

Lesson Information Packet

We are pleased to welcome you to the Bloomington Ice Garden Skate School. We are proud to offer the U.S. Figure Skating Basic Skills Program for all ice sports. Participation in the program will enable skaters of all abilities and ages to learn the fundamentals of ice skating. The curriculum is designed to be fun, challenging, and rewarding for everyone!

Please read the following information to make your learning experience more enjoyable.

BE PREPARED:

- **Arrive:** 15 minutes prior to class time.
- **Skates:** Properly fitted & laced with blades sharpened - no double blades/runners.)
- **Apparel:** Warm & comfortable – don't forget mittens or gloves. **Helmets** are optional, but are recommended for younger skaters.
- **Locate:** Large **Lesson Schedule** board hanging on the board glass inside the actual rink.
- **Find:** Your child's name, time and class color on the **Lesson Schedule** board.
- **Lessons:** Direct skater to corresponding class color signs with the instructors name hanging on the board glass inside the rink. Please allow enough time for beginner skaters.
- **Re-Check:** The **Lesson Schedule** board weekly as we will only notify you of class **time** changes.
- **Read:** This information and the parental section carefully. Also, read all signs posted in the hall and/or around the **Lesson Schedule** board for important reminders and notices.
- **Practice:** In the coned-off section of the rink (near blue line to end). See below for specific information.

CLASS PLACEMENT:

- **Based On:** Ability and age are the two criteria. It may be difficult to place students in classes based on friendships simply because of our size. Friends may skate together in the practice area before and after class. This is a great opportunity to meet new friends as well!
- **Changes:** May be made weekly. Check the **Lesson Schedule** board weekly as we will notify you only if your child's class time has changed.

PARENTS ROLE & RESPONSIBILITY: *You can help us with providing the best learning environment possible just by following a few simple guidelines:*

- **Read:** This important info, the class board weekly, and any hand-outs and posted signs.
- **Rules:** Be familiar with these, and help your child understand them.
- **Watch:** **From above the ice and not in the hockey boxes.** Skaters become distracted easily by **ANY** person sitting in this area and lack the ability to focus on the instructor. We will ask you to move if you sit in this area. **PLEASE DO NOT SIT IN THE HOCKEY BOXES!**
- **Assistance:** Please **do not walk on the ice surface** to help your child. If you do so, it will be at your own risk. Let us help your child. Shoes are **not** allowed on the ice.
- **Practice Area:** Do not leave your child unattended either during practice time or during lesson time.
- **Questions:** Do not attempt to talk with your instructor unless they are off the ice. Instructors are scheduled back-to-back so if we field questions during lesson time, everybody has reduced learning time. The Skate School Director can answer your questions or connect you with the instructor later.

PRACTICE AREA RULES:

- **Participants:** Practice in the coned-off section of the ice during skate school hours - skaters may only practice on their scheduled day of lessons. **Non-Registered Skaters** are **NOT ALLOWED**. Parents and siblings may skate with registered skaters **ONLY** if they register with the skate school director and pay a \$10 fee which is good September 1st-August 31st. We randomly ask skaters what class they are registered for. Any unauthorized skaters will be asked to leave the ice immediately.
- **Horseplay:** **NOT ALLOWED!** NO weaving in and around cones, tag, kicking ice etc. **No** hockey sticks, pucks or balls are allowed. Anyone disobeying the rules will be asked to leave immediately and may be asked to leave the program. No kicking the ice. No making holes or gouges in the ice.
- **Open Skating:** Check with the main office of The Bloomington Ice Garden for an open skating schedule.

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USFSA MEMBERSHIP FORMS: You *must* complete the United States Figure Skating Association membership form in order to receive the Basic Skills Record Book that records progress and each required skill along with stickers and badges. In addition, evaluation forms with completion badges will not be given unless you **complete** the membership form. Please fill out all areas on the form except the **skating school and skating school # on the first line of the form** and turn in to Skate School Director or your instructor as soon as possible. There is **no** additional fee required with this form.

IMPORTANT DATES & HOW TO SIGN UP FOR THE NEXT SESSION:

- **Holidays:** Check the registration form and the lesson board area for dates there are no classes.
- **Refunds:** None, unless a class is cancelled. You may be able to move to another session, however.
- **Make-Ups:** Not available.
- **Registration:** One week prior to class start, **or** after you have received your child's evaluation form from the instructor on the last day of each session, **or** after you have checked with the Skate School Director
- **Time Changes:** Please check the lesson board weekly for any changes.
- **Ice Show:** Registration will be in November – watch for signs and handouts. All levels and ages may participate!

INSTRUCTORS, EVALUATIONS & TESTING:

- **Instructors:** Combined, the Skate School Staff has over 100 years of training and coaching experience, and are all members of U.S. Figure Skating. The majority of the Skate School instructors coach at the Figure Skating Club of Bloomington and the Junior Elite Program of the Figure Skating Club of Bloomington. All of the Club coaches are members of the Professional Skaters Association, and have many personal and coaching achievements and accreditations.
- **Evaluations:** We provide valuable feedback on each child's performance during the session. During the last few weeks of each session, we prepare a written evaluation by asking each child to test each element by themselves. Please be aware that there is down time to allow for this important process. The evaluation form will also inform you as to which level to register for next session.
- **Absence:** Miss four or more lessons and **no** evaluation is done. Those skaters will be required to retake the class.
- **Badges:** Provided for those students who move up to the next level and will be included with the evaluation. If you lose a badge there is a **\$2.00 fee** to replace the badge.
- **Distribution:** Last day of each session. If you miss this class, your evaluation will be sent to your home within two weeks or you may contact the Skate School Director to make other arrangements.

CONTINUATION OF LESSONS:

- **Register:** Last day of each session. (Registration forms are available at main arena office.)
- **Turn In:** Form **and** payment to the main arena office on the last day of each session.

QUESTIONS/SUGGESTIONS/COMMENTS ARE WELCOMED: The instructors are scheduled back-to-back with lessons. However, you can certainly talk to them before classes begin or at the end of the skate school session. Otherwise, please contact the Skate School Director, Rene` Gelecinskyj @ 952-888-5167 or Bloomingtonskateschool@yahoo.com if you do not find her on the rink or in the skate school office across from rink 2. She will return the call as quickly as possible. We welcome your suggestions, comments or questions. Our goal is to provide you with a wonderful learning experience!

LOVE FIGURE SKATING, HOCKEY, or OTHER ICE SPORTS? Try out the **Figure Skating Club of Bloomington**, www.FSCBloomington.org. Contact the Skate School Director for more detailed information. Please call the Bloomington Ice Garden for additional information about the wonderful **hockey programs** in Bloomington. See www.ci.bloomington.mn.us key word "ice garden" for links.



Thank you for your participation in the Bloomington Ice Garden Skate School!!!

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Apparel, Skate & Blade Information



- ☑ **APPAREL:** Mittens, gloves and warm, comfortable clothing. Jeans and bulky jackets are not recommended as they restrict movement.
- ☑ **HELMETS AND PADS:** Are **optional** and based on your comfort level with your child especially for children 5 and younger.
- ☑ **SOCKS:** Lightweight and thin - tights or nylons are a good option.
- ☑ **SKATE BOOT:** Should be a similar size to shoe size while wearing thin socks. Purchasing large skates to accommodate growing feet while using thick socks **WILL NOT** work. The skate boot must fit snug to the actual foot. You must make sure that the boot offers good support and is made from quality material such as leather. We recommend Westwood Sports or Pierce Skate and Ski, both located in Bloomington.
- ☑ **BLADES:** Must be sharpened properly and done so about every six to eight weeks. Skating on outdoor rinks and lakes dulls blades much faster due to debris commonly found on outdoor ice surfaces. The blades should be made of stainless steel and mounted with screws. **NO double blades/runners allowed.** **Do not** walk on any surfaces except the ice and rubber flooring without guards on your blades. Do not store your skates with the rubber guards on them – it will promote rusting. Store them with soft fabric protection (“soakers”).
- ☑ **LACES & PROPER LACING TECHNIQUES:** Make sure laces are in good shape and can tie up the entire skate. As you lace up the skate, make sure that the tongue is in the middle of the boot. Pull up on the laces to make sure the skate is snug. The most important part of the lacing of the skate is the ankle. Pull tightly in this area and then relax the lacing a bit as you continue up the skate - no slack. Once at the top, tie a secure bow. If ends are too long, wrap the laces through the hooks again and tie a bow. Please tuck in the loops or your child may get their feet caught. “Weak ankles” in skating is a myth. If you invest in a good pair of skates and blades, and tie them correctly, you will not have weak ankles.
- ☑ **FIGURE VS. HOCKEY SKATES:** It is much easier to learn the basics of skating wearing figure skates. Hockey skates (blades) have a radius that allows less blade on the ice surface and produces more of a “rocking” motion that is more difficult for beginner skaters to control. They also have no toe picks. Beginner skaters who intend on playing hockey should wear figure skates initially and complete the basic skills classes through at least Basic 2. You will be a much better skater and player. The transition from figure to hockey skates is generally an easy one once the child has mastered the basics.
- ☑ **PREVIOUSLY OWNED SKATES:** It is not always necessary to buy new skates. Look for clean, firm, fully lined boots with good support. Also, look at the soles to ensure they have not rotted. Check the blades for deep nicks and make sure there is still enough good steel left on the blade for sharpening.
- ☑ **NEW SKATES:** Most skate shops like Westwood Sports and Pierce Skate and Ski carry beginner through the most advanced boots and blades. As you advance, you may want to consider specialty boots and blades if your intentions are to continue with skating. However, you don’t have to spend a lot to learn how to skate .
- ☑ **RENTED SKATES:** The Bloomington Ice Garden rents skates for a nominal fee. Request a pair with firm boots and sharp blades.
- ☑ **RECOMMENDATIONS:** For your child’s benefit and ability to learn, we may suggest that you look for different skates if we feel the skater is not getting the support they need from the boot or blade. It is very difficult to learn to skate with skates or blades that are not in good condition. Also, do not walk on any surfaces except the ice and rubber flooring without guards on your blades.



Snowplow Sam Participant Information

Welcome to the Bloomington Skate School Snowplow Sam program! Please read the "Skate School Lesson Information Packet" that was distributed along with this sheet to make your learning experience more enjoyable!

- **Locate** the *Lesson Schedule* board to find your child's class time and color - - note class color.
- **Check-in** by the entrance of the ice surface by placing your child on the benches located on the ice, or locating a class helper. Benches may **not** be used on Tuesdays, depending on class size.
- **Name tags** are provided for each skater in **Snowplow Sam 1 only** during the first few weeks of class for quick identification by the instructor on **Saturdays**. Name tags are located on the glass.
- **Assistance** will be provided by our helpers in getting your child to class. After the skaters are placed on the benches, we will escort them to class in a timely fashion.
- **Do not** attempt to bring your child onto the ice – we will assist your child.
- **Assignment** will be made to one of the three "Snowplow Sam" levels depending on your child's ability. During the first few weeks of each session, we may make changes to classes based on the ability of skaters. Please check the "Lesson Schedule" board weekly to see if your child has been assigned a new class color.
- **Snowplow Sam classes** are designed to teach your child to skate by him/herself free of parental help.
- **Unwilling** children, crying children or children not able to stand by themselves after the second week may be asked to re-register at a later time to allow for additional development. Since our lessons are intended for group learning, we cannot spend excessive time with children who are unwilling to try to skate and partake in the class. It is not fair to the rest of the group.
- **Advance approval** with the Skate School Director is necessary for you to be on the ice with your child in rare circumstances and will be allowed only by obtaining prior approval. Through our many years of teaching, we've learned that having the parent on the ice usually hinders the child from learning instead of helping. You may practice in the practice area with them.
- **Read** the "Skate School Lesson Info Packet" to familiarize you and your skaters with practice area rules, testing and evaluations, parents' role & responsibility.
- **The Ice show** is held each spring and is a wonderful experience for ALL of the skaters. It is a lot of fun and each skater gets to keep their own costume. The show is also broadcast on the local cable station! Registration for the show is done in November. All ages and abilities participate!
- **Questions** should be directed to: Skate School Director, Rene` Gelecinskyj @ 952-888-5167
Bloomingtonskateschool@yahoo.com

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