



Information Booklet

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Section 1

Membership in

Fort Wayne Ice Skating Club (FWISC)

A. Why should a skater join Fort Wayne Ice Skating Club (FWISC)?

- 1) Fort Wayne Ice Skating Club offers a variety of figure skating programs designed to fit various needs, whether you are.....
 - A parent looking for a fun and friendly environment to introduce your children to the popular sport of figure skating.
 - An experienced competitive skater who needs ice time for private lessons and training and wants to build lasting friendships with other skaters.
 - An adult who enjoys the company of other ice skating enthusiasts committed to health and fitness.
- 2) The FWISC consists of skaters, parents of skaters, and individuals throughout the city who have an interest in figure skating. Skaters interested in becoming active in the sport of figure skating can depend on FWISC to provide them with multiple opportunities to learn more about the sport, improve their skating skills, and meet other skaters and families with the same interest in skating.
- 3) Members of the FWISC are able to take advantage of the following:
 - Reasonably Priced Practice Ice Sessions for Advanced Skaters.
 - Highly qualified Instructors.
 - Test Sessions, Club Competitions and ice shows.
 - Special Member Benefits and Events.

B. What are the four types of membership and their specific benefits?

- 1) Full Membership for \$50 per year as of 2008
 - Includes full United States Figures Skating (USFS) membership.
 - Full participation in the Advanced Figure Skating Program.
 - 1-year subscription to *Skating* magazine published by USFS.
 - Receive FWISC newsletter via email or post if requested.
 - Membership information packet.
 - Voting privileges on club wide decisions (one vote per skater or maximum of two votes per family).
 - Eligibility to apply for Frances Lupke Scholarship.
 - Portrait of actively competing skaters' displayed in FWISC glass case.
 - Optional participation in **Fantasy on Ice**, exhibitions, and all FWISC functions.
 - Optional participation in USFS sanctioned competitions and test sessions.
 - Skater may also be eligible for one or all of the following: financial assistance to qualifying competitions as funds are available, featured solos for **Fantasy on Ice**, and FWISC annual awards.
- 2) Subsequent FWISC Membership for \$20 per year as of 2008
 - Benefits are the same as Full Membership excluding 1-year subscription to *Skating* magazine and FWISC newsletter (one per family).
 - FWISC Board members must be a member of the club as a subsequent member.
- 3) Patron Membership for \$20 per year as of 2008

- For Non-skating, non-family FWISC supporter.
 - Receive monthly FWISC newsletter.
 - Invitations for optional participation in FWISC activities and fundraisers.
- 4) Learn-to-Skate Membership for \$10 per year as of 2008
- This membership is offered to skaters registered in Fort Wayne Parks & Recreation Department Learn to Skate program.
 - Receive FWISC newsletter.
 - Optional participation in FWISC activities and fundraisers.
 - Optional participation in Basic Skills competitions.
 - Optional participation in *Fantasy on Ice*.
 - A \$10 credit is given toward full FWISC Membership if membership is upgraded by June 30th.

Section 2

People You Need to Know

A. What is the role of the Advanced Figure Skating Director?

The Advanced Figure Skating Director is a part-time employee of the Fort Wayne Parks & Recreation Department. Her role is to plan and organize the activities of the Advanced Skaters at McMillen Ice Arena. In addition to this she coordinates the activities of the coaches in the Advanced Figure Skating program, and the Learn to Skate program.

B. How to choose a professional Coach?

- 1) Consider the personality of the skater and that of the coach.
- 2) Align the goals of the skater with the qualifications and teaching skills of the coach.
- 3) Consider the cost of the coach and the skaters' budget.
- 4) Consider the availability of the coach on days when the skater would like to skate.

C. What is the role of the coach?

- 1) Next to your skater, the coach is the most important element in figure skating. The coach will be your child's instructor, confidante, and your main guide and go-to person for information. Many skaters become familiar with different coaches through the Learn to Skate program. There is a list of coaches and a description of their background available on the FWISC web site. Pamphlets are also available on the bulletin board.
- 2) Once or twice a year the coach, the skater and the parents should sit down away from the rink and discuss goals for the skater's future.
- 3) Discuss upcoming test sessions and competitions.
- 4) Prepare skater for tests and competitions and assist skater in achieving goals.
- 5) Assist in the selection of program music.
- 6) Choreograph programs. (However, many coaches prefer to have a coach with extensive experience in choreography actually choreograph a skater's program.)
- 7) Provide information to help skater warm-up both on and off ice before each practice, at competitions and test sessions.
- 8) Review skater's performance after competitions and test sessions with both the skater and the parent(s).

- 9) Be a positive role model for skater.
- 10) Advise on issues concerning skating attire and skating equipment.
- 11) Send periodic bills to each skater's family. Help new skating families become aware of expenses associated with competitions, testing, etc.

D. What is the role of the FWISC Board? How to become a board member?

- 1) The board consists of nine elected FWISC adult members. New members are elected by votes at the FWISC banquet. Each term lasts three years. Typically, the board meetings occur the second Thursday of each month at a location to be determined. FWISC members are welcome to observe board meetings.
- 2) Organize all club activities including but not limited to: test sessions, at-home competitions, the annual ice show (*Fantasy On Ice*), exhibitions, annual membership meeting and banquet, educational seminars, and disbursement of scholarship funds when available.
- 3) Maintain bank account as needed.
- 4) Provide budget for review by membership as requested.
- 5) Collect funds for all club related activities.
- 6) Raise funds to support FWISC events and off set costs to skaters.

E. What is the role of the Fort Wayne Parks & Recreation?

- 1) Hire qualified figure skating coaches as needed.
- 2) Coordinate, advertise and run Learn to Skate Program.
- 3) Coordinate punch pass system for skaters to purchase Advanced Skating practice ice.
- 4) Provide ice monitors for all Advanced Skating ice times.
- 5) Coordinate ice usage for all ice arena users.
- 6) Maintain the McMillen ice arena.

F. What role do parents play in terms of skater's progression, club activities and special events?

- 1) Parents' role in Skater's Progression
 - Develop positive relationship with the coach.
 - Focus on effort, participation, fun and skill building, not on winning.
 - Practice good sportsmanship.
 - Teach your child to be gracious in defeat.
 - Show interest, enthusiasm and support for your child and other skaters.
 - Be in control of your emotions.
 - Read the USFS rulebook.
 - Parents need to parent, and coaches need to coach.
 - Value your child's strengths without making comparisons to other skaters.
 - Be positive!
 - Volunteer - take an active part in your child's skating experience.
- 2) Parents' role in FWISC activities and special events
 - There are many events, shows, and activities sponsored by the FWISC and volunteers are needed to get these accomplished. In order to keep costs down and encourage participation of skaters and their families, there is a requirement that a minimum of five hours of volunteer time a year be donated per skating family. In lieu of volunteering, one may pay a fee of \$50.00. It is very easy to fulfill the five hours requirement: one can help register competitors or give out awards at competitions, sell tickets, help people find their seats, put up sets, take

down sets at the yearly Fantasy on Ice show, serve on a committee or the Board etc. There is a volunteer sign up sheet that lists the various volunteer activities associated with our many events and activities throughout the year.

- Be a positive role model. If you have any questions about club practices, go directly to the FWISC board member to obtain an answer. Do not rely on what is "heard" on the bleachers or in the locker room.
- Check the bulletin board and the website frequently at www.fortwayneiceskatingclub.org.
- Submit your e-mail address to the E-mail Coordinator at fwisc@comcast.net to receive FWISC information directly via e-mail. The E-mail Coordinator is a FWISC member who sends out these e-mails periodically on behalf of the Board to increase communication within the club.

Section 3

Skating Organizations you need to know

A. USFS – United States Figure Skating (www.usfs.org)

1) What is it?

USFS is a national governing body for the sport of figure skating in the United States and is recognized by the International Skating Union (ISU) and the United States Olympic Committee (USOC). Its mission is to provide programs to encourage participation and achievement in the sport of figure skating. It regulates the sport in the US, creates rules for the holding of tests, competitions and other activities and organizes and sponsors competitions for the purpose of stimulating interest in figure skating. It provides the testing and competitive opportunities to allow figure skating to obtain qualifiers for US National and international competitions, including the Olympics. It is this system that designates levels of skating achievement and helps divide the ice practice sessions so skaters can practice with others at a similar level.

2) Why should a skater join USFS?

Being a USFS member allows a skater to participate in USFS sanctioned tests and competitions. McMillen is a USFS rink. Full membership in the Fort Wayne Ice Skating Club includes membership in USFS. Benefits include:

- Opportunities to test, compete, and represent our club at USFS sponsored events.
- Certificates for passing tests and placing in qualifying events.
- Subscription to *Skating* magazine.
- Coverage under USFS's sports accident insurance policy.

B. ISI – Ice Skating Institute (www.skateisi.com)

1) What is it?

ISI is an organization that supports the development and operation of ice rinks and promotes recreational ice skating programs in the United States. This organization, like USFS, also has figure skating competitions and tests. These are focused on the needs of the recreational skater, as opposed to the competitive figure skater.

2) Why should a skater join ISI?

If the skater is more of a recreational skater rather than a competitive skater, he or she might still enjoy some friendly competition, or a chance to show an audience what

they can do. There are many ISI-based competitions through the year. In order to participate, the skater must join ISI.

3) What are the costs and benefits of joining ISI?

Visit www.skateisi.com for more information. Benefits include:

- Subscription to *Recreational Ice Skating* quarterly magazine.
- Opportunities to perform locally or nationally at ISI sponsored events.
- Access to skating manuals.
- Accident insurance.

C. PSA - Professional Skater's Association

1) What is it?

PSA is the organization of teaching and performing skating professionals, which provides and promotes the education and certification of figure skating coaches. All FWISC coaches are required to certify themselves to the fullest extent of their abilities with PSA.

2) Why is it important?

This system assists skaters in determining which coach best meets their needs, and it determines the hourly rate for coaches based on the qualifications of the coach. PSA members are required to maintain a high standard of ethical and professional conduct.

Section 4

Moving Up

A. Testing

1) What is the purpose of testing?

Figure skating can be either competitive or recreational. Competitive skaters are required to participate in the USFS testing structure to eventually compete in qualifying competitions. Recreational skaters can also choose to take tests to continually challenge themselves and gauge their improvement in various skills.

2) When does a skater test?

When a skater has reached a certain level of proficiency as determined by their coach, he or she will be encouraged to take the appropriate test at the next test date offered by FWISC.

3) Where and when are USFS tests scheduled?

Tests can be taken by FWISC members in good standing either at McMillen Ice Arena or other rinks out of town. The skater's coach will give dates of upcoming tests and will help the skater determine when it is appropriate to test based on ability. FWISC and the Test Chair organize the test sessions. The test sessions are typically held on a work/school day in the late morning and early afternoon. The exact schedule of the session will be distributed one week prior to the test session. Parents and skaters should plan to be available the entire day of a test session.

4) What are the different types of USFS figure skating tests?

Most likely a skater will begin as a singles skater and do his skating practice and performing alone. The tests required for singles skating are moves in the field and freestyle tests.

- Moves in the field tests (MIF) are designed to encourage skaters to master positions and edges and turns necessary for figure skating. The moves in the field tests have replaced what used to be called the “school figures”. The quality required to pass moves in the field tests is high. Parents are encouraged to take the time to watch skaters testing at test sessions so they can fully understand what it takes for a skater to prepare for a moves in the field test. Moves in the field tests must be passed before taking the corresponding freestyle or pairs test. For example, the preliminary moves test must be passed before being eligible to take the preliminary free skating test or the preliminary pairs test. However, a skater may test higher in moves in the field tests without passing the corresponding freestyle test. For example a skater may be at a Juvenile Freestyle test level and a Junior Moves in the Field test level. In this case the skater would only be allowed to compete as a Juvenile.
 - Freestyle tests (FS) at the Preliminary level and above are performed to music of a specific length and contain specific program elements (jumps, spins, and footwork) as specified by the USFS Rulebook (available for purchase at www.usfs.org). The skaters coach is responsible for ensuring that the skater’s program contains the necessary elements for each test level. The tests are judged by qualified judges appointed by the USFS. Please note that levels of elements required for testing are not necessarily the same as the required elements for competitions at the same level.
 - Order of test levels from lowest to highest
 - MAQ (This FWISC Main Arena Qualifying test determines whether the beginning skater is capable of safely being on the ice with more advanced skaters. This is not a part of the formal USFS test structure.)
 - Pre-Preliminary
 - Preliminary
 - Pre-Juvenile
 - Juvenile
 - Intermediate
 - Novice
 - Junior
 - Senior
- 5) How does a skater sign-up for a test session?
 The FWISC Test Chair will post information regarding upcoming Test Sessions. The skater’s coach will help the skater determine when it is appropriate to test based on ability. Each skater must submit a test application by the due date to the FWISC Test Chair with the specified fee for the test and the judges. Test fees are non-refundable.
- 6) How long does it take to prepare for a skating test?
 The first tests your child takes may not take long to pass and prepare for; however, each child will master the required skills differently. Some skaters may take six months to prepare for a test, while it can take others a year or more. As time passes and your child progresses through the test structure, the tests get more and more difficult. Be patient. Don’t expect him or her to pass every test on the first try.
- 7) What to bring to a test session?
 a) Both skates, clean or freshly taped

- b) At least one dress for girls or pants/shirt for boys
 - c) Multiple pairs of tights in case of a sudden hole or tear
 - d) Hair styling tools
 - e) Make-up
 - f) Warm-up jacket or sweater
 - g) Music for freestyle test (labeled with name) and a back-up copy
 - h) Skate guards and soakers
 - i) Emergency medicine
 - j) Schedule of test session
- 8) What are the expected costs of testing?
- a) Money: Skaters pay between \$15 and \$55 per test based on test level and a judge's fee.
 - b) Time: Skaters must be at the rink one hour prior to the start of their test. Test sessions usually take at least one hour from the start of the warm-up to the result notification. Total time at the rink can range between 2 to 3 hours per test. Frequently, the skater will need to miss a part or a whole day of school to test.

B. Competitions

- 1) Why should a skater compete?
 All competitive figure skaters relish the opportunity to measure their accomplishments against other skaters at their same level. Skaters who are interested in moving up and going to regional or national events see every competition as a stepping stone toward their future skating goals. The skater, parents and coach should discuss the skater's goals and determine the number and type of competitions appropriate for the skater. Even recreational skaters may enjoy the chance to show peers, family and judges the results of their hard work.
- 2) When and where are competitions held?
 USFS competitions are held year round at different arenas. Typically, FWISC skaters compete in some or all of the following competitions: the Louisville Competition in February, Lansing Competition in August, Carmel Competition in September, Regionals in October, and Indiana State in November.
- 3) How does a skater participate in a competition?
 Notices of competitions (and other events) are posted on the front-entry bulletin board and listed in the Ice Chatter newsletter. The coach will also tell skaters about upcoming competitions that would be appropriate for the skater and advise the skater on which events at the competition are appropriate and at what level. When interested in competing in a specific competition, the registration form must be completed by the specified due date and submitted with a check. Most applications require the signature of a FWISC Board Officer. Please allow extra time to do so.
- 4) What if the FWISC skater is not a citizen of the United States?
 For non-qualifying events this should not be a problem. However, for Regional events and above be sure to allow sufficient time to complete and submit additional paperwork that may be required. Refer to the USFS website for the most current information.

5) What costs are involved in competitions?

- a) Money: Competition registration fee, coach's fees, outfits, extra time with coaches for choreography, extra practice ice time both at McMillen and at the competition rink, travel expenses for skater and coach for out-of-town competitions. It is a good idea to discuss competition billing with your coach prior to actually signing up for the competition. That will ensure that the parent knows what to expect.
- b) Time: Competitions typically run Friday through Sunday. Depending on the skaters' level and the events for which she or he is registered, it is possible to have an event each day of the competition. For this reason it is recommended to make a hotel reservation for each night of the competition at the time the registration form is mailed. The exact schedule for a competition is usually not posted until two weeks before the event.

6) What should be brought to a competition?

- a) Skates (BOTH of them!) polished and with new laces
- b) Dress / tights (or pants and shirt if male)
- c) A spare set of tights
- d) Any makeup required
- e) Comb, brush, hairspray, extra scrunchies, bobbie pins, etc
- f) Sweater or warm-up jacket
- g) Skater's music CD (labeled and tested)
- h) A backup CD
- i) Guards and soakers
- j) An "emergency bag" (this should contain spare screws for your blades, a screwdriver, spare laces, prescription medicines, band-aids, aspirin, etc)
- k) Skater's USFS number
- l) Know the event number(s) and time(s)
- m) Directions to the rink
- n) Black electrical tape (cover the flash bulb on your camera, if it can't be turned off...)

7) What to expect as a skater?

No question about it, your first competition will be one of the most exciting, most confusing, and most stomach-churning days you will ever experience in skating! Just remember, you're doing this for fun, so go out there, show off a little, and enjoy the experience. Do your best job, but always remember to keep an even perspective on the day... Parents, too, remember how much courage it takes to get out there all alone on that huge sheet of ice in front of all those people. Make sure your child knows about that fluttery feeling of pride you feel in your chest when you see them out there.

8) What to eat before a competition?

- a) An hour or less before a competitive event:
 - Drink water. Keep a water bottle by your side at all times and sip continuously.
 - Maintain muscle glycogen with liquid carbohydrates by sipping sports drinks or diluted fruit juices.

- Eat fruits like oranges, grapes, peaches, pears and chunks of melon. These are mostly carbohydrate and water, and they digest quickly.
 - Limit the amount of food eaten. Being nervous, excited or over-heated slow digestion. The more you eat, the longer it takes to digest.
- b) With 2 or 3 hours before an event:
- Drink fluids (water, sports drinks juices, low-fat milk) for maximum hydration.
 - Eat easily digested carbohydrates like fruit, bagels, crackers, pretzels, breadsticks, bread with jam or jelly, cereal, flour tortillas and rice cakes. Some skaters may also do OK with small amounts of protein (low-fat or drinkable yogurt or small amounts of peanut butter).
 - Wait until after competition to eat whole grains and other high fiber foods. Fiber adds bulk and usually slows the exit of food from the stomach.
 - If you like energy bars, drink plenty of fluids with them. Energy bars are very dense and need fluids to speed their digestion and travel through your GI tract.
- c) With 4 hours or more before competing:
- Drink fluids (water, sports drinks juices, low-fat milk) for maximum hydration.
 - Have a meal that is mostly carbohydrates and also includes some lean meat or other low-fat protein: bagel with low-fat yogurt and fruit; deli roast beef and Swiss cheese wrap; pancakes with fruit and low-fat milk; yogurt parfait with layers of cereal and fruit; pasta with lean meat, fish or veggies or red sauce.
 - Use caution with high-fat and fried foods as they may take too long to digest. You want your blood to carry oxygen to your muscles – not to your GI tract for digestion.

Section 5

Special Events and Activities

A. Synchronized Figure Skating teams

1) Are there synchronized skating teams at McMillen Ice Arena?

Yes. They are not part of FWISC but many of our members skate on the teams. Please contact the Summit City Skaters for more information.

B. Headwaters Ice Skating Extravaganza

1) What is it?

The Headwaters Ice Skating Extravaganza Exhibition is a small 30 – 60 minute ice show to celebrate the opening of the outdoor Headwaters Park ice arena. It is organized by the Headwaters Park Board of Directors, who also chooses the Show Coordinator.

2) Where is it?

The actual exhibition is held at the outdoor arena at Headwaters Park. The practices for the show take place at McMillen Ice Arena until the ice at Headwaters Park is ready for use.

3) When is it?

The Headwaters Ice Skating Extravaganza takes place prior to Thanksgiving.

4) Who participates?

The assigned Headwaters Show Coordinator holds auditions for figure skaters of all levels and invites individual skaters to perform at the exhibition. She will then group the skaters for specific numbers in the Exhibition based on ability and costume availability. Typically, a few skaters of various levels are asked to perform solo numbers also.

5) Why participate?

The Headwaters Ice Skating Extravaganza is a wonderful way to start the Thanksgiving holiday weekend. Performing at an outdoor arena with your fellow skating friends is a fun experience for all. The Headwaters Ice Skating Extravaganza is free to spectators so it provides a great opportunity for family and friends to see the skater perform. And, the more a skater performs the better developed their performance skills and confidence become.

6) What are the estimated costs?

- a) Money – There is a \$25 audition fee but other than that it is free for the skaters. The Headwaters Park Alliance owns the majority of the costumes, pays for practice ice time and the coaches.
- b) Time – For every number in which the skater skates, there are approximately three 45 minute practices that the skater will need to attend during the two weeks prior to Thanksgiving. On the day of the show all skaters will be required to be at Headwaters Park from approximately 3:00 PM until 8:00 pm.

C. Holiday Party

1) What is it?

The Holiday Exhibition organized by FWISC is a time when FWISC skaters have the opportunity to skate and socialize with fellow FWISC members.

2) Where is it?

The Exhibition is held at McMillen Ice Arena.

3) When is it?

The exhibition takes place in December.

4) Who participates?

FWISC skaters of all ages and levels of ability.

5) What are the estimated expenses?

It's free!!!!

D. Regional Exhibition

1) What is it?

The Regional Exhibition organized by FWISC is a time when FWISC skaters who are competing in the Regional competition skate their free skate (long) program for their family and friends.

2) Where is it?

The Exhibition is held at McMillen Ice Arena.

3) When is it?

The exhibition takes place one or two weekends before the Regional competition.

4) Who participates?

FWISC skaters who are competing in the Regional competition are encouraged to participate.

5) Why participate?

Not only is this a great opportunity for the skater to practice his/her program with the ice all to themselves and a crowd to cheer them on, it is a celebration of the skaters determination to take their skating to the next level. The Exhibition is free to spectators so it provides a great opportunity for family and friends to see the skater perform and enjoy a piece of the "Good Luck" cake provided for all after the Exhibition. It is a fantastic way to get excited about Regionals!

6) What are the estimated expenses?

It's free!!!!

E. Fantasy on Ice

1) What is it?

Fantasy on Ice is the annual FWISC ice show that showcases the talents of the McMillen ice arena skaters.

2) Where is it?

The ice show and its practices take place at McMillen Ice Arena.

3) When is it?

The ice show takes place on a weekend in the spring, depending on the competition schedule and the Ice Arena schedule. The show times vary each year. Practices take place the three weeks prior to the actual show.

4) Who participates?

- a) All skating members of Fort Wayne Ice Skating Club and skaters in the Learn to Skate program are invited to participate. A sign-up sheet is distributed to all skaters the November prior to the actual show to allow for sufficient time to obtain the costumes. Skaters are asked to indicate the quantity of performance numbers in which they would like to participate and to make a deposit on their show fees.
- b) With the sign-up information in hand, the Show Director will consult with the arena coaches and Board to determine the best performance number(s) for each skater. The Show Director has the responsibility and authority to place the skaters where he/she believes will contribute to the overall entertainment quality of the show. However, the following criteria is generally used by the Show Director when considering skaters for solos, step-outs and small group numbers:
 - A senior solo (performing a number alone on the ice) may be granted to a senior in high school who has passed the USFS Juvenile Freestyle Test. If the senior has not passed the Juvenile test, the senior may be granted a step-out (a mini-solo within a group number).
 - Solos may be granted to current club members who compete at the Eastern Great Lakes Regional Championships depending on their performance at Regionals and the skater's USFS test level in both Freestyle and Moves in the Field.
 - All solos and placements in groups are approved by the coaches and the Show Director.
- c) Typically, Learn to skate skaters are in one number. Advanced skaters who are USFS level Pre-Juvenile and below are typically in two to three numbers. Advanced skaters who are USFS level Juvenile or above are typically in three to five numbers. Once the cast for the show is announced, please feel free to

contact the Show Director with any questions or concerns that you have about the placement of your skater(s).

- d) Typically, All FWISC seniors in high school who have competed or are actively working on tests during the school year of the show are granted a solo performance. However, the senior must be a USFS Juvenile level or above to have a solo performance.

5) Why participate?

Fantasy on Ice is an opportunity for all skaters, regardless of level, to entertain their family and friends as they perform in costume to music. The show provides an opportunity for the skaters to become better acquainted as they refine their performance skills. And, most importantly, all the skaters have a great time!

6) What are the estimated costs?

- a) Money – Show costs fluctuate annually. However, each skater can expect to spend approximately \$100 per number with show fees for coaching and costume/make-up fees. Tickets to show are \$10/reserve seating ticket and \$5/general seating ticket. Parents must purchase tickets to watch performance.
- b) Time – For every number in which the skater skates, there are approximately three 45 minute practices that the skater will need to attend during the three weeks prior to the show. In addition, each skater must attend a mandatory four hour dress rehearsal. During the actual show weekend, each skater must be in the dressing room one hour prior to the show time and until the end of the show.

F. Annual Meeting and Banquet

1) What is it?

The Annual Meeting and Banquet for FWISC is a casual dinner meeting where skaters receive certificates for tests passed during the previous year, club awards are given, and elections are held for any FWISC open board positions.

2) Where and when is it?

The actual date and location of the banquet varies yearly but typically it occurs in June. Check the Ice Chatter for announcements.

3) Who participates?

All members of FWISC and their families are invited to attend.

4) Why participate?

The Banquet is an opportunity to celebrate a successful year of skating for the individual skater and the club as a whole.

5) What are the estimated costs?

- a) Money – There is a nominal cost per person for the dinner.
- b) Time – It usually lasts a few hours.

G. Summit City Skaters

This group consists of skaters of all ages (including adults) who are interested in figure skating. They are completely separate from the Fort Wayne Ice Skating Club, and they organize their own ice time and events. There is also an adult synchronized skating team called "The Blades" that practices during this ice time. If interested, please contact Judy or Jim Fick.

Section 6

Communication

A. Newsletter

The Ice Chatter is published quarterly with a deadline of the 15th of the month to submit anything that needs to be included in the newsletter. The newsletter includes valuable information for the skater and the skater's family. Articles regarding upcoming competitions, test sessions, club news and meetings are customarily included in each issue of the newsletter. Please make sure that the FWISC has your most up to date email address to ensure that you receive the newsletter.

B. Email

This is a valuable communication tool for the FWISC to use for the disbursement of time sensitive information as well as any other communication that needs to have distribution to all club members. It is important that the club has the most current email address for the skater as well as the skater's family. Emails are sent on an as needed basis.

C. Bulletin Board

FWISC has an informative bulletin board that is located inside the main entrance of the McMillen Ice Arena by the red rink. The bulletin board is a place to find information about upcoming competitions, test sessions, want ads, meeting notices, skating schedules and other information regarding special events and activities. It is important to look at the board often to ensure you have up to date information on any and all activities and events of the FWISC.

D. Website

The FWISC's website, www.fortwayneiceskatingclub.org , is a 24/7/365 access site for you to find the most up to date information about the club and its activities.

E. Club Directory

Each member of the FWISC receives a directory that includes all the phone numbers and addresses (mail and email) for the members of the FWISC.

Section 7

Practice

A. What different types of skating lessons are available?

1) Learn-to-Skate Group Lesson Program

The Fort Wayne Parks & Recreation Learn-to-Skate Program is designed to help members of our community, from tots to adults, become "all around skaters" and follows the skill rankings established by the USFS. The program is taught by professional figure skaters that are members of the Professional Skaters Association (PSA), the USFS and FWISC. Each series includes seven 30-minute group lessons, 30-minute practice ice time, use of rental skates and USFS certification patches. You can find specific information about the LTS Program at www.fortwayneparks.org.

1) Advanced Figure Skating Program

- The Fort Wayne Parks & Recreation Department sells ice time in 45-minute increments for those skaters interested in taking private lessons to more quickly improve their skating abilities. A punch pass may be purchased in the main office for use to enter these sessions.
- The Advanced Skating ice schedule changes each season, i.e. "summer schedule, fall schedule, etc". Advanced Skating ice time is divided into "sessions" each lasting 45 minutes long. As long as a skater has a private coach, they may use Advanced ice sessions for private lesson, or practice time. Lessons can be scheduled in 15-minute increments, or you and the coach may decide on a designated amount of time. It is between the skater and the coach as to how many times a week to take lessons.
- During some seasons, off-ice classes are held and are considered a session. One example is an off-ice jump class that helps skaters learn the mechanics of a jump on the ground wearing tennis shoes instead of skates. Off-ice classes are taught by coaches, or individuals with experience in that particular skill, for example, ballet.
- Cost: One punch on the Fort Wayne Parks & Recreation punch pass can cost between \$7.50 and \$10.00 each depending on the quantity purchased. Private lesson costs during these sessions vary by coach and range between \$20 per hour to \$50 per hour.

B. What can be expected in a Group Lesson and a Private Lesson?

- 1) In Group Lessons the lessons are shared between other skaters. As the skill level progresses, you may work with more than one coach to cover a range of skating disciplines and get a different perspective. Sometimes, having one coach say something differently on the same technique will help a skater better understand the subtlety of a specific skating move.
- 2) Typically, private lessons are 15, 30 or 45 minutes long. Payment to coaches is arranged individually with each coach either after each lesson, once a week, or billed monthly. Parents or skaters pay the coach directly. The FWISC is not involved in payment to coaches for private lessons. Coaches will contact you if they are unable to fulfill a private lesson commitment. Please let your coach know if the skater cannot make a scheduled lesson.

C. Which session can your skater skate?

- 1) Advanced Figure Skating ice sessions are sometimes broken up into levels in an effort to keep all skaters safe and to even out the number of skaters on each session. The break-down of sessions levels is as follows:
 - HIGH - Skaters who have passed the Juvenile test through Senior & Adult Gold tests.
 - OPEN - Skaters who have passed the Pre-Preliminary test through Senior & Adult Bronze tests.
 - GENERAL - Skaters who have passed the MAQ test and above.
 - LOW - Skaters who have passed the MAQ test through Pre-Juvenile & Adult Pre-Bronze tests.
 - LOW with Learn to Skate - Learn to Skate students and skaters who have passed the MAQ test through Pre-Juvenile & Adult Pre-Bronze tests.

- The MAQ test is the FWISC Main Arena Qualifying test determines whether the beginning skater is capable of safely being on the ice with more advanced skaters.
- 2) In general, the skaters who have accomplished the majority of their double jumps are only allowed to skate the HIGH, OPEN and GENERAL sessions. The skaters from just beginning through starting their double jumps skate everything but the HIGH sessions.

D. Are there rules for skating on the Advanced Figure Skating ice sessions?

- 1) Skaters performing their programs have priority over all other skaters.
- 2) While courtesies should be extended to all skaters, those performing their programs have first priority; skaters in a private lesson have second priority. Professionals giving instruction are responsible to alert their students in sufficient time for the instructor and student to give way to skaters performing their programs as they have first priority with the right of way.
- 3) Sitting on the wall during Advanced Skating ice sessions is not allowed.
- 4) Skaters should be in constant motion during sessions because there is always something to practice.

E. What types of lessons/ice times are available during the summer months?

Summer offers an opportunity for skaters to significantly improve their skating in a short number of days with a high quantity of practice time. Some classes may be offered on a weekly basis or just during a special week-long "skating camp".

1) On Ice sessions may include:

- Power/Conditioning and Skating Skills: Classes designed to develop sports-specific power incorporating aerobic and anaerobic training.
- Jump Technique: Development of height, speed and quickness of jumps.
- Spin Technique: Development of the fine technique of spins and spin combinations.

2) Off Ice sessions may include:

- Ballet and/or Dance
- Skating Theory and Off Ice Jumps: Sessions focus on learning basic concepts of skate techniques, judging, goal setting, physical and mental training.
- Strength and Conditioning: Instruction and supervised workout sessions designed to develop more physical strength and overall fitness for increasing skating skills and preventing injury.

Section 8

Education

A. Are there any seminars offered to supplement regular skating practices?

- 1) Occasionally, FWISC will offer additional figure skating seminars and invite figure skating professionals to come to McMillen for a multi-day seminar. Such seminars are posted on the bulletin board at the ice arena and advertised in the newsletter.
- 2) Surrounding ice arenas also offer seminars. Skaters are encouraged to check the websites of other ice arenas in our area frequently for such information.
- 3) When investigating a seminar, remember to ask for what level of skater it is intended and how the groups will be split. Ideally, the skater's ability is in the middle of the group in which he or she is placed.

B. What kinds of camps are available for figure skaters?

- 1) As with the seminars, there are a variety of camps available for figure skaters of all levels and all long-term goals. Skaters are advised to discuss camp options with their coaches prior to registering for them. Coaches are familiar with the quality of the coaching at the camps and whether or not it is appropriate for the skaters' individual level. Below are a few of the camps that FWISC skaters have attended:
 - Indiana/World Skating Academy (<http://www.iwsa.org>) offers a variety of camps throughout the year. Located in the Pan Am Center in downtown Indianapolis, these camps are easily accessible and of high quality. They offer off-site lodging at an additional fee. Many of their camps are two days/one night allowing the skater to stay with their parent in a hotel overnight. This is a particularly good website to check frequently as their large size allows them to bring in well-know coaches on a regular basis.
 - Miami University's Figure Skating School (<http://miami.ice.muohio.edu>) in Oxford, Ohio offers a fun, camp-like atmosphere while providing figure skating instruction to beginning to mid-level skaters. Every year several low to middle level FWISC skaters attend this enjoyable camp.
 - Shattuck-St. Mary's School (<http://www.s-sm.org>) in Faribault, Minnesota offers a premiere intensive training camp for figure skaters under the direction of Olympic coach Diana Ronayne, Shattuck-St. Mary's Director of Figure Skating. The camp is designed to offer a comprehensive and well-balanced program offering specialized training sessions both on and off ice. Participants should be highly motivated skaters with a desire to learn and work throughout the entire week.
- 2) When considering summer camps, it is important to look at the summer classes offered here at McMillen. While there is not an overnight aspect to the summer program, there are certainly plenty of different types of sessions that develop skaters' abilities both on and off the ice. Summer is an excellent time for skaters to increase their normal training program both on and off the ice in order to see significant growth in abilities over the summer. Discussing the skaters' summer session plan with the coach at the beginning of the summer is very useful.

C. Where on the web can useful skating information be found?

- 1) <http://www.fortwayneiceskatingclub.org>
- 2) <http://www.usfs.org>
- 3) <http://www.skateisi.com>
- 4) <http://www.sk8stuffmore.com>

Section 9

Schedule

A. What is a typical training program?

- 1) Adopting a regular training schedule and compiling a notebook of the practice activities and moves is an important strategy in a complete training program for each skating athlete. It is important for the athlete to recognize that the training time spent on and off the ice is important in the overall development of a well conditioned

athlete. Below is a Periodization Training Schedule that can be utilized by any skater to help evaluate and implement the necessary skills for a complete training schedule for the skating season. The focus of this particular schedule is to prepare the skater for Regionals in the fall. However, the schedule can be adjusted to prepare skater for a skating goal at any time.

- a) TRANSITION or ACTIVE REST (** 2-4 weeks – Mid January – February)
- Purpose: to recover physiologically and psychologically from the in-season competitive phase (overuse of skating related injuries include muscle fatigue, psychological fatigue, etc.)
 - Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
 - Aerobic Conditioning: utilize cross-training emphasizing physical activity in other sports.
 - Anaerobic Conditioning: none
 - Strength Training: 2 times per week.
 - Plyometrics: none
 - Other: skate 2-5 times per week to maintain abilities as desired, review past season and develop goals for next season, search for new music.
- b) EARLY OFF-SEASON (** 8 weeks – Mid February – Mid April)
- Purpose: to develop strength and aerobic base
 - Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
 - Aerobic Conditioning: continuous activity 70-85% MAX HR, 3-5 times/week for 30 minutes.
 - Anaerobic Conditioning: none
 - Strength Conditioning: 3 times per week.
 - Plyometrics: none
 - Other: set future goals and master calendar, begin to learn new moves, choose final music, off-ice dance classes to improve presentation, increase knowledge of nutrition.
- c) LATE OFF-SEASON (** 8 weeks – Mid April – Begin Summer Ice)
- Purpose: to increase strength, begin power base, power and aerobic conditioning, begin anaerobic training.
 - Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
 - Aerobic Conditioning: 1-2 times per week at 70-85% MAX HR for 30 minutes.
 - Anaerobic conditioning: 2 - 3 times per week at 85-95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.
 - Strength Training: 2-3 times per week.
 - Plyometrics: 2 times per week.
 - Other: further develop and improve new moves, begin to set program to music, continue dance presentation, and incorporate sport psychology skills into practice sessions.

- d) PRE-SEASON (** 12 weeks – Mid June – Mid September)
- Purpose: emphasis on sport specific training, peak levels in skills training, strength, power, endurance conditioning
 - Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
 - Aerobic Conditioning: 1 time per week.
 - Anaerobic Conditioning: 3-5 times per week at 95% MAX HR (see Interval Training Schedule). This conditioning can be done on-ice with program run-throughs.
 - Strength Training: 1-2 times per week.
 - Plyometrics: 1 - 2 times per week.
 - Other: refine choreography on-ice, design costume, begin to run through complete program, sport psychology skills applied to completing program each time.
- e) IN-SEASON (** 12-18 weeks – Mid September – U.S. Championships)
- Purpose: to maintain strength, power, aerobic, anaerobic conditioning throughout season.
 - Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
 - Aerobic Conditioning: none.
 - Anaerobic Conditioning: 3-4 times per week at 95% MAX HR, see Interval Training Schedule. This conditioning can be done on-ice with program run-throughs.
 - Strength Training: 2 times per week.
 - Plyometrics: 1 time per week.
 - Other: constantly refine and improve program choreography and additional new moves, develop nutritional knowledge for meals while traveling and pre-competition, improve sport psychology skills for focus and program performance.

** Dates based on U.S. Championships qualification.

B. Typical event schedule month by month

- 1) January
 - Begin investigating summer camps and begin the registration process.
- 2) February
 - Turn in Test Session registration form.
 - Miami University ISI Competition.
 - SEGL (South Eastern Great Lakes) Competition, location varies.
 - Louisville, Kentucky USFS Competition.
- 3) March
 - Test Session sponsored by FWISC.
- 4) April
 - Fantasy on Ice Show sponsored by FWISC.
- 5) May
 - Ann Arbor, Michigan USFS Competition
 - Begin planning summer training plan.

- 6) June
 - FWISC skating sessions canceled for one week immediately following the ice show.
 - Summer ice sessions begin.
 - Grand Rapids (MI) Competition
- 7) July
 - Skate Detroit Competition
 - Turn in Test Session registration form.
- 8) August
 - Test Session sponsored by FWISC
 - Lansing (MI) Competition
 - Register for Regional Competition by Sept. 1 (absolutely no late registrations accepted)
- 9) September
 - Fall skating session schedule begins.
 - Carmel (IN) Competition
 - Skate Cleveland, Ohio
- 10) October
 - Regional Competition (location varies)
 - Lupke Scholarship Applications Due (see website and bulletin board for details)
- 11) November
 - Indiana State Competition (location varies)
 - Headwaters Park Exhibition
 - Turn in registration form for **Fantasy on Ice** (typically)
- 12) December
 - FWISC Holiday Exhibition (typically)

Section 10

Shopping for the skater

A. What is important to know when buying skating clothing?

- 1) Basic Rule of Thumb
Form-fitting clothes that stretch are better than tight, restrictive or over-sized 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 than loose clothing.
- 2) Girls should wear skating dresses and beige-colored tights for practice. Try to keep boots clean and polished, use white boot tape or over-the-boot tights to protect the boot's finish. Unitards, leggings and leotards have become acceptable for skating practice in recent years, but check with your coach first before allowing your child to wear something different than a skating dress for practice. A nice sweater or snug sweatshirt can be worn over a skating dress; stay away from baggy "hoodie" sweatshirts. Even if it is very cold in the arena, do not allow your child to practice in a heavy or bulky coat. If possible, stay away from baggy sweatpants and baggy clothing in general. Gloves or mittens of a plain color are also a good idea.

- 3) Boys should wear black skating pants and a neat, plain-colored, long- or short-sleeved shirt and a nice sweater. Gloves or mittens of a plain color are also a good idea.
- 4) The FWISC sells many items (personalized jackets, cushions, etc) that are in our club's colors (red and black) and have our club's name. Skaters enjoy wearing their club jacket as they warm-up for their performance at competitions and for practice at our rink.
- 5) Competition clothing should be appropriate for the level of the skater, the age of the skater and the music. Consult with the coach and/or choreographer for ideas.

B. What are some tips for buying the right figure skates?

- 1) Buy skates at a skate shop that knows figure skating, the different figure skating levels, and is willing to work with you on finding a satisfactory fit. Find a dealer that has fit other figure skaters as well as mounted and sharpened blades properly. Don't go to a discount or department store or to a sporting goods store to buy skates. Be prepared to spend at least \$100 for beginner skaters and \$150-\$250 skate for skaters at the Pre-Preliminary through Pre-Juvenile level. Juvenile and above skaters can expect to pay at least \$800 for skates (boots and blades).
- 2) When is the best time to buy new figure skates? The skater will begin to complain when his/her skates become too tight. Typically, skates last between 9 months to a year depending on the level and size of the skater, the number of hours spent in the boots, the number of times the blades have been sharpened and on the skater's growth rate. When the complaining begins, it is possible to have the skates "stretched". The skates are inserted with a wooden foot that can be widened to stretch the skate mostly in its width. This can be done at Center Ice at McMillen Ice Arena. However, at this point, new skates should be considered. The staff at Center Ice can assist with skate sizing and purchases. It can take up to three months to get custom boots and blades. Also, the timing of buying new skates should be coordinated with upcoming competitions, ice shows and test sessions. It can take several weeks to months to break-in new skates.
- 3) What is the correct fit of a figure skate? The foot has to fit in the boot so that there is not extra room in the boot, especially in the heel. A good test of fit is to remove the insole from the boot and have the skater stand on it. There should be no more than a half of an inch space at the toe and the foot should rest on or fall over the edge of the insole on the sides. Some boots have a higher arch than others. Different widths of skates can and should be purchased if necessary (usually this is not a cost issue but a time issue). The skater should try on several pairs of boots if possible for a correct fit. It is not uncommon for a new boot to be uncomfortable while trying them on for size. Once purchased, the skate shop should be able to heat mold the boot to the skater's foot and "punch" out the heels. Both of these processes make a significant difference in the time needed to break-in the skate.
- 4) How can the skater determine the correct quality of boot/blade relative to the skaters' ability?
 - Talk to the skater's coach.
 - Most boots and blades are bought separately, but in the beginning stages of figure skating boot and blade combinations are available and acceptable. A boot that is too stiff for the level of skating will not break in, and a child will not want to skate for long if the skates hurt. Explain to your child that a good boot may hurt at first

and to expect a "break-in" period. Many skate companies have a web site that describes an appropriate boot/blade combo for a particular level of skating.

- A small skater doing a lot of skating and progressing fast may need a higher quality boot and blade than the same size skater who puts in less ice time and less aggressive practice. The higher quality blades are sharpened less often and have a nice flow on the ice. Again, companies publish general suggestions. Don't skimp on your child's blade. As he or she begins to master spins and jumps, the quality of the blade will affect spins and jump quality.

C. What is the resale market for skating clothing and equipment?

1) Clothing

- There is a huge market for used skating clothing, both for practice and competitions. The average life of a competition dress is less than one year (approximately 5 competitions or 35 total minutes of competition). Typically, every time a skater progresses to the next level and gets a new program, they need/want a different dress/outfit to go with it. It's not that the skating outfit is worn out, stained or otherwise dirty; it is simply "old" because it was used for the skaters' previous level.
- Therefore, for Pre-Juvenile level and below, do not spend more than \$100 on an outfit and diligently search on-line and at FWISC resale's for appropriate outfits. It is also recommended to look at the dresses of the FWISC skaters who are bigger than your skater. Do not hesitate to tell a skater that when they are finished with a particular dress that you would like to buy it. This is normal behavior at any ice arena.
- For Juvenile level and above, the outfits become significantly more elaborate and expensive. Expect to spend at least \$100 on the dress and at least \$30 more for stones to be added. Custom dresses start at \$150 for the dress alone, stones are additional and can equal the dress in cost.
- In general, look for simple designs that accentuate the skater's movements and do not distract from the program itself. Coaches should always be consulted about the clothing for competitions. And, most importantly, the skater should be completely comfortable in the outfit. Have them jump around and spin off ice in the outfit to make sure it continues to appropriately cover the skater and stay in place with movement.
- FWISC provides several opportunities throughout the year for the resale of clothing and equipment. See a board member for specifics and watch the newsletter for more information.

- 2) Is buying used boots and blades okay? Good used skates can be acceptable, especially in the beginning stages. If buying used skates, research the brand and model of the boot and blade you purchase. Ask the coach for suggestions on what to look for. Sometimes a good used boot and blade set is better than an inexpensive, lower-quality new boot and blade. Make sure the boot has support and the blade has some "sharpening life" left in it. Ask questions about the boot and blade if you buy at a skate swap or from another skating family. Always consult the skater's coach prior to purchasing any skates and/or blades for your skater.

D. When and where should skates be sharpened?

- 1) The frequency of skate sharpening depends on the level of the skater. Talk to your coach for specific advice. Advanced skaters typically have their skates sharpened every 4-6 weeks.
- 2) Kent Stapleton is a father of a former skater who comes to McMillen frequently to sharpen skates. And, Greg in the Pro Shop is also experienced with sharpening figure skates. Both charge under \$10.
- 3) It is important that the blade should only touch ice. Firm rubber skate guards are used to protect the blade when walking on figure skates - even when walking on the rubberized protected part of the ice arena. Terry-cloth like blade covers are used to keep the blade dry after skating - always wipe the blades off with a soft cloth after skating, then place the terry-cloth covers (aka "soakers"). Figure skates and keeping the blades sharp can be expensive - protect your investment!

E. What about the finishing touches – hair, make-up, etc.?

- 1) During practice, hair should be pulled completely out of the skater's face and secured in a ponytail or barrettes. Make-up is completely unnecessary for practice but certainly allowed.
- 2) During competitions, hair is typically pulled out of the face into a low bun at the back of the head or a style that compliments the program music and costume. The hair is secured in the bun with a hair net, hair spray and bobby pins. A coordinating scrunchie is then placed around the bun. Do not hesitate to ask an experienced skate mom or skater for assistance with the bun; it can be tricky. Make-up for a competition is intended to prevent the washed-out look that most skaters have on the cold, white ice. Blush and lipstick are a must and eye make-up is recommended. If the skater does not normally wear make-up allow them to wear it for a practice session so that they become accustomed to how it feels while they skate.

F. What are some websites that carry skating clothing and equipment?

- 1) <http://www.rainbosports.com>
- 2) <http://www.ebay.com>
- 3) <http://www.skatewear.com>
- 4) <http://www.delarbour.com>
- 5) <http://www.rhinestonesupply.com>
- 6) <http://www.dancefactoryoutlet.com>
- 7) <http://www.sixoskatewear.com>
- 8) <https://www.sk8ware.com>

Section 11

Guidelines and Safety

A. On the Ice

- 1) Who has the right of way on the ice?
 - Skaters performing their programs have the right of way at all times.
 - After this, skaters having a lesson have the right of way.

- Skaters having lessons may have their programs played immediately if the coach asks the ice monitor.
 - In general, if an advanced skater is coming toward a new skater, the best thing a new skater can do is stop and wait for the advanced skater to move past them. Advanced skaters are expected to move around less advanced skaters on the ice.
- 2) What are the general guidelines for being on the ice?
- Less experienced skaters should be advised that they are not to skate close to a skater during a spin. Advanced skaters change position quickly while spinning and may not see the other skater during a spin or when pulling out of the spin.
 - In all situations, skaters and coaches are expected to be courteous to other skaters and coaches on the ice. It is inevitable that skaters will inadvertently get in the way of each other and patience in these instances is greatly appreciated.
 - When a skater falls, it is safest if the skater gets up quickly. This will prevent hands from being skated over and skaters not seeing another skater low on the ice.

B. Off the ice but still in the building

- 1) Where do skaters keep their belongings while on the ice?
- The advanced figure skaters are assigned a dressing room during those ice sessions. Skaters should keep all of their belongings in their skate bag in the dressing room.
 - Although possessions are usually safe in the dressing room, it is advised to leave expensive items at home. The Fort Wayne Parks & Recreation Department is not responsible for any lost or stolen items.
 - Learn to Skate children are advised to leave their closed skate bags in the ice arena where they are skating during their lessons.
 - There is a lost and found box at the front of the arena next to the door. Items with names on them are frequently returned to the person who lost the item.
- 2) What behavior is expected in the dressing rooms?
- Skaters are asked to leave the dressing rooms clean when they leave. This includes throwing away all trash.
 - It is expected that skaters will treat each other in a positive and accepting manner.

C. Outside of the McMillen Ice Arena Building

- 1) Skaters should not be left unattended outside of the arena building.
- 2) Cars in the parking lot should not be left unlocked and valuables left in the car should not be in plain sight.

Section 12

Miscellaneous

A. What to do in case of injury

- 1) Notify Advanced Skating Director and skater's coach of any suspected injury.
- 2) If pain persists or is extreme, seek professional medical attention and stop skating. With physician approval, resume normal skating schedule.

B. Carpooling

FWISC skaters are located throughout the Fort Wayne area. If driving back and forth to the ice arena becomes a challenge, do not hesitate to look through the membership directory to find skaters that live in your area and contact them to investigate carpooling opportunities.

C. Helpful Tips from experienced skaters and skating parents

- 1) Progressing in the sport of figure skating is dependent on the skater with the assistance of the coach (es) and the parents. The bottom line is that the skater is out there on the ice by themselves. The skater has to know that it is up to them to achieve their goals. It is suggested that the skater keep a notebook with helpful tips that he or she learns along the way and that the skater sets goals with their coach (es) and parents on an annual basis.
- 2) A skater's performance is not dependent on the presence of the parent in the arena for practices, seminars and competitions. At some point, depending on the maturity of the skater, the best way a parent can support their skater is to step away from the rink and let the skater improve on their own. Make your expectations clear to the coach that the coach has the responsibility to mold the skater to help him or her achieve their skating goals.

Section 13

Glossary of Terms

Choreography	A Freestyle arrangement of steps that connect technical jumps/spins to create body movement, to interpret a music selection.
Dance	Steps to prescribed music, incorporating timing, musicality (expression, posture), rhythm structure and skating skills.
Free Skate or Freestyle Program	Combines the technical elements found in figure skating with creativity & movement to music.
FWISC	Fort Wayne Ice Skating Club
Ice Monitor	Person playing music during Advanced Skating practice sessions
Interpretive Skating	Creativity & movement to music, emphasizing performance over technical.
IJS	International Judging System used for levels Juvenile - Senior
ISI	Ice Skating Institute
MAQ	Main Arena Qualification – first test a skater takes
Moves-in-the-Field (MIF)	Skating movements, edges and turns on a pattern without music. Requirement to take same level Free Style test.
Off - ice	Any activity performed off the ice that can enhance a particular aspect of figure skating.
Off – ice jump	Practice of jumps and skating positions on the ground in tennis shoes
Power Skating	Enables skaters to develop stamina and control on the ice. Especially desirable for those interested in competing or testing in figure skating or playing ice hockey.
Summit City Skaters	Group of skaters, including adults, separate from FWISC.
Synchro/ Synchronized figure skating team	A team of skaters that perform a set routine that focuses on the synchronization of all skaters involved.
Synchronized Skating	The team sport in figure skating. Each team is composed of 12 or more skaters at different skating and age levels. It tends to emphasize Interpretive Skating skills.
USFS	United States Figure Skating
USFS Basic Skills	Fundamental movements & basic skills for beginners of all ages.