PARENT AND SKATER
HANDBOOK

2026-2027

OUR MISSION

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

IMPORTANT DATES

REGISTRATION: September 16, 2026 5:30-7:30 p.m.

LEARN TO SKATE LESSONS BEGIN: October 21, 2026

SHOW REHEARSAL: February 12, 2027

SKATING SHOW: February 13, 2027 at 6:00 pm and February 14, 2027 at 1 p.m.

FAMILY SKATE: March 7, 2027 2:00-4:00 p.m.

BANQUET/ANNUAL MEETING: April 4, 2027 1:00-3:00 p.m.

TABLE OF CONTENTS

Board of Directors ……..3

Membership Options ……...…4-5

Learn to Skate Program……..……..……..…….....5-6

Private Ice, Rink Monitoring ……...……..6

Private Coaching ……7

Skates/Sharpening, How to Dress for Lessons …….7

Show Information ……..…7

Show Opportunities ……....8-9

Show Tickets …….……....9

Show Committee ……....9

Volunteer Opportunities …….10

Costumes……11

Pictures ……..11

Show Practice …….…..11

Dress Rehearsal ……...11

50-50 Raffle ... …….…11

Competitions ……11

Testing ……...12

Annual Meeting ……12

Lettering ……12

Scholarship ……12

High School Team……13

Coaches/Coaching Criteria ……...…13-15

Club Rules ……15

Skate Safe …….……..16

Curriculum ……...17-19

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.

2026-2027

BOARD OF DIRECTORS:

Becky Rindt

President

Jennifer Freyer

Vice-President

Jessica Belant

Secretary

Kelly Kraegenbrink

Treasurer

Regular Board Members:

Brindy Literski,, Annie Hoffman, Kristin Lee, Rachel Bathke and Heather Phelps

Learn to Skate Co-Coordinators:

Becky Rindt, Jennifer Freyer and Brindy Literski

Contact Information:

MIRFSC

PO Box 44

Merrill, WI 54452

Email: mirfsc@gmail.com

MEMBERSHIP OPTIONS

All memberships are valid for one year July 1 through June 30 of the following year.

Learn to Skate Membership Only - $25
This is a membership for group classes. This includes snowplow, basic skills, and free skate group classes. Skaters would be eligible for the annual show. This membership does not include the use of private club ice. (Exception: If you are a Learn to Skate Instructor and not a full member, you will purchase your own Learn to Skate membership and take the Instructor course)

Full Club Membership - $85
This is a United States Figure Skating Association (USFSA) membership. This allows for the skater to have lessons on private ice with a coach and gives them ability to test different levels for USFSA. This cost does not include the cost of coaching fees, club ice time, or show costumes. A skater can only be a Full Club member at one figure skating club. Skaters would be eligible for the annual show, and skaters in Free Skate 1 or higher will be expected to volunteer for a Learn to Skate class. Volunteer instructors would purchase their own Learn to Skate membership and complete the instructor course.

Full Club Membership and Learn to Skate Membership - $110
This is for both a United States Figure Skating Association (USFSA) membership and Learn to Skate membership. The Learn to Skate membership is for group classes. This includes snowplow, basic skills, and free skate group classes. The full club membership allows for the skater to have lessons on private ice with a coach and gives them the ability to test for different levels for USFSA. This cost does not include the cost of coaching fees, club ice time, or show costumes. A skater can only be a Full Club member at one figure skating club. Skaters would be eligible for the annual show, and skaters in Free Skate 1 or higher will be expected to volunteer for a Learn to Skate class.

Introductory Membership and Learn to Skate Membership - $75
This is for both a United States Figure Skating Association (USFSA) introductory membership and Learn to Skate membership. This is for your first year as a USFSA full member, meaning you have never had a full membership anywhere else before. The Learn to Skate membership is for group classes. This includes snowplow, basic skills, and free skate group classes. The introductory full club membership allows for the skater to have lessons on private ice with a coach and gives them the ability to test different levels for USFSA. This cost does not include the cost of coaching fees, club ice time, or show costumes. A skater can only be a Full Club member at one figure skating club. Skaters would be eligible for the annual show, and skaters in Free Skate 1 or higher will be expected to volunteer for a Learn to Skate class.

Associate Membership (With Ice Show) - $40
You have a full club membership in good standing with another club. You are required to purchase a minimum of 15 1-hour private ice sessions as an associate member if you are participating in the annual show. This will allow the skater to use private ice for practice or private lessons. In addition, to skate in the annual show, the associate member skater must have a minimum of 15 hours of volunteering with our club (Examples: Learn to Skate Coaching on Wednesdays, painting show decorations, show duties, and MIRFSC-sponsored events, and parents contribute to volunteering for show and rink monitoring). Skaters will be recognized on social media and at the banquet.

Associate Membership (With No Ice Show) - $40
You have a full club membership in good standing with another club. You are able to purchase a package of private ice sessions as an associate member and pre-schedule ice times. If you do not buy a package, you are subject to walk on if there is room available.

Additional Family Member Membership - $45
This is the cost per additional family member. This is a full USFSA membership.

Collegiate Membership (4-year membership) - $120
This is for students who have graduated from high school and are enrolled in post-secondary education. This is a full USFSA membership. Skaters are allowed to purchase private ice time. They may purchase a package of ice or buy ice on a walk-on basis when they are able to skate.

Associate Member / Walk-On Coach - $40
Must be approved by the board of directors and provide proof of insurance. They also need to be compliant as a coach with USFS. Allowed to walk-on coach two times before having to become an associate member with our club to continue coaching. Associate member coaches do not help with Learn to Skate or the annual show. If using ice for themselves, must purchase walk-on ice.

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 late October 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. The cost of this program is $90 for the season, $25 membership fee, and $60 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 (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 45 minutes. Cost of this program is $180 for the season, $25 membership fee, and $60 for the costume.

3. PRE-FREE SKATE
Cost of this program is $180 for the season, $25 membership fee and $60 for the costume. This class meets on Wednesdays at either 5:30 p.m. or 6:30 p.m. for 45 minutes.

4. FREE SKATE 1
The cost of this program is $180 for the season and $60 for the costume. This class meets on Wednesdays at either 5:30 p.m. or 6:30 p.m. for 45 minutes. Skaters must volunteer for a minimum of 30 minutes during the opposite time they skate. (Ex. Snowplow Sam). Skaters must purchase their own Learn to Skate Instructor Membership and complete the Instructor Course through LTS.

5. ADVANCED SKATE CLASS (Free Skate 2 and higher)

Optional class for Advanced Skaters. Cost of this program is $180 for the season and $60 for the costume. This class meets on Sundays from 7:10-8:00 p.m. This is a semi-private skating lesson. Skaters must volunteer for a minimum of 1 hour on Wednesday nights. (Ex. Learn to Skate Class). Skaters must purchase their own Learn to Skate Instructor Membership and complete the Instructor Course through LTS.

6. CROSSOVERS

This program is open to skaters in Levels 4 through 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 $320 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 show t-shirt)

PRIVATE ICE

Full and associate club members must purchase a minimum of 15 1-hour private ice sessions per season. Those 15 hours can be flexible as to which night and hour you skate during that night. You must purchase the ice or make changes to which session on Entryeeze at least 24 hours ahead of time. You may purchase additional hourly sessions at a rate of $15 per session. Option to purchase 15, 20, or 30 sessions as well.

Private ice sessions are on Wednesday nights from 7:30-8:30 p.m. and 8:30-9:30 p.m. and Sunday nights from 6:00-7:00 p.m. and 8:00-9:00 p.m.

Private ice will have a maximum of 18 skaters per session. Skaters may walk on if there is room for $15 per session, paid to the rink monitor.

A visiting skater from an out-of-town member club of USFSA may skate two (2) total sessions at the current fee. Subsequent sessions would require purchase of a club membership.

RINK MONITORING (Full Members, Associate Members plus Crossover Members)

Full and Associate members, as well Crossover parents are required to rink monitor. The number of hours required to rink monitor will be divided amongst the number of skaters enrolled for that season. We will use the Volunteer Requests in Entryeeze website to sign parents up for rink monitoring. Once we inform you what you need to sign up for, you will go into Entryeeze and select your dates and times. Parents with multiple skaters will have to do multiple nights; all nights must have a rink monitor. If you do not fulfill your rink monitor duties for the season, you skater will be considered a member not in good standing. You would need to pay $20 per hour that you did not volunteer to become a member in good standing again.

PRIVATE COACHING

Skaters may hire a private coach (Professional Coach or Junior Coach) who is approved by the Board. Skaters will pay their coach separately from the club. Please keep in mind, rates may vary from $20-$60 per hour for private lessons, based on the professional coach's credentials. Coach rates per hour and session are listed on the club website. If you are taking private lessons on our private ice you must be a Full or Associate Member.

Currently, our club has three approved Professional Coaches, which are Montana Grabowsky, Brooklyn Kraegenbrink and Korina Kraegenbrink. Our current junior coaches are Madison Altman-Wendt, Leah Freyer and Lilly Hoffman.

Guest/walk-on coaches must be pre-approved by the board and provide proof of liability insurance.

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 the warming rooms for the duration of the show located behind the rink. 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 warming rooms backstage unless a parent comes to get them.

Skaters are not allowed to have glitter hair spray or any glitter products in the warming 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. Designated changing areas in the warming room are the pop up changing rooms provided or the restroom within each warming room.

Static guard should be applied outside of the warming rooms or at home if it is needed on a costume. Please use aerosols/hairspray sparingly in the warming 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 warming room backstage will not be allowed due to the lack of ventilation in the small area.

Please send a blanket and activities (coloring books, board games, small toys) for your child while they are waiting in the warming rooms. NO phones, food or candy are allowed in the warming rooms. Only water is allowed in the warming rooms. Skate guards must be worn at all times in the warming 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 2027 show will feature Mother/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 (Free Skate 2 and higher) and Crossover skaters. (Wear show themed t-shirt and black pants.)
- **Closing Number:** All skaters! (Advanced practice begins when we begin Show Practice Schedule in January.)
- **Advanced Skate Class:** Skaters who are in the Sunday 7:10-8:00 p.m. class. $60 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 $60 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 Skating Skills.
- **Silver Performance Line**: Skater has passed Bronze Skating Skills and Preliminary Singles.
- **Gold Performance Line**: Skater has passed Silver Skating Skills and Bronze Singles.
- **Sophomore Solos:** Tenth grade year. Sophomores in Free Skate 1 or above 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 or Excel Series Solos**: Freshmen and Juniors in Free Skate 1 or above who compete a solo at Badger State Games or an Excel Series Competition may perform it in our annual show.
- **Senior Solos**: Twelfth grade year. Seniors in Free Skate 1 or above may choose a duet or solo. If you do not have a private coach to help you, one will be available for Show Practice. *Exceptions to the level requirements as a senior may be taken under consideration by the board.
- **Coaches Number**: Consist of our professional and junior coaches involved in our Learn to Skate program and helping with the show.

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 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.

WARMING ROOM/BACKSTAGE MOMS

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

Warming Rooms backstage include: Snowplow-Lv 1, Lv 2-3, Lv 4-6, Pre-Free Skate to Free Skate 1 and Advanced Skaters. Boys in level 2 and up may watch the show with their families for free as we do not have a warming 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 10:00 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.

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 $60. 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 a professional photographer at the MARC in Merrill TBD in late December or early January. 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.

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.

50-50 RAFFLE FUNDRAISER & RAFFLE BASKETS

During each skating show, raffle tickets will be sold and a ticket drawing will be done. Raffle ticket winner will be announced and win 50% of the profits. Basket raffle donations will be collected and tickets will be sold for the opportunity to win.

COMPETITIONS

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

Badger State Games: Held annually in January at Marathon Park & Greenheck for all skill levels.

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

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

COMPETITION GROUP

Between our two Learn to Skate sessions, we will have a Competition Group opportunity for skaters who would like to compete at any of the competitions listed above. Skaters will learn how to be prepared for competing in Basic Skill elements. The limit is 20 skaters. Skaters pay for their registration fees, practice ice at competitions (optional) and coach's fee to put the skater on ice at the competition ($10-$15). The competition group does not meet during Show Practice weeks.

- Snowplow Sam to Basic 6 Elements (same skills they are working on during their classes.)
- Aspire 1-4 Compulsory Moves (no music, performed on half ice, same skills they are working on during their classes.)

This opportunity does not include competing with a music program. Please contact a private coach from our website to arrange for music programs.

TESTING

To test, you must be a full USFSA member. Each skater who chooses to test must have a private coach. Skaters may test their skills in a variety of different areas such as Skating Skills, Singles and Dance.

SKATING SKILLS

Many skaters begin their testing with the Skating Skills (Moves in the Field) track. This is because Skating Skills 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 Skating Skills/Moves in the Field test. Each level 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 Skating Skills test levels are: Pre-Preliminary, Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold and Gold.

SINGLES

Singles (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 Skating Skills. The levels in Singles tests mirror the Skating Skills, 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 Singles test levels are: Pre-Preliminary, Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold and Gold.

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.

FAMILY SKATE

We will have a family skate on Sunday, March 7, 2027 from 2:00-4:00 p.m.

ANNUAL MEETING AND BANQUET

We will be having our annual meeting and banquet on April 4, 2027. Elections of board members and awards will take place.

HIGH SCHOOL LETTERING

Our club would like to recognize high school skaters with a Merrill Ice Reflections “Letter.” This embroidered letter is for high school skaters who have achieved level Free Skate 1 or higher. Skaters receiving this recognition will be awarded their Letter “M” at the Annual Meeting. It is required that skaters be a member of the club for a minimum of four years to earn the letter.

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. If not eligible to coach basic skills, applicants must volunteer a minimum of 10 hours each year during their junior and senior year of high school for the club. (Examples: Painting show decorations, show duties, and MIRFSC-sponsored events.)
- 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.

HIGH SCHOOL TEAM

Deadline to sign up is **August 1**. This opportunity is for skaters is in Grades 9 - 12.

- Skater is in Free Skate 1 or higher. Skater is also taking private lessons with a minimum of 1 hr of private ice weekly in Merrill.
- Attend all high school team practices: During regular skating weeks from **9:00-9:30 PM** on **Sundays** at the MARC unless excused absence.
- Attend 4 competitions with the team, unless excused for absence. (Tentative dates Nov 15, Dec 12, Jan 17, March 14)
- Pay registration $200-$300, depending on the number of team members. $100 due first night of practice. Second payment TBD due before the last competition in March)
- Complete competition waivers on USFSA.
- Participate in team fundraiser, TBD.
- Return dress when no longer on the team.
- No refunds issued if the skater quits the team.

PAID COACHING

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

PROFESSIONAL COACHES

- 18 years old and graduated from high school.
- Has coached and choreographed.
- Minimum credentials: Silver (Novice) Skating Skills, Pre-Bronze (Pre-Juvenile) or Bronze (Juvenile) Singles and Silver Dance.
- Must be a USFSA-compliant coach.
- Seniority is given to the coaches that have been in the Club the longest as far as show groups and Basic Skills groups.
- Any group over eight skaters, the pro will be given a helper.
- If coach is under 18 years of age see junior coach qualifications.
- Will be given a 1099-NEC if income exceeds $600 annually.

JUNIOR COACH CRITERIA

- 16+ years old
- Must be a USFSA compliant coach.
- Junior Coach must have a mentor pro-coach with our club for a minimum of one year and follow mentor program requirements.
- 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 if still in high school.
- If still in high school, can coach private lessons during private ice time for a maximum of 3 hours per week. (If Junior Coach is still in high school they will be required to purchase private ice for themselves for 1 hour per week.) If out of high school, junior coaches will be allowed to coach 4 hours per week.
- To coach for the learn to skate program, they will need to apply and be approved by the board.
- 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. If junior coach is in high school they will not be allowed to coach private lessons during show practice weeks.
- Will be eligible for the scholarship if graduating from high school.
- Minimum credentials: Bronze Skating Skills, Preliminary Singles and Pre-Bronze Dance.
- Will be given a 1099-NEC if income exceeds $600 annually.

INTERNSHIP CRITERIA

At the Board of Governor's discretion an Intern may be hired to assist the Pro in the Basic Skills Program at MIRFSC. The Rules Committee shall determine the need based upon numbers of basic skills skaters and the availability of a qualified candidate(s) for the internship program. The program is open to those skaters that may have the intent to someday continue their skating career by coaching skating. The program shall expose the Candidate to the inner workings of an active club, dealing with parent concerns, developing organizational and leadership skills.

- Applicants must submit an application to the Board of Governors. Qualified candidate applicants will be submitted for the Board of Governors approval.
- 16 years old (by start of skating season)
- Active member of MIRFSC for three years.
- Basic Skill volunteer coach for three years and will continue to volunteer one hour per week. (Seniority is given to the instructors that have been in the Club the longest.)
- Passed Preliminary Skating Skills and Pre-Preliminary Singles test.
- If there are more qualified applicants than open position(s) then the position will be made available to the oldest grade applicant(s).
- Internship job description. The intern shall be prepared to test levels Snowplow 1 through Level 3 in the basic skills program. The intern may be required to test all levels through Free Skate 2. The intern must have the ability to teach Snowplow 1 through Free Skate 2. The intern will perform other duties as instructed by the Pro and MIRFSC Board, Rules Committee and Basic Skills Coordinator. The intern shall fill in for the Pro in case of absence.

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.

SKATE SAFE

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 Skate Safe 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

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 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 (1Wz+1Wz)

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 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 (1Wz+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.

LEARN TO SKATE USA

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.

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 (1HLo)
F	Flip (1F)
★	Bonus Skill: Split jump, stag jump or split falling leaf

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 (1Wz+1Lo)
E	Lutz jump (1Lz)
★	Bonus Skill: Loop-loop combo (1Lo+1Lo)

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 (1Wz+1Eu+1S)
F	Beginning Axel (1A)
★	Bonus Skill: Backward outside pivot (optional entry)

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

TOYOTA