

**Welcome
to the
Burnsville-Minnesota Valley
Figure Skating Club**



**Introduction
to Junior Club**

WELCOME

Welcome to the Burnsville-Minnesota Valley Figure Skating Club (BMVFS). We are very glad to have you join us as a Junior Club member!

This welcome packet was compiled by Junior Club parent volunteers to provide new club skaters and parents with a good basic resource to learn about the sport of skating and how our club functions. Please save this packet as a reference and use it as needed. We have tried to provide you with information that will hopefully answer most questions new members of the club may have.

Feel free to ask questions of any board member and/or professional staff if you do not see the answer to your question(s) here. Other parents, including the session monitor, are also a great resource, and there are plenty of them at the rink watching their own skaters. We are very happy to have you as new members. Please let us know if we can assist you in any way.

Again, welcome to BMVFS!

*BMVFS Junior Club Chairs
and the BMVFS Board of Directors*

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BMVFSC CLUB INFORMATION

What is BMVFSC?

The Burnsville-Minnesota Valley Figure Skating Club (BMVFSC) is dedicated to the instruction, practice and enhancement of figure skating; and to the cultivation of a spirit of fraternity among club members and the figure skating community at large. It is affiliated with the U.S. Figure Skating Association (USFSA) and celebrated its 25th anniversary in 2002. By joining the club, a skater is able to purchase practice ice in 3-month blocks at a substantial discount, and they have access to highly qualified skating professionals for coaching/instruction in their sport.

Board of Directors

BMVFSC is governed by a Board of Directors. The Board meets monthly on the second Thursday of the month (please check *Skate Talk* in case of date changes) at the Burnsville City Hall. Meetings start at 7:00 p.m. All members are welcome to attend.

Coaches

Our professional coaches are an important and integral part of our figure skating club. We are fortunate in having a number of talented and experienced coaches associated with the club, most of whom parents will come into contact with during the Junior Club program. Our coaches are classified as independent contractors. The club supplies a list of coaches associated with the club on request, but the selection of a coach is between the coach and the skater. When selecting a coach, possibly the most important factor is the relationship between the skater and the coach, followed by that between the coach and the parent. All coaches recommended by the club are qualified. Coaches may not in some cases be able to take skaters due to being fully committed to existing students. Coaches have a set hourly rate, depending usually on experience, and these are currently between \$36 and \$52 per hour.

What is Junior Club?

The Junior Club of BMVFSC completes the USFSA Basic Skills program. Please refer to the skating program levels included in this packet to see the skill elements your skater will be working on.

All Junior Club skaters meet once a week for 50 minutes. During this time they receive small group instruction at their skill level from the club professionals (or “coaches”), supervised practice time with Senior Club skaters and on-ice conditioning with the entire club. Skaters also receive private lessons from the club professionals for an additional fee. The frequency of private instruction varies, but occurs approximately every other week.

Because each skater will eventually work with all of the club professionals, membership in Junior Club is a great introduction to Senior Club and a great opportunity to begin the development of the coaching relationship that will be established for membership in Senior Club.

What is Senior Club?

First of all, Senior Club is nothing like Junior Club in its format. All Senior Club members do not skate together the way Junior Club does. Senior Club is individual skater-based and skater/coach-directed.

Senior Club skaters are full members of the USFSA. Skaters establish a coaching relationship with a home club professional and begin contracting for a minimum of two to three practice sessions per week, depending upon testing level. Senior Club skaters' instruction is private lesson only, given by a home club professional with whom they have contracted. Together with their coach, skaters will select music for which to develop a freestyle program. If they choose, a skater may compete at various competitions when ready.

Do I have to join Junior Club first?

No. Membership in Senior Club, as with all skating, depends on skill level and your skater's desire.

What is Synchro?

BMVFSC currently has three synchronized skating teams skating under the name "Team Velocity." Membership in these teams is a separate commitment. If you are a member of Junior Club and are interested in skating on a team, please contact Coach Roni Maas. You may be eligible to join depending on age and skill requirements. If you join a synchro team as a Junior Club member, you will need to pay the Senior Club membership fee for full USFSA membership in order to compete.

What about the Learn To Skate program (LTS)?

BMVFSC is separate from the LTS program offered by the City of Burnsville, although completion of the LTS Wind skill level (or equivalent) is the requirement for Junior Club membership. Elements of the different USFSA Basic Skills program levels are different from the LTS program levels so there really is no direct comparison. You may still contract with the city for LTS lessons through its registration procedures.

Junior Club Lessons

Group Lessons

Each week, skaters participate in group lessons at their skill level with a club professional. Skill level elements are listed in the Basic and Freestyle Program sheets. This instruction is included in the Junior Club contract fee. Skaters are evaluated by club professionals when they begin Junior Club for lesson placement.

Private Lessons

Skaters will also receive a private 10-minute lesson from a club professional approximately every other week. The private lesson schedule is posted on the Plexiglas near the entrance to the ice during Junior Club time. This instruction is NOT included in the Junior Club contract fee. Please pay the individual coach directly on the night in which instruction is given. The current rate is \$6 per lesson. Watch your skater during their lesson. If you have any questions on how your skater is doing, talk to the coach who worked with them that night.

Private lessons have a waiting list printed on the schedule in case of no-shows. A no-show is any skater who is not on the ice and ready for a lesson at the assigned time, even if that skater is in the arena. In case of a no-show, alternate skaters are taken in order listed on the schedule based on which lesson group they skate with.

If you see that your skater will not be available for an assigned lesson time, you may ask another skater to switch so that you do not lose your private instruction time, although that skater is not obligated to switch with you. This is YOUR responsibility, not the coaching staff or the monitor.

The professional staff rotates private lesson assignments so your skater will have an opportunity to work with as many of the coaches as possible during a contract session.

Testing in Junior Club

Your skater will be tested for successful completion of the USFSA skill level elements they have been working on at the end of each contract period. Ask your skater what level they are working on (Basic 4, Basic 7, Freestyle 1, etc.) and help them understand what is included on their test from the program sheets hanging on the plexiglass. Skaters will generally be tested on one or two skill levels, depending on what their group lessons have been working on and their individual skill level demonstrated during lessons.

Testing

Skating is an ability-specified sport, not an age-specified sport. A skater progresses based on individual capabilities. In Junior Club, skaters are tested through their group lessons for successful completion of a given program level. If the skater successfully completes a level, they receive a patch. This testing is included in the Junior Club contract fee. Skaters generally complete Basic 3 through 8 and Freestyle 1 through 4 in the Junior Club. Once a skater passes Freestyle 1, you may want to review the information contained in "When should my skater move up to Senior Club?"

Senior Club members must register themselves for testing. The club will sponsor certain testing dates and ensure that USFSA judges are available to judge their performance. The skaters can register for moves in the field or freestyle testing. The testing fees are paid by the skater. Testing fees through our club currently are approximately \$20 to \$35.

Here is the progression of skating levels:

Moves in the Field / Freestyle Skating Levels

Pre-Preliminary
Preliminary
Pre-Juvenile
Juvenile
Intermediate
Novice
Junior (Silver)
Senior (Gold)

You must pass the level first in Moves in the Field prior to that level in Freestyle. A skater can pass as many Moves in the Field as desired before testing for Freestyle. A skater will compete based on the testing levels they have passed.

Contracting or How to Get on the Ice

When your skater joined Junior Club, you signed a contract to pay for your portion of Junior Club expenses, the largest of them being the ice time. This contract allows your skater to be on the ice at that specified time and receive the instruction from the club professionals. Junior Club skates for 50 minutes once a week.

You may also contract for other practice ice time designated as "Freestyle/Junior Club Skills" on the contract. By contracting for additional practice ice sessions, you are ensuring that your skater will have that extra practice ice each week on a full sheet of ice with no more than 22 skaters.

If your skater is interested in some extra practice sessions, but you are not interested in contracting for the whole period, then you may "**buy in**" to any practice ice designated as "Freestyle/Basic Skills." You will know which sessions your skater can buy into by referring to the current ice contract. The fee varies because it depends on the length of a session (45-60 minutes.) Expect to pay approximately \$10 per session. You may also use vouchers or monitoring coupons if you have them. **This fee is payable by check only** (no cash or credit accepted) and must be turned into the monitor prior to gaining access on the ice. If a session is full (22 skaters maximum) you will not be able to buy into that session.

What is a Monitor?

What is a monitor? How do I become a monitor? The monitor is a parent volunteer who tracks skater attendance and watches over activities on the ice. The monitor will also play skaters' music during freestyle sessions. A parent earns a coupon for each session monitored. Two of these coupons can be used as payment for buying into practice ice sessions in lieu of writing a check. You become a monitor by

filling out the “Monitoring Request Form” included with each ice contract. Monitoring requests are filled based on skater seniority, request priority, and availability.

Paying Your Quarterly Contract

Your ice contract and payments for your ice contract must be postmarked by the 15th of the preceding month. Metered postmarks are not acceptable. Payments postmarked after the due date will be charged a late fee.

Did you know that you have three options for paying your quarterly contract? If you didn't know, please read on:

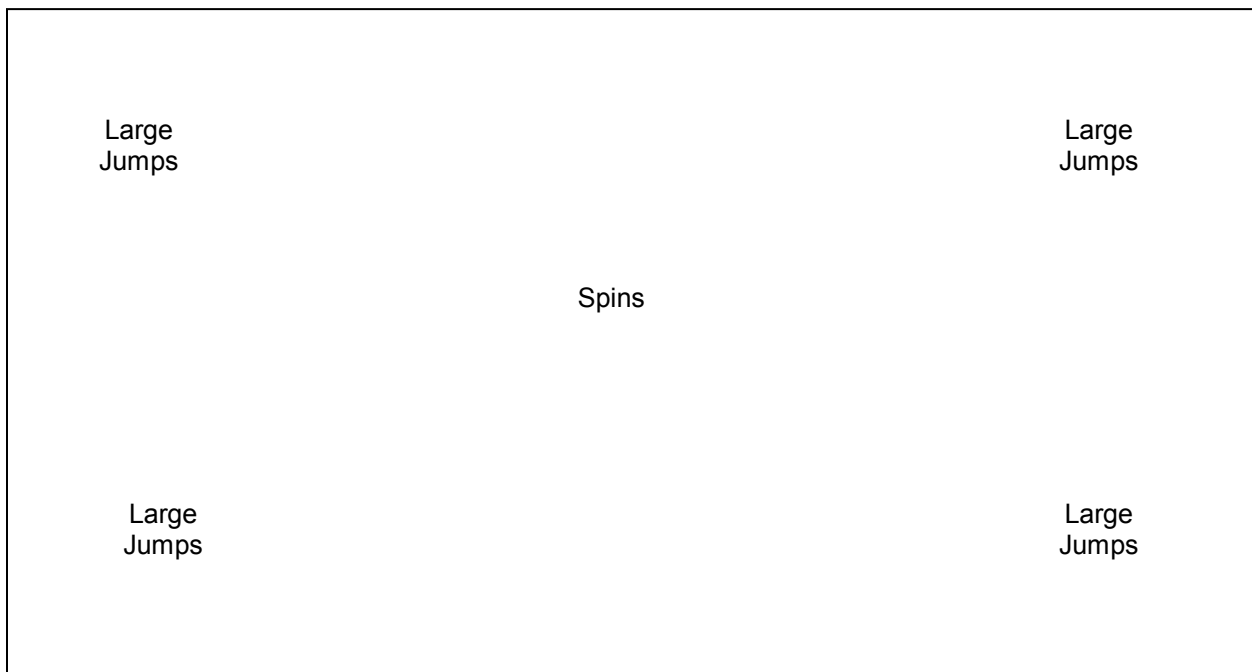
1. You may send in one check for the full amount of the contract.
2. You may send in three checks in three equal amounts with their respective coupons. The checks will not be deposited until the appropriate coupon due date. This method guarantees that you will not miss the deadline and be charged a late fee.
3. You may send in one check each month during the contract period by the dates specified on the coupons.

Freestyle Ice

Freestyle ice is different from Junior Club ice. In Junior Club, the sheet is divided into a practice area and a lesson area. Freestyle ice uses the entire sheet so the traffic patterns are very different. Please refer to the policy manual for specific ice etiquette. Here are some general guidelines to ensure the safety of your skater.

- Keep moving at all times. Do not stick together in groups or chat with others on the ice. If you're not moving, you should be touching the boards.
- Avoid the “corners” of the rink, although it will be tempting to “hide” or hang out there. That is where skaters perform their “large” jumps and are called lutz corners. Spins and lunges et cetera. should be practiced in the center of the ice. See the ice diagram below.
- A skater wearing a bright orange vest has priority or right of way over all other skaters. That skater is performing their program to the music being played.
- Be aware of your surroundings and watch out for other skaters.

Ice Diagram



GUIDELINES

Skater Expectations

- Be on time, ready to skate
- Wear appropriate skating attire and secure hair as necessary
- Listen to the coaches and be willing to accept their direction
- Always skate your best
- Be willing to try
- Positive attitude
- Always keep your belongings in the skating area neat and leave the skating area clean when you leave the arena

Parents' Role in Skating

Skating can be a confusing and expensive sport, and the parent plays a pivotal role in any young skater's sport. The best way you can help your skater is to learn about the sport yourself so that you can make informed decisions in consultation with your coach. Understanding the complexities of tests, competitions, jumps, spins, and all the other areas takes some time. Understanding the elements of the sport allows a parent to understand when a skater has skated well or poorly and to note progress. In addition, it helps when discussing the sport with the skater and assisting them in setting personal goals.

Spending time at the rink allows the parent to observe the interaction between coach and skater and gives some idea of the aims and objectives at any point in the career. As well, it shows the skater that you are interested in their skating and eases the pressure of competition. The balance between being supportive and obtrusive is maybe hard to judge, and it is important that parents, as well as skaters, maintain a balanced approach to the sport. The coach is the best judge of the skater's progress, but parents should get to know the coach and make sure they understand the coach's view of the skater's abilities and progress.

Parents have a further responsibility to the coach and to the club. You can help your coach by getting the skater to the rink on time, paying coaching bills promptly, and by letting the coach know if your skater will not be attending a regular session. You can help the club by becoming involved and volunteering.

- Review the club policy manual so that you are familiar with the club requirements, including Policy 2.03, "Expectations of Parents/Guardians."
- Review club Policy 2.01, "Expectations of Skaters," with your skater.
- Be an active partner with your skater and the coaches.
- Ask questions. You have a ready resource with the Junior Club monitor, the BMVFSC Board of Directors, the club professional staff and other skaters' parents/guardians.
- Be willing to participate in club activities. We are a volunteer organization and we will need your assistance.

Club Communication

All club members have a mailbox. **All club communications are put in this mailbox, as well as posted on the BMVFSC Bulletin Board**, and will not be mailed out to you. This mailbox is a hanging file folder labeled with your skater's name located in the black crate. These files are located close to the monitor's box during every practice ice session. Check your mailbox regularly. The club is currently sending out information via e-mail also. We would ask that you provide your e-mail address so that you will stay current with our club information.

Attire/Clothing: What can we wear?

Clothing is an important and strange part of figure skating. Scott Hamilton best summarized skate clothes when he said, "The tighter, the better." Clothing should be stretchy and tight. How stretchy and how tight depends on your level of modesty. Your skating will improve noticeably the more snug your clothing. It will also feel better.

It's important that your clothing is not restrictive. Jeans are terrible for skating because you can't move. Try doing a camel spin or split jump in jeans and you'll see what I mean. Baggy clothing, besides making skating harder, can also be dangerous. It's not uncommon to snag a blade on a loose pair of pants. Shorts are also a bad idea. Falling on bare skin on rough ice can give you the same road rash you might get on cement. Some women wear hosiery under shorts, which is ok.

Ladies: Women have a lot of options when it comes to what they wear on the ice. You can wear skating dresses, stretch pants, sweat pants, leotards, and unitards.

Men: When it comes to clothing, men's options are considerably more limited than women's. Men are restricted to long pants and a shirt. Pants range from the baggy nylon warm-ups to the tight Lycra pants similar to what a lot of bicyclists and runners wear. Speed skaters and many of the top male skaters wear tights. Any cotton t-shirt or sweatshirt is okay.

GOOD INFORMATION

Skates

Boots

In any given line, all boots are basically the same. The thing that differentiates them is the thickness and stiffness of the leather. Top of the line boots are basically designed for people who do triple jumps. First timers who buy them end up quitting in frustration because their feet hurt all the time and the boot never breaks down. Unless you really are one of the few born with an abnormality to your foot, stock boots should be fine.

The boot that is best for you depends on three factors: your weight, how often you skate, and what your skating level is. The best thing to do is ask your pro what boot is right for you. A figure skating boot should fit snugly like a glove. There should be no movement in the heel at all. If there is then you could develop some nasty blisters, bone spurs, or worse. Ideally your boot should feel like it's molded to your foot. Any loose spots will make skating more difficult. The more advanced you are, the more it will affect you.

You should always wear the thinnest socks or nylons, especially when you get fit for your boot. The reason for this is because your foot will move around inside the boot if you use thick socks. Your foot must be totally snug inside the boot. Thick socks will also stretch out the inside of the boot so, after awhile, you can't wear thin socks even if you wanted to because the boot would be too loose. People often think they should wear thick sweat socks when they put on a pair of skates. This is completely wrong!

You take your first step on the ice expecting to feel like Kristi Yamaguchi. Instead you feel like Frankenstein. This is normal. You can't bend your ankles at all. This is normal. Your ankles hurt so much you can barely stand up. This is normal. Fortunately something can be done about the ankles. If you bought your boots from a professional skate shop, then they should be able to "punch out" the ankles. They push out the leather where your ankles are located to make a little pocket to relieve the pressure.

Okay, so now you've got your punched out boots and your ankles feel swell. You still feel like Frankenstein. You will feel like this until you "break in" your boots. That means the leather breaks down enough to allow you to bend your ankles. The length of this break in process depends on what kind of boot you bought and your skating habits. If you got the right boot and you skate several times a week, then it should take anywhere from a few days to a few weeks. It could take one or two months if you're conservative. If it takes longer than half a year then you picked out the wrong boot for your skating level. Expect blisters, sore spots, and possibly bone spurs to be more common during the break in process.

Now let's assume you've broken in your boots. How long should you expect your boots to last? If you're a professional or competitive skater they will probably last 1-2 years. Unless you are in a growth spurt, they will probably last about 6 months before you outgrow them.

How do you know when your boots are ready for boot hill? That depends on you. Skates are broken down when you can't do your "tricks" anymore because they can't support you. Sometimes the sole of the boot will rot out and not be able to support the blade anymore. There are lots of ways for a boot to die.

There are several major manufacturers of skating boots that can commonly be found in North America. Graf, Harlick, SP Teri, Klingbeil, Riedell, Jackson, and Risport. Although some people will swear by one manufacturer or another, when it comes to performance there is no major difference between them. The blade you select will have a bigger impact on your skating than which boot manufacturer you go with. If you don't happen to live near a manufacturer, the alternative is to go through your local skate shop. Don't go to a general sporting goods store to buy your skates.

For beginners the Riedell 220 or 320 is probably your best bet. If you stick with skating they will break down sooner or later and you'll want to move up to a silver star or another manufacturer. Please consult your coach for an appropriate boot for your skater's level.

Blades

There are two parameters commonly used to characterize blades: radius and hollow. Radius is a rough measure of the curvature of the blade from front to back. It is commonly measured in feet. A radius of 8 feet is less curved, or flatter, than a radius of 7 feet. Radius is a somewhat misleading description because blades aren't shaped like an arc. Hollow is a measure of the groove that runs down the middle of the blade. Hollow is typically measured in inches. A one-inch hollow is less deep, or flatter, than a half-inch hollow.

The main effect of both radius and hollow is mostly on edges and control. Generally a smaller radius, or more curved blade, will result in deeper edges and smoother three turns. Control, however, may be more difficult. Radius is not a terribly good indicator of performance because it doesn't say enough about the shape of the blade. Hollow, on the other hand, has a very direct and noticeable effect on your skating. A flat hollow of 1 inch will result in smoother running, easier three turns, and easier skidding. A deep hollow of a half-inch will result in a "sticky" feel to your edges and three turns. You will be able to hold deeper and stronger edges although they will be harder to control. Three turns will be harder. Skidding will be much more difficult.

Radius is fixed and there is nothing you can do about it. Hollow, on the other hand, can be changed by a skate sharpener. Changing the hollow on your blade is probably the most drastic thing you can do to change the feel of your skating. The normal range for hollow is 1/2" to 1" with 3/4" being typical. Many blades come with a factory grind of 3/8". This is an outrageously deep hollow and virtually impossible to skate on for anybody but ice dancers. I assume the manufacturers expect you to change it. A half-inch is usually as deep as a freestyler would want to go, and even then few people go that far. Most people will be around 3/4" to 1". Beginners should definitely be in this range.

Besides radius and hollow, there are other factors that distinguish blades. Freestyle blades have bigger toe picks. Some blades are tapered, which means they're thicker in one part of the blade than another. As far as I can tell there is no advantage to a tapered blade. The disadvantage is it's harder to sharpen. Another important characteristic is rocker. Rocker is the bulging curve at the front of the blade. A deep rocker is better for spinning but worse for jumping. A good general-purpose blade for the beginner is Coronation Ace. Popular blades for advanced freestyle skaters are Phantom, Gold Star, Pattern 99, and Vantage. Please consult your coach for the appropriate blade to purchase for your skate.

When you first buy your blades you should have them sent to a reputable skate sharpener for a sharpening. Always have your blades sharpened by somebody who's been around for a long time and really knows what they're doing.

Here is a trick you can use to see how good your sharpener is: when you first get your new blades trace the curve of each blade on a piece of paper. After every sharpening check the blades against the tracing you made. The shape should remain the same. If, for example, you notice the rocker has been shaved off your blades, then your sharpener has ruined your blades.

Training Aids

The **jump harness** is used to prevent a skater from falling down while practicing jumps. Many, but not all, rinks have them. The skater is strapped into a harness, which is suspended from a line, strung overhead. The harness is held up by a rope and pulley. A coach holds the other end of the rope to prevent the skater from falling. The advantage of the harness is the skater can practice the jump without fear of falling or hurting himself or herself. It can be just the thing for people who can't get past mental blocks brought on by "rotation-phobia".

Trampolines are also used by some coaches to help a skater get used to rotating. The concept is to jump up and pull in. A trampoline gives the skater a little extra hang time so they can more easily focus on the mechanics of pulling into the rotational position. One of the advantages of a trampoline is you don't need an ice rink to work out on one. If you're a real die hard, you can get your own trampoline.

Roller Blading is a popular cross training method a lot of figure skaters use. Although you can't practice figure skating moves, it's good for building up the same leg muscles you use in skating. The balance and dynamics of roller blading are considerably different than ice skating so its use as a learning tool is very limited.

Crash pads are pads a skater sticks in their pants to cushion their falls. Pads can give a skater more confidence to attempt difficult jumps because the falls won't be as hard. Although crash pads will help ease the blows, you can still hurt yourself so you should still show appropriate caution.

Performance and Participation

Junior Club does not compete as a group. However, there are many events in which the entire club participates, both on and off the ice:

- July 4th Parade in Eagan
- Burnsville Fire Muster Parade and Exhibition (September)
- Winter Holiday Exhibition (December)
- Annual Banquet (February/March)
- *Impressions on Ice* Skating Show (April)

Read *Skate Talk* (our club's monthly newsletter) to learn when competitions are coming up. Your skater may not be competing yet, but these events are open to the public and it is a great show of support for the competing members of our club. You also will begin to clarify your own expectations for when your skater does begin to compete.

Junior Club members may participate in Basic Skills competitions. Contact the home club professionals if this is something your skater is interested in doing.

Fees and Costs

Not all fees and costs are required by the club, just the annual membership fee and the annual fundraising obligation. Other items listed here are optional and will give you an idea of the additional opportunities of which your skater may take advantage.

- Annual membership fee (required).
- Fundraising: Junior Club does have an annual fundraising obligation. You may fund-raise by selling ads for the *Impressions on Ice* program. The BMVFSC treasurer will contact you for any portion still due (required)
- Other items you may choose that have an additional cost:
 - Extra ice time
 - Exhibition(s)
 - Annual banquet
 - A club polar fleece jacket, sweatshirt or warm-ups for your skater. All these items are embroidered with the BMVFSC club logo and the skater's name as desired. Parents are also encouraged to purchase jackets to show support for the club (and to stay warm - it gets cold sitting and watching your skater on the ice!)

- *Impressions on Ice* show fee includes practice ice, coaching time, and all production fees, and costumes. Junior Club has the opportunity to perform two numbers in the show. It is your choice if your skater will perform in zero, one, or two Junior Club numbers. Regular Junior Club practice ice is not used to prepare for the show so your skater will not feel left out if you choose not to participate. Any skater can participate in a maximum of 3 numbers between the club, Synchro and Learn to Skate.
- Commemoratives at the show such as pictures, programs, t-shirts, flowers, etc.

Off-Ice Training

The club periodically sponsors off-ice training. However, at times several parents have grouped together to schedule pliometrics, dance/ballet and strength training courses. Ask around if you're interested.

Resources

- BMVFSC Home Page: <http://www.tcfsa.org/Burnsville/index.html>
You will be able to see a schedule of events, online issues of Skate Talk and the current ice schedule.
- Bulletin board located in Rink 2 at the Burnsville Ice Arena. Check for notices, exhibition sign-ups and volunteer opportunities.
- *Skate Talk*, the official newsletter of the BMVFSC. It is published monthly, approximately one week-10 days after the monthly board meeting. You can receive either hard copy or e-mail version. It is also posted on the web site.
- Monthly board meeting. 2nd Thursday of every month at the Burnsville City Hall.
- Club directory
- Policy manual
- Practice Ice Monitors
- Other parents
- Clothing:
 - Step N Stretch (Burnsville)
 - Pierce Skate and Ski (Bloomington)
 - Westwood Sports (Bloomington)
 - Jump N Style (Eden Prairie)
 - The Line Up (Edina)
- Individual Seamstresses: Ask around the club for referrals
- On-line: E-bay, www.icemagic.com, www.tidewaterice.com, ask around the club for referrals.
- Skates/Blades:
 - Pierce Skate and Ski (Bloomington)
 - Westwood Sports (Bloomington)

SKATING LEVELS

USFSA Skate with U.S. Basics Program for BMVFSC Junior Club

BASIC 3

1. FORWARD STROKING SHOWING CORRECT USE OF BLADE
2. FORWARD ONE FOOT PUMPS ON CIRCLE, 6-8 CONSECUTIVE, CLOCKWISE AND COUNTER CLOCKWISE
3. MOVING FORWARD TO BACKWARD TWO FOOT TURN, CLOCKWISE AND COUNTER CLOCKWISE
4. BACKWARD ONE-FOOT GLIDES – RIGHT AND LEFT
5. FORWARD SLALOM
6. TWO FOOT SPIN – 2 REVOLUTIONS

BASIC 4

1. FORWARD OUTSIDE EDGE ON A CIRCLE, HELD TWO TIMES THE SKATER'S HEIGHT – RIGHT AND LEFT
2. FORWARD INSIDE EDGE ON A CIRCLE, HELD TWO TIMES THE SKATER'S HEIGHT – RIGHT AND LEFT
3. FORWARD CROSSOVERS, CLOCKWISE AND COUNTER CLOCKWISE – FIVE CONSECUTIVE CROSSOVERS
4. FORWARD OUTSIDE THREE-TURN, FROM A T-POSITION – RIGHT AND LEFT
5. BACKWARD ONE FOOT PUMPS ON CIRCLE, CLOCKWISE AND COUNTERCLOCKWISE
6. BACKWARD STROKING
7. BACKWARD SNOWFLOW STOP – RIGHT AND LEFT

BASIC 5

1. BACKWARD OUTSIDE EDGE ON A CIRCLE, HELD TWO TIMES THE SKATER'S HEIGHT – RIGHT AND LEFT
2. BACKWARD INSIDE EDGE ON A CIRCLE, HELD TWO TIMES THE SKATER'S HEIGHT – RIGHT AND LEFT
3. BACKWARD CROSSOVERS, CLOCKWISE AND COUNTER CLOCKWISE –FIVE CONSECUTIVE CROSSOVERS
4. ONE FOOT SPIN- MINIMUM OF THREE REVOLUTIONS
5. HOCKEY STOP
6. SIDE TOE HOP-BOTH DIRECTIONS

BASIC 6

1. FORWARD INSIDE THREE-TURN FROM A T-POSITION –RIGHT AND LEFT
2. MOVING BACKWARD TO FORWARD TWO FOOT TURN ON A CIRCLE, CLOCKWISE AND COUNTER CLOCKWISE
3. TSTOP – RIGHT AND LEFT
4. BUNNY HOP
5. FORWARD SPIRAL ON A STRAIGHT LINE-RIGHT OR LEFT
6. FORWARD LUNGE – RIGHT OR LEFT

BASIC 7

1. FORWARD INSIDE OPEN MOHAWK FROM A T-POSITION – RIGHT AND LEFT
2. BACKWARD OUTSIDE TO FORWARD OUTSIDE TRANSITION ON A CIRCLE- RIGHT AND LEFT
3. BALLET JUMP – RIGHT OR LEFT
4. BACKWARD CROSSOVERS TO A BACKWARD OUTSIDE EDGE (LANDING POSITION), CLOCKWISE AND COUNTER CLOCKWISE
5. FORWARD INSIDE PIVOTS – RIGHT OR LEFT

BASIC 8

1. MOVING FORWARD OUTSIDE THREE-TURN ON A CIRCLE – RIGHT AND LEFT
2. MOVING FORWARD INSIDE THREE-TURN ON A CIRCLE – RIGHT AND LEFT
3. COMBINATION MOVE: FORWARD CROSSOVERS (2) INTO FORWARD INSIDE MOHAWK, CROSS BEHIND, STEP INTO BACKWARD CROSSOVER (1) AND STEP TO FORWARD INSIDE EDGE- REPEAT THREE TIMES, CLOCKWISE AND COUNTER CLOCKWISE
4. ONE FOOT SPIN
5. WALTZ JUMP
6. MAZURKA – RIGHT OR LEFT

USFSA Skate with U.S. Freestyle Program for BMVFSC Junior Club

FREESTYLE 1

1. ADVANCED FORWARD STROKING
2. BASIC FORWARD OUTSIDE AND FORWARD INSIDE CONSECUTIVE EDGES – FOUR TO SIX EDGES
3. SCRATCH SPIN FROM BACKWARD CROSSOVERS-MINIMUM OF THREE REVOLUTIONS
4. WALTZ JUMP – FROM TWO TO THREE BACKWARD CROSSOVERS
5. HALF FLIP
6. ADVANCED BACKWARD OUTSIDE THREE –TURN – RIGHT AND LEFT

FREESTYLE 2

1. BASIC BACKWARD OUTSIDE AND BACKWARD INSIDE CONSECUTIVE EDGES –FOUR TO SIX EDGES
2. WALTZ JUMP, SIDE TOE HOP, WALTZ JUMP SEQUENCE
3. FORWARD OUTSIDE AND FORWARD INSIDE SPIRALS, CLOCKWISE AND COUNTER CLOCKWISE – RIGHT AND LEFT
4. TOE LOOP
5. WALTZ THREES – RIGHT AND LEFT
6. BEGINNING BACK SPIN- MINIMUM OF ONE TO TWO REVOLUTIONS
7. CONTINUOUS FORWARD PROGRESSIVE CHASSE SEQUENCE, CLOCKWISE AND COUNTER CLOCKWISE

FREESTYLE 3

1. FORWARD AND BACKWARD CROSSOVERS IN A FIGURE EIGHT
2. SALCHOW
3. ADVANCED FORWARD CONSECUTIVE SWING ROLLS – FOUR TO SIX EDGES
4. HALF LUTZ JUMP
5. WALTZ JUMP/TOE LOOP JUMP COMBINATION, OR SALCHOW JUMP/TOE LOOP JUMP COMBINATION
6. BACKWARD INSIDE THREE-TURN-RIGHT AND LEFT
7. BACK SPIN WITH FREE FOOT IN CROSSED LEG POSITION – MINIMUM OF THREE REVOLUTIONS
8. WALTZ EIGHT

FREESTYLE 4

1. LOOP JUMP
2. WALTZ JUMP/LOOP JUMP COMBINATION
3. SIT SPIN- MINIMUM OF THREE REVOLUTIONS
4. SPIRAL SEQUENCE; FORWARD INSIDE SPIRAL, FORWARD INSIDE MOHAWK, BACKWARD OUTSIDE SPIRAL, CLOCKWISE AND COUNTER CLOCKWISE
5. FORWARD POWER THREE-TURNS, MINIMUM OF TWO TO THREE CONSECUTIVE SETS – RIGHT AND LEFT
6. CONTINUOUS BACKWARD PROGRESSIVE CHASSE SEQUENCE ON A CIRCLE, CLOCKWISE AND COUNTER CLOCKWISE

FREESTYLE 5

1. FLIP JUMP
2. LOOP/LOOP JUMP COMBINATION
3. WALTZ JUMP/FALLING LEAF/TOE LOOP JUMP SEQUENCE
4. CAMEL SPIN- MINIMUM OF THREE REVOLUTIONS
5. FORWARD UPRIGHT SPIN TO BACK UPRIGHT SPIN-MINIMUM OF THREE REVOLUTIONS, EACH FOOT
6. BACKWARD OUTSIDE TURN, FORWARD INSIDE MOHAWK INTO THREE BACKWARD CROSSOVERS, REPEAT THREE TIMES, CLOCKWISE AND COUNTER CLOCKWISE
7. SPIRAL SEQUENCE – FORWARD OUTSIDE SPIRAL, FORWARD OUTSIDE THREE-TURN, ONE BACKWARD CROSSOVER, BACK INSIDE SPIRAL, CLOCKWISE AND COUNTER CLOCKWISE
8. FORWARD OUTSIDE SLIDE CHASSE SWING ROLL SEQUENCE – FOUR TO SIX LOBES

FREESTYLE 6

1. SPLIT JUMP OR STAG JUMP
2. LUTZ JUMP
3. WALTZ JUMP/HALF LOOP/SALCHOW
4. AXEL-WALK THROUGH, PREPARATION, JUMP
(THE AXEL DOES NOT NEED TO BE LANDED TO PASS THIS TEST, THE SKATER SHOULD HAVE AN UNDERSTANDING OF THE MECHANICS OF THE JUMP)
5. CAMEL/SIT SPIN COMBINATION – MINIMUM OF FIVE REVOLUTIONS TOTAL
6. ALTERNATING BACKWARD CROSSOVERS TO BACKWARD OUTSIDE EDGES, FOUR TO SIX LOBES
7. FIVE STEP MOHAWK, CLOCKWISE AND COUNTER CLOCKWISE

SHOULD MY SKATER JOIN SENIOR CLUB?

Skills

Generally speaking, if your skater has mastered forward and backward crossovers, waltz jump off backward crossovers and a one-foot spin from backward crossovers you should contact one or two of the senior club professionals and ask if your skater is ready to move up. We recommend you ask your skater's class teacher first since they have the most knowledge of your skater's skills. Your skater should also have an understanding of the four edges – forward and backward, outside and inside. If your skater is below Freestyle 1 level, you will need to have your skater assessed by two club professionals and have the club professionals sign off on your change of membership form. One of these coaches will not be one with whom you have contracted lessons for Senior Club.

They can move up – now what?

Check with your skater and talk to the coaches. When you both agree on a coach, contact that person to check and see if they have availability for a new student. If not you may have to contact your second choice coach.

QUESTIONS TO ASK:

- When would lessons be scheduled (to see if it fits into your needs; 1/week is required by club)
- How much do you charge (it will be prorated to amount of time spent with skater)
- How much lesson time do you recommend
- How many ice sessions do you recommend per week (2 are required by club)

Not sure if they can move up- want extra lessons – now what?

Check with your skater and talk to the coaches. When you find a coach you would like to give your skater a lesson, see if they have availability and what sessions are open to you. The club does sometime change available sessions to junior club during a contract depending on the amount of skaters on that session. Your coach should be aware of these changes. You could also ask junior club coordinator if more sessions are open to you.

QUESTIONS TO ASK:

- How much do you charge (it will be prorated to amount of time spent with skater)
- How much lesson time do you recommend

Making the Move to Senior Club

Contact your junior club coordinator or one of the club board members for the application to move to senior club. This form will need to be submitted with your contract. Also take the time to talk to your skater about ice etiquette rules. Please ask your junior club coordinator or your new coach for a copy of the rules. Remind your skater that they will be on the ice with all levels of skaters now and they need to make sure they watch out for other skaters. They will now be using all of the ice and try not to limit themselves to the corners. If possible on their first night of skating try to make sure they have a lesson. Check with their new coach to see if they could maybe have first lesson and make sure you arrive early to check in with the monitor. If there is a session before your session have your skater watch and let them see how the skaters need to watch for others and keep moving on the ice.

General Concerns

If your skater is going to be on other sessions getting lessons, whether they have moved up to senior club or not, make sure you remind your skater of ice etiquette, to keep moving and using all of the ice. The above is a general outline for you; feel free to ask other questions. You may also want to ask opinions of different coaches and see what works best for your family. Your skater can join the club regardless of their age as long as they have strong enough skills and the desire to learn.