does not place when competing against other individuals, he or she retains a high sense of involvement throughout the competition as a contributing member of a team. A sense of team spirit is fostered, and the emphasis is on *the* excitement and fun of participation rather than solely on winning.

## **EDGE, POWER AND POSITIONS**

Observe some of Jen's skaters (or Jen herself) on the ice. They can traverse the entire rink with only two or three strokes; lots of power, speed, and control with very little effort. The skater does this without thinking about it; their body performs this feat as naturally as walking. EP&P is how they do it!

The title of the session, "Edge, Power and Position" is actually very accurate and descriptive. All skaters need to commit to muscle memory what is an inside edge, outside edge, left/right. There is a correct way to stroke an edge on the ice to get maximum power for minimum effort (i.e. "active edge"). These skills are essential for figure, hockey, speed, and any other skating. The earlier the skater is able to commit these skills to muscle memory the quicker the skater will progress through the levels and proficiency. Jen's focus of the EP&P is proper warm up and then drills of one and two foot swizzles, cross overs, three turns, changes of edge, and other repetitive skills with a focus on edging, power and proper body position. All skaters should practice these skills including novice to the most seasoned professional.

Jen has had good participation in EP&P for the past four years that she has conducted it. Skaters get a lot out of the instruction. Jen is structuring this season's EP&P to all levels that can utilize effective edging; that is USFSA level BASIC 8 and above.

EP&P will be offered on Wednesday's during the fall session.

## **Private Lessons**

Private lessons are available for club members during scheduled club ice times. The number of lessons per week varies from skater to skater. Beginners usually start with one free style lessons per week and increase the frequency as the Pro and the skater feels they are ready. Occasionally, semiprivate lessons are also available from various Pros. Fees for private and semiprivate lessons are the responsibility of the skater. Your Pro will bill you individually for lessons.

## **Off-Ice Conditioning Class**

Since conditioning for figure skating is imperative for success, as in any other sport, an off ice conditioning class is offered to supplement the on-ice time. The off ice program is available during the season to six years or older. Class time coincides with scheduled CNHSA ice time. The brochures for the class will be posted on the web site or available at the front desk. The brochure will give dates, time, and cost of each session. These classes are designed to improve the muscle functioning and conditioning that is so important to the overall strength of the skater. Through sport-specific polymetric, anaerobic, aerobic, and flexibility workouts, the skater will have greater success with less injury.

## **Team Skating Program - On-Ice Class**

The team skating program is for skaters heading to a team competition or team group skating, and plan to participate in more than one event. The primary focus is edge control and giving the skaters drills that will help improve their ability to utilize their edges correctly. Skaters work on improving these movements, maximizing control and fluidity. All of the drills are designed to meet the needs of the skaters and can encompass anything from jumping and spinning technique to footwork and artistry. In other words, the on-ice class provides the skater with drills that can be practiced on their own time and can be manipulated to fit their needs. And they give the skater tools and the knowledge of how to utilize their time more effectively. This is most effective for skaters competing in Jump and Spin event, Pattern Skating, Production Numbers, Freestyle Synchro, Synchronized Teams-- Formation, Skating, Dance.

## **Recommendations on the Amount of Skating per Week**

As the figure skater develops, the amount of time spent in practice and lessons is extremely important to their success. While a skater is participating in the Basic Skills program, he or she is encouraged to practice during the free time that is allowed on a section of the rink. We recommend skaters practice another one to two times a week independent of the class, and introduced the skater to private lessons and should receive at least one lesson a week. The amount of skating time will be determined in consultation with the individual coach depending on the direction and goals of the skater. This is an excellent time to start supplementing the practice time with both the on-ice and off ice programs.

## **Pros/Coaches**

### **Selecting a Pro**

Selecting a Pro is an important decision. The parent and skater should speak with different pros to find out their views on skating. It is important to state up front whether the skater is interested in skating as recreation or as a competitive sport. This information will affect how the pro interacts with the skater. The Board must approve all new Professionals. The Board may limit the level of students taught by a Professional based on the recommendation of the Skating Director. CNHSA has a list of current teaching professionals, listing their phone number, credentials, experience, and fees.

## **CNHSA Skating Director/Head Professional**

The Board of Directors selects a Skating Director/Head Professional that helps in administrating CNHSA. The Skating Director will also help in communications between parents, skaters, and other professionals. The requirements and duties of the Skating Director are negotiated between the Skating Director and the Board of Directors. Please support our director in any way that you can.

The CNHSA web site has a page dedicated to the Pros their biographies and credentials.

## **Skater Responsibilities (ice Rink Rules and Etiquette)**

The following list of roles has been developed to keep everyone safe while enjoying a pleasant skating experience. Ice time in the area is at a premium. Each year it becomes more difficult to obtain sufficient ice time for our Club's program. In order to keep conflict at a minimum and assure that everyone can enjoy their time on the ice, we request that you adhere to the following rules.

### **Skating Priority**

Twenty--two skaters maximum will be allowed on the ice during any freestyle session.

Walk-on fees must be paid to the monitor prior to the skater entering the ice. Children younger than ten years old **must** have a parent or responsible adult at the rink while skating. Always be aware of others on the ice. Skaters should make all attempts to give the right of way to other skaters in the following order.

1. Skaters skating their program, with music.
2. Skaters involved in private lessons.
3. All other skaters.

Accidents do happen- Each skater's registration form is kept on file at the front desk so that if there is an emergency and the parent is not at the rink, the parent can be contacted, if you have a skater older than 10 whom you are dropping off at the rink and you will not be at the number listed on their registration while they are skating, please leave a number where you can be reached so that if an emergency occurs, you can be contacted.

## **Music**

The Ice Monitor is responsible for the music played during freestyle sessions. We ask skaters to refrain from playing music selections themselves. If you have a fill-in tape you would like played during the freestyle, you may give it to the monitor. We do request that all tapes be appropriate for skating and contain no songs with obscenities. If you have a tape for your program, be sure it is labeled clearly with your name and the type of program (short, long, artistic, etc.)

Music is played in order of request, with those in private lessons having priority over those practicing on their own. You may request your music only twice in any given freestyle unless there is no other music waiting to be played.

## **Skating Behavior on the ice**

Only figure skaters are allowed on the ice. Skaters must check in with the monitor at the beginning of each session. Gum, candy, and drink are not permitted on the ice at any time. A skater may use a plastic container of water.

A skater who falls is to get up quickly unless physically unable to do so. Lying on the ice may cause an accident with another skater. Remember, this is a time for practicing skating, not a social hour.

On freestyle ice, jumps are practiced on the ends of the ice, and spins are practiced in the center. Non-skating friends should view the ice from the stands. Non-skaters should not enter the immediate ice area so that they do not distract the skaters.

The ice monitor, Skating Directors, and coaches are in charge always. **Skaters must obey instructions of the coaches at all times. NO EXCEPTIONS. REALLY.** Please bring any problems or questions to the ice monitor's or front desk's attention.

Always set a positive example for others. Be happy. Be courteous. Have fun.

## Parent Responsibilities

The most important thing for a parent of a skater is to remember is that their skater is a person first, and a skater second. And in all probability the "person" in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still kids. DON'T! The same kids we see looking so grown-up on the competition ice probably still cuddle their favorite stuffed animals when they go to bed at night, Let them be kids, and support them as they grow. (*Adapted from Dozy Korte's Figure Skaters Handbook.*)

Here are some other things for parents to think about as they approach the sport:

- Balance: Make sure there is balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career.
- Don't put so much focus on your child's skating that you forget they'll have to function in a "normal world" when they grow up. School is important. Social development is important. Being a kid is important.
- Help to set goals: Help your child to set his/her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. Make sure the goals are your SKATER's goals, not yours. Help to achieve these goals by setting targets, plotting progress, etc. Be willing to reevaluate when necessary.
- Learn about the sport: Learn enough about skating to recognize the elements. Know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
- Support your Coach: pay your bills on time, and get your skater to the rink on time. When you can't be there, make sure to tell the coach in advance. Let the coach participate in goal-setting discussions if possible; or if not, at least ensure that the coach understands your skater's goals. Listen to your coach's advice and instructions, and help to ensure that your skater follows those instructions when practicing or doing activities. Once the coach understands your skater's goals, let the coach have the freedom to design a program to achieve them; don't try to second-guess the approach. On the other hand, responsibly watch to make sure that the general goals are being addressed over the long term.
- Watch: Don't use the rink as a babysitter. Stay and watch your skater practice, and in lessons, at least sometimes. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or "pressured" when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them.
- Last, but not least, for the CNHSA to have a strong and good program you need to be actively involved, provide input to the board members, and help with the committees.

## Ice Show

CNHSA will schedule ice shows. In the fall we have the cancer benefit show, presenting skaters from all over New England including our own CNHSA skaters. All proceeds go to benefit a cancer research, treatment, and patient's assistance in fighting the disease. CNHSA may schedule a show around the winter

holidays, and our 3<sup>rd</sup> show is at end of the regular skating season in March. Winter and Spring shows feature our CNHSA and the CNHSA Theatre Performance Group skaters, coaches, and New England skaters. CNHSA Show Committee builds each new show around a general theme. Skater's wanting to be in the show need to contact Jen Tondreau, All skaters are encourage to get involved in some portion of the show. All club members participating in the show will have the opportunity to skate in one large and one small group number. Even the parents have an opportunity to dust off their skates and participate if they wish. It is a lot of work, but it is enjoyed by all. It gives the skaters an opportunity to show the community what they have learned.

A fee will be charge at the door of each performance. At the cancer benefit ticket proceeds will be sent to beneficiaries. The other two show proceeds go to help offset the cost of ice fees.

### **Costumes for the Shows**

The Ice Show Committee and the skating directors will make all decisions in the type of costumes needed for a performance. Parent comments and suggestions are always welcomed. Costume cost is \$75 for the season paid with membership fees.

## **Testing**

The USFS Test program is open to all skaters. The purpose of the tests, through a series of progressive levels, is to encourage people to skate more often. Since the program is standardized at facilities around the world, skaters can start their tests in one part of the country or world, move and continue in another. Taking USFS tests also allows the skater to enter and participate in USFS competitions all across the United States and throughout the world.

CNHSA's USFS testing will be done the last week end of each session for the *Learn-to-Skate* program skaters. Each skater is assessed on the quality of his or his skills and either remains at the same level or moves up to the next level after the test. Club members who are taking private lessons and want to advance for competitive reasons or for personal satisfaction are welcome to come on the clubs test day to test. If you are interested in testing, you should discuss this with your pro, who will make the recommendation for you to test when they feel you are ready.

A skater is also able to purchase a badge upon the completion of a level. Badges are sold in the lobby at the front desk during "test week".

## **Tips for Testing**

What to wear? Clothes that you are comfortable in, or skating apparel. Skating apparel should consist of a nice practice dress or a competition dress. For warm up, wear a white sweater and white gloves. Dresses should fit well and not have overly long skirts, as the judges want to be able to see you are making the correct moves with your body. Be sure that your skates are polished and that you have clean laces. Fix your hair as you would for a competition.

Testing will begin promptly at your skating time so please be ready to go on the ice at your scheduled ice time. When you get to the rink, check in with the monitor and, if you are testing at one of the upper levels, bring your tape to the monitor (Remember to pick it up -when you are done). Stretch and do your warm-up exercises. Testing is serious business. The rink will be very quiet Always show respect to the judges. When it is your turn to test, your coach will inform the judges who you are, or will instruct you to skate over to the judges. When you go to the judges, tell them your name, and listen well to their instructions.

**Remember to smile!**

## Competition

Many skaters also enjoy testing their skill against other skaters in competitions. Club members can participate in USFS-sanctioned competitions available in the region throughout the skating season. USFS competitions are team competitions that have been developed to encourage skaters of all ages, levels and abilities. The competition is won or lost by the team as a whole. Skaters are matched by similar ages and ability levels (test) and compete in individual as well as team events, earning team points as well as individual titles and awards. Although an individual skater may not place when competing against other individuals, s/he will retain a high sense of involvement throughout the competition as s/he realizes that his/her team may win: or place highly. A sense of team spirit is thus fostered, and the emphasis is placed on the excitement and fun of participation rather than solely on "winning." For more information regarding USFS competitions, see the USFS Team Competition Standards, or the Competition Performance Rules in the *USFS Skaters and Coaches Handbook*.

Entering competitions is serious business and is something you should discuss with your pro. As a professional, your pro knows what a skater needs to begin competitions and is a wealth of knowledge. Competitions, while fun for most skaters, can also be stressful. You never know what can happen. Your pro is there to help give you hints on how to get through the event and enjoy it at the same time. If you wish to enter a competition discuss with your coach. The pro will assist you with applications and administration work. Forms must be signed by your pro and/or signed by an officer of the Board of Directors of your skating club verifying you are a member in good standing. Both the participant and the parent must sign the form.

Competitions offer events at all levels and in all areas of skating. A single skater can compete in several types of events at each competition: stroking, freeskate, figures, compulsories, dance, couples, spins, jumps, artistic, interpretive, and spotlight events. Also, team events such, as production numbers, synchronized, team compulsories, and kaleidoskate team events.

Competition entry fees vary and can start at \$30 and up for the first event and \$15 and up for each additional events. Forms are usually due six to eight weeks prior to the competition date. Most competitions offer additional practice ice (at additional cost - usually \$8-10 for 20-30 minutes). These times are usually early in the morning, before competition events start and in the evenings, after the competition events are finished. Your coach. will assist you with deciding if additional practice ice is needed and which sessions to purchase. Some competitions allow you to purchase the additional practice ice time before the start of the competition, If this is the case, you will want to mail your request in as soon as possible, because sessions fill up quickly. You can always purchase the ice at the competition, but the cost is usually higher and the most popular times may be sold out.

## Competition Tips

### *Clothing:*

As soon as you have your music for your program, you should discuss with your pro what type of competition dress would be appropriate. (Your pro may be able to give you ideas on what will match the mood of the music and the program best and also what is acceptable to the judges.) If you wait until the last minute, you may not be able to find one! Some parents are talented enough to be able to make competition dresses for their skaters. There are also options out there for those who wish to buy them. If you check with others who have skated in previous competitions, you can obtain names of people who will design and make competition dresses. (Again, if you wish to go this route, do not wait until the last minute as they often have more requests than they can take.) The Club also provides the opportunity for skaters to sell their used dresses to others. Check with Board members or watch the web site for notices as to when used dress sales may take place. You can also purchase dresses at competitions. Most competitions have a number of vendors selling dresses, other clothes, and accessories. If you are skating in a competition later in the year, you may be able to find a dress at one of the earlier competitions. In addition, USFS Skating magazine contains lists and ads of places from which you can order skating dresses.

*Before you leave for a competition:*

- Skate in your competition dress a few times before the actual day of the competition. This way you can get a feel for what it will be like to skate in it and be sure that it will stretch with your jumps, etc. Repair any holes and loose decorations. Pack a sewing kit and safety pins.
- Give your coach your practice and competition schedule as soon as you receive it.
- Confirm hotel and travel reservations. Bring directions to the rink.
- Pack skates (both of them), guards, soakers, skate polish (in a plastic bag), screwdriver, practice and competition outfits, warm-up sweater, extra laces, tights (bring an extra pair), hair accessories (scrunchies, Bobby pins), and makeup. Mark everything with your name and phone number.
- Polish: skates. Most skaters like to have their blades sharpened a week or so before competing, DON'T sharpen them the day of the competition, you don't want them too sharp.
- If flying to a competition be sure to take a direct flight to your destination to avoid luggage and your skates being lost. You can no longer carry on skates.
- Pack two copies of music for each of your programs (freeskate, dance, artistic) labeled and rewound. (Can be a tape or CD)
- Bring your videotape if you plan on having the competition videotaped, and make sure the tape is positioned at the end of the last event so you don't tape over a previous performance. There will be vendors there selling video and DVD's of individual skaters or entire flights, and still pictures. All can be very expensive.
- Bring your USFS member card.
- Pack some healthy snacks.
- Pack paper, markers, crayons, and tape to make good luck signs for other skates. Bring relaxing activities (books, beads and string, ipod, or CD player, puzzle books).

*At the competition:*

- Check in at the registration desk as soon as you arrive at the competition. Turn in your competition tape(s)/CDs. Make sure tapes are rewound. You will either be given or may purchase a competition program booklet.
- Check the official bulletin board for time changes and messages.
- Practice ice is usually crowded; do the best you can. Practice; do not watch. Remember that a competition is not the place to learn to skate.
- Arrive for practices at least 30 minutes early and for competition events 60 minutes early.
- Check in with the ice monitor to let him or her know you are there and to find out if the events are on time.
- Keep track of your belongings. Locker rooms can be very busy with skaters coming and going, so don't spread out in the locker room, keep your skates with you. Mix-ups occur!
- Expect a busy facility: lobby, dressing rooms, bleachers, vendor shops, snack bar, and bathrooms. It is a good idea to be ready with hair and makeup before you come to the arena.
- Don't eat yourself silly. You can soda, donut, and snack yourself into nerves, lack of energy, or bloated discomfort.
- Be dressed and ready to skate 20 minutes before your event. Find your coach.
- Note your appearance: skates should be polished, make sure your underwear does not show (if it shows, take it off), and hair and makeup should be neat.
- Bring a back-up tape; give it to your coach prior to competing, just in case something goes wrong.
- Do some basic warm-ups before the monitor calls your group to the ice. This way you will be ready to jump and spin during the all-too-short warmup time.
- During warm up, remember this is not a practice session. Be a stand out; head out the door first. Avoid "the pack"; maneuver for room on the ice. Don't rush; skate with a purpose.
- When it is your turn., take a deep breath, let out a from-the-inside smile, and get ready to give it your best.
- If anything is wrong with your music, go immediately to the referee. Don't be afraid. The referee is there to help you.

- Remember that all skaters have good days and bad days. Not everyone can place. Go out and do the best you can. No one can ask more of you if you truly tried your hardest.
- If you are disappointed in how you skated, wait until you get to a private place to cry or pitch a fit. Don't be too hard on yourself: Remember that most people watching couldn't do a waltz jump for love or money.
- Be a gracious winner as well as a good loser! Results are usually posted within a half hour. It is unsportsmanlike and unbecoming to gloat about high marks or make unkind comments about competitors and judges over low marks,
- If you placed, check at the award table for the time of the awards ceremony. Be there on time, in your outfit with skates on.
- Whatever happens, don't rush out of the rink after your event. Take some time to watch other events and talk to other skaters.. Many coaches encourage their skaters to watch the events one level above their current competition level so they can see what is expected at the next level, and the skater can begin to prepare for that level.
- Don't forget to pick up your tape(s)/CDs,. videotape and/or DVD before leaving the arena. You may also purchase copies of your results and the judges breakdown for a small fee. Make sure you have all your things before you leave the rink.

## Skating Equipment

### Skate Boots

"It's not weak ankles; it's not enough skate support."

Skate selection is probably one of the most important and most expensive parts of figure skating. Correctly fitted skates can make all the difference in the world. You should size skates generally one-half to one size smaller than the person's shoe size. (This may vary slightly from person to person.) The fit should be snug "like a glove," but not tight. Too much room does not allow for the proper support and enables the foot to slide around in the skate, all of which can lead to problems. When you try on skates and when you skate, a thin nylon-type sock usually works the best. The firmness level needed in the boot depends on the skater's level. Before you purchase skates, it is a good idea to talk to a pro for suggestions.

Every so often, clean your boots carefully. Use either a good quality leather shoe cleaner or saddle soap. If the small dark marks from the heels of the boots do not come off with the cleaner, use a small amount of non-acetone nail polish remover on a Q-tip, and rub it gently on over the marks.

Once your skates are clean and dry, use a good quality skate polish such as Reidelf's, and apply one or two thin coats. (Be careful with the polish as getting it off clothes or furniture is not easy.) You can use sole polish on the soles (it is like working with enamel paint and is very messy), or you can use a good quality shoe polish: that matches the soles of your skates. You should always polish your skates before testing or a competition.

### Skate Blades

Along with the boot comes blade selection. Blades are sized according to the length of the soles of the boots. Most recommend that the blades be no shorter than about one-fourth inch from the end of the boots. A blade that hangs off the sole a small amount is okay and will allow you to use it when you purchase a larger size. Recommendations from the pro or other skaters may help you in purchasing your blades. Blades need to be kept sharpened to allow the skater to maintain their edges. When the bottom of the blade feels dull like a butter knife, it is time for sharpening. No set rules exist for how often you should sharpen skates. Again, have your pro show you how to check your blades.

Whenever you are walking around with your skates on, you should leave rubber guards on to keep the small specks of dirt on the floor from putting tiny nicks in your blade. It will also keep your skates from getting dull so quickly. It is also a good idea to wash your guards occasionally to clean the specks of dirt out of the bottom.

When you get off the ice after a skating session, be sure to dry your blades with a soft cloth. Once they are dry, you should cover them with "soakers," which are soft blade covers, not your guards. The soft blade covers provide better protection for your blades when they are not in use as they protect the blades but do not promote rusting.

### Clothing

Clothing for the skater should be comfortable, yet warm. Examples are Lycra leggings, a Lycra dress or skirt with tights, even sweat pants for the cold-blooded. Many skaters prefer to dress in layers. They start practice with a sweater, jacket or long sleeved shirt over skating attire; they then take off the top layer as they practice and start to warm up. Most skaters find that thin bait gloves are the most convenient hand wear. They provide for use of the hands while still preventing the hands from getting too cold. It is always a good idea to have several pairs of gloves in your skating bag so that if you fall and your first pair of gloves get wet, you have dry ones to put on.

Skaters with longer hair should use a hair tie, headband, or scrunchy of some sort. The skater needs to keep the hair off their face and out of their eyes when they are doing spins and jumps.

Thin tights or thin nylon-type socks are best to wear inside your skates. Many skaters like to layer their tights with a thin pair that goes in their boot and a thicker one that goes over the outside of the boot or just to the top of the boot. The thicker tight keeps them warmer and absorbs some of the damp when they fall. You do not want to wear thick socks inside your skates. This can cause the feet to sweat or, since skates fit snugly, can cut off some of the circulation. This can cause the feet to get colder rather than warmer.

# Appendix

## **Section A – Consent for Medical Attention or Treatment**

I certify that I, the member, or I, the parent/guardian of said participant, give my consent to the Central NH Skating Academy and the facility the activities are taking place in and their staff and to members of the Central NH Skating Academy, their Board of Directors and volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participation in these activities.

Permission to administer First Aid: The Skater herein described has my permission to participate in all skating activities except as noted. I give consent to CNHSA and its medical representative to obtain medical care from any licensed physician, hospital, or clinic for the above mentioned skater, for any injury that could arise. I hereby give permission to order x-rays, routine tests, treatment and to release any records necessary for insurance purposes, and to provide or arrange transportation for skater.

This Consent for Medical Attention shall be binding and effective for the membership year of 2016 – 2017

## **Section B – Waiver Media Release:**

Throughout the season, we would like to record the accomplishments of our skaters. Shows and various skating activities are captured in pictures and video recordings. Our web site, brochures, programs and public television are instances of where CNHSA would like to use skater's picture.

I hereby authorize the Central NH Skating Academy to publish of minor children, and our names, for use in Central NH Skating Academy's printed publications and website. I release Central NH Skating Academy from any expectation of confidentiality for minor children and myself and attest that I am the parent or legal guardian of the children registered and that I have the authority to authorize the Central NH Skating Academy to use their photographs and names. I acknowledge that since participation in publications and website produced by Central NH Skating Academy confers no rights of ownership whatsoever. I release Central NH Skating Academy, its contractors and its employees from liability for any claims by me or any third party in connection with my participation or the participation of the undersigned minor children.

## **Section C – Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (“Agreement”)**

In consideration of participating in Central NH Skating Academy activities, I represent that I understand the nature of figure skating activities (“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”. I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the “activity”, the conditions in which the “activity” takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue the Central NH Skating Academy, United States Figure Skating, it’s directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of premises on which the “activity” takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The Central NH Skating Academy has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club Ice. We hereby acknowledge that the Central NH Skating Academy shall not be responsible for the supervision of the members at Club Ice. I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

I, the minor’s parent and/or legal guardian, understand the nature of the above referenced activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such “activity”. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claims against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of any such claim.

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Printed Name of Participant

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Date

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Signature of Participant

## **Section D – SafeSport Statement for Membership Renewal**

Central NH Skating Academy is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

The following code of conduct applies to all participants in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating and (Club/Program/Rink) including but not limited to competitions, exhibitions, training camps and local rink activities.

I recognize that my participation or my child's in all the activities associated with U.S. Figure Skating and Central NH Skating Academy is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents.

## **Section E – U.S. Figure Skating Member Code of Conduct GR 1.02**

I recognize that my participation in all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, including but not limited to competitions, exhibitions and training camps, is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents. As a precondition to participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, I will adhere to the following tenets in good faith:

A. I will exhibit the highest standards of fairness, ethical behavior and genuine good sportsmanship in all of my relations with others.

B. I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by U.S. Figure Skating.

C. I will not use or possess illegal drugs, and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any activity hosted, supported, sponsored or engaged in by U.S. Figure Skating, I may be subject to criminal penalties as well as penalties imposed by U.S. Figure Skating.

D. I will adhere to the rules of U.S. Figure Skating and the host organization at all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.

E. I will comply with all applicable anti-doping rules including, but not limited to, ISU and USADA antidoping rules.

F. I will conduct myself in a manner not detrimental to the welfare of figure skating. I understand that my actions reflect on U.S. Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by U.S. Figure Skating pursuant to GR 1.04.

G. I understand that the penalties that may be imposed may include, but are not limited to, loss of future international selections, loss of financial support from U.S. Figure Skating and its Memorial Fund, and loss of participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.

H. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 3, of the U.S. Figure Skating bylaws, and that my rights and remedies are derived therefrom.