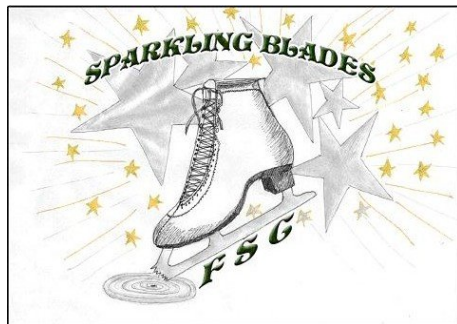


SPARKLING BLADES FIGURE SKATING CLUB



PARENT AND SKATER GUIDE TO FIGURE SKATING

Sparkling Blades Figure Skating Club

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SPARKLING BLADES PARENTS' CODE OF CONDUCT

Parents: You are the most influential people in your child's life. Your job is not only to teach them to win or lose, but to do both graciously. You must also remind them that skating is meant to be FUN. The athletic skills your children learn may only be used for a few years. However, the attitudes they develop toward themselves and others will last a lifetime.

* Promote integrity, fairness and respect. Treat all other parents and skaters as you would like to be treated.

*Help your child develop a positive self-image. Encourage your child's participation by promoting good sportsmanship and providing constant positive reinforcement.

*Children learn by example. Promote respect for rules, coaches, judges, evaluators, other parents and skaters.

*Children look at parents as mentors, therefore, lead by example to create a motivating and rewarding environment built on trust and mutual respect between parents, coaches, and fellow skaters.

*Recognize the value and importance of the volunteer. They give their time and resources to provide a club for your child.

*Be pro-active and informed. Take the initiative to contact other coaches or the Board members to obtain information that pertains to your skater or the Club. Please don't wait for others to inform you.

*If you have any questions, concerns, and/or suggestions, please approach the liaison representative for your skaters' group and/or submit them in writing to the Board of Directors.

*When an issue or concern should require the involvement of the Board of Directors, encourage an open and respectful verbal or written dialogue with Club members and/or coaches to promote a healthy resolve.

*Show respect, appreciation and be supportive. Show respect for officials, coaches, and other club members by not publicly questioning their judgment, integrity and honesty.

*Parents are responsible for ensuring the safety of the skater when off the ice. Please ensure that if you are not the arena, arrangements are made to meet your skater for drop off and pick up in a safe area.

*Any person, who deliberately deviates from the Code of Conduct, by demonstrating poor behaviour, or disrespect for coaches, board members, club members, or skaters may have their membership suspended.

SPARKLING BLADES SKATERS' CODE OF CONDUCT

Skaters are asked to follow these guidelines for their enjoyment and to obey the rules for off-ice and on-ice conduct:

*Skate for the enjoyment of the sport, not to please your parents.

*Work hard for yourself and with your fellow Club skaters. Your Club results will reflect your efforts.

*Control your temper and your tongue. Your language is a reflection of yourself as well as your Club.

*Be a good sport. Cheer for all participants including your competitors.

*Treat all other skaters as you would like to be treated by them. Don't interfere, ridicule, bully or take advantage of any other skater.

*Remember the goals of the sport are to have fun and improve your skills.

*Co-operate with your coach, fellow skaters and Club volunteers.

*Respect the opinions of the judges, evaluators, and other officials. Please remember these people are volunteering their time and energy.

*Please be considerate of other skaters' belongings in the dressing room. Ask first before borrowing an item.

*Clean up after yourself and leave the facility as you found it.

*Be aware of all on-ice activities and considerate to all skaters on the ice at all times.

Socialization should be kept to a minimum while on the ice.

*Structured ice time activities should be followed, for example, dance time.

*On the ice during private lesson time:

-Skaters in a lesson with a coach have priority for use of the ice surface; however, skaters in a lesson will be considerate of a skater practicing his/her program while his/her music is being played.

-Skater whose music is being played has priority over all other skaters except skaters in a lesson.

SPARKLING BLADES MUSIC REQUEST POLICY

1. A skater may request only one program (or dance or skill) at a time. After that selection has been played, the skater may then request another program (or dance or skill) if there is more than one coach on the ice, then a coach may request only one music selection at a time. Coaches' request has priority over skaters' requests. The order of playing coaches' music is first come, first served.

2. A skater may request to stop a program before the music is finished but may not ask to restart the program. Only the coach may ask to have a program restarted provided the skater is in a lesson at that time.

3. If a skater is not present on the ice when his/her selection is to be played then that selection moves to the back of the requested music line-up.

COMMUNICATION CHANNELS

The best person to talk to about your child's progress is your Coach. He/she will know what skills your child is working on and/or striving to achieve. Please ask your Coach questions pertaining to your child's progress during the skating season. Please do not confer with your Coach or Program Assistants during on-ice instruction time. Please direct questions concerning the Club's activities and Skate Canada programs to SBFSC Board of Directors. Each program group has a Board liaison appointed by the Board of Directors to help answer questions and/or direct your questions to a more informed source. Please seek out your group liaison for information. Most likely the skating parent sitting next to you is just as unfamiliar with the world of figure skating and has the same questions as yourself.

LANGUAGE OF FIGURE SKATING

Skate Canada is the only recognized amateur sport association for figure skating in Canada.

Skate Canada NL and Labrador is a section of Skate Canada and does follow all Skate Canada's rules, regulations and guidelines.

*Skate Canada is largely self-supporting with revenue coming in from membership fees, test days, investments, television rights, competition proceeds as well as government grants.

*Skate Canada's role is to develop standardized programs for development of skating. It is responsible for developing uniform rules of the sport, national programs such as CanSkate, National Coaching Certificate Program, Officials Training Programs and National Team Programs.

*Skate Canada also stages the Canadian Championships and International Competitions.

*Skate Canada's mission statement: Skate Canada is an association dedicated to the principals of enabling every Canadian to participate in skating throughout their lifetime for fun and/or achievement.

MORE DEFINITIONS:

Skating Skills are exercises containing edges, turns and field movements designed to teach fundamental movements to skaters of all levels. The basic components of all disciplines of figure skating are incorporated into the exercises which are skated to prescribed music. As of July 1, 2001, the Skating Skills have been modified and renamed to correspond with dance and free skate tests, i.e., Preliminary Skating Skills, Junior Bronze Skating Skills, etc, instead of Class 6, Class 7, etc.

Free Skating is a term applied to such movements in skating as jumps, spins, spirals, etc. With respect to free skating, it isn't only what movements a skater can perform that counts, but the way the movements are performed. There are five free skating tests in the StarSkate program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold. Each of these tests is divided into two parts with the first being specific elements and the second a program which involves the use of those elements set to music. A skater may either try the whole test or only half a free skate test. If the skater has only half the free skate test, the other half must be passed before moving on to the next level of skating.

Competitive Free Skating involves a distinct route of free skating testing. A skater may test Juvenile, Pre-Novice, Novice, Junior and Senior levels. These tests are required for a skater to compete at Sectionals, Eastern/Western Challenges, Junior Nationals and Canadian Championships. To pass a competitive test, a skater performs his/her long program in front of a panel of one to three judges and is evaluated on both technical and presentation skills.

Stroking is a push-off and glide sequence used to build speed and endurance in free skating.

Dance involves a couple skating together in various dance positions. There are 25 dances each with a set pattern to music that has specified rhythm and tempo. For testing these dances are divided into seven test levels

Preliminary: Dutch Waltz, Canasta Tango and Baby Blues

Junior Bronze: Swing, Fiesta Tango, Willow Waltz

Senior Bronze: TenFox, Fourteenstep, European Waltz

Junior Silver: Keat's Foxtrot, Harris Tango, American Waltz ,Rocker Foxtrot

Senior Silver: Paso Doble, Starlight Waltz, Blues, Kilian, Cha Cha Congelado

Gold: Viennese Waltz, Westminster Waltz, Quickstep, Argentine tango, Silver Samba

Diamond: Ravensburger Waltz, Tango Romantica, Yankee Polka, Rhumba, Austrian Waltz, Golden Waltz.

Each level must be completely passed before a skater may test at the next higher level. There is also Interpretive (silver and gold) Bronze Rhythm, and Variation dance tests for the advanced skaters.

Interpretive Skating involves skating to a theme and musical interpretations. Emphasis is placed on presentation skills and skating sureness and not on jump/spin technical skills. There are four test levels: Introductory, Bronze, Silver and Gold.

Pair Skating is performed by a couple skating in unison. They may execute at times dissimilar moves, but they give the impression that they are in harmony with one and another. In contrast to Dance, pair skating may include lifts and jumps. There are five Pair Skating competitive tests: Juvenile, Pre-Novice, Novice, Junior and senior. **Fours** have two couples skating in unison.

Synchronized Skating involves a team of twelve or more skaters performing various group maneuvers and formations in a synchronized routine set to music. The skaters may be male or female and the music may include vocals.

SKATING INSTRUCTION

Group Lessons

Group instruction is provided in the CanSkate and Pre junior programs. These lessons are given by the Head Coach and assisted by one or more program assistant.

Some children learn well in a group while others do not. If your child is not making as much progress as the others, try to analyze the reason objectively without putting unreasonable blame on the instructor.

Some children are unable to do useful practice without supervision right from the start. Others won't practice carefully even while a parent is watching. Try to encourage your child to practice what he/she is taught in a group.

Private Lessons

Once your child has advanced to the junior program, he/she may begin to take private lessons. There will be a time slot designated for private time should you choose to partake. During this time your child will receive his/her solo that will be used in competitions and on test days. Private lessons will include free-skate, dance, skills and elements. A child will improve at a

much faster pace with private instruction.

Private or Semi-private lessons must be arranged with your Coach. Fees are paid directly to your Coach upon receipt of his/her statement. Feel free to discuss your child's progress with your Coach at a mutually agreed upon time and not during your Coach's on-ice instruction time. Try to find a time when you can talk to your child's Coach privately about your child's development. Good communication is essential to help the Coach work with your skater. Consider yourself as part of a team: skater, Coach and parent, and together you can establish goals that are attainable. Do not be afraid to ask questions.

Program assistants

Skating clubs rely heavily on the co-operation and assistance of their volunteers and their Program Assistants. The Program Assistants consist of skaters who have passed the preliminary freeski and over the age of 10. The Head Coach will determine who is responsible and mature enough to become a Program Assistant. The program assistants are trained to assist with instruction of Can Skate and Pre-junior skaters. Their role is that of leader, instructor, model and counselor. They are able to demonstrate skills, lead in warm-ups, cool downs, drill, exercise and carry out other duties they have been taught. The Head Coach is responsible for ongoing training and direction of the assistants throughout the skating season.

CANSKATE/PRE-JUNIOR PROGRAMS

There are seven stages of learning in the CanSkate program. Balance, glide forward, glide backward, edges, power and speed are fundamental movements taught during the skater's progression. Skaters are evaluated on a day-to-day basis by the Coach and Program Assistants. A typical session includes warm-ups, skill technique drills and skating games. Skaters will range in age from 3 years and up and are divided into groups according to skill level and age as determined by the Head Coach.

The Pre-Junior program is the next level of skating in the Club programming. Skaters will continue to work in group lessons by the Head Coach and assistants. Skaters will begin the competitive CanSkate Program of Stage 5 and up and are able to compete at Junior Provincials.

STARSKATE OR COMPETITIVE STREAM

If your child dreams of making it to Canadians or representing his/her community at the Olympics he/she must choose the Skate Canada competitive stream. Skaters have a choice when they pass the Senior Bronze Free Skate or, for dancers, after passing Junior Bronze Dances. They must choose to remain in the StarSkate program, where they will continue to be tested under Skate Canada criteria as they improve their skating ability. Alternatively, they may choose to go "competitive". The skater and coach will work together to make this decision. Much depends on the skater's ability, drive and aspirations and is a major step in a skater's career.

A very low percentage of skaters are in the competitive stream. Only top skaters choose this path.

EVALUATORS/JUDGES

Judges and evaluators are usually former skaters who have undergone training administered by Skate Canada. They must attend Skate Canada clinics, trial judge, and pass a written and video identification exam in order to be certified.

An evaluator is a person who examines a skater's performance for a test and determines if the skater is capable of completing the test at a satisfactory level.

A judge is a person who, at competitions, assigns the skaters marks based on the level of the performance. A judge has to think quickly because he/she must mark as soon as skater finishes a performance. Unlike evaluators at a test day, there is always more than one judge at a competition. The minimum number at a panel is three.

Judges/ Coaches' Clinics are held on a regular basis to educate about new techniques and changes to Skate Canada programs and rules.

TEST DAYS

When a skater is ready to take a Skate Canada test, his/her test will be submitted by the Coach to the club test chair. The Coach is the best person to decide if and when your child is ready to test. Only Skate Canada members may take these tests. Test fees must be paid before the skater goes on the ice. The test fees always include the Skate Canada administration fees, and may include partner fees, as well as ice costs and hospitality costs to the Host Club. The Club's test chair forward the collected fees to the Host Club of the test day.

During a test day at a Club, skaters taking tests perform specific maneuvers in front of evaluators to see if they are eligible to move on to the next level. Each skater will get a warm up and if there is more than one skater taking the same test, the order of skating is determined by the test chairperson.

Usually one evaluator does the assessment of most tests. The evaluator observes each test and the elements are assessed as excellent, good, and satisfactory or needs improvement for that particular level. The skaters need s to obtain a specific number of satisfactory or better marks to successfully complete the test. Test results are recorded and reported to Skate Canada. Parents are encouraged to keep copies of their skaters test sheets. A card will be issues by Skate Canada for successful tests.

All skating tests are officiated by a Skate Canada Evaluator. These evaluators are volunteers trained by Skate Canada who give their time and experience without remuneration, although a travel allowance is paid to out of town evaluators. Skaters are required to show decorum when in the presence of the evaluator and may not challenge his/her decision.

COMPETITIONS

Competitions are available to skaters to match their skills against other skaters in the same level. Competitions are optional and a skater may choose not to compete during their skating development. A skater may choose different events to compete in and register at his/ her level of skating for each particular event. If there are many skaters competing in the same category, the skaters will be divided into "flights" which typically consists of 8-12 skaters.

Our club skaters attend many competitions during the year starting with Sectionals in November and will include such as Regionals, Provincials, Junior Provincials and our own Fun Skate. Your

age and level of skating will determine which of these competitions you will qualify for. Our own Snowflake Skate will be a first competition for many of our young skaters. This competition is restricted to skaters in our Central Region. All competition announcements will be posted on our club website as well as Skate Canada NL web site, and registration forms will be passed out to interested skaters and parents.

Board Fees are typically given out by the Coach at month end billing. He/she will have a set amount depending on the competition. It is very important for you child to have a Coach at The boards during his/her warm ups and during the event. It is expected that the parents allow this time for the coach and skater to have private time to build confidence and prepare for the event. Please ask your liaison for a copy of your Coaches fee schedules.

A BUYERS GUIDE TO SKATING EQUIPMENT

In an article by Donald Jackson, World Figure Skating Champion (1960-1962), he addressed the need for better understanding of the importance of good quality skates. Consider the following when purchasing skates:

Unit Sole Skates- For young beginners and general skaters who may only skate once or twice a week, a good quality unit sole skate that fits properly is fine. A unit sole is a boot with a man-made fiber sole and the blade is riveted onto the boot. Unit sole skates are less costly to purchase than those with leather soles. However, they usually have a “case hardened” blade that does not hold a sharp edge. A sharp edge is necessary for the beginners trying to master the basic forward outside edge.

The least expensive skates have a vinyl or man-made upper boot. These, however, usually have little or no support where figure skaters need it most. Better quality unit sole skates have an “edge- hardened” blade and leather upper boots with good support where it’s needed.

Costs may vary depending on the quality and range upward from around \$50. If cost is the deciding factor in your purchase, save on blades, not the boot. A skater needs good support.

Leather Sole Skates-For young skaters who skate more often, leather sole boots are recommended. Leather soles have the advantage of enabling blades to be screwed into the sole, making them adjustable to suit the individual skater.

These skates are more costly, but have a better quality boot and blade. When properly sharpened, these skates will greatly enhance the skater’s ability to perform their edges on a true skating edge.

Leather sole skates may be purchased with blades already attached to the boot or boots and blades may be purchased separately. Leather boots range in price from about \$100 to \$800 and blades may also vary considerably in price. Some boots are custom made to suit an individual skater.

The Proper Fit- DO NOT buy skates for your child to grow into. In the oversized skate, support in the arch area is lost due to the arch of the boot being too far forward. The toe of the oversized boot is also too far forward and may cause the skater to trip over toe picks. Typically boots that are too big will develop creases. Blades are proportioned for balance and a larger skate may cause the skater to go over on their ankles.

Boots should be fitted with one pair of socks or stockings. To gauge a proper fit the skater’s heel should not be able to lift when the skates are laced. To check the fit, put on the boot with lacing undone and push the foot forward into the toe of the boot. Place one finger down the back of the boot touching the heel of the boot and the heel of the foot. You should be able to just get one

finger in. A boot should have at most a quarter inch growth room.

Skates should fit snugly around the ankle and the heel. There should be room to move the toes, but the foot should not slide around. The ankle, instep and heel must be firmly supported. The tongue should be wide enough to stay in place and well padded so laces don't cut into the foot.

Lacing your skates- Lacing should be loose enough over the toe area to allow movement, firm in the area over the arch and non-restrictive in the ankle area. Hooks should be laced firmly, but lacing at the top of the boot should not be so tight as to be constricting. The skater should not be able to lift his/her heel inside the boot if properly laced. Laces should be long enough to be tied in a double bow and tucked in. Never wrap the laces around the top of the boot.

Second Hand Skates- While there are differing opinions regarding second hand skates, they are a source of a better quality skater when cost is a major consideration. If you shop around, you may find a really good pair at a low cost. Be sure that the skates fit properly and retain most of the original stiffness to give good support. If the boots are badly worn and flimsy, they won't support the ankles. Check the boot sole to make sure it is solid and not rotting. If the leather soles are deteriorating, then the blades will probably not stay securely screwed into the boot. Also, check the blades to make sure there is still enough of a sharpening edge. The Club Board of Directors can suggest to you reliable sources for second hand skates throughout the year. Parents are welcome to advertise used skates on the Club website.

PROPER SKATE CARE

Cleaning and Storing-

1. Boots and laces should be kept clean.
2. Skate guard is essential to protect the blades. Permanent damage can be done to blades by walking on concrete and wood without guards. Guards should be washed occasionally to remove grit that can dull blades.
3. Skates should be stored in an upright position, with skate guards removed to prevent rusting of the blades.
4. Always dry the blades and boots completely before storing your skates.
5. When taking off skates make sure they are sufficiently unlaced so that the back of the boot will not break down.
6. Protect blades from each other with blade covers lined with cotton when skates are not in use.

Don't leave your skates in your skating bag overnight. Skates must completely dry out after each use. Allowing them to air out will prevent mildew on the soles and rust the blades.

Skate Sharpening-

Blades should be sharpened properly and regularly. This is particularly important for figure skates. Figure skates require edges that can usually only be obtained from a qualified professional who specializes in figure skates. You have just made an important purchase for your skater and don't want the blades ruined by an incorrect sharpening.

How long should a sharpening last? The rule of thumb is 25-50 hours of ice depending on the quality of the blade. The harder the steel blade, the longer it will hold its sharpening.

New blades have approximately 1/16 to 3/32 of hard steel edges. When properly done, sharpening takes off .113" from this hard edge. An improper sharpening can greatly decrease the life of a blade.

Do not have figure skates sharpened at a hockey sharpening place unless they have proper stones and knowledge of figure skates. SBFSC skaters in the StarSkate program usually have skates

sent out of town for sharpening. Your Coach can assist you with this.

SKATING WEAR-WHAT IS RIGHT?

Clothing that is too tight or bulky will create problems for a child who is trying certain movements. Loose, flowing clothes such as scarves can be hazardous. Helmets are mandatory for all children in the CanSkate program.

A dress or skirt and a sweater for girls; slacks and a sweater for boys; small children usually wear track suits. Jeans should not be worn because they do not allow for freedom of movement. Skaters in the StarSkate program should wear relatively tight, yet stretchable, pants or tights so as to see the exact positioning of legs while performing.

For warmth and comfort, double knit jersey is best; synthetics are good but not as warm. If there is “give” in the material, the skater will feel more comfortable. Mitts or gloves should be worn.

For competitions, skaters should have a suitable competition dress with hair tied up and off the face and neck and appropriate make-up. The Coach prefers all skaters wear a white or black sweater, without hoods, and matching stretch gloves for warm-ups.

PREVENTION AND TREATMENT OF SPORTS INJURIES

Preventative Causes of Most Injuries

1. Poor preparation-insufficient strength, training fitness and flexibility.
2. Stress/Overuse and Abuse-Stress applied repeatedly creates an alteration in the normal physiological state; the lines between use, overuse, and abuse are very indistinct and the onset is gradual in most cases. It is important to assess each child and not to work through their pain.
3. Previous injuries- in ratio to other preventative causes, these seldom relate to a current injury.
4. Equipment failure and the failure to use equipment properly-this includes clothing, ice and skates.

Preventative Action to Avoid Sports Injuries

1. Strengthen with on and off ice exercises. Muscle imbalance is often a problem for skaters. Exercise sport specific muscles. Instead of doing a lot, do exercises with efficiency. The adage “no pain- no gain” is wrong. There will be discomfort but not pain, if stretching is done properly. Slow stretch to sustain action.
2. A skater’s most important piece of equipment is his/her skates. An improper boot fit not only hurts the foot but can also cause injury as far up as the hip. Consult your coach when in doubt about a fit.
3. Learn skating basics well to enhance performance and decrease the chance of injury. Try to deflect unnecessary pressure from the coach and parents. Coaches should be able to read the signs of fatigue, even to beginners. Gradually ease back into the program after a period of non-activity.
4. Good habits developed early in the sport are essential. Spend time in warm up exercises and at the boards and in stroking exercises. A skater stepping on the ice and trying to jump is an accident waiting to happen.

Treating Overuse Syndrome

1. Reduce the workload, but don't stop the activity.
2. Apply heat to the injured area before and after skating.
3. Stretch before and after skating practices with warmed up muscles
4. Strengthen

Treating an Injury.

When an injury occurs, immediate on the spot action is a must. What is serious? Is there a deformity or swelling? Can it be moved? The body overreacts to injuries and the following steps will minimize this reaction and start the healing process.

1. Rest immediately.
2. Ice to minimize swelling.
3. Compress injured area and elevate.
4. Follow -up with a professional diagnosis from a medical doctor.
5. During ongoing treatment, continue to be physically active if skating is not allowed.

Your coach should be involved in your reconditioning program.