



Presented by:



PRELIMINARY PREP PROGRAM

AIRDRIE SKATING CLUB HANDBOOK 2008-2009



MISSION STATEMENT

SKATE CANADA IS DEDICATED TO THE PRINCIPLE OF ENABLING EVERY CANADIAN TO PARTICIPATE IN SKATING THROUGHOUT THEIR LIFETIME FOR FUN, FITNESS AND/OR ACHIEVEMENT.

AIRDRIE SKATING CLUB

THE AIRDRIE SKATING CLUB IS COMMITTED TO PROVIDING AN ATMOSPHERE THAT ENCOURAGES ENJOYMENT, PERSONAL DEVELOPMENT AND ACHIEVEMENT THROUGH QUALITY SKATING PROGRAMS.

President's Message

Welcome to the Airdrie Skating Club's 2008-2009 season. The ASC has registered many 2nd generation families. We are proud to have been teaching children in and around Airdrie how to skate for the past 27 years.

We are a growing organization with a very strong and dedicated volunteer base. We are excited to have the opportunity to teach your children how to skate in a fun and safe environment. As a member of Skate Canada, we will be following their guidelines to bring children a well balanced program.

We strive to keep our members informed of upcoming events and/or holidays, so please check the bulletin board which is located on the west facing wall on the outside of the music room on a regular basis, as well as the glass cabinets in the lobby, or visit the website (www.airdrieskatingclub.com). If you have any feedback that you feel would improve our programs or suggestions on what we can do to make this the most enjoyable experience for our skaters, we welcome your comments.

I look forward to seeing all skaters, old and new and their families throughout the coming season!

Sincerely yours,
Terry Thomas, President
Airdrie Skating Club

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Airdrie Skating Club

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Airdrie Skating Club

2008-2009

Executive

President
Vice-President

Terry Thomas
Melissa Kerr

Secretary
Registrar
Test Chair
Director
Director
Director

Yvonne McLean
Angela Crone
Donna Hlushak
Dawn Halvorson
Jennifer Devost
Teree Hokanson

Administrator

Tracy Jaman

Coaches

Jo-Anne McAvena
Richelle Rothecker
Lynnell Moss

NCCP Certified Coaches

Jo-Anne McAvena

Program Co-ordinator/Head Coach for:

- Learn to Skate
- CanSkate
- Level 2 certified StarSkate/Competitive Coach (Private & Group lessons)
- Trained Level 3 General Subjects & Theory
- Certified CanPower Instructor

Richelle Rothecker

Program Co-ordinator/Coach for:

- Learn to Skate
- CanSkate
- Jr/Sr. Preliminary Prep

Lynnell Moss

Coach for:

- Learn to Skate
- CanSkate
- Level 2 certified StarSkate/Competitive Coach (Private & Group lessons)
- Trained Level 3 General Subjects & Technical
- Certified CanPower Instructor

Chalsie Nixdorff

Coach for:

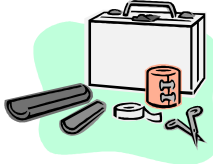
- Group StarSkate Instructor
- Level 1 certified StarSkate Coach (Private & Group lessons)
- Certified CanPower Instructor

GENERAL INFORMATION



You've Got Mail!

All Prelim Prep, Star Skaters, Coaches & Executive are given a mail box which is located in the music room. Your name will be labeled above your mail slot. Please check for your mail on a regular basis, as all updates and competition information will be placed in there. If you do not have a mailbox, please let us know.



First Aid

The first aid kit is available for emergencies (major cuts etc.). It is located in the music room. A responsible adult with first aid training is always available at the rink.



Skating Resources

The Club also has a Library of various skating related books that are available on a loan basis. This also includes the Skate Canada Rule Book. Please see a member of the executive who would be happy to loan these to you. Also check out information on Skate Canada's Website www.skatecanada.ca . You can also visit our website at www.airdrieskatingclub.com .



Pick-Up Ice

This is available to skaters who wish extra ice time above what they already have. See the schedule in the music room for exact times. Fees for pick-up ice are \$8.00 per hour for Airdrie Club Members. Out of club members pay \$12.00 per hour.

Pick-up Ice must be paid for prior to going on the ice. The Airdrie Skating Club is a non-profit organization and we ask for your cooperation/support by explaining to your skater that this is an honour system and it is VERY important that they sign and pay for pick-up ice. Tell your son/daughter to please print and sign his/her name on the PICK UP ICE sign up sheet (music room) and put his/her money/cheque in an envelope with his/her name on it (Pick up ice envelopes will be in music room) and give it to the music person. If a music person is not available, please put the envelope in the Administrator's mail box (Tracy Jaman). **Exact change or cheque is required.**



Music Requirements

All parents are requested to play their portion of music for skating days. A schedule is located in the music room. Time frame is 2 hour slots or days' skating time. You may share music with someone else but it is your responsibility and we request that you fulfill your commitment.



Gala

All Skaters will be participating in our Gala this year. Details will be provided in the new year. Scheduled date is March 29, 2009.



Spring & Summer School

The Airdrie Skating Club also offers Spring & Summer Programs. Please watch for registration information in March & June.

Other Information

A display case is located in the lobby for other items of interest.

A bulletin board for club member's use is located outside of the music room. If you have any other concerns or questions, please consult with either your coach or one of the board members. We will be pleased to help you.

Check your monthly newsletter for important dates and other information. Newsletters can be picked up outside the music room, and are also available on our website.

Volunteer & Fundraising Information

Your volunteer efforts will benefit the Airdrie Skating Club and your child.

Serve on the executive

The executive manages the club and meets once a month to ensure everything runs smoothly within the club. The executive is a group of parent volunteers that include the following positions:

President
Vice-President
Secretary
Treasurer
Registrar
Test Chair
Newsletter (director)
Directors

In addition, we have the non-voting positions available, which include:

Carnival Chair
Learn to Skate Chair
Canskate Chair
StarSkate Chair
Prelim Prep Chair
Volunteer co-ordinator

As well as a number of member-at-large positions. If you are interested in serving on the executive committee or have any questions about what these positions involve contact: President Terry Thomas @ 948-4230.

Music Playing for the Star Skaters/Group Star Skaters/Preliminary Prep Skaters (Mandatory)

Another critical part of the skate club is playing music for our star skaters and preliminary prep skaters. This unique role offers skating music and an opportunity for you as a parent to learn more about the sport of figure skating. Because of the critical nature of this role, the club expects all parents to participate in playing music. **All families are required to do 4 music plays, during the 2008-2009 Skating Season.** At the end of every month, the music plays will be tallied up and e-mailed out to all families. There will be 1 (one) week to dispute any miscalculations to the 'Credit Accountant'. If you have a question or concern about the totals for the month, you can e-mail Melissa Kerr at sk8mom@shaw.ca. Once this 1 (one) week has gone by, the calculations will be taken as correct and be recorded. If you do not fulfill your allotted 4 plays, your music deposit will not be returned to your skater's 'Credit Account' at the end of the skating season. If you fulfill your allotted 4 plays, \$100 will be added to your skater's Credit Account at the end of the skating season. Families who volunteer for extra music once your commitment is fulfilled will be paid \$10/session in 'Credits'.

Please make sure that you 'sign in' for your session (on the calendar), to receive the proper 'Credit' to your family. The Calendar will be located in the music room starting in October @ the Plainsmen Arena. An orientation will be provided in October for all who wish to learn. We will contact you via e-mail with a date for the orientation.

Fund Raising Campaigns (some mandatory, some voluntary)

The ASC meets most of its costs through registration fees. However, to keep fees to a reasonable and competitive level not all our costs can be met through registration fees alone. A very different way to help raise funds is to help run a casino (mandatory for all Star Skate and Preliminary Prep Skaters). For the two days that the ASC runs the casino, the club gets a percentage of the casino profits. We get a casino every 18 months. This is a great fund raising opportunity for the club. The ASC also has individual fundraisers to help out with your child's personal skating tab. They include the following:

Christmas Wreaths, Program Assistant, Additional Music Playing.

For the 2008-2009 skating season the Airdrie Skating Club will be hosting a two-day casino at Frank Sissons Casino on November 24th and 25th, 2008. Any clubs that run a casino get a percentage of the casino profits. This is a great fundraising opportunity for our club and a truly unique and positive experience for anyone who participates. Look for this opportunity on November 24th & 25th, 2008. This fundraiser helps to provide new skating equipment, reduced ice costs, etc. for our skaters. For this event, families will be asked to fulfill the following requirements: each family will be required to volunteer for one shift (length of shift to be determined at a later date based on number of skaters registered).

Preliminary Prep, Group STARSkate, STARSkate/Competitive: (\$250.00 cheque post-dated to November 30/08 required)

Each family is required to return a signed letter acknowledging their volunteer commitments along with a postdated cheque of \$250.00, dated November 30th, 2008. In the event that you do not fulfill your volunteer requirements, your cheque will be cashed. Fundraising and volunteer commitment information is posted on our website.

Please Note: * Although you might meet all your fundraising requirements, you may be asked and required during the skating season to help out with special events.

Be a part of the Airdrie Skating Club

There are many ways to get involved:

- Learn to Skate or Canskate Chair (in charge of weekly treats, newsletter handouts, bulletins)
- Take photos for the arena bulletin board and website
- Help with Carnival
- Help out with Test Days (playing music)
- Organizing theme days for special occasions (Halloween, Christmas, Valentines Day etc).

To find out more, please e-mail Tracy Jaman (administrator) at airdrieskatingclub@yahoo.ca

Credits

Credits can be accumulated at the Airdrie Skating Club through several means. Participation in fundraisers is one option. Program Assistants are also paid a fee in credits. If there are any ASC fee/program changes and a credit is owed, it will be placed in your account. Also, if you have completed music sessions above and beyond that which was required, then a credit would be applied to your account.

These credits may be used for anything involving skating, including dresses, skates, competition fees, registration fee, coaching fees, jackets, shammies, guards etc.

To request reimbursement of credits, a parent would complete a CREDIT REQUEST FORM, found in the music room. Attach any receipts to this form (receipts are required for all transactions), and give it to Melissa Kerr (or place it in her mailbox). Reimbursement payments are made on the 15th and the end of each month. An update of your account will be put in your child's mailbox in January and April. If you would like an update of your account at any time, please contact Melissa Kerr.

Program Assistants (PA)

Program assistants are recruited by the coaches to assist with Learn to Skate and Can Skate programming. Skaters must be over 10 yrs to be a Jr "PA" and 12 yrs to be a Sr "PA" (and be appointed by a coach). PA's are reimbursed in credits at a rate of \$5/hour. It is the PA's responsibility to complete her time sheet in the music room on a consistent daily basis. If she does not, then she will not be reimbursed. It is the PA's responsibility to notify the coaches if she will be absent from one of her teaching sessions. Twice yearly (January and April) an update report will be sent to the family indicating the PA's credit level earned. These credits can be used for any skating expense, accompanied by receipts.

Preliminary Prep - Group Test Program

WELCOME

You have now joined the ranks of the skating parent. These are a unique group of people who recognize one another by the following:

1. You talk a new language about toe loops, three turns, edges, and chassiss.
2. You are forever driving to and from the arena.
3. Your toes are permanently frozen.
4. Someone is always phoning you about ice changes or asking for help and your hands are full.
5. Your hair has that arena smell to it. (No one has been able to define it.)
6. Family members are always complaining about dinner being late or the refrigerator being empty.

On the more serious side, skating does provide your child and yourself with many positive experiences. When your child lands his/her first jump, executes 3 turns or learns the Dutch waltz, it is a very exciting time for him/her. They are learning new skills and developing confidence in themselves. Educator's claim that children involved in a sport that uses their minds and skills are usually better students in school.

Your skater will receive group instruction in all disciplines (45 minutes instruction and 15 minutes to work on what they have been taught). They will also take stroking sessions throughout the week during this time. These sessions are to build their cardio-vascular system and also to make them stronger skaters.

Skate Canada Tests

Skating tests in Free Skate, Dance and Skating Skills challenge skaters to learn and develop more advanced figure skating skills. Skaters also work independently along with their group lessons to obtain certificates from Preliminary to Gold. When your skater is ready for a Skate Canada Test, the coach will let you know and give you the details of taking the tests. Parents will be responsible for individual coaching fees for tests and test fees for Skate Canada.

Rules & Regulations

The following is a list of rules and regulations that skaters must follow when attending skating sessions. The Airdrie Skating Club would like to stress that if all skaters follow the rules, skating would be a fun and safe place.

1. The music person and coaches have authority over all skaters attending sessions on or off the ice, and are expected to enforce the rules and maintain order in the arena.
2. Please do not visit with other skaters when on the ice.
3. No gum, food or candy is allowed on the ice or sitting on the boards around the ice surface. If you must snack please do so in the lobby or the players bench away from the ice surface. Dispose of your garbage in the receptacles provided.
4. Water is the only beverage allowed at the ice surface.
5. Skaters must get up immediately if they fall unless they are unable to do so.
6. Skaters must use assigned dressing rooms not the lobby or bleachers.
7. A skater carrying money or valuables should leave them with the music person or coach for safekeeping while the skater is on the ice.
8. Proper skating attire is to be worn. Please tie long hair into a pony of some sort. No jeans, hooded headgear, baseball caps or oversized t-shirts/sweatshirts.
9. If you are sick or going to be away, please have the courtesy to phone your coach to let him/her know. Twenty-four hours notice is appreciated wherever possible, otherwise you may be charged for the lesson that was missed. If you are more than 5 minutes late for a session, it will be assigned to a pickup skater.
10. Skaters receiving lessons, dance partnering or their solo have the right of way.
11. Skaters must wear the yellow vests when skating their solos to their music.
12. Skaters must respect themselves, each other, the coaches, music person and parents.
13. Disruptive, disorderly behavior will not be tolerated. Skaters parent, skater & coach or other adult will deal with any concerns in this area. Please treat others, as you would like to be treated.

All skaters are expected to follow the above rules or any other rules that may come into effect during the skating season. **Failure to abide by these rules could result in a non-refundable suspension from the Airdrie Skating Club.**

Discipline Policy

1. Any skater receiving 3 warnings on 1 session will be removed from the ice for the rest of the session. Skaters removed from the ice must notify their parents immediately that they have been asked to leave the session and arrange for pickup.
2. If a skater has been asked to leave 2 sessions, they must appear before the board along with their parents to discuss their status in the club.
3. Skaters discussing inappropriate topics or displaying inappropriate behavior will be asked to leave the arena.
4. Any skater causing damage to the ice arena or any one else's property will be asked to appear before the board for disciplinary measures. The Airdrie Skating Club will require the skater to pay 100% of the repair work necessary to restore the facility back to its original state.

Complaints

All complaints must be made to the board in writing and will be reviewed at the next regularly scheduled board meeting.

A response will be sent to the complainant within 7 days after the review.

Skaters are requested not to enter the ice surface before the scheduled times and then only if a coach or parent is present.

STROKING

You are expected to be on time for stroking. This is a vital part to your figure skating regime. Being late is disruptive to the rest of the class.

FREESKATE

Skaters must skate their solos when their name is called. Skaters, who do not skate their solo, risk losing a turn for the session if time runs short. Music will be played in a rotating order. Skaters will not yell while on the ice. Skaters are expected to move around each other without cutting another skater off.

DANCE

There will be no freeskate during dance. Skating skills are acceptable. Skating skills music may be played during dance and dance music during skating skills.

COMPETITIONS & CLINICS

You are a representative of the Airdrie Skating Club. Wish your fellow club members Good Luck at competitions, and if you are fortunate to win a medal, do congratulate the other medal winners. A handshake of congratulations goes a long way.

Ice Etiquette & Safety Guidelines

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time.

Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

"On Program" and "In Lesson" Get Priority

The skater who is "on program" (who's music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room (*This is the person in the bright yellow vest*). Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink. These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone else is that has fallen and may be injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warmup jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually pretty much guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

A Parent's Responsibilities

The most important thing for a skating parent to remember is that their skater is a person first, and a skater second. And in all probability the “person” in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still kids -- DON'T!!! The same kids that we see looking so grown-up on the competition ice probably still cuddle their favorite stuffed animals when they go to bed at night. **Let them be kids, and support them as they grow.**

Some other things for parents to think about as they approach the sport:

- **Balance:** make sure there is balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career. Don't put so much focus on your child's skating that you forget they'll have to function in a “normal world” when they grow up. School is important. Social development is important. Being a kid is important.
- **Help to set goals:** help your child to set his/her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. **Make sure the goals are your SKATER's goals, not yours.** Help to achieve these goals by setting targets, plotting progress, etc. Be willing to reevaluate when necessary.
- **Learn about the sport:** learn enough about skating to recognize the elements. know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
- **Support your Pro:** pay your bills on time, **get your skater to the rink on time.** When you can't be there, make sure to tell the Pro in advance. Let the Pro participate in goal-setting discussions if possible; or if not, at least ensure that the Pro understands your skater's goals. Listen to your Pro's advice and instructions, and help to ensure that your skater follows those instructions when practicing or doing off-ice activities. **Once the Pro understands your skater's goals, let the Pro have the freedom to design a program to achieve them -- don't try to second-guess the approach.** On the other hand, responsibly watch to make sure that the general goals are being addressed over the long term.
- **Watch:** don't use the rink as a babysitter. Stay and watch your skater practice, and in lessons, at least sometimes. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or “pressured” when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them...
- **Be a good sport:** Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive. The worst thing you can do to your child is compare them to someone else in your club. Your child will become resentful towards others and may not progress as rapidly as they could if they weren't being compared. Resist the urge to compare your child against another. Some learn faster, some learn slower
- **Support your skater:** Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize progress towards goals, but be willing to acknowledge when more work is needed without making that a “bad thing”. Never destructively criticize, especially in front of others.
- **Support your Club:** pay your bills on time. Help with club activities. Most clubs are run by volunteers, and they need all the help they can get. Be willing to work on committees, or serve on the Board of Directors if needed. Be willing to do “jobs” like ice monitor, music monitor, etc. Help out with ice shows or competitions.

Top Ten Things a Parent Should Know!

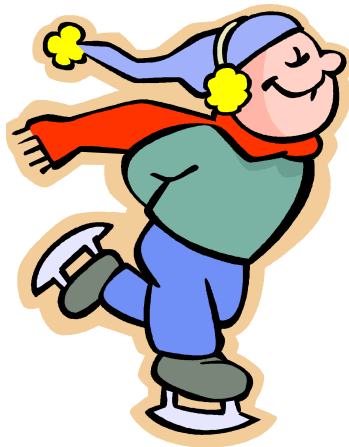
Physical activity stimulates growth and leads to improved physical and emotional health. Today, research shows that the importance of physical activity in children is stronger than ever. But sport, not just exercise, gives a child more than just physical well-being; it contributes to a child's development both psychologically and socially. Being the parent of a child in sport requires far more attention, time, and commitment than just driving them to their practices and games. The primary goal of parents and coaches is to help children find the success in sport they need to make them feel valued and wanted. Here are the top ten things you as a parent should know.

Your child's coach:

1. is trained and/or certified through the Coaching Association of Canada's National Coaching Certification Program (NCCP),
2. encourages all participants,
3. promotes fair play and acts as a role model,
4. lets everybody play,
5. ensures everyone is having fun,
6. focuses on teaching the fundamentals and not on winning,
7. KNOWS the sport and is prepared for practices,
8. communicates clearly with participants, parents, and officials,
9. gives specific instructions to your child to ensure that he/she understands.

And finally, if you believe your child's coach has behaved unethically:

10. Talk to the coach first. Then inform the other parents. Finally, notify the convener if the coach does not change his/her behavior.



Skate Canada Tests

Skating tests in Free Skate, Dance and Skating Skills challenge skaters to learn and develop more advance figure skating skills, Skaters also work independently along with their group lessons to obtain certificates from Preliminary to Gold. When your skater is ready for a Skate Canada Test, the coach will let you know and give you the details of taking the tests. Parent's will be responsible for individual coaching fees for tests and test fees for Skate Canada..

When your child has been recommended for a Skate Canada Test by your coach you can expect the following fees to accompany the test:

1. Skate Canada Test Fees start at: (Fees may vary each year)	Freeskate Tests	\$20 (part 1 &2)
	Dance Tests	\$10
	Skills Test	\$10
	Interpretive Tests	\$10

Fees for all tests vary between \$10-\$22 dollars per test depending on the following: number of skaters testing, ice fees, administration fees and evaluator's mileage. All fees for tests must be paid prior to test day. The test chair will provide an invoice approximately one week prior to test day. You will find the invoice in your skater's mailbox.

2. Dance Partnering Fee – if your child is taking a dance test you will be charged by the dance partner: mileage (which is divided amongst all skaters taking dance tests) and a partnering fee. This price varies.
3. Coaching Fee- The coach is in attendance at all Skate Canada Test days and you will be charged coaching fees for your skaters warm up of the test/test. This price varies with coaches and should be listed in the coaches personal fee schedule handout.

Skating Competitions

Club Competitions

Clubs offer competitions for their own members to compete against each other. The club determines the categories which generally follow Skate Canada STARSkate guidelines (e.g. length of program, category name, type of event offered, etc.) The club may also offer other creative events such as longest shoot-the-duck, similar pairs, spins and jumps, etc.)

How do I enter a competition?

Anytime there is a competition and your coach feels that your child is wanting and ready to compete the coach will hand out the competition package 1-2 months prior to each competition. If you do not receive a form or lose your form please see our website where the competition package will be posted in a pdf or word format. If you do not receive any information regarding the competition please contact your coach directly to discuss further.

Competition Entry Form

Each competitor must fill out a competition application and practice form (not all competitions have practice forms). The forms need to be signed by a Board Member and your skating coach. It is recommended that all competitors sign up for at least one practice ice prior to competing. The applications are mailed in by the designated deadline with cheque by each individual family. It is the responsibility of the parent to submit application forms by the deadline, not the executive or the coach.

Fees that you will incur:

1. Entry fees (this is for each event entered).
2. Coaching fees which can include the following: mileage to and from competition venue; meals, accommodations; lessons fees for each event entered and each practice attended. This should all be listed clearly on your coaches fee schedule, if not please discuss with your coach prior to the competition to ensure you know prior to the competition approximate fees. It is up to parent to pay for these fees' not the club.
3. Costuming. If you do not own a competition dress you will be given advise from your coach for appropriate costuming.

Competition Clothing/Necessities

- You need a skating dress, new tan skating tights **with no holes**, new or clean laces, polished skates and white or matching skating sweater. Fitted sweater is best as a loose sweater is very unsafe and distracting. No hooded headgear allowed.
- The black spots can be removed from your skates by using nail polish remover.
- You need 2 copies of your music, an extra skating dress and laces. Usually you have a different dress for each event you compete in, but this is not necessary.
- Hair must be pulled back away from your face and very neat. Please use gel or hairspray to ensure neatness. Most skaters wear make-up because the ice washes the skaters out on the ice. Lipstick and blush are a must!

Off- Ice Appearance

All competitors must have a clean neat appearance off the ice. No old faded jeans or holes in your pants. An Airdrie Skating Club jacket is recommended to wear around the competition. Remember you are representing yourself and the club and are around judges all the time so manners and appearance are very important.

Competition Recommendations

- You must be at the rink 1 hour prior to your event. This is very important because the competition could run early and you do not want to miss your event.
- You must register at the front desk when you arrive. You tell the competition staff your name, the event you are competing in and hand in your tape/cd.
- You will receive a program and gift bag. The program will give you the times you will compete however your coach will have provided this to you prior to your events.
- When you are competing, you must sign-in with the ice-captain who is located in your dressing room (or outside your dressing room). If you do not tell them that you are there you will not be competing.
- Check in with your coach. If she/he does not locate you wait in your designed dressing room so they can find you.

Each skater will get approximately a 5 minute on ice warm-up before you compete. (This varies at each competition). It is recommended that you stretch before you warm-up (this is normally done with your coach). During your on ice warm-up you should stroke around the rink, warm-up spins followed by jumps (your coach should go through a warm up schedule prior to the competition so you are well prepared). You are allowed to come over to your coach during the warm-up for some last minute pointers. Please use the full ice during the warm-up. (Spin, Spiral, Jump events only use half ice).

The Day Before... Test Day or Competition Checklist

Date: _____

Event: _____

Listed below is a checklist that is the responsibility of the skater – not the parent!

- Skates (both of them & yours)
- Tape and Cd of all music (rewound, in proper cases)
 - Short
 - Long
 - Skills
- Tights
- Spare Tights
- Extra hair ties, bobbie pins, barretts
- HAIRSPRAY
- Make up (lipstick, blush, eyeshadow, mascara)
- Comb, brush, curling iron for touch ups
- Fitted warm up sweater (no bulky jackets or sweaters)
- Gloves for warm up (NO HOLES matching warm up jacket color)
- Guards
- Emergency Bag (spare screws, screwdriver, spare laces, band aids, Tylenol)
- Skate Canada Number
- Information about your event, time, directions.
- SMILE & POSITIVE ATTITUDE

Equipment and Clothing

It is important at this level that skaters have good quality equipment. Better quality boots and blades will provide the needed support as your child advance technically and will help to prevent injury. Used skates are readily available for a fraction of the cost of new ones and a good used pair is a better investment than a poor quality new pair or ones that need a long period of breaking in.

Your skater's skates are an investment and should receive proper care. Make sure guards are worn when walking around off the ice. Once the skates are taken off, both the blades and the soles should be wiped thoroughly dry with a towel or chamois. Do not store your skates with skate guards on them. This can cause rust formation on the blades. The use of fabric covers specifically made for your blades are best, as they will help absorb extra moisture. Make sure all screws holding the blades are on tight at all times.

How do you know when skates need sharpening? Skates should be sharpened after approximately 25 hours of ice time. If in doubt, feel the blade crosswise with your thumb. If it feels flat or round, they need sharpening. If your skater starts to fall more than usual especially when going in a circle, they may need to be sharpened.

If you have not already acquired them, skaters will need appropriate skating clothes. Girls should have skating skirts or dresses and warm tights or athletic pants. Boys need athletic pants with straps to keep them from flapping. Both should have warm sweatshirts or jackets that are not bulky or restrictive.

Test days and/or competitions are formal occasions and require something fairly dressy, as well as clean laces and polished skates.

The coach will be more than happy to go over any test day or competition information with you. Expenses for test day and/or competitions are the responsibility of the parent. These are not included in your group lesson program fees.

It's Great to Skate



Clothing Guidelines

Obviously when you compete or test you'll want to wear something that's a bit special, and comfort won't be your first priority. But what about all those hours you spend practicing?? Here comfort and safety will be more important to you.

It is important that whatever you wear be loose enough to not restrict your motion. It should not be so loose or baggy that it presents a safety hazard however. You should never wear anything that is so loose that it drags on the ice, or close to your blades.

If you're prone to getting cold, consider a layered approach. A couple of thin sweaters or sweatshirts will be better than one really heavy thick one -- and you can shed layers as you heat up.

For practice some skaters choose to wear those slightly baggy "jogging suit" or "sweat suit" pants over their tights. Like sweaters, these can be removed as you heat up. Another option is to get the heavier practice tights that some vendors sell.

You might choose to wear a nylon windsuit like runners often wear. These are lightweight, and usually have a felt lining for warmth. These suits are generally nice and loose so they don't restrict you. The nylon tends to shed water, and always keeps it away from your skin, unlike tights or normal pants. And the nylon material is very slippery -- when you fall, it slides very nicely on the ice and tends to minimize the "hurt".

Gloves are appropriate if your hands get cold. Most skaters wear those stretchy "one-size-fits-all" gloves that you can get at [Walmart](#) and similar discount stores. They usually cost about a dollar a pair. You should get lots of pairs because they always seem to disappear even faster than socks.

Competition and Test Clothing

The "About Competitions" and "About Levels and Testing" sections of this booklet have some brief hints about appropriate clothing for these events. It's important to realize as you go to tests or competitions that you're going there as a skater, not as a fashion model. The judges will be a lot more interested in what you do than in how you look. You should be neat and tidy, and you should ensure that your clothing is appropriate to your age and skating level.

The USFSA does set some minimal standards for clothing that must be followed, or deductions will be assessed during a competition. These can be found in section SSR 19.00 of the Rulebook, and are summarized below.

- All clothing must be modest, dignified, not theatrical in design, and appropriate for athletic competition.
- Men must wear full-length trousers - no tights are permitted.
- Men's clothing must have a neckline which does not expose the chest.
- Men's clothing must not be sleeveless.
- Ladies must have skirts and "pants" covering the hips and posterior.
- Unitards are not allowed.
- Bare midriffs are not permitted.
- Excessive decoration such as beads, sequins should be avoided, and all decorations used must be firmly fastened, so that they do not fall off on the ice.

If you buy your clothing from a catalog supplier that caters to the skating market, you can be reasonably confident that these standards are followed. If you make your own, or get a local dressmaker to make your outfits, you should ensure that the above rules are understood.

If you do make your clothing, consider some of the following hints:

- Girl's sleeves usually have a loop at the end which can be "hooked" over a finger to keep the sleeves from sliding up the arms as she moves.
- Similarly, boy's pants usually have a strap on the bottom that goes under the boot to keep them tidy. This strap is generally attached with "Velcro" or by a button.
- Make sure that the material is stretchy enough to permit movement without binding, pulling, or tearing out of the seams.
- Ladies clothing often uses "flesh-colored" fabric to maintain appropriate modesty while creating the illusion of "less cover".
- Hot Glue guns work well for attaching sequins and small decorations, although actual needle-and-thread application is more secure for larger decorations.
- Design your clothing so that it hides any underwear that is worn, and provides adequate support and cover for those occasions when it is not..

Taking Care of Your Skates

You spend a lot of money on your skates. How do you protect that investment? Those skates can either help you or hinder you as you try to learn new moves. Poorly maintained skates are more likely to hinder than help. What are the best things to do to care for them? The following sections take a look at the Blades, Boots, and Laces separately.

Caring for Your Blades

Your blades are your only contact with the ice. You want that contact to be as effective as possible. Good care will help to ensure this.

Keep them sharp -- but not too sharp: A sharp blade grabs the ice better than a dull one. Sharpen your blades when they start to slide uncomfortably when you land. Keep a log of the number of hours you skate between sharpenings. After a while you'll figure out how many hours you can average between sharpenings, and this will help you to avoid surprises at inconvenient times.

You want a balance here -- if you wait too long, the change when you get them sharpened is pretty dramatic and your performance suffers. If you do it too often, you'll wear out the blade too soon

Sharpen responsibly too -- be careful of who you trust with your blades. If the place you go doesn't have a specialist in figure skates, be careful. Figure skates are sharpened with very different goals than hockey skates. NEVER have them done by one of those automatic machines you find in some rinks. Figure skates are ground with a "hollow" in the bottom (to give them those "edges" you hear so much about). The radius of that curvature can vary anywhere from 5/16" to about 2" depending upon your weight, the disciplines you skate (FS, dance, skill), and the level of jumps you do. A good sharpener will want to know these things. The Calgary Skate Shop is highly recommended.

Treat them well, on your feet: Remember that even though steel is hard, it still wears down. The thin whisker of steel that forms those all-important edges can be nicked and worn down very easily.

Blades are made to slide on ice, not walk on floors. When you have to walk on floors, put "hard guards" on the blades. If you can't wear guards, try to tip up your feet and walk on the toe picks instead of the fragile edges (but be very selective about the surfaces you try this on -- rubber floor mats or carpet are ok, but don't try it on concrete, tile, or your mom's good wood floors!)

When you get on and off the rink, be careful of the "threshold" on the entry door. It's often made of steel, and because people don't think about it, it's responsible for an awful lot of nicks on blades. Step OVER the threshold, NOT ON it as you get onto the ice.

Stopping is a part of skating. But those stops are much harder on the blades than straight skating (think about it -- what do you do to purposely wear them down a little when you get them back from the sharpener "just a little too sharp" ??) You obviously can't avoid stopping, but you can try to vary the nature of your stops during practice sessions. You can do 1-foot snowplows, T-stops. And remember you've got two different feet (yes, I know that the left foot T-stop is harder, but hasn't your pro told you that you should learn most moves "both ways" ???) Each of those stops stresses the blade a different way, and a good mixture will help to prolong your sharpening interval.

Treat them well, off your feet: Off the ice, the biggest killer of blades is rust. Rust is much softer than steel, and once a part of your blade is rusted you can never change that part back to "the good stuff". The rusted spot will never hold an edge again. Do your very best to avoid water damage!

Always dry off your blades when you get off the ice. Slide your fingers along both sides to remove "snow" as soon as you get off -- before you slip on those hard guards. Carefully run your finger along the length of the hollow (your skin oil can help to repel moisture).

When you're done for the day, be sure to wipe them down with a towel. Be sure to get the blade area and the mounting surfaces. The screws rust too, and will loosen much more easily when they're rusted or the leather gets

rotten. If you've got the time (while you're changing your clothes, perhaps), let them sit for a couple minutes and wipe them down again before you put them in your bag. You'll almost always see some more water form from condensate as they warm up.

When you do put them in the bag, always put them in "soakers". These help to draw off any remaining moisture, but more importantly they provide a cushion for your edges while the skates bounce around inside your bag. NEVER store your blades in hard guards - they hold moisture and are an almost guaranteed rust job.

Finally, maintain your guards. The soakers wear out after a while - they usually get holes at the ends. Replace them when they no longer cover your blade effectively. The hard guards will wear out too -- watch for thin spots or holes in the bottom, and replace them immediately when you see signs of wear. Clean out the insides of the hard guards periodically. They will accumulate grit after a while, and that grit is very abrasive.

Caring for Your Boots

The boots that hold those blades on your feet are pretty important too. Take care to break them in properly. You'll find lots of advice on this subject -- trust your pro and your bootfitter for good advice here. Replace your boots when they get too badly broken down -- your safety and the quality of your jumps rely on the consistency of support that only a well cared for boot can provide.

The leather of your boots is just as susceptible to water damage as the steel in your blades. Keep your boots well polished all the time -- it makes them look better, but more importantly, it seals the leather and helps it to shed water. This is especially important if you've nicked up the surface quite a bit and unfinished leather is exposed.

As mentioned earlier, always dry off the bottoms (sole) of the boot when you get off the ice. You generate a lot of snow/water when you skate, and it will destroy the soles if you're not careful. This is of special concern around the blade-mounting screws, which need good strong non-rotten leather to bite into .

You might not want to admit it, but your feet probably sweat a little bit when you're skating. That moisture can get pretty well trapped inside the boot and rot it out from the inside. To help avoid this, open up your boot as much as you can when it's off your foot. Loosen the laces as far down as you can. Pull them out of the first couple holes if possible. Pull the tongue up and out from the boot as much as you can to help the inside of the boot breathe. When you get home, if mom permits, let your boots live "outside" of your bag for a little while, til they're nice and dry inside. At least unzip the bag to let it air out if you can't clutter the family room with your skates.

The Mount: If you look at the bottom of your boot, you'll find that the blade is held to the sole with a bunch of screws. It's really important that you maintain the proper tightness of these screws. Due to the stresses and bending while you skate, they will loosen with time. Loose screws are dangerous, and promote quicker wear of the leather too. Don't tighten them too tight though because the leather will strip out easily.

How many screws should there be? When you first get a brand new pair of skates, a good technician will probably do a "trial mount". You'll have two screws in the heel and probably 2 in the slotted holes in the front mounting plate. This mount is to give you a chance to verify that the blade is appropriately positioned for your body and foot geometry, without making it too difficult to adjust if it's "wrong".

Once you've skated a couple times on the trial mount, and are confident that you can skate straight and spin well then you should take the skate back for a permanent mount. That "mount" just adds a couple more screws, to the round non-slotted holes. Don't be alarmed if there's a couple unfilled holes. They provide additional locations for later, if some of the existing holes "strip out".

Extra Screws: If you need to replace a lost screw for any reason, make sure you select the proper screw to do the job. You will want to get stainless steel (to slow down the rust). The slotted holes need screws with flat "bottoms", but the round holes want the kind with a little bevel on the bottom. You'll need the appropriate lengths, too. Too short and they won't get a good bite, too long and the points will come through the leather and tickle your foot (you don't want this to happen!). The best place to get these screws is from the shop that sold you the skates. Otherwise, a well stocked hardware store can probably supply them. You should have a few spare screws for your "emergency bag".

Caring for Your Laces

Laces sound pretty insignificant, but a lace that breaks at an inopportune time can cause an awful lot of grief, and possibly can cause injury. Treat them with respect, and replace them when they start to wear or to lose "threads", or when the little plastic thingies ("aglets") come off the ends.

Always keep a few spare pairs of laces in your emergency bag. It is important to use the right "length" of lace. Too long and you'll have huge loops left over, which can drag close to the ice and become a hazard. Too short and you'll have a hard time tying them securely. I usually use an indelible fine-tip magic marker and write the proper length on the mounting plates of one of my blades (right next to my name). That way I'll always know the proper length to get in an emergency.

Here is a list of skate shops that we recommend for sharpening, fittings and dresses:

Twizzlepicks

Dresses, tights, skates and various skating apparel.

#3 - 521 2 Ave SE

Airdrie, Alberta

Phone: 948-7509

Professional Skate Service

Skate Sharpening, boot/blade fitting, dresses, tights etc.

Location:

3515-18th Street SW

Calgary, Alberta

Phone: (403)243-3663

Fax:(403)243-3675

Email: psscalgary@psscalgary.com

SPINS

JUMPS

EDGES

URNS

STROKING

Singles Skating Terms

Jumps

Waltz Jump:

Generally the first rotational jump that skaters learn. The skater takes off from a forward outside edge, completes 1/2 revolution in the air, and lands on the back outside edge of the opposite foot.

Salchow Jump:

A jump in which the skater takes off from the back inside edge of the skating foot, rotates one rotation in the air and lands on the back outside edge of the opposite foot. Named after its originator, Ulrich Salchow.

Variations: double Salchow, triple Salchow, quadruple Salchow, one foot Salchow.

Neat fact: The 1965 World Champion and 1964 World and Olympic bronze medallist Petra Burka became the first woman to complete a triple jump in competition - the triple Salchow - performed at the 1962 Canadian Championships in Toronto, Ontario.

Toe Loop Jump: A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the toe of the free foot and turns one rotation in the air, landing on the back outside edge of the take-off foot.

Variations: double toe loop, triple toe loop, quadruple toe loop.

Neat fact: Canadian Kurt Browning was the first skater to complete a quadruple toe loop in competition at the 1988 World Championships in Budapest, Hungary.

Loop Jump: A jump in which the skater takes off from the back outside edge of the skating foot, turns one rotation in the air and lands on the back outside edge of the take-off foot.

Variations: double loop, triple loop, 1/2 loop (a one rotation jump in which the skater lands on the back inside edge of the opposite foot from take-off)

Flip Jump: A toe jump in which the skater takes off from the back inside edge of the skating foot with assistance from the toe of the free foot, turns one rotation in the air and lands on the back outside edge of the original free foot.

Variations: double flip, triple flip.

Lutz Jump: A toe jump in which the skater takes off from the back outside edge of the skating foot with assistance of the free foot toe, rotates in the reverse direction one rotation in the air and lands on the back outside edge of the opposite foot.

Variations: double Lutz, triple Lutz.

Neat fact: 1962 - Donald Jackson completes first-ever triple Lutz in competition.

Axel Paulsen: The skater takes off from the forward outside edge of the skate, completes 1 1/2 revolutions in the air and lands on the back outside edge of the opposite foot. Named after its originator.

Variations: double Axel, triple Axel, inside Axel, one-foot Axel.

Neat fact: Canada's Vern Taylor became the first skater to land a triple Axel in competition at the 1978 World Championships in Ottawa.

Spins

There are three main categories of spins:

the upright spin

the camel spin

the sit spin

There are many variations within each of these categories.

Upright Spin: A spin where a skater's body stays more or less vertical to the ice. This category includes one-foot spins, backspins, cross foot spins, and the layback spin. The layback spin is a spin primarily performed by female skaters (though more men are performing this difficult spin today) where the back is arched and the free leg is drawn up slightly.

Variations include the Bielman position (the skater catches the blade of the free foot in their hands and pulls the free-leg up over their head) and sideways leaning spin in which the skater arches to one side while maintaining an upright position.

Sit Spin: As the name indicates a sit spin is classified as any spin in which the skater's body is located close to the ice and the skating knee is bent to allow the skater to appear to be 'sitting'.

Variations include flying sit, flying change sit, sit change sit spin and more.

Camel Spin: A spin position in which the skater's body is horizontal to the ice except for the leg on which they are spinning.

Variations on this spin include a flying camel (change foot in air prior to start of spin) and death-drop (a dramatic flying entry). To increase the difficulty of a camel spin skaters will often perform a forward camel spin on an outside edge, or a back camel on an inside edge. Arm and leg position variations also increase the difficulty of spins and can be very effective from an aesthetic standpoint.

Recognizing the Edges

Figure skating is defined in terms of "edges". The bottom of a figure skating blade is ground into the shape of a hollow circle, and the "points" of the circle are what actually touch the ice. These "points" are called edges, and each skate blade has 2 of them — the "inside edge", and the "outside edge". On the skater's left foot, the right side of the blade would be the "inside edge" (the inside of the legs).

There are 8 ways to skate, described by a combination of the foot, direction of movement, and blade edge. They are as follows:

Code	Description
LBO	Skating on the Left foot, backwards, on the Outside Edge
LBI	Skating on the Left foot, Backwards, on the Inside Edge
RBO	Skating on the Right foot, backwards, on the Outside Edge
RBI	Skating on the Right foot, Backwards, on the Inside Edge
LFO	Skating on the Left foot, Forwards, on the Outside Edge
LFI	Skating on the Left foot, Forwards, on the Inside Edge
RFO	Skating on the Right foot, Forwards, on the Outside Edge
RFI	Skating on the Right foot, Forwards, on the Inside Edge

Most skating elements can be described as a combination of edges using the above terminology.

Recognition of Turns - 1 Foot

One-foot turns are most recognizable when performed in a "compulsory figure" pattern where the tracing becomes obvious, but all may be performed while freeskating. Indeed, each of the turns is a central figure in at least one of the Moves-in-the-Field patterns.

Three-Turns

The Three-Turn earns its name because of the resemblance of its tracing to the printed number "3". It is a one foot turn which, if skated on a compulsory figure stays on the same circle, but changes direction and edge. For instance, a three-turn started on a left forward outside edge (my personal favorite) finishes on a left back inside edge. The direction of the "cusp" (the pointy part) of the three-turn is toward the center of the circle which is being skated

Bracket

The Bracket is similar to the three-turn in that it stays on the same circle, and changes direction and edge. The difference is that the cusp (pointy part) points AWAY FROM the center of the circle being skated. It is generally considered to be a more difficult turn. The Bracket earns its name because of the resemblance of its tracing to the printed "brace" or "bracket" character

Rocker

The Rocker is a turn which, if performed on a compulsory figure, would move the skater from one circle onto a different one. The Rocker changes circle and direction, but maintains the same edge. For instance, a Rocker entered on the Right Forward Outside edge will finish on a Right Back Outside edge. The cusp of the Rocker points toward the center of the original circle (the direction of the rotation in the turn is "normal").

Counter

The Counter is another turn which, if performed on a compulsory figure, would move the skater from one circle onto a different one. The Counter changes circle and direction, but maintains the same edge. For instance, a Counter entered on the Right Forward Outside edge will finish on a Right Back Outside edge. The cusp of the Counter points AWAY FROM the center of the original circle (the direction of the rotation in the turn is "counter").

Recognition of Turns - 2 Foot

Some turns involve both feet, and are called two-foot turns. The best known 2-foot turns are Mohawks and Choctaws.

A "Mohawk" changes feet, changes direction (i.e. front-to-back or back-to-front), and maintains the same edge (i.e. if you started on a Right Back Outside edge, you end up on a Left Forward Outside edge). The common "step-forward" is technically a mohawk.

For most skaters, the most common mohawks are the RFI-LBI (you sometimes see this before flip jumps, and you often see it when a skater just needs to change direction quickly), and the RBO-LFO (you often see this before waltz jumps, Axels, Salchows).

A Choctaw changes feet, changes direction, AND changes edge (i.e. if you started on a Right Forward Outside edge, you end up on a Left Backward Inside edge). In the Preliminary MIF test "Alternating 3-Turns" element the step from one lobe to the next is a Choctaw (for instance, one of the lobes ends with a RBO edge, from which you step onto an LFI edge for the start of the next lobe - this is called an RBO-LFI Choctaw) The Choctaw is most frequently performed in footwork sequences. Its a good element to use because its pretty dramatic, and unusual enough that it'll usually get noticed and remembered ~ especially if you show that you can do it both ways, and cleanly (quietly with good flow). **Remember: "M" for Mohawk, "M" for Maintain — "C" for Choctaw, "C" for Change**

Stroking

What is stroking?

Stroking is a conditioning class that uses various exercises, circuits, patterns, turns and edges to help build, strengthen, and develop the body's muscle and cardiovascular (heart, oxygen & blood supply) systems. Varying the speed and duration of time to do the exercise increases endurance and power. Overloading is when you go beyond what is a normal pace for the skater and then push it a step further so that it replaces the old for greater conditioning benefits.

Purpose or Function:

Stroking is used to help build the body's capacity to overcome muscle and cardiovascular fatigue and to sharpen muscle quickness called "Fast Twitch". It helps the body to withstand it's strenuous demand of activity i.e.: 3 1/2 min program under pressure with all it's challenges of difficult jumps, spins, etc. right to the bitter end and make it look easy. We call this stamina. **Fast sprints** improve power and reaction time of various muscle groups for jump coordination; balance & quick/tight pull in for double, triple and quad jumps. **Endurance** is a constant activity over a set time frame. For instance the skater's program is trained for endurance purposes because it requires the energy systems to be in motion for the duration of the program. It allows the skater to successfully complete many jumps, hold difficult spins for several rotations, and perform all other elements without tiring, in other words, to finish strong. But the opposite is true if the skater is not in condition to withstand the challenge of a well-balanced program. Therefore, the entire body must be in excellent condition to perform the task.

Importance of Stretching

The more muscles, tendons, and ligaments are lengthened the more elastic and pliable they are. Therefore, the easier it will be to attain certain positions without stress or strain on the muscles and joints. Its called "**flexibility**". However, too much flexibility could be just as detrimental as not enough. Flexibility allows more freedom and effortlessness of movement.

Benefits

Less injury and or quicker recovery time.

NOTE: It stands to reason that the better shape the athlete is in, the higher & more advanced skill level and performer he/she will be also.

Importance of "Warm-up & Cool Down"

It is essential to warm-up the muscles before getting right into the activity.

WHY?

Because the muscles have not had a chance to stretch out yet. Your body will perform better for you when it is warm and more prepared physically for the challenge and demands of the practice. Again, less chance for injury to occur.

WHEN?

15 minutes prior to going on the ice.

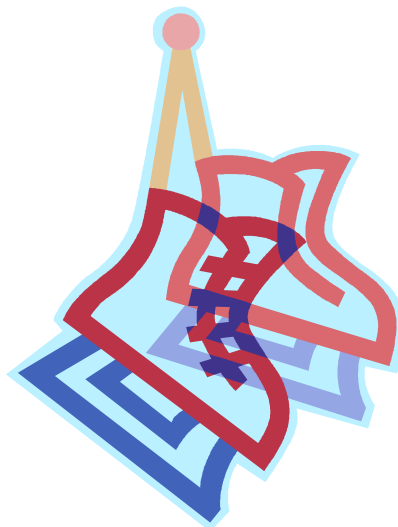
What exercises?

Skip rope, stationary bike (if there is one) stretching exercises (for upper, mid & lower body) Coach will suggest.

Stroke easily around the ice for a few laps. Do arm circles, lunge stretches, and when off the ice stretch out hamstrings, back, side stretches etc.

Get into the routine now and then it will be part of your training habit for maximum benefits!

"Success is in training to be successful"



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www.skatecanada.ca

www.sk8stuff.com

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