

PARENT AND SKATER HANDBOOK

2021-2022



OUR MISSION

To provide a fun and positive experience that will instill a lifelong love of skating.

IMPORTANT DATES

BASIC SKILLS LESSONS BEGIN: October 27, 2021

SHOW REHEARSAL: February 11, 2022

SKATING SHOW: February 12, 2022 at 6:00 pm and February 13, 2022 at 1 p.m.

ANNUAL MEETING: March 4, 2022 at the MARC (family skate after meeting)

TABLE OF CONTENTS

Board of Directors	3
Learn to Skate Program.....	4
Advanced Skaters and Rink Monitoring	5
Private Coaching	6
Skates/Sharpening	6
How to Dress for Lessons	6
Show Information	7
Show Opportunities	7-8
Show Tickets	8
Show Committee	8
Volunteer Opportunities	9
Costumes.....	10
Pictures	10
Show Practice	10
Dress Rehearsal	10
Chuck-A-Duck	10
Competitions	11
Testing	11-12
Annual Meeting	12
Lettering	12
Scholarship	12
Coaches/Coaching Criteria	13-14
Club Rules	14
Safe Sport	15
Curriculum	16-18

MIRFSC BOARD

Our club is run by a nine-member board of parents who volunteer. Annually, three positions are up for election at our Annual Meeting held in March. Board members serve a three-year term. Officers of President, Vice-President, Secretary and Treasurer are elected by the Board at the June board meeting. Monthly meetings at a minimum of nine months per year are held at agreed upon times and places by the board members.

2021-2022

BOARD OF DIRECTORS:

Becky Rindt

President

Melissa Meyer

Vice-President

Jessica Belant

Secretary

Kelly Kraegenbrink

Treasurer

Regular Board Members:

Jodi Turner, Leah Zastrow, Laurie Jacoby, Sara Schmidt, and Jennifer Freyer

Learn to Skate Co-Coordinators:

Becky Rindt, Laurie Jacoby and Jennifer Freyer

Contact Information:

MIRFSC

PO Box 44

Merrill, WI 54452

Email: mirfsc@gmail.com

Phone: 715-536-3487

LEARN TO SKATE PROGRAM

The Merrill Ice Reflections Figure Skating Club (MIRFSC) was founded in 1995. MIRFSC uses the guidelines of the United States Figure Skating Association. Our season runs from November through March. More information can be found at www.learntoskateusa.com and on our website www.merrillskate.org. The first stage of skills forms a strong foundation for your skater to explore the world of skating. All skaters will progress at their own pace working toward mastering each skill. Our program encourages skaters to trade in hesitation for excitement as they grow a love for skating. The FUNdamentals harness those skills as agility, balance, coordination and speed become the main focus of this curriculum. See pages 16-17 for the skills at each level.

1. SNOWPLOW SAM

Skaters 4 years old begin in our Snowplow Sam class. Classes are 30 minutes and will be at either 5:30 p.m. or 6:30 p.m. on Wednesday nights. Cost of this program is \$90 for the season, \$20 membership fee and \$50 costume. Young skaters in Snowplow Sam are encouraged to wear a bicycle helmet, 2 pairs of mittens, and snow pants as they are learning to fall and get back up.

2. BASIC SKILLS LEVELS 1-6

New skaters that join our program that are 5 years old by October 1 begin at Level 1 (Skaters that were in Snowplow Sam the previous season and are 5 years old automatically join Level 1 the next season.) Skaters may register for our 5:30 p.m. or 6:30 p.m. classes on Wednesday nights for 50 minutes. Cost of this program is \$180 for the season, \$20 membership fee and \$50 for the costume.

3. PRE-FREE SKATE

Cost of this program is \$180 for the season, \$20 membership fee and \$50 for the costume. This class meets on Wednesdays at either 5:30 p.m. or 6:30 p.m. for 50 minutes.

4. FREE SKATE 1

Cost of this program is \$180 for the season, \$20 membership fee and \$50 for the costume. This class meets on Wednesdays at either 5:30 p.m. or 6:30 p.m. for 50 minutes. Skaters must volunteer for a minimum of 30 minutes during the opposite time they skate. (Ex. Snowplow Sam).

5. FREE SKATE 2-6 GROUP

Optional class for Advanced Skaters. Cost of this program is \$180 for the season, \$20 membership fee and \$50 for the costume. This class meets on Sundays from 6:00-6:50 p.m. This is a semi-private skating lesson. Skaters must volunteer for a minimum of 1 hour on Wednesday nights. (Ex. A Basic Skills Class)

6. CROSSOVERS

This program is open to skaters in Levels 4 thru Free Skate 1. Classes meet on Sundays from 5:00-6:00 p.m. at the MARC. This is a semi-private skating lesson. The cost of Crossovers is \$300 for the season which also includes the show costume. Crossover skaters will also be in the Opening Number of the show. (Costume for Opening Number is the club provided t-shirt)

ADVANCED SKATERS (FREE SKATE 1 and HIGHER)

Advanced skaters are required to purchase 2 hours of ice per week at a cost of \$480. Membership fee is \$20 (\$4 for club and \$16 to Learn to Skate for Instructor Membership). Advanced ice time is available from 7:30-9:30 p.m. on Wednesdays or 7:00-9:00 p.m. on Sundays during our season. Skaters may choose to do 1 hour on both nights or all 2 hours on one night.

The exception to purchasing 2 hours of ice per week is if you are in a Free Skate 1 class on Wednesday nights or in the Free Skate 2-6 class on Sunday nights. These skaters may purchase just one hour of advanced ice time each week for a cost of \$240. These two groups may choose to buy the two hours of advanced ice time if they wish to.

Advanced skaters in Free Skate 1 are required to volunteer coach a minimum of ½ hour each week and skaters in Free Skate 2 and higher are required to volunteer coach for at least 1 hour each week during the club's Learn to Skate program on Wednesday nights. If the volunteer coach commitment can not be fulfilled on Wednesdays due to religion classes or a job, there may be an opportunity to volunteer on Sunday nights. See our Co-Learn To Skate Coordinators Becky Rindt, Jessica Belant or Laurie Jacoby.

Coaches meetings (for all volunteer coaches, interns and professional coaches) will be held throughout the season. The first meeting will be in October at the MARC to go over coaching requirements and coaching assignments.

RINK MONITORING (CROSSOVER AND ADVANCED SKATER PARENTS)

Advanced Skaters and Crossover Parents are required to Rink Monitor at least two nights and possibly more depending on the number of Advanced or Crossover Skaters each season. We will use the Volunteer Requests in Entryeze website to sign parents up for rink monitoring. Parents with multiple skaters will have to do multiple nights; all nights must have a rink monitor. A \$100 Rink Monitor Deposit will be collected from all Advanced and Crossover parents prior to the first time on the ice. Please pay at Fall Registration with a separate check for \$100 made payable to MIRFSC. If you are unable to fulfill Rink Monitor night duties, you must find a replacement or forfeit your \$100. Duties include attendance, being present the entire length of the duty, filling out accident reports, basic-first aid, collecting walk-on ice fees, handling punch cards, locking cupboard in the multi-purpose room with items from the hockey box and making sure all skaters are picked up at the end of the session. Failure to pay the \$100 rink monitor check and/or sign up for rink monitoring will result in your skater not being able to skate until these two items are taken care of.

PRIVATE COACHING

Skaters may hire a private coach (Professional Coach or Junior Coach) who is approved by the Board for generally 15 or 30 minute lessons per week. Skaters will pay their coach separately from the club. Please keep in mind, rates may vary from \$20-\$30 per hour for private lessons, based on the professional coaches credentials. See each coach for their fees. If you are a basic skills skater taking private lessons, you will need to pay for your ice time which is \$15 per hour. Basic Skills skaters have the option of purchasing a punch card for \$150 which will cover 10 hours of ice. This card saves you from having to pay for the ice each week. Advanced Skaters should only be using a punch card if you are going over your two hours of ice each week.

Currently our club has two approved Professional Coaches, which are Lea Beckman and Montana Grabowsky. Professional Coaches from outside of MIRFSC may coach on our ice, but need to be pre-approved by the Board. Outside coaches that are already pre-approved for private lessons on advanced ice include Heather Johnson and Leah Johnson. For a list of junior coaches, please check our website and bulletin board.

SKATES/SHARPENING

- **FIT:** Skates are not like shoes where there can be “room to grow into,” they should “fit like a glove” in order to not allow a lot of movement within the skate.
- **STIFFNESS OF THE BOOT:** The boot should be supportive. If you can grip the boot at the top and bend it either direction easily, the skate will not be supportive to the skater. Skates must be able to hold up the elements your skater will be doing.
- **BLADES:** Blades will primarily come attached to the boot for beginning skates. No double blades for beginners please. The most common issue with blades is not sharpening them enough or not taking care of them properly. Blades should be sharpened approximately every six weeks to eight weeks (every 25-30 hours of use) depending on how often you skate. MIRFSC recommends having your skates sharpened by a reputable professional who specializes in figure skates once your skater is doing spins and jumps. Ask advanced skaters and parents for recommendations. Hard guards are needed on cement floor not soft soakers.
- **CARE:** The blades need to be thoroughly dried after every use and then have soakers or other towels covering the blades. If you put guards back on them, the moisture left in the guards will cause rust to occur on the blades. This rust will make skating very difficult and have to be sharpened off.

HOW TO DRESS FOR LESSONS

Skating Clothing Rule of Thumb: Form-fitting clothes that stretch are better than tight, restrictive or oversized clothes that restrict movement. An instructor/coach needs to see a skater’s body alignment to give proper advice and feedback about technique, so form-fitting clothing that allows for movement is better. A skater’s hair should be tied back in a pony and not in their eyes. (Never wear bobby pins on the ice for safety, loose pins are a major trip hazard.) We recommend Snowplow Sam skaters wear a bicycle helmet, snow pants and mittens.

SHOW INFORMATION

During our annual show in February, skaters will be in locker rooms for the duration of the show. Skaters who wish to watch the show with their families must purchase a ticket and have their hand marked. Skaters will not be allowed to leave the locker room unless a parent comes to get them.

Skaters are not allowed to have glitter hair spray or any glitter products in the locker rooms for the show. If you choose to have glitter in your skater's hair it must be applied at home before coming to the MARC. Absolutely no bobby pins will be allowed in hair due to the safety of all skaters on the ice. Lost bobby pins are a major trip hazard on the ice.

Static guard should be applied outside of the locker rooms or at home if it is needed on a costume. Please use aerosols/hairspray sparingly in the locker rooms. Hair should be done at home unless you are in multiple performances and need to do costume/hair change. Too much spraying of hair spray in a locker room will not be allowed due to the lack of ventilation in the small area.

Please send a blanket and activities (coloring books, games, hand-held games) for your child while they are waiting in the locker rooms. NO food or candy is allowed in the locker rooms. Only water is allowed in the locker rooms. Skate guards must be worn at all times in the locker rooms.

SHOW OPPORTUNITIES

Basic Skills in the Show

- **Basic Skills:** Each class will have a separate routine for the show. Snow Plow through Free Skate 6, as well as Crossovers.
- **Beginner Performance Line:** A skating routine open to skaters in Level 4 - Pre-Free Skate. Pre Registration is required at Fall registration. Practice begins when we begin the Show Practice Schedule. Costumes will be decided on by the Show Committee and families will be notified of what the skater must wear.
- **Father/Child:** Open to skaters in Levels 3 and up. There is no maximum number of skaters. (The 2022 show will feature Father/Child). Costumes will be determined by the Show Committee. Practice begins when we begin the Show Practice Schedule.
- **Closing Number:** This includes every skater! (Only one practice time for the whole group on the Friday night of dress rehearsal in February. Advanced Skaters begin practicing during Show Practice.)

Advanced Skaters in the Show

- **Opening Number:** Advanced and Crossover skaters. (Wear show themed t-shirt provided by club and black pants.)
- **Closing Number:** All skaters! (Advanced practice begins when we begin Show Practice Schedule in January.)
- **Free Skate 2-6 Group:** Skaters who are in the Sunday 6:00-6:50 p.m. class. \$50 costume required.
- **High Beginner Performance Line:** Skaters who are in Free Skate 1 or higher that have not yet tested free skate or moves. Additional \$50 costume required.
- **Dance Number:** Skaters that have tested a dance number. (Ex. Dutch Waltz, Fiesta Tango, Fourteen Step, etc.)

- **Bronze Performance Line:** Skater has passed Pre-Preliminary and Preliminary Moves.
- **Silver Performance Line:** Skater has passed Pre-Juvenile to Juvenile Moves.
- **Gold Performance Line:** Skater has passed Intermediate to Senior Moves and Pre-Preliminary Free Skate.
- **Sophomore Solos:** Tenth grade year. Sophomores can choose to do a duet or solo. If you do not have a private coach to help you, one will be available for Show Practice.
- **Badger State Solos:** Freshmen and Juniors who compete a solo at Badger State Games may perform it in our annual show.
- **Senior Solos:** Twelfth grade year. Seniors may choose a duet or solo. If you do not have a private coach to help you, one will be available for Show Practice.

Please note that according to the *MIRFSC Bylaws*, the criteria will be assessed each year by the Board to see if any changes need to be made. Also, if there is only one skater in a line, lines may be combined at the Board's discretion.

SHOW TICKETS

Tickets will go on sale three weeks before the show. Show tickets will be sold through Friday night at dress rehearsal. Tickets prices are yet to be determined. Children 3 and under are free. Skaters who are watching the show will need a ticket and their hand stamped. Otherwise, skaters are to remain in their locker room and only may leave when a parent picks them up. Advance tickets can also be purchased at the Merrill Chamber of Commerce during the Chamber's normal business hours prior to the show.

Flowers, candy leis, apparel and concessions will be sold in the multi-purpose room.

Colored programs will be sold before the shows in the lobby.

Show DVDs can be reserved for \$25 in the multi-purpose room at the show. Order deadline is two weeks after the show. Merrill MP3 Productions will be taping and producing the DVDs.

SHOW COMMITTEE

Beginning in June, the committee meets to decide on the theme, songs, costumes and decorations for the show. Meetings are held monthly throughout the skating season. Contact the Board President if you are interested in joining this committee.

VOLUNTEER OPPORTUNITIES

Our club is run by 100% volunteers. All board members and show committee members are volunteers. Our skating club and show would not be possible without the great support from our volunteers. Below is a list of opportunities where volunteers are needed to have our show be successful.

LOCKER ROOM MOMS

Two female chaperones are needed in our female skater locker rooms at each show. Chaperones must stay in the locker rooms with the skaters the entire time and help prepare skaters for their skating performance. Locker room chaperones receive two free show tickets. Sign up to help at Fall Registration. Per USFS regulations, each locker room parent will need to complete SafeSport Training and pass a background check. The club will reimburse you for the background check fee.

Locker Rooms include: Lv 2-3, Lv 4-6, Pre-Free Skate to Free Skate 1 and Advanced Skaters. Snow Plow Sam and Basic 1 will sit with their parents in the stands. No locker room available for them. Boys in level 2 and up may watch the show with their families for free as we do not have a locker room available for them.

PARKING CARS

Parent volunteers are needed to help park cars beginning 1 hour prior to each show up until the start of the show. Parents who volunteer for this will be given a free show ticket. Sign up to help at Fall Registration.

DECORATIONS

The Show Committee will purchase the decorations for the show. Parents may volunteer to help with the creation during skating lessons at the MARC. Duties include painting and constructing. Senior or junior line skaters who would like any props or prop reimbursement must submit a written request to the Board for approval.

Decorating will take place on the Saturday of the show at 11:00 am at the MARC. Advanced Skaters and their parents are required to help with decorating and putting up the felt, arch and lights. They are also required to help with the taking down on Sunday after the last show.

SELLING PROGRAMS

Two volunteers are needed at each show to sell our programs in the lobby.

TICKET TAKERS

Two volunteers are needed at each show to take tickets and mark hands at the door.

USHERS

Two volunteers are needed at each show to help people to their seats. Please make sure to keep the chairs open for those who are unable to sit in the bleachers.

LIGHTS

Two volunteers are needed at each show to run the lights up on the scaffolding.

COSTUMES

All skaters must be measured at Fall Registration. All girl costumes cost \$50. Boy costumes vary and depend on the costume chosen by the show committee and ranges in price from \$20-\$50.

PICTURES

Individual and group pictures will be taken by Deena Grabowsky at the MARC in Merrill towards the end of January on Sunday afternoon. Dates are yet to be determined and will depend on the arrival of costumes. Dates are subject to change due to the weather. Group photos will be used in the Show Program. Families not wanting to buy pictures are still asked to attend so their skater is included in the group photos. The schedule of pictures will be distributed with the costumes in January.

SHOW PRACTICE SCHEDULE

For 3 weeks prior to the MIRFSC Show, the club will run an alternate schedule. Practice times for routines will be 30 minutes and a schedule will be posted on the club bulletin board, emailed, on-line and distributed to parents when costumes arrive.

DRESS REHEARSAL- ON FRIDAY NIGHT BEFORE THE SHOW

Begins at 5:30 p.m. and ends at approximately 8:30 p.m. This is a closed dress rehearsal that is not open to parents or guests. Skaters should wear their costume and tights. Doing their hair is not required. We ask that Snowplow and Level 1 parents remain at the rehearsal in the multi-purpose room. The rehearsal order in the beginning will allow our youngest skaters to be done early. Both Snowplow classes will practice their routine, then both Level 1 classes, followed immediately by the Closing Number which includes every skater. Jackets & mittens may be worn for the Closing Number during the rehearsal. Snowplow and Level 1 skaters will then be dismissed. Then we will continue practicing in order of the show. Please have your skater bring a blanket as skaters will be seated on the bleachers. No bobby pins allowed in hair at any time on the ice. (For the 2021 show, the 5:30 p.m. skating classes will be in the first half of the show, and the 6:30 p.m. classes will be in the second half of the show.)

CHUCK-A-DUCK FUNDRAISER

Rubber ducks may be purchased for \$2 each or 3 for \$5 before the show and at the intermission. Each duck is numbered and participants will need to write their name on our list with their number(s). Near the end of the show, participants will be asked to CHUCK-A-DUCK onto the ice. Participants will lean against the rink wall to throw. The participants whose CHUCK-A-DUCK makes it closest to the dot near the center of the ice will be awarded half of the proceeds of that CHUCK-A-DUCK contest. There will be a CHUCK-A-DUCK contest during both shows.

COMPETITIONS

Tomahawk Skate Classic: Held annually in January. Watch for information on the bulletin board, email and our website.

Hodag Skate Classic: Held annually in April. Watch for information on the bulletin board, email and our website.

Badger State Games: Held annually in January in Mosinee for all skill levels.

There are many other competitions throughout the state each year that skaters may get involved in.

TESTING

To test, you must be a full USFSA member. MIRFSC is only a Learn to Skate program. Membership is required either through Timberline Figure Skating Club (www.timberlinefsc.com) or you may become an individual member of USFSA. Each skater who chooses to test must have a private coach. Skaters may test their skills in a variety of different areas such as Moves in the Field, Free Skate and Dance.

MOVES IN THE FIELD

Many skaters begin their testing with the Moves in the Field track. This is because Moves in the Field is considered a “prerequisite” or baseline test series. This means that in order to take a discipline specific test, like free skating, the skater must first pass the equivalent Moves in the Field test. Each level in Moves in the Field consists of four-six set patterns that must be performed by the skater.

Skaters are required to learn strong edges, a variety of turns, and controlled body positions, with good posture and power. The Moves in the Field test levels are: Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior.

FREE SKATE

Free Skate tests are the next most common type of test to take, although it is perfectly acceptable to move directly to dance, or simply focus on Moves in the Field. The levels in free skate tests mirror Moves in the Field, and a skater may not attempt a free skate test until they have passed at least the corresponding Moves in the Field test. (A skater may test as high as they want to in Moves in the Field without taking any other tests though). Beginning with the Pre-Preliminary test, each level consists of required jumps, spins and steps. (Steps are either specific ‘step sequences’, spiral step sequences or moves that connect elements to one another). Instead of the skater simply demonstrating the elements, they must perform all of the elements in a program choreographed to music at a prescribed length for preliminary and higher. The Free Skate test levels are: Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior.

If a skater wants to compete in a free skate or short program event in a competition, the highest free skate test that they have passed determines the level that they are required to enter. Once that skater has passed a test, they may never again enter a competition at a lower level. (Some competitions do, however, allow a skater to “skate up” one level.)

DANCE

Ice Dancing is a discipline where the skater learns ballroom style dancing on the ice to a specific rhythm of music. Dancing is usually tested as a pair, but is not just limited to that. They also can take a solo track. Pattern dances consist of required steps to music, skated in a particular tempo that covers the ice surface. There are either 3 or 4 dances per level. Like moves in the field and free skate, the patterns become more challenging and intricate as the level increases. In compulsory dances, skaters are given a very specific pattern to follow.

Dancers are judged on their ability to skate the required pattern while demonstrating correct posture, strong edges, musical timing, and character of the specific dance. The test structure for ice dancing includes the following levels: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold, and International.

ANNUAL MEETING

On the first Friday in March from 6:00-7:30 p.m. at the MARC. Election of 3 new board members will take place. Parents who would like to have voting rights may do so by becoming an Associate Member for \$5. The meeting will include an annual review, free supper and free open skate to MIRFSC families.

FRESHMEN LETTERING

Our club would like to recognize high school skaters with a Merrill Ice Reflections "Letter." This embroidered letter is for Freshmen Skaters who have achieved level Free Skate 1 or higher. Skaters receiving this recognition will be awarded their Letter "M" at the Annual Meeting.

HIGH SCHOOL SCHOLARSHIP

The MIRFSC is pleased to offer all graduating seniors who are eligible, a \$500 scholarship.

Eligibility:

- Paid current members of MIRFSC who have been with the club for a minimum of four (4) years and are under 19 years old.
- Applicants must have volunteered and taught basic skills every year they were eligible. Exceptions: medical, confirmation or acknowledged hardship by the scholarship committee.
- Applicants must have competed at a sanctioned skating competition.
- Pro-skaters are ineligible.
- Applicant must be a graduating senior in high school with the intent on continuing their education.
- Applications may be obtained from a board member or our website and are due by January 1.

PAID COACHING

Skaters need to submit their information to the MIRFSC Board President and be approved by the MIRFSC Board. Applications are due by **September 1** of each year. These coaches will be paid monthly by the hour during the skating season for their time.

CROSSOVER COACH CRITERIA

- 16 years old
- Active member of MIRFSC for three years.
- Basic Skill volunteer coach for three years (Seniority is given to the instructors that have been in the Club the longest.)
- Passed Preliminary Moves and Pre-Preliminary Free Skate test.
- Must be at least two levels above the highest Crossover Skater.

INTERNSHIP CRITERIA

- 16 years old
- Active member of MIRFSC for three years.
- Basic Skill volunteer coach for three years and will continue to volunteer one hour per week.
- Passed Preliminary Moves and Pre-Preliminary Free Skate test.
- If there are more qualified applicants than open position(s) then the position will be made available to the oldest grade applicant(s).
- Job Duties include: Testing levels from Snowplow 1 through Level 3 (may be required to test levels through Free Skate 2), assisting the Pro Coach, and fill in for Pro Coach in case of absence.

JUNIOR COACH CRITERIA

- 16+ years old
- Must be a USFSA compliant coach.
- Must have been an intern or crossover coach with our club for a minimum of one year.
- Must have been a member of MIRFSC for a minimum of three years.
- Will be required to volunteer 1 hour during Basic Skills.
- Can coach private lessons during advanced ice time for a maximum of 3.5 hours per week. (If Junior Coach is still in high school they will be required to purchase advanced ice for themselves for 1 hour per week.)
- If still in high school, they can be a part of the show in their normal advanced numbers.
- Will not be paid if they choreograph their own number for the show.
- Will not choreograph numbers for the same age peers unless the Pro directs this.
- Will not be allowed to coach private lessons during the show practice weeks unless one of their skaters has a solo in the show.
- Will be eligible for the scholarship if graduating from high school.
- Minimum credentials: Juvenile Moves in the Field, Preliminary Free Skate and Pre-Bronze Dance.

PROFESSIONAL COACHES

- 18 years old and graduated from high school.
- Coached and choreographed.
- Minimum credentials: Novice Moves in the Field, Pre-Juvenile to Juvenile Free Skate and Silver Dance.
- Must be a USFSA compliant coach.
- Will be given a 1099-misc if income exceeds \$600 annually.

CLUB RULES

- Be respectful.
- Cell phones are not permitted on the ice with skaters except for coaches with show music or instructional videos.
- No food, gum or drink on the ice or in the hockey box.
- No parents or visitors are allowed on the ice or in the hockey box during MIRFSC lessons.
- Dressing rooms/locker rooms and the multi-purpose room are to be kept neat and organized by skaters.
- Skaters must dress appropriately at all times.
- Parents and skaters should not interrupt a skater or coach when they are having a lesson.

SAFE SPORT

U.S. Figure Skating strives to provide a safe environment for its members that are free of misconduct and harassment. The association will not tolerate or condone any form of harassment or misconduct of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the authority of U.S. Figure Skating. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating rules. Inappropriate behavior or misconduct will be reported.

The U.S. Figure Skating SafeSport Program addresses the following types of misconduct:

- Sexual misconduct
- Physical misconduct
- Emotional misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct



BASIC SKILLS - FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey and speed skating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

BASIC 1

BASIC 1

A	Sit on ice and stand up
B	March forward across the ice
C	Forward two-foot glide
D	Dip
E	Forward swizzles (6-8 in a row)
F	Backward wiggles (6-8 in a row)
G	Beginning snowplow stop (on one or two feet)
★ Bonus Skill: Two-foot hop in place	

BASIC 2

BASIC 2

A	Scooter pushes (R and L)
B	Forward one-foot glides (R and L)
C	Backward two-foot glide, length of skater's height
D	Rocking horse — one forward swizzle, one backward swizzle (repeat twice)
E	Backward swizzles (6-8 in a row)
F	Two-foot turns from forward to backward in place (clockwise and counterclockwise)
G	Moving snowplow stop
★ Bonus Skill: Curves	

BASIC 3

BASIC 3

A	Beginning forward stroking showing correct use of blade
B	Forward half-swizzle pumps on a circle — 6-8 consecutive clockwise and counterclockwise
C	Moving forward to backward two-foot turns on a circle (clockwise and counterclockwise)
D	Beginning backward one-foot glides — focus on balance
E	Backward snowplow stop (R and L)
F	Forward slalom
★ Bonus Skill: Forward pivots (clockwise and counterclockwise)	

BASIC 4

BASIC 4

A	Forward outside edge on a circle (R and L)
B	Forward inside edge on a circle (R and L)
C	Forward crossovers — clockwise and counterclockwise (4-6)
D	Backward half-swizzle pumps on a circle — 6-8 clockwise and counterclockwise
E	Backward one-foot glides (R and L)
F	Beginning two-foot spin (up to two revolutions)
★ Bonus Skill: Forward lunges — both legs	

BASIC 5

BASIC 5

A	Backward outside edge on a circle (R and L)
B	Backward inside edge on a circle (R and L)
C	Backward crossovers — 4-6 clockwise and counterclockwise
D	Forward outside three-turn (R and L)
E	Advanced two-foot spin, min. 4 revolutions
F	Hockey stop — both directions
★ Bonus Skill: Side toe hop (R and L)	

BASIC 6

BASIC 6

A	Forward inside open mohawk from a standstill (R to L and L to R)
B	Forward inside three-turn (R and L)
C	Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
D	Backward stroking
E	Beginning one-foot spin, optional free leg and entry position (2-4 revolutions)
F	T-stops (R and L)
G	Bunny hop
H	Forward spiral on a straight line (R and L)
★ Bonus Skill: Shoot the duck (R and L)	

To provide a fun and positive experience that will instill a lifelong love of skating.

LEARN TO
SKATE
USA

Presented by
TOYOTA

FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as an Aspire program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

PRE-FREE SKATE

PRE-FREE SKATE (COMBINATION OF BASIC 7 AND 8)

SKATING SKILLS

- A Backward crossovers to a backward outside edge glide (landing position), clockwise and counterclockwise
- B Backward outside edge to a forward outside edge transition on a circle (R and L)
- C Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, repeat three times clockwise and counterclockwise

SPINS

- D One-foot upright spin (USp), optional entry and free-foot position (minimum three revolutions)

JUMPS

- E Mazurka (R and L)
- F Waltz jump (TWz)

- ★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise

FREE 2 SKATE

FREE SKATE 2

SKATING SKILLS

- A Alternating forward outside and inside spirals on a continuous axis (two sets)
- B Basic backward outside and backward inside consecutive edges (4-6)
- C Backward inside three-turns (R and L)

SPINS

- D Beginning back spin (USp) (min. 1-2 revolutions)

JUMPS

- E Half Lutz (1HLz)
- F Salchow (1S)

- ★ Bonus Skill: Variation of a forward spiral, skater's choice

FREE 1 SKATE

FREE SKATE 1

SKATING SKILLS

- A Forward power stroking, clockwise and counterclockwise
- B Basic forward outside and forward inside consecutive edges (4-6)
- C Backward outside three-turns (R and L)

SPINS

- D Upright spin (USp), entry from back crossovers (min. four revolutions)

JUMPS

- E Half flip (1HF)
- F Toe loop (1T)

- ★ Bonus Skill: Waltz jump-waltz jump sequence (TWz+TWz)

FREE 3 SKATE

FREE SKATE 3

SKATING SKILLS

- A Alternating backward crossovers to back outside edges (4 sets)
- B Alternating mohawk/crossover sequence (R to L and L to R)
- C Waltz three-turns (forward outside three-turn, backward outside edge glide), clockwise and counterclockwise

SPINS

- D Advanced back spin (USp) with free foot in crossed leg position (min. three revolutions)

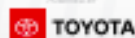
JUMPS

- E Loop jump (1Lo)
- F Waltz jump-toe loop (TWz+1T) or Salchow-toe loop (1S+1T) combination

- ★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

Note: The skating school has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

To provide a fun and positive experience that will instill a lifelong love of skating.



FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps — all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as an Aspire program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

FREE 4 SKATE

FREE SKATE 4

SKATING SKILLS

A Forward power three-turns, 3 sets each (R and L)

B Waltz eight

SPINS

C Forward upright spin (USp) to backward upright spin (USp) (3 revs. each foot)

D Sit spin (SSp) (min. three revolutions)

JUMPS

E Half loop (1HL0)

F Flip (1F)

★ Bonus Skill: Split jump, stag jump or split falling leaf

FREE 6 SKATE

FREE SKATE 6

SKATING SKILLS

A Forward power pulls (R and L)

B Choreographic step sequence (ChSt), skater's choice, using a variety of three-turns, mohawks and toe steps

SPINS

C Camel-sit spin combination (CoSp) (min. two revolutions each position)

D Layback (LSp), attitude or cross-foot spin (USp) (three revolutions)

JUMPS

E Waltz jump-Euler-Salchow jump sequence (TWz+1Eu+1S)

F Beginning Axel (1A)

★ Bonus Skill: Backward outside pivot (optional entry)

FREE 5 SKATE

FREE SKATE 5

SKATING SKILLS

A Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise

B Five-step mohawk sequence, clockwise and counterclockwise

SPINS

C Camel spin (CSp) (min. three revolutions)

JUMPS

D Waltz jump-loop jump combination (TWz+1Lo)

E Lutz jump (1Lz)

★ Bonus Skill: Loop-loop combo (1Lo+1Lo)

Note: The skating school has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

To provide a fun and positive experience that will instill a lifelong love of skating.

LEARN TO
SKATE
USA

POWERED BY
TOYOTA