

Everything you always wanted to know about skating at the Ice Chalet

Skating Preparation, Lessons, Testing, Competing, and more!

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This is a joint project of the Ice Chalet staff and the Ice Chalet Skating Club. Compiled from a variety of sources and personal experiences.
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INTRODUCTION TO SKATING

I. Am I Too Young or Too Old?

Generally speaking, once a child has learned to walk well, a child can be taught to ice skate. However, in group lessons, a child must also be able to take direction and concentrate to some extent, so we recommend starting group lessons no younger than age three. The "tot" classes at the Ice Chalet are designed to introduce children to the basics in an atmosphere of fun.



Yes, adults can learn to skate. Skating can be an enjoyable past-time for adults, even if they never learned to skate as a child. Three members of the Ice Chalet's teaching staff, including two former skating school directors, learned to skate as adults. Many adults continue to skate well into their later years. The psychological challenge is harder for adults to overcome, especially the fear of falling and getting injured, but once they begin to feel comfortable, adults can progress through the skill levels as well as (sometimes even faster than) children. So... no excuses. Get out there and try it!

II. Public Sessions

a. Skating Etiquette & Rules

The rules exist for everyone's safety. It is important that all skaters observe certain rules to avoid unnecessary injury, particularly to young children.

The outer rim of the skating oval (closest to the side-boards) is for general skating. The center is for skaters practicing skills such as spins, turns, and figures. Skaters must not cut through the center to get from one side of the rink to the other. Those in the center are often skating backwards and cannot see skaters (especially those cutting through) in time to avoid collisions.

Speed skating is not allowed during public sessions.

Be careful not to stop or change direction abruptly when skating in a busy public session. The skaters around you cannot read your mind – they don't know you're about to stop or turn directly in front of them. Even though you think you're in total control, the skater just behind you may be new to the sport and unable to stop in time. You might be able to stay upright, but in trying to keep from running into you, the newer skater

may seriously injure him or herself. You, the experienced skater, will be at fault.

Do not sit on the side-boards. Your dangling skate blades might clip an oncoming skater (think of a young child's height), and you might lose your balance and fall backwards, hurting someone else when your skates fly up in the air. You will be embarrassed; someone else will be hurt.

Three or more skaters should not hold hands during public sessions. A "domino effect" fall can be painful to all of those holding hands as well as those around you. This also blocks skating traffic behind you.

Parents must not carry children on the ice. Even the most experienced skater can accidentally trip on the ice, and most likely the adult will fall on top of the child and cause serious injury.

No one is allowed on the ice without skates. Street shoes do not have enough traction for the ice, even boots designed for slick surfaces. Some of the most serious injuries on ice occur when someone slips wearing street shoes. Usually, the fall is backwards – on your head.

No food or drink is allowed on or near the ice.

Be Kind To Those Who Don't Skate As Well As You "Look at that funny lady trying to skate!" It takes a special kind of courage to learn to skate as an adult, especially if you never skated as a child. That doesn't mean that adults can't enjoy the sport of skating just as much as kids. They may skate more "carefully" and tentatively, but their fear and sense of discomfort are very real. So don't laugh at "the lady" or that "old guy" trying to skate, even if they do look funny. And don't whisper about him or her to your friend. You would be amazed at how much people notice when others are talking about them. They're doing their best, and you can bet that they wish they had learned to skate when they were your age!

Skate-aids should only be used when absolutely necessary. If you can skate at all – making forward progress without repeatedly falling – then you don't need a skate-aid (a walker designed for skating). If you need a skate-aid, ask a staff member to bring one to you. They are not designed to be toys, and it is dangerous for other skaters when several skate-aids are being used on the ice at one time. Skaters with skate-aids can easily bump into each other and cause injuries.

b. First Aid

If you or your child gets hurt, look for the skate guard, come off the ice slowly, and let a staff member know about the injury immediately. If you



cannot get off the ice on your own, a staff member will help. Ice packs and band-aids are available at the main counter. Falling is a part of skating, and as with most sports, bruises, cuts, and scrapes are not uncommon.

c. Public Session Punch Card

You can save money on public sessions by purchasing a public session punch card. Instead of the normal \$ 5.00 per admission, you pay \$ 20.00 for \$ 25.00 worth of public session admissions. Ask at the main counter.

d. Large Groups

Group rate during the Fall and Winter seasons:

Groups of ten (10) or more: \$1.00 off the regular \$5.00 admission price

Groups of 20 or more: \$2.00 off

During Summer:

Groups of 10 or more booked in advance: \$3.00 off the regular \$5.00 admission price

Groups of 10 or more not booked in advance: \$1.00 off the regular \$5.00 admission price

Groups of 20 or more: \$2.00 off

If a group books three or more visits during the Summer session, admission is only \$1.00 per skater (\$4.00 off!).

Payment must be made prior to check-in to receive these discounts. (Note: Skate rental is still \$3.00 per skater.)

e. Birthday Parties

The Ice Chalet has two temperature-controlled, private rooms that you can reserve in advance for birthday parties or other celebrations during public session hours. \$ 95.00 covers the party room plus admission and skate rental for ten (10) skaters in addition to the birthday person. Any additional skaters cost \$ 5.00 each. The birthday person receives a gift certificate for one free skating class! You may provide your own food, refreshments, and decorations.



The \$ 95.00 party fee should be paid in advance, and it is non-refundable. Call 865-588-1858 to reserve a room.

The Ice Chalet is also available for rental when no classes or public sessions are scheduled. (See "Private Ice Rental" under General Information.)

III. Clothing & Accessories

Skaters should wear only one pair of thin socks (not thick socks). Skates should fit so snugly that thin socks will be much more comfortable and allow more control. Thick socks also tend to create "lumps" inside the boot, which can be very uncomfortable.

Gloves are strongly recommended for preschoolers because they will not enjoy themselves if they are cold. Other skaters will find gloves and a sweater or jacket comfortable. For the beginner, the primary consideration is warmth. Clothes should keep you warm, but also allow free movement. If you forget your gloves, check our "lost and found" bin -- there might be a pair you can borrow.

Safety helmets are becoming popular for beginners.

Wear layers of clothing so that as you warm up, you can discard a layer. Comfort and the ability to move freely are also very important. Jeans can be restrictive and are not generally recommended. We suggest close-fitting but not tight pants, with some stretch. The clothes should not prevent you from lifting your legs and arms, and they should allow you to bend over and touch your toes or to do a squat.

As your skating expertise increases, you'll want wear clothes that show off your body line, so the clothes will need to fit tightly, but still comfortably. Your teacher needs to be able to watch your body line and position.

IV. Assumption of Risk

By engaging in skating, skaters and spectators are deemed to have knowledge of and assume the inherent risks of skating, which include but are not limited to the following:

- a. Injuries that result from collisions or contact with other skaters or individuals who are on the skating surface.
- b. Injuries that result from falls.
- c. Injuries that involve objects or artificial structures that are properly within the intended path of travel of the skater.

V. Equipment

a. Boot Sizing

Boots fit properly if they are snug, yet relatively comfortable. The boot will border on the uncomfortable at first, but with time it will feel more comfortable. Boots should provide enough support around the ankles to keep them from flopping from side to side, but not so stiff that you cannot bend the ankles adequately. The proper skate size is usually one to two sizes smaller than street shoes because skate boots are made larger.

b. Lacing Your Boots

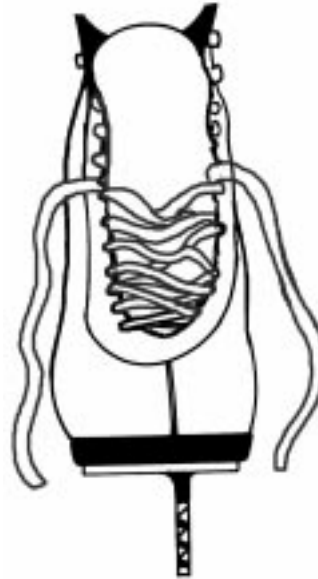
Properly laced skates are critical for your comfort and success:

1. Loosen the laces, especially at the instep, and slide the boot onto your foot while pulling up the tongue.
2. Start tightening the laces by pulling them firmly from the toe up to the bend of the ankle.
3. Around the bend of the ankle, keep the lacing loose enough to accommodate the forward flex that occurs when you bend your knee, but tight enough to provide support.
4. Some skaters like to tie a half-knot at the bend of the ankle to secure the laces.
5. Pull the laces over the tops of the lowest set of hooks, cross them, and keep lacing by pulling the lace over the tops of each set of hooks. (Note: Some recommend pulling the lace over the top of the hook, then downwards, not under it and upwards.)
6. When you reach the top two hooks, leave the laces a little looser than the eyes around the bend of the ankle to allow the ankle to bend freely when the knee bends. You should be able to slip two fingers under the tongue at the top or one finger in the back of the boot.
7. If the ends of the laces are too long, wrap the laces through the hooks again and tie a bow in front. Tuck at least part of the bow under the tightened laces to secure them. (Source: Figure Skating Championship Techniques by John Misha Petkevich)

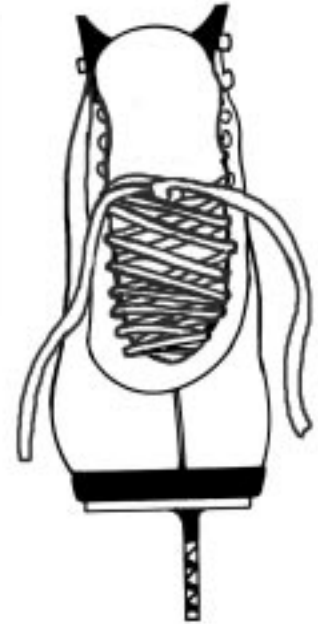
c. Do I Need to Buy My Own Skates?

If you are serious about wanting to skate more, you will need your own boots and blades. It is not always necessary to buy new skates, however. Good quality, used skates can be a great bargain, especially for children whose feet are always growing. However, a child can get away with no more than one extra half size of "growing room." Look for notices on the bulletin board about used skates and blades for sale. Look for clean, firm leather boots, fully lined. Look at the soles to ensure that they

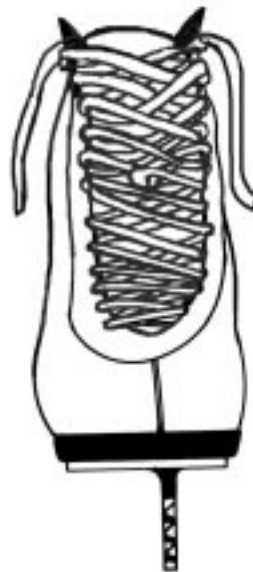
Lacing Your Boots



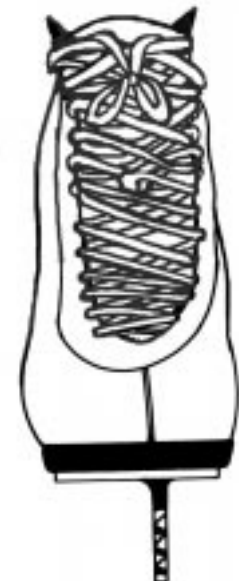
1. Loosen all laces
Slide boot on; pull up tongue.



2. Tighten laces.
3. Keep loose around bend of ankle.
4. Tie half-knot at the bend.



5. Pull laces over the top of hooks then downwards and cross over.
6. Leave laces looser at top.



7. Wrap excess laces over hooks again and tie a bow.
Tuck in loose ends.

are not rotting. Check the blades for deep nicks and scratches, and make sure that they still have enough room for future sharpening – can you see the change in texture from the regular part of the blade to the bottom part that is designed for sharpening?

If you decide to buy new boots, the Ice Chalet staff will be glad to help you find the right boots and blades for your age and skill level. The staff can help you obtain a professional fit. It is in their best interest to keep you comfortable and happy so that you will come back to skate often!

Most manufacturers provide a “beginner” skate with boot and blade attached. As you progress through the skill levels, you will probably want to spend a little more money for a better quality boot and appropriate blades that will be mounted on them separately. Adult beginners should not purchase the least expensive skates because the flimsy material is not adequate for an adult’s height and ability. However, the top-of-the-line boot is not appropriate for any beginner – it will be too stiff to break in, thus causing pain and frustration. A good mid-level stock boot with a beginner pair of blades is the practical choice. As a skater’s skill level improves, better boots will be needed.

Avoid molded, plastic skates. They usually don’t allow for sufficient flexibility.

d. Breaking In New Boots

If you are not careful, you can ruin new boots during the “breaking in” process. There are different theories about how to properly “break in” new, stiff boots.

Some people suggest that you put on a pair of wet socks, then put on the skates and lace them up to the first hook, and wear them around the house. Be sure the blades are mounted before you begin the “breaking in” process, and wear blade guards to protect the blades. Do this 10 to 15 times for 20 minutes each time. This is only one of several approaches, and it may not be the best for you.

You may want to have the ankle section (or any spot that is rigid) “punched out” or stretched to help your comfort level during the breaking in process. Ask the staff at the skating rink about this.

When you skate with new boots for the first several times, don’t lace the boots all the way up. Leave the top two hooks on each side unused at first, then leave only the top hook on each side unused. After skating for about 20 minutes, loosen the laces and rest for a short while, then re-lace them and skate again. The new laces will stretch, and the boots will gradually conform to the shape of your foot and ankle. Skate in your new boots in accumulating intervals, i.e., 30 minutes to one hour at first, then one to two hours, etc.

Lacing your boots all the way up and doing jumps in them before they are broken in puts too much pressure on the boots’ ankle support and hooks, eventually making them break down rather than become broken in. This can also put tremendous pressure on the muscles and tendons of your foot and ankle.



Pay attention to any developing blisters or sore spots. To protect tender areas, insert a flat, rubber make-up sponge or a commercial pad such as “Bunga” or “Silipos” between the boot and the sensitive part of your foot.

Boots are “broken in” when you can freely bend your ankle and knee – when this happens, you can skate your best. Boots are “broken down” when the sides of the boot do not give the ankle any support and the ankles of the boot can simply flop from side to side – whenever this happens, you need new boots.

If you purchase leather boots, you should use a product such as Sno-Seal or Kiwi waterproof to protect the leather and soles from absorbing too much moisture. It should be reapplied periodically.

Scuff marks can often be removed using soap on a damp cloth. Boot covers can also protect your new boots from scuff marks. Before polishing boots, use a leather cleaner. Alcohol can dry out the leather, causing cracking. Boots should be polished with skate polish recommended by the boot manufacturer, and laces should be removed during polishing.

Laces — Opinions vary about which type is best. Some people prefer laces that are a combination of cotton and nylon because they are easier on the fingers during the “lacing up” process. You can usually get a better grip on these laces than with pure nylon. Some people prefer the pure nylon. Experiment, then decide for yourself.

e. Blade Sharpening & Protection

You should wear blade guards when you are walking off the ice or rubber floors. Guards protect the cutting edges, which are fragile and sensitive to impact from an unyielding surface. Unprotected blades should never touch wood, metal, or concrete! Guards will also protect blades from grit and grime and reduce the frequency of the need for sharpening.

Tune-up your blades! Competition level skaters have their blades sharpened every few weeks. Recreational skaters usually have their blades sharpened every 30 hours of skating or so. Be sure to have the blades sharpened at least a week before any competition or show, allowing you time to get used to them – immediately after a sharpening, the blades will be so sharp that stopping and control can be difficult. Skates should be resharpened before they become so dull that you begin to slip on hard ice. This will also minimize the adjustment needed to skate with newly-sharpened skates.



Inexpensive blades need sharpening more often (about once every 10 hours of skating) than expensive ones (once every 25-30 hours of skating). These are just approximations.

Sharpening blades properly is a skill that requires considerable experience. Be sure that you place your blades in the care of an expert. One or two bad sharpenings can ruin a blade! The first time your blades are sharpened is very important and a little more expensive than each subsequent sharpening.

The first sharpening is included in the price of your skates if you purchase your skates from the Ice Chalet. Sharpenings will differ in depth based on the weight and ability of the skater. The concave grind in most sharpenings will range from a radius of 3/8 inch to 3/4 inch, depending on the intended use. The edges of a deep freestyle grind have the advantage of holding jump landings on hard or soft ice, but require more effort from the skater to adapt.

Properly sharpened blades will have a smooth concave grind accurately centered along the length of the blades, edges squared (parallel to the bottom of the boot), and level with each other. Proper sharpening will maintain the correct "rocker" shape for the life of the blade.

Have an expert check the screws on your blades periodically to make sure they are secure. If they get stripped, all is not lost -- ask an expert for help.

After skating, dry your blades and the soles of the boot with an absorbent cloth, then cover the blades with terrycloth soakers for storage. These absorb the condensation that develops as the blades warm to room tempera-

ture and prevent them from rusting. Never leave plastic blade guards on for extended periods of time or the blades will rust. Keep your skates in a controlled temperature environment – not in a car trunk where the elements of nature can ruin them.

VI. Membership Organizations

a. Ice Skating Institute

The Ice Chalet encourages all of its skaters to join the international Ice Skating Institute. (See the appendix for a membership form or ask at the main counter.) The ISI is dedicated to bringing skating skills to the widest possible group of people and hosts competitions in a team format for skaters of all skill levels. An ISI membership is very inexpensive and includes a subscription to the quarterly magazine as well as supplemental insurance. The ISI testing program's goal is to help recreational skaters enjoy the fun of skating, the thrill of improving, and the joy of friendly team competition. When a skater passes a test, we send that information to the ISI where it is entered into an international database of skaters and their skill levels. Skaters can then compete in or participate in ISI-endorsed events at the appropriate skill level at this or any other ISI rink.

The other major skating association is United States Figure Skating (USFS), whose objective is to nurture the development of skaters leading ultimately to participation in Olympic and world competitions. It is the official national governing body recognized by the International Skating Union (ISU) and the International Olympic Committee.

Some skaters join both ISI and USFS, and USFS-rated skaters can compete in ISI competitions.

b. RUMPS & Café Chalet

RUMPS (Robert Unger Moms, Pops, and Skaters) is a volunteer organization comprised primarily of parents who raise funds with the objective of defraying expenses for skaters, including travel expenses for competitions away from home, Ice Chalet lessons and products, outfits for synchronized team skaters, and donations to help the team either directly or indirectly. The Café Chalet is operated by RUMPS during public sessions; the parents who work these sessions earn money for their competition expenses commensurate with their efforts. Used costume sales, car washes, t-shirt sales, etc. are also projects of RUMPS.



There is a long-standing friendship between RUMPS and the Ice Chalet ownership and management. Robert Unger has provided tremendous support to the volunteers of this organization -- without his blessing, this group would never have had the opportunity to thrive. In return, RUMPS promotes the skaters and supports the Ice Chalet skating school programs by donating time and monies earned. RUMPS members help the Ice Chalet host various holiday parties at the rink, act as ambassadors for the Knoxville Christmas Parade, and provide manpower to run the Nutcracker On Ice each winter and the annual Mississippi Valley District Competition each spring. One of the most important aspects of this group remains to promote an important premise of Mr. Unger's: an environment of team spirit and extended family.

There are no paid RUMPS employees. You can participate as much or as little as you like, and everyone is welcome at any level. Every little effort or donation is appreciated.

c. Ice Chalet Skating Club of Knoxville

Founded in November of 2003, the Ice Chalet Skating Club of Knoxville is a non-profit organization whose mission is to support and develop amateur skating by providing educational programs and opportunities that will help skaters achieve their goals in a safe and healthy environment in accordance with the policies of the Ice Skating Institute. The "non-profit" status enables the ICSC to attract donations from businesses, foundations, and individuals that are interested in obtaining tax deductions for their contributions. The club promotes good sportsmanship, teamwork, self-discipline, self-esteem, confidence, fun, and physical fitness.

Members also receive discounts on skate sharpening, public session admission, and test sessions, plus a newsletter. Club skates often feature music, themes, and games. The club has established an annual scholarship fund in honor of one of its founding members who passed away shortly after the club was formed, The Davilyn Follum Scholarship Fund. In addition, thanks primarily to the efforts of founding member Tony Knox, the club has also established an annual sportsmanship award, the Hans Brinker Noble Spirit Award, as well as the Robert Unger Award for Skating Excellence. An annual Skate-a-thon is held each March to benefit Special Olympics of Greater Knoxville as well as the skating club itself.



VII. Private Ice Rental

Individuals and businesses may rent the Ice Chalet's skating and meeting areas when no regular classes or public sessions are scheduled. It is the policy of this skating rink that regular customers should be able to rely on our published session schedule, so even if we could earn more money by accepting a private rental party during regular hours, we will not do so.

If you would like to rent "private ice," please call the office at 865-588-1858. See also "Birthday Parties" (section II.e.) for information on renting our party rooms during public sessions.

LESSONS

VIII. The Parent's Role

Any parent who has admired Dorothy Hamill's artistry or Wayne Gretsky's skill with a hockey stick has thought about what it would be like if his/her child were to achieve that level of success in ice sports. There are very few children who have an early enough start combined with the skill, determination, resilience, coaching guidance, parental support, financial support, and luck that make a champion. Every child can, however, learn to enjoy the thrill of a great slap shot, the pure pleasure of spinning on ice, or the simple fun of working together in a team effort.

We encourage parents to validate their children's successes, big or small. We caution parents not to pressure their children so much that frustration overtakes the joy. Over the years, we have learned that parents need to support children, but children must find their own motivation in order to succeed in a healthy, happy skating environment.

Leave the coaching and skating analysis to the teacher. Your job as a parent is to love and support your skater -- no matter how many times he or she falls!

Watch From a Distance

If you want to watch while your child is taking lessons (group or private), please watch from the bleachers, a warm-up room, or the lobby -- not from rinkside. Your child naturally wants to please you, so your presence can be a distraction. The child's attention needs to be focused on the teacher at all times.

Encourage Practice and Hard Work

The most progress is achieved when the child practices between lessons. At the basic levels, students should practice for at least one hour on a day other than their lesson day. (One public session admission per week is included in all basic lesson group packages.) Robert Unger speaks with pride about former students who have

told him how much they appreciate learning one thing from him, and it's not a skating skill – it's the value of hard work. A child with all the talent in the world will never achieve his/her potential without practice. It's a simple fact that a child who practices several days a week will excel over a child who only comes to skate when he/she has a lesson. The higher the skill level you achieve, the more practice you will need in order to continue your progress.

Avoid Comparisons

Different children progress at different speeds and at different times, sometimes in spurts, sometimes in slow, subtle ways. Some children need to analyze moves first before learning to do them well. Others watch another skater and mimic what they see. Some skaters are better spinners than jumpers, some have better posture or footwork, some are more musical – each child is different. This is why it is important to avoid comparing your child's progress to another's. A good skater may be slower to progress through the basic levels for a variety of reasons, but that doesn't mean they won't ultimately achieve as much as the skater who seems to be rocketing through the skill levels. The one who progresses more slowly at first may also learn greater power and control, laying a strong foundation for the higher-level maneuvers and earning better scores when they do take and pass a test.

Tests are graded on a 10-point scale for each maneuver. Skaters can pass a test element with a "5", but they should aim to make at least 7s and 8s. Practice is the single most important factor in mastering skills, but attitude is the key. A child who wants to learn will learn. Help your child understand that it's okay to take a little longer to pass a certain level than that "other skater." Learning to skate is not a race; it's an art.

Falling Is a Good Thing

When your child falls down, they may need your comfort and reassurance, but be careful not to "fuel the fire" of self-pity. Falling down is a part of skating – even the best skaters fall down all the time, but they get back up and try again. If a child skates too cautiously, they will never try hard enough to succeed.

Doing a Skill versus Doing It Correctly

When your child doesn't pass a test, they need your comfort, too, but they also need you to help them understand that they just weren't ready. Passing a test before you are truly ready is an invitation to fail in the next level. Just because your child can do a three-turn doesn't mean that they do a three-turn with speed and control. Without speed and control, they won't be able to master the maneuvers at the next level. Let the coach determine when your skater is ready to take a test.

Communicate with the Skating School Director
If you think that there is a problem, tell the skating school director about your concerns. Often, it's more a matter of perception than fact, but the rumor mill can turn a simple misunderstanding into a full-blown controversy. Open communication with the appropriate person (not other parents or students or even teachers) is the best way to avoid such misunderstandings. The coaches are people, too, and mistakes are sometimes made, but the teaching staff wants every child to succeed to the best of his/her abilities.

Value Sportsmanship

The best skaters in the world achieve more respect for their good sportsmanship than for their technical skills. The way Michelle Kwan handled coming in second to Tara Lipinski in the 1998 Olympics is a prime example. She was favored to win the gold medal, and when she won silver instead, everyone would have understood if she had shown her disappointment or complained about the judging. Michelle smiled and talked about how proud she was of her achievement. As a result, she endeared herself to audiences worldwide. Everyone is a winner if we focus on doing our best, regardless of how the outcome is judged by others.

Help Build Leadership and Team Spirit

Each group of new skaters brings its own mix of personalities, quirks, insecurities, fears, jealousies, and friendships. Parents contribute to the mix, too. Eventually, as if in cycles, a few skaters show leadership and exhibit a special team spirit that is contagious to the whole group. If students or parents think that one or two skaters are getting favorable treatment or breaking the rules with impunity, jealousy can dissolve the camaraderie that is necessary for true team spirit. The staff places a high value on that camaraderie and would not intentionally do anything to damage it. Ideally, every skater and parent should be cheering on every other skater, putting aside personal differences for the sake of the team. Any concerns should

be brought to the attention of the skating school director, not gossiped about in the lobby or even at home. Your child listens to what you say; they may repeat it to their teammates without understanding that their actions are a detriment to the team.



Don't Interrupt the Coach While In a Lesson
Talk off the ice after the lesson or arrange for another time to meet.

Parents Need to Parent and Coaches Need to Coach
If you see your child misbehaving on the ice during practice, pull them off and give them a "time out" or review the rules.

Support Your Skater and Other Skaters at Your Rink
There will always be another skater better and/or worse than yours. Keep a positive attitude towards all. Show interest, enthusiasm, and support for all.

Educate Yourself
Obtain the ISI rule books: the "Skaters' and Coaches' Handbook" and the Competitors' Handbook." (The Ice Chalet usually has these books for sale.) Read them and understand them.

Volunteer
Take an active part in your child's skating experience. You and your child will enjoy sharing the exciting world of skating together. RUMPS and the Ice Chalet Skating Club are excellent vehicles for volunteer involvement.

Teach Your Skater How to Lose (and Win) With Grace
At competitions, skaters will usually lose some and win some. It's important to teach your skater that losing is just a way of motivating us to do better next time. Controlling our emotions (despite our natural disappointment) is a valuable lesson in the path to maturity. Remember those losses when you do win – someone else may be feeling disappointment while you are enjoying your good fortune.

"Participation, Not Elimination" Philosophy
This rink subscribes to the Ice Skating Institute's "participation, not elimination" philosophy. The fun in team sports comes from learning how to make the best of each team member's particular strengths and thereby create a real team. Some skaters are strong, some not so strong; some are flexible and some are not; some have great posture and others need to work on that; some have a great sense of timing and tempo, and others never will; some are tall and others are not so tall. If we were all alike, being part of a team might be a little easier, but it would be pretty boring.

Stronger skaters can help those who are not as strong; those who have a better sense of timing can help those who do not. Team members also have an individual responsibility to their teammates to be on time for practice, even if it is inconvenient. Missing a practice hurts the team as well as the skater. We all want to win, but what are we teaching our children if we win at the expense of even one child's happiness? Learning how to work and play well together is a valuable life skill.

IX. Learn to Skate Program

There are three semesters of classes at the Ice Chalet -- Fall, Winter, and Summer -- plus a two-week Holiday School. After the fifth week of each semester, no new students are admitted to the group classes, but skaters may take private lessons until the new semester begins. Also, no one will be moved up to a higher skill level after the fifth week. This is because new skaters entering a group class over halfway through the semester can be disruptive to the training of the other students already in the class.

a. Skill Levels & Patches

Generally, a skater starts with group lessons, then later adds semi-private or private lessons. Private lessons can also be useful to supplement group lessons. The more experienced a skater becomes, the greater the emphasis on private lessons. The ISI Learn to Skate program offers skaters the opportunity to progress through different skill levels and earn a sense of achievement with each new set of maneuvers mastered. Students earn embroidered patches for each skill level passed, and tests are registered with the Ice Skating Institute so that they are eligible to compete in ISI-sanctioned competitions and shows. Skaters usually progress from Tots 1-4, Beginners or Pre-Alpha, Alpha, Beta, Gamma, Delta, and then on to the 10 different Freestyle levels. Skaters can also progress through the six levels of Hockey. There are also Dance programs, Pairs, Couples, Synchronized, Figures, etc.

b. Group Lessons

i. Basics

"Basics" includes Tot, Beginner or Pre-Alpha, Alpha, Beta, Gamma, and Delta skill levels. During the Fall and Winter semesters, several "basics" classes are held during the week for skaters at these levels.



Find a day of the week and time of day that suits your schedule, such as weekday afternoons, weekday evenings, or Saturdays. Parents may wish to enroll along with their children to learn what their children are experiencing (and to learn to skate, too!) Basic lessons at the Ice Chalet include one hour of practice on lesson days.

Skills in these levels include: learning the proper and safe way to fall, marching, stroking, crossovers, snowplow stops and t-stops, swizzles, wiggles, glides, three-turns, mohawk turns, lunges, shoot-the ducks, and bunny hops.

ii. Freestyle

Once you pass Delta, you will begin to work on the ten Freestyle levels, each with increasingly difficult footwork, jumps, and spins. Skaters who are close to passing Delta may seek the Skating School director's permission to attend Freestyle 1 classes (with the appropriate class payment), and simultaneously take either group or private lessons to help them pass Delta. This helps skaters make the transition to Freestyle levels. Freestyle 1 features a two-foot spin, arabesque, and waltz jump. In Freestyle 2, skaters learn a one-foot spin and a footwork sequence. The change-foot spin and the salchow and toe loop jumps are in FS 3, and so on. Very few skaters make it all the way to Freestyle 10.



iii. Stroking

Power, endurance, and speed are essential qualities of a good skater. Stroking classes are often called "aerobics on ice." It's heart-pumping fun. When you skate even the most basic skills to music, you can tremendously improve your overall skating. Swizzles, stroking, crossovers, stops, turns, footwork patterns, etc. – each class is geared to skaters' skill levels. Stroking classes also emphasize correct posture, flexibility, musicality, and conditioning.

iv. Adult Freestyle

Special group lessons for adults in any of the freestyle levels are offered on Wednesday evenings.

v. Hockey

Youth, teen, and adult learn-to-play hockey group classes are held on a regular basis. Hockey I is comparable to Pre-Alpha, plus some hockey skills, so beginning hockey



skaters often take Hockey I to learn their most basic skills. Students in the hockey classes are also encouraged to attend regular group skating classes for their skill level to improve their control and power.

vi. Dance

The ten levels of dance skills stress tempo and pattern, teaching students to use their skating skills in a more refined manner, with "neat" footwork and smooth strokes and turns. The tango, the waltz, the cha-cha, etc. are taught with precision in varying levels of difficulty and speed. Skaters find that dance practice improves their strength and control for many maneuvers. Skaters may compete either solo or with a partner. Skaters may begin dance classes after they pass the Alpha test.



vii. Figures

Sometimes we forget that this sport started out as "figure skating." Skaters were judged on the tracings they were able to create on the ice – figure eights, loops, brackets, etc. Until the late 20th century, figures were a significant part of the scoring in national and international competitions. This discipline builds a foundation of confidence and control.



viii. Synchronized Teams

Skating as a team takes on special meaning when the moves are performed in perfect unison. Synchronized skating has become a very popular discipline throughout the world. Synchronized skating helps strengthen individual skating skills, such as stroking, footwork, posture, presentation, and rhythm. It also promotes an understanding of what it means to be a part of a team. This discipline requires a true team commitment – every team member is dependent on every other team member – for dedication, practice, attendance, and literally staying upright.

ix. Home School

For children in home school programs, group classes are available during select weekday mornings. Check the calendar for available days.

c. Summer School

The Ice Chalet offers skating camps for two months during the summer. They provide intensive, daily group lessons in which students have the opportunity to accelerate the learning process. Classes are held Monday through Friday mornings, as well as on Saturdays, and include Freestyle, Dance, and Program Practices.

d. Holiday School

For two weeks around the Christmas holidays, daily classes are available for all skill levels. The intense training, day after day for two weeks, can jump-start a child's learning process.

e. Private Lessons

Any skater enrolled in group lessons (either "basics" or Freestyle) may also receive private lessons from our instructors. We recommend private lessons when a student wants a little extra help mastering a particular skill or needs assistance putting together a program for competition.

Private lessons may be conducted during Freestyle sessions or during uncrowded public sessions; please note that these sessions must be paid for separately from the private lesson coupon itself. Make arrangements directly with the instructor of your choice, then buy private lesson coupons at the main counter or through the office. You will receive 10% off each coupon after five coupons purchased at the same time. You will need to present a coupon to the instructor at the beginning of each lesson or give all the coupons to the instructor ahead of time and let the instructor keep track of them for you. If you want to practice your program to your music, you must take your lesson during a skating practice session, not a public session.

Cancellations: If there is a need to cancel a lesson, it is the skater's responsibility to notify the instructor at least 24 hours ahead of time so that the instructor can schedule another student in the assigned time slot.

X. Check-In and Practice Sessions

a. Basics (Lessons & Practice)

Skaters attending group classes must go to the main counter and check-in upon arriving at the Ice Chalet. Even if the staff person at the counter knows you, it is your responsibility to see that your name is checked off for that day. Skaters should arrive 30 minutes prior to their lessons so that they will be ready to get on the ice immediately. Skaters are also encouraged to practice during the time that they are not actually in a group class.

One public skating practice session per week (whenever the student chooses) is included in all basics group lesson packages to encourage students to practice on another day in-between classes. Skaters must check in at the main counter at the beginning of the public skating practice session. Checking in at the main counter will help us avoid misunderstandings about who has and hasn't paid for the public sessions. If the student has already used their one "practice" public session that week, they must pay regular admission and skate rental.

Every student is allowed to have family members (not friends) skate with them during their practice time on their lesson day for a fee of \$ 3.00. Family members or friends who wish to skate during the student's public skating "practice" session must pay regular admission and skate rental.

During practice sessions, work on the skills you have learned that week in your lesson. Repetitive practice is the surest way to master any particular maneuver.

b. Freestyle Sessions

Skaters attending group classes or freestyle practice sessions must go to the main counter and check-in upon arriving at the Ice Chalet. Even if the staff person at the counter knows you, it is your responsibility to see that your name is checked off for that day. (If no one is at the main counter, the instructors make a note of who is there and who is not, and a permanent record is kept in the office.) Skaters should arrive 30 minutes prior to their lesson so that they will be ready to warm up and get on the ice immediately.

Plan your practice session: Warm-up, repeat individual maneuvers, then run through a program with or without music, or work on pieces of your choreography. Ice time is too valuable to be used for socializing. Skate!

c. Music, Rights of Way, Safety

If someone is playing their program music and skating their program, they have the right-of-way on the ice. Be aware of those skating around you. When you begin to skate your program, you or someone working with you should announce to everyone on the ice that they need to watch out for you. You should also have someone monitoring the volume of your music at all times.

Backward arabesques are not allowed during practice sessions unless a coach is working with you and "spots" for you. Use common sense during crowded freestyle sessions. High-level dances requiring a lot of powerful skating going backwards are as dangerous as backward arabesques, so be thoughtful about when you practice.

XI. Warm-Up Exercises

The better you warm up, the better you will skate and the fewer injuries you will have. It's as simple as that. Experienced skaters know this because they have probably skated without a warm-up and had a serious injury as a result. Ideally, skaters should warm up off the ice in a warm area of the building for 20 to 30 minutes before going onto the ice. Skaters should build this warm-up time into their schedules. Come up with a routine with which you can become comfortable, such as leg stretching that exercises all the leg muscles and knee ligaments, twisting the upper body, leg raises, etc. Ask your coach for some suggested exercises.

XII. Off-Ice Conditioning for Strength and Flexibility

To be a better skater, you need to improve your flexibility, strength, stamina, and balance. Suggested activities:

Aerobics;
Ballet or Dance;
Stretching, Yoga, or Pilates; and
Weight Training.
(A combination of the above activities is ideal.)

XIII. Nutrition and Hydration

How you eat and drink can have a significant impact on your skating. A low-carbohydrate diet may help the average person lose weight, but an athlete needs a high percentage of carbohydrates in the diet.

Energy Foods. There are two forms of carbohydrates – simple and complex. Simple carbohydrates, such as fruits, candy, cookies, and soft drinks – are sweeter and more quickly absorbed into the bloodstream. Complex carbohydrates are starchy and fibrous and take longer to be digested and absorbed into the bloodstream. They are found in foods such as whole grain breads, cereals, pasta, rice, corn, potatoes, and other vegetables.

Both types of carbohydrates provide fuel, but simple carbohydrates are not the best choice to eat before exercising or during exercise because they are so quickly digested and absorbed. Experts disagree, but one physician suggests any of the following for a quick, energizing snack before practice: bagels, bananas, apples, oranges, fruit juice, small muffins, pretzels, sports drinks, graham crackers, popcorn, and oatmeal raisin cookies. Some experts prefer a balance of protein and carbohydrates.

Water is Essential! It is very important to stay hydrated during exercise. Did you know that by the time a person who is exercising realizes that they are thirsty, their body has already started to dehydrate? Drink two cups of water two to three hours before exercise and an additional cup twenty minutes before exercise. While exer-

cising, drink a half cup of water every twenty minutes. For every hour you exercise, you should drink thirteen to twenty-seven ounces of fluid.

If your workout extends past one hour, switch to a sports drink (electrolyte solution) to replace the sodium that you are losing in order to maintain the blood's electrolyte balance and to provide fuel for working muscles. (Source: Dr. Francis G. O'Connor, co-author of Textbook of Running Medicine)



TESTING

XIV. When Am I Ready to Test?

You have been an Alpha student for a few semesters, and you believe you have finally mastered forward stroking, forward crossovers, and snowplow stops. Are you ready to move into the Beta class?

Before enrolling in the next level of any class, you must pass an ISI skills test. Passing this test means that you have learned all the required skills to enable you to perform more difficult maneuvers properly and securely. It is not enough to be able to do a particular maneuver. You must be able to do it with confidence and proper balance, secure edging, speed, and flow. Moving on to the next level before you are ready is only asking for frustration and disappointment at the next level.

Your instructor will tell you when he/she thinks you are ready to take a test. Your instructor wants you to succeed, and he/she will ask you to test only when he/she believes you are ready.

Even if you pass, if your scores are just barely passing (such as a 5 out of a possible 10), that means that you will struggle more at the next level. Skaters should aim to pass with 7s and 8s, not 5s.

That is why it is okay if you don't pass a certain level when another skater in your class does pass. Skaters learn at different paces, and some will progress more slowly at first but then excel at the higher levels because they have a strong foundation to build upon.

Practice – a lot of practice and hard work – is the only way to progress steadily through the skill levels.

XV. Procedure & Registration

Testing at the Ice Chalet usually takes place during designated times throughout the year. Beginner and intermediate skaters are tested during group class sessions when the instructor decides that the skater is ready.

Look for sign-up sheets in the lobby for upcoming test sessions for Freestyle and other skills. You must have your instructor's permission to test. Freestyle skaters are asked to sign up and pre-pay at least one week before the test session.

Cost: Tots, Pre-Alpha, Alpha, Beta, Gamma, and Delta tests are free of charge. Tests for Freestyle 1-7, Dance (each dance, not the dance level), Figures, Pairs (per person), etc. tests are \$ 15.00. Freestyle 8-10 tests cost \$ 35.00. This fee covers the administrative costs associated with conducting tests. (If a skater is not successful, s/he must pay again when the test is rescheduled.)

Skaters will be asked to perform and to repeat each maneuver in the order in which they are listed in the ISI Skaters and Coaches Manual. At the freestyle levels, the skater must also perform a program to music including all of the maneuvers. Instructors will grade each maneuver on a testing sheet. The testing instructor will tell the skater if he/she has passed, and will sometimes discuss the performance with the skater.

Be sure to dress appropriately for your test -- the examiner needs to see your neck, arms, and body line.

For dance tests, skaters must be prepared to dance both the male and the female patterns.

If you pass, you will receive an embroidered patch representing the level you have passed. The Ice Chalet will register the test with the Ice Skating Institute, and the ISI will enter the information into their international database of all their members' successful tests.

XVI. Preparation for Freestyle Level Programs

Freestyle-level skaters must prepare and present a program to music, incorporating all the maneuvers of that level. You may choose your own music and experiment with choreography, but we recommend asking for help from an instructor, especially for the lower freestyle levels. Extra time is required for this preparation, so plan ahead!

You should approach this task as if you were preparing a program for competition. There are rules that must be carefully observed, including duration, the music must be appropriate for the skater's age and skill level, and the pacing is important to preparing a successful program.

Skaters should also dress as if they are competing – tights without runs and holes, clothes that show your body line, etc. Male skaters must wear nice, neat pants and a shirt.

During the compulsory part of the test, you may attempt each maneuver twice, and the better performance will be graded. You may attempt your maneuver three times in

your program, and the best attempt will be graded. Any additional attempts will not be judged.

SHOWS & EXHIBITIONS

XVII. Nutcracker On Ice

Every December, the Ice Chalet produces a special ice show based on the popular "Nutcracker" ballet and music. Any student enrolled in the skating school (all of Fall term) is eligible to participate in the charming holiday extravaganza. Many of our skaters have progressed through the different roles year after year, from jesters, soldiers, and rats to international dancers, snowflakes, and starring roles. As they improved their skating skills in the school, they advanced to more challenging roles.



It's an opportunity to showcase each skater's skills in a festive and fun atmosphere – from practices and rehearsals and costume fittings to the performances themselves. Look for application forms during the fall semester. There is a fee to cover the cost of costumes and fittings, practice ice, and choreography.

XVIII. Roles, Practices & Rehearsals

One of the most difficult decisions for the teaching staff is assigning roles for shows and exhibitions. Every child has his or her special charm, and we would like every one of them to have their opportunity to shine. Unfortunately, the roles are determined by the storyline, and they all need to be filled. There is an old adage in the acting world – there is no such thing as a small part. The role is what you make of it.

As much as possible, skaters are matched with roles that parallel their skill levels so that the choreography will give them that opportunity to "shine." Costume sizes and changes often dictate what roles some skaters can portray.

Trust the teaching staff to do their best to assign roles so that the production will be enjoyable for all. Our dream is that by the time a skater graduates from this school, s/he will have played almost every role in the production.



Sign up early to ensure that your child will be assigned the most appropriate role or roles for him or her. Once assigned to a role, take every practice seriously. Good practices result in a good show. Bad practices can make the experience disappointing. Attend every practice (barring true emergencies and serious illness) and cooperate with the choreographer. Each child's

attitude, performance, and attendance will affect all the children in that number. Rehearsals are mandatory. People are paying for the right to watch this show. You owe it to them, and to your fellow skaters, to be professional and responsible. Exceptions may be granted only by specific authorization of the skating school director.

XIX. Summer School Exhibition

The Summer School is an intensive learning experience, and many skaters make significant progress during this time because they are able to focus on skating five days a week. At the end of the summer session, each skater is given the opportunity to present a program highlighting what they have learned. We also use show lighting for most exhibitions. It is an enjoyable experience, and all are encouraged to participate.

XX. The MVDC and Other ISI Competitions

a. "Team" Philosophy

All ISI competitions are team-oriented. Skaters compete individually against other skaters of their same age and skill level, and they can win medals and ribbons for their individual performances, but they also score points for their team. Winning first place in an event earns your team 5 points, second place 4 points, etc. The major trophies are presented to the team with the highest number of overall points and for good sportsmanship.

b. Qualifications

You need to be a member of the ISI (Ice Skating Institute), and you need to have your latest test (skill level) registered as of a certain date – the date to be established by the competition organizers. You will compete at the highest skill level you have passed and registered. I.e., if you have passed Beta, your programs must contain the maneuvers from the Beta level.

c. The Rules

The rules of ISI competitions are spelled out clearly in the "Competitor's Handbook," which is published by the ISI and is available from our pro shop or the ISI itself. Read these rules carefully, and if you don't understand any of them, ask your instructor. You can be penalized for some little maneuver or for a simple misunderstanding or misinterpretation of the rules. You need to understand these rules.

XXI. ENTRY FORMS

a. Procedure and Payment

Usually, you will be asked to complete a form and submit payment to your school or skating club, i.e., the Ice

Chalet, and the Ice Chalet will then double-check your entry and send in all the forms together, with one payment, to the host of the competition. For competitions requiring travel, you will usually be asked to pay a "Judges' Fee" or "Coaches' Fee" which helps cover the coaches' travel expenses. ISI requires that each team provide a certain number of coaches according to the number of skaters or events entered, and these coaches must serve as judges for the competition. Coaches are not compensated for this by the host rink.

See Appendix A: Sample Competition Entry Form

b. Types of Events

The ISI has established many different types of events that each skater can choose to enter.

Sample Events:

Tots, Alpha — Delta, Freestyle 1-10, etc.:
Technical event. The ISI (Ice Skating Institute) lists specific maneuvers required for each level.

Artistic: The emphasis is on strong edges, flow, choreography, innovative moves, and music interpretation, not technical maneuvers.

Footwork: Skaters perform footwork sequences designed to show variety, tempo, controlled edges, turns, and speed. Technical elements are limited.

Ice Dancing: Skaters perform specific dance patterns. The emphasis is on tempo, posture, and adherence to the pattern, as well as the ability to skate in unison with a partner.

Spotlight: The focus is on entertainment, emotion, or portrayal of characters using costumes and optional props.

Synchronized: Teams must perform in unison and in accurate formations.

Compulsories: Specific maneuvers are performed without music for each skating level.

Interpretive: After listening to a piece of music three times, skaters must immediately choreograph and perform a routine to it. The choreography, not technical content, is emphasized.

Stroking: The quality of each stroke counts, including rhythm, posture, power, and control!

Hockey: Some ISI competitions offer hockey events, too.



c. How Many Events Should I Enter?

Some coaches would love for you to enter as many events as possible in order to earn as many points as possible for your team. However, you must decide how to pace yourself so that you will perform well, focus on each event, and enjoy the competition. Ideally, you should discuss this decision with your coach or coaches well in advance of the competition. If for some reason you must withdraw from an event, notify the competition director immediately.

XXII. Preparing to Compete

a. Plan Ahead: Basic Level Skaters
(Pre-Alpha – Delta)

Plan on attending the competition practices that will be scheduled during the weeks leading up to the MVDC. The instructors will teach you a short program to music they have selected, featuring maneuvers from the highest test level you have passed. There will be a reasonable fee for these practices. (You may also choose to have private lessons.)

b. Plan Ahead: Freestyle Level Skaters

Typical situation: Four weeks before a competition, a skater asks a teacher to choreograph and prepare new programs. Most of the instructors have full teaching schedules, so it's going to be difficult to fit everyone in. Ideally, every teacher would love to help every skater prepare the best possible freestyle, footwork, spotlight, artistic, etc. program for competition. It's frustrating to teachers when they simply don't have time to do a good job with each and every skater, so they ask for your help -- plan ahead.



You are encouraged to:

(1) Talk to instructors at least two months ahead of time if you want help with your programs.

If you have several programs to prepare, you will need to plan on working several sessions per week to have them ready in time for a competition. Ask the instructor if they have time to help. If one instructor's schedule is full, ask one of the other instructors. All of our instructors have talent and something special to offer, and all want to help each skater achieve his or her potential. Find someone who can devote the time needed to prepare the best program possible. It's okay to go to more than one instructor for different programs and to take lessons from

an instructor other than your group instructor.

(2) Choreograph your own programs, then have them reviewed by your group instructor.

Skaters are encouraged to learn the rules and to try to choreograph their own programs, but an instructor needs to review each program to ensure that it does adhere to the rules and to give the skater the best possible chance for a good score. A lot of factors can affect scores, including music, costume, props, pattern, posture, and choreography, and there are penalties that can harm an otherwise wonderful program, such as uncaptured moves, use of props, and timing. The instructor knows what to look for — the pitfalls and common mistakes. If you are unable to schedule private lessons with someone, which is the ideal situation, ask your group instructor to review your program during class.

(3) Then... Practice, practice, practice!

With careful planning and diligence, everyone can enjoy the competition, knowing that we're going to see the best programs that each skater is capable of presenting.

c. Appearance, Costumes, Props, etc.

Costumes should be comfortable and suitable for the music and the mood you are trying to portray. There are many catalogs that offer costumes designed for skating, but you might check with local fabric stores to see if they know of people in your area who will make costumes for a reasonable fee. Your coach may also be able to recommend someone, often there are other parents who have developed an expertise in sewing skating costumes.

Appearance isn't everything, but it counts. Skaters should be neatly groomed and dressed. Do not allow hair to fall loosely; put it in a ponytail, braid, or bun. Tuck laces in-between the laces and the tongue of the boot so they won't dangle, or latch the loops back around the hooks; ask your coach for suggestions. Do not wear bluejeans or baggy clothing that obscures the line of the skater's body. Skaters may wear sweaters or gloves during the warm-up session, but not for the program.

Go easy on the makeup. Too much makeup on a young child is worse than no makeup at all.

Watch out for "Spaghetti" and "Snow." "Spaghetti" is a dangling lace, strap, or string. "Snow" is showing your undergarments. You should take extra care to avoid either of these unfortunate and often embarrassing issues. Judges can't help but see these things (that's why they have names), and it can affect their impression of your performance – after all, they're only human.

Jewelry. Avoid it. It distracts you while your skating and can come loose during a program, causing a hazard and sometimes a restart or default.

Don't be "Holey." It may be cool to have the most worn tights during practice sessions, but it is definitely not cool to have holes and tears in your tights during competitions. You want to present a polished performance, and this starts with your appearance.

Shiny Skates. Polish your skates before a competition. Your skates are critical to your performance, and their appearance is a part of your overall costume.

Props are a tricky thing. They can really enhance a program, but they are not allowed for certain events. In Spotlight events, clever and appropriate props are encouraged, but if you have a prop that isn't appropriate to the music or theme, or if you don't use it in an effective way, it can actually hurt your score. Props and costumes are judged elements, just like other elements of your program! And remember — a part of a costume that comes off becomes a prop, even if you didn't intend for that to happen. A hat that you take off then, by the rules, becomes a prop, as do a sash, gloves, etc. Also, the best prop in the world isn't going to help you win if the skating isn't well choreographed and executed.

d. Music & Choreography

The choice of music for your program is perhaps your single, most important decision. Check with your coach to make sure that you are choosing music that best suits your abilities. You will need music appropriate for your age level, speed, and the type of program you are doing. For example, Footwork programs need a strong beat as well as a change of pace. Artistic programs should focus on creativity and are often more lyrical. Freestyle program music should be at a pace that will enable you to perform your maneuvers well, and something that you won't learn to hate after hearing it over and over again in preparation for the competition.

You will need to cut your music to a specific time limit established for your skating level and the type of event. For example, Footwork programs are one minute in duration. A 10-second leeway is allowed, but it is only a buffer reserved for unforeseen problems and variations in the speed of different audio players. You need to plan your program so that if anything goes wrong, you have that extra 10 seconds to fix it.

You can cut the music manually on tape recorders, but these days there are several computer programs that will enable smooth music editing on CDs. Goldwave is a popular and inexpensive shareware program. Peak is a very popular, but expensive software program. There are many others. You can also download music online, but be sure that the site you are downloading from will give you full rights to use and edit the music. Many of the online services allow you to download a sample of the music but there are copy protection schemes that prevent you from editing the

pieces. (For example, Real Rhapsody is a new monthly service that allows full rights, but the same company offers Real Player, which enables downloads but the music is copy-protected.)

Choreography is something everyone can learn, but it is advisable to seek out the expertise of an instructor for your first few programs. Where you place your required elements and extra content can be critical to the success of your overall program, and you also need to space out the maneuvers to give you recovery time between the more difficult elements. You must also use the ice efficiently and effectively, and create an impressive beginning and ending.

e. CDs, Tapes & Backups

You must have two copies of your music. (Note: Some competitions are now allowing only CDs -- be sure to review the rules carefully.) One CD or tape is a back-up, just in case something goes wrong with the first CD or tape, or it gets lost. You might be surprised how often that happens. Keep the back-up close at hand in case of an emergency. If you made a tape from a CD, keep the CD handy, too. Label your CD or tape clearly and make sure the tape is rewound before you turn it in to the competition director or head coach:

Your Name (John Q. Skater)
Event Name (Freestyle) and Level (3)
Age (12) and Gender (M)
Your Team (Robert Unger School)
and on the bottom of the label...
Music Information - Title and/or Album Name
to help avoid confusion.

XXIII. "Do Not Forget" List

Prepare for the unexpected:
Your Skates!
Extra laces
Blade guards
An extra pair of tights – without holes or runs
Extra hair bands or other hair accessories
Safety pins
Mirror
Clear nail polish to stop a run in tights
Mark everything with your name and address –
clothing and accessories often look alike
Back-Up CD or Tape
ISI Membership Card
Your Skates!

XXIV. At the Event

a. Schedule & Check-In

Skaters should be at the rink, in costume and ready to skate, at least one hour before they are scheduled to

compete. Expect bathrooms and changing rooms to be crowded. When you arrive, check to see what event is on the ice at that time. Compare this with the program to see if the competition is running ahead or behind schedule and adjust your timing accordingly.

In the MVDC schedule, each event is listed with the skating level and age range of the skaters. Example:

1:45 PM Warm-up	
1:50 PM COMPETITION	
Freestyle 2 13-15 F	
Skater One	PA__
Skater Two	CAE__
Skater Three	RU__

At 1:45 p.m., all the skaters listed below that time will warm-up together on the ice for a five-minute period. Then at 1:50 p.m., the first event will be the Freestyle 2 level skaters, aged 13-15 (female). The rinks the skaters represent are usually designated by a two- or three-letter code, i.e., RU for Robert Unger School.

You must be prepared to “check-in” for your event 30 minutes before the warm-up – this lets the competition organizers know that you are present and ready to compete. One catch: competitions don’t always stay on schedule. They may get behind schedule, but they may also get ahead of schedule. You cannot rely solely on the printed warm-up time. You must pay attention to the schedule and listen for events as they are called.

b. Rules, Judging & Results

The Rules...

If there is only one skater for a particular event, level, and age group, that skater will compete “against the book.” He or she must complete certain skills to justify a first or second place medal. This is actually more difficult than competing against another skater. If all the skaters in a group miss a maneuver, then one of them still wins first place, but if a skater is competing “against the book” they cannot miss any of the required maneuvers to place first.

When a skater falls, the skater is not penalized if they get up and complete their program. Skaters fall all the time; what’s important is that they complete the required maneuvers (as long as they are physically able). Note: there are certain rules about how many times you can try to repeat a specific maneuver.

The Judging...

Judges are human and can make mistakes. They may also disagree. They try to observe the rules and be fair, but someone has to win and someone has to lose, so it’s their job to make choices and evaluate each child’s skating. The results are usually fair, and never intentionally unfair. Try to keep this in mind as you review the

results. If you don’t understand the placements, talk to your coach. Never approach the judges individually.

The Results...

Awards for each event will be presented differently at each competition. Sometimes they will post the results in a central location, then hold medal presentations at designated intervals. At other rinks, you can pick up your medal any time after the results have been posted. Usually, only the top five placements are posted for each event; everyone else is in “sixth place.”

Especially for basics skaters – Let your children know you are proud of them regardless of how they score.

“I skated great, but I still didn’t win.

What did I do wrong?”

Know the rules for your event, and ask your coach if you are not sure about a rule. Certain mistakes can hurt more than others, such as...

- Forgetting a required maneuver;
- Going over the prescribed time; and
- Executing illegal maneuvers.

“What can I do to make my performance stand out?”

Certain components of a program can help set your performance apart from the others, including:

- Posture.
- Power.
- Extra content, and
- That special attitude that shows you have confidence in your ability and your program.

c. Good Sportsmanship

Cheer on your teammates and even skaters from other rinks. The focus here is the competition, not the results. Showing good sportsmanship will represent your rink better than any skating you’ll ever do. Win or lose – show equal grace, humility, and compassion for other skaters, and you will be a winner all the time, regardless of the scores.

d. Coaching Styles

Some coaches hover over their students at rink side, correcting and instructing right up to the moment the skater takes the ice for his or her event. Our coaches believe that this places too much pressure on the skater, and that this kind of preparation should have occurred well before the day of the competition. Our coaches will try to be on hand for the younger and newer skaters, to help them prepare mentally and emotionally for their events. This is not always possible due to the judging commitments that they may have at a given time, but they will do their best to be there if at all possible.

Older and more experienced skaters are expected to get themselves to the check-in on time and to be mature enough to handle their own mental and emotional preparation. These are really "life" lessons, after all.

e. The Role of Volunteers

Competitions and shows are complicated, hectic, and stressful for the host rink. The best competitions and shows are hosted at rinks with substantial volunteer participation. Registration, event check-in, announcing, music, awards, ice and facility maintenance, sales, scheduling, timing, judging, runners, chaperones, hospitality, practices, backstage, costumes, lighting, dressers, concessions, and more – it takes many volunteers to make a competition or show successful. We are blessed at the Ice Chalet with many parents and adult skaters who take on these tasks.

Relax and enjoy the competition. This is a great opportunity to meet new people who share your love of figure skating.



GENERAL INFORMATION

XXV. Brief History of the Ice Chalet

The Ice Chalet was built in 1962 by a corporation known as "Chalet Ice Rinks, Inc." The primary investors were Chambliss Pierce, Harkness Construction Co., Pilot Oil Corp., and Brownlee Kesterson Construction Co. It was one of the first two skating rinks in the South with regularly scheduled hours for public skating. In 1963, a professional ice skater and star of "Holiday On Ice" named Robert Unger moved to Knoxville and established the Robert Unger School of Ice Skating here as well as in Huntsville, Alabama. He pioneered recreational skating competitions, beginning with the first one here at the Ice Chalet – the oldest ISI competition in the world. More information is available online at www.chaleticerinks.com.

XXVI. Office Hours and Staff

Robert Unger is President of Chalet Ice Rinks, Inc. (See "Meet Our Instructors" for more information.) Mr. Unger's assistant, Carolyn Lusby, is usually in the office from 6:00 a.m. to 2:00 p.m. weekdays. Larry LaBorde, Manager and Skating School Director, seems to be at the rink all the time, but we have it on good authority that he and Ben, his furry friend, occasionally go home.

The Ice Chalet relies on a large, professional, part-time staff of instructors and session workers to help things run smoothly.

If you need to drop by the Ice Chalet when skating is not in session, it is best to call ahead and make sure someone can let you in the front door.

XXVII. Why Do We Close?

The Ice Chalet closes for approximately 8-10 weeks in the spring and for 6-8 weeks in the late summer. There are several reasons for this, but the primary one is that the warmer weather draws people outdoors. We use the closed time to do necessary maintenance and to upgrade the facility. We are open for 6-8 weeks in mid-summer for our Summer School Program.

XXVIII. Meet Our Instructors

Robert Unger
President
Chalet Ice Rinks, Inc.



Robert Unger, a native of Nuernberg, Germany, is a highly acclaimed skater who won titles in ice and roller skating championships in Europe. In 1941, he passed the Master test in both ice and roller skating (equivalent to the Gold Test of the United States Figure Skating Association).

Among his many achievements as a professional skater, Mr. Unger taught two German skating champions and a Ladies World Champion (1954). He was a featured performer in worldwide productions of Holiday On Ice and in European ice shows for 18 years before deciding to make his home in Knoxville in 1963.

He established skating schools in Knoxville and in Huntsville, Alabama. He has been a leader in the development of the Ice Skating Institute, the international group that promotes recreational figure skating and hockey. He pioneered recreational ISI competitions by initiating the annual Mississippi Valley District Invitational Team Competition (MVDC) in 1969. In 1977, this competition became the first international ISI skating competition.

Mr. Unger earned his Masters Degree as a Figure, Freestyle, and Group Instructor, as well as Administrator, from the Professional Skaters Guild of America (PSGA). Twice named "Man of the Year" by the Ice Skating Institute, Mr. Unger was elected to membership in the Ice Skating Hall of Fame in 1983 for his contribution to the sport, and in the year 2000 he was presented with the ISI's Lifetime Achievement Award.



Larry LaBorde
Vice President & Manager
Chalet Ice Rinks, Inc.

Larry LaBorde, a native of Chicago, Illinois, has been with the Ice Chalet since 1967. He moved to Knoxville when his father accepted a position in The University of Tennessee College of Education. When he started skating, Larry planned to become a professional hockey player. However, after experienc-

ing a taste of professional junior hockey in Canada, he changed his focus to figure skating. Larry spent five years touring with Holiday On Ice, the U.S. tour that is now called Disney On Ice. He holds Master ratings in Group Instruction, Program Administration, and Sports Sciences Medicine, as well as Senior ratings in Dance and Freestyle and Certified ratings in Pairs, all part of the system established by the Professional Skaters Association (PSA). He holds the Registered rating in "Moves in the Field," and he is also rated in Hockey I and II. Larry is a Gold Medalist in Ice Dance in the United States Figure Skating (USFS) system. Manager of the Ice Chalet since 1988, Larry was named Man of the Year by the Ice Skating Institute (ISI) in 1996. He has also served on the Board of Directors of ISI.



Julia Hardin
Skating School Director

Julia Hardin was among Robert Unger's first students at the Ice Chalet. She earned a law degree and served as associate dean at the University of Tennessee College of Law and later as director of a national citizenship education program at Wake Forest University. Julia taught

skating in Winston-Salem, North Carolina before returning to Knoxville and her home rink in 1999. She is an ISI gold-level judge and a member of the Professional Skaters Association. In addition to being an attorney, Julia owns a graphics design and consulting business, which allows her time to pursue her passion for skating as both a student and a teacher.



Angie Skremsky McCarter
Competition Director

Angie McCarter has been skating and teaching at the Ice Chalet for more than ten years. Although she grew up outside of Chicago, Angie did not begin skating until she attended a UT physical education class taught at the Ice Chalet. Over the years,

Angie has participated in many skating competitions,

shows, and instructor seminars. She is an ISI gold-level judge, and she has coached several synchronized teams. Angie also toured with the Feld Entertainment's Grease on Ice. She has a Bachelor's degree in Fine Art and a Masters in Education. When not skating, Angie is an art teacher for Knox County.



Mary Lu Shipstad
Assistant Skating School
Director

Mary Lu Shipstad has over 15 years of professional show skating experience, including performances as a principal soloist for Disney on Ice and serving as show director. She is an accomplished skater, passing USFS Gold level tests in

Figures and Freestyle and Pre-Silver level tests in Dance during her amateur days. She also taught lessons at several rinks around the country before joining the Ice Chalet staff in 1992. Mary Lu is an ISI gold-level judge. When not at the rink, she stays busy with her two adorable children, Jimmy and Brandon.



Shawnda Ernst
Competition Director
(On Leave)

Shawnda Ernst served as the Ice Chalet's Skating School Director for many years and has been teaching at the Ice Chalet since 1990. She began skating and working at the rink after enrolling in UT skating classes. At UT, Shawnda earned both undergradu-

ate and graduate degrees in Education. As a skater, she enjoyed participating in many ISI competitions, including the ISI College Challenge. She also passed ISI tests in Figures, Freestyle, and Dance before becoming a teacher. Shawnda is an ISI gold-level judge. When she's not at the Ice Chalet, Shawnda teaches first grade at Pond Gap Elementary School. Her husband Donnie is also a skater, and they have a daughter, Emily Pearl.

Our instructors are listed on the following pages in alphabetical order. For contact information, please see the brochure entitled "Private Lessons at the Ice Chalet."



Gina Alexander began skating at the Ice Chalet at age 10 and participated in several performances and ISI competitions. She holds a B.A. from the University of Tennessee in Political Science. Gina is excited to be teaching and enjoys introducing her young daughter to the fun of ice skating.



Hannah Foust has been an avid skater at the Ice Chalet since 2002. She has participated in many ISI competitions and the annual productions of Nutcracker On Ice. She continues to progress in the ISI freestyle and dance testing program.



Dan Baird is a Knoxville native who claimed North Carolina as home for ten years. He is married with twin teen-aged sons. Dan is an Ice Chalet veteran dating back to the 1970s when he was introduced to skating as a student in the UT class. He took lessons from Robert Unger, passing tests in Freestyle, Dance, and Couples. Dan's real passion is teaching basic lessons. His teaching

philosophy is "a strong foundation of the basic fundamentals is essential in skating as well as in life."

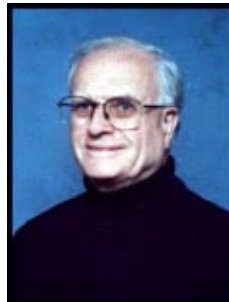


Gisele Couture Frantz is originally from Montreal, Canada, where she received instruction from Olympic and international coaches. She competed in Freestyle and in Pairs and performed with her partner in many shows in Montreal. She is a gold medalist in Ice Dance and Free Dance. Gisele holds the Master rating by the

Professional Skaters Association in Sport Science and Medicine, and the Certified rating in Power Skating and Hockey 1 and 2.



Adam Blake is an accomplished freestyle skater, having passed Freestyle 8 in ISI. His passions lie in creative and unusual skating maneuvers. Adam enjoys teaching basics and freestyle, and he has a special knack for choreography. He hopes to join an ice show some day.



Gregory Fuller, a native of Ontario, Canada, started skating at age six, and has played hockey and figure skated most of his life. He managed four skating rinks, teaching ISI lessons and directing the skating schools. He has also passed the Fourteenstep in Dance. Gregory earned a B.S. degree in Foreign Service from Georgetown University and is certified in K-3 education. He has been with the Ice Chalet since 1984.



Jennifer Roberts Bradley has been skating for over 20 years, beginning as a tot at the Ice Chalet. She has been teaching for several years while also continuing to take Freestyle lessons. Jennifer has participated in many ISI competitions and has enjoyed performing in the Nutcracker on Ice since its beginning at the Ice Chalet. She has also toured with the Ice Capades and skated with

Rosstyn Ice Shows. Jennifer has a B.S. in Business Administration from the University of Tennessee.



Jessica Marshall began skating at the Ice Chalet at age 3. She is currently working on Dance 9 and has successfully completed Freestyle 6 and Figure 3. She has been an active competitor at all levels and has participated in Nutcracker On Ice since she was a tot. Jessica began taking on teaching responsibilities in 2001. She was awarded the Ice Skating Institute's ISIA Foundation

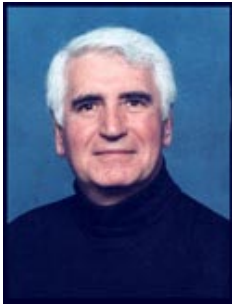
for Education Scholarship in 2004 and is an English major at Maryville College. Jessica is also an accomplished ballroom dancer.



Sarah Brown majored in Figure Skating Science at Delaware University. Sarah has passed ISI tests in Freestyle and Dance as well as USFS tests in Dance, Freestyle, and Moves in the Field. She has also competed in numerous ISI competitions.



Mary Beth Massey is currently enrolled in law school.



Eden McDonald's extensive history in hockey programs began in Ontario, Canada as a participant in their Minor Hockey Program. He signed with the New York Rangers, but a serious eye injury ended that part of his career. He moved to Knoxville to manage House League Hockey, and he coached West High School to six straight championships. After coaching the University of Tennessee (Knoxville) hockey team, he began teaching the Knoxville Amateur Hockey Association's Midget Travel team. Eden has served as a WHA League Official and as a certified USA Hockey official, with over 15 years of service as a USA Hockey Referee. He was the first President of Birmingham Youth Hockey and the first certified USA Hockey Referee in Alabama, Mississippi, and Louisiana. He directs the Youth Hockey program at the Ice Chalet and is the senior partner of the only father-son referee teaching team in USA Hockey, where his son "calls the shots."



Christie Barker Ragle teaches dance classes. Christie, who began skating as a tot at the Ice Chalet, has passed ISI Freestyle Level 8 and Dance Level 9. She has also passed the gold USFS Dance level.



Michelle Sheppard passed ISI tests in Freestyle 6, Couple 6, Dance 4, and Figure 2 while learning to skate at the Ice Chalet. She skated eight seasons with Disney On Ice, participating in such shows as "Double Feature," "Aladdin," and "Hercules." She started teaching a variety of skill sets and levels at the Ice Chalet in 2000. Michelle earned her degree in Architecture from the University of

Tennessee and is an architect at Bullock Smith and Partners, Inc. in Knoxville.



Theresa-Vay Smith has taught at the Ice Chalet since 1981. She has passed ISI tests in Figures, Freestyle, Couples, and Dance, and has participated in many ISI competitions. While teaching at the Ice Chalet, Theresa-Vay earned bachelor's degrees in Finance, Latin, and Ancient Greek. She also earned a Master of Business Administration and Doctor of Jurisprudence degree

from the University of Tennessee. When she is not at the Ice Chalet, Theresa-Vay is a practicing attorney in Oak Ridge.



Laurie Valiga moved to Knoxville to attend UT and to teach at the Ice Chalet after taking lessons from Mr. Unger in Huntsville, Alabama and beginning her teaching career there. She has been involved in teaching, coaching, and judging ISI test levels and team competitions for over 30 years. Laurie passed the Master rating for Group Instruction from the Professional Skaters Association

(PSA). After finishing her German degree at UT, Laurie moved from the position of Skating School Director at the Ice Chalet to the same position in Australia at the Macquarie Ice Rink (near Sydney) for more than two years. She also started an ISI skating school at the rink in Christchurch, New Zealand. After returning the Knoxville, Laurie completed her Master's Degree in Computer Science from UT. She now works as a programmer/analyst for the Tennessee Valley Authority when she is not at the Ice Chalet or working in her garden.

Kate Webb began skating at the Ice Chalet at the age of 12. She started apprenticing as a teacher when she was 14 and began teaching a few years later. She teaches Tots through Freestyle 1. Kate is currently working on Freestyle 5 and Dance 6. She has competed in many ISI competitions through the years, and she has been in the Nutcracker On Ice production since 1997. She is majoring in Physical Therapy at the University of Tennessee.

PRIVATE LESSON COUPON

Skater's Name: _____

Instructor's Name: _____

Date Lesson Given: _____

Private Semi-Private RI

Date Purchased: _____ Sold by: _____

101081 Teacher's Copy Ice Chalet, Knoxville

Private Lessons

Any skater enrolled in group lessons may request private lessons from our instructors for an additional fee. Private lessons are often used to help skaters master a particular skill, to progress more quickly through the skill levels, or to prepare music and programs for competitions and testing.

Privates are purchased in the form of coupons, which are presented to your instructor at the time of your lesson. Privates consist of a 20-minute lesson and may be conducted during practice sessions or uncrowded public sessions. Admission to these sessions must be paid for separately from the private lesson coupons. See our "Private Lessons" brochure for details.

Partial Year Instructors



Lynne Attaway began taking skating lessons while in college in Ohio, and then she continued to take lessons at the Ice Chalet, passing tests in dance and freestyle. After raising four children, she returned to skating and passed several more test levels in dance, freestyle, and figures. She participates in ISI competitions, Nutcracker On Ice, and the adult synchronized team.

Lynne began teaching skating in 1999 and is also an ISI gold-level judge. She has a Masters degree in City Planning and has been a Sociology instructor at Pellissippi State Technical Community College. Lynne has also been a teacher in many volunteer organizations.



Margy Bennett was born and raised in Knoxville, is a UT graduate, and taught at the Ice Chalet. She has served as skating director for a number of high-profile skating rinks in cities such as Chicago, Illinois and Columbus, Ohio. She also skated professionally with "Holiday On Ice." Margy has taught skating in Columbus since 1984. She earned her PSA Master rating in 1980 in Group

Instruction and Program Direction, and she recently became certified in Arena Management through ISI AIM. She has been a member of the ISI Board of Directors since 2001 and is currently serving as Secretary. She is chair of the ISI Competition/Standards Committee. She received the ISI Woman of the Year and the Great Skate Award. Margy frequently returns to Knoxville and enjoys teaching all levels.



April Morgan began teaching at the Ice Chalet more than 20 years ago. She has passed ISI tests in Figures, Freestyle, Couples and Dance, and has participated in many ISI competitions. She was Skating School Director at the Ice Chalet for several years, as well as Skating School Director at a rink in Fredericksburg, VA. In 1987, she created the Adult School at the Ice Chalet. When she's

not at the rink, April puts her PhD in Government to work as an Associate Professor at the University of Tennessee.



Julie Rabun began skating at the age of 9 in the beginner lessons program at the Ice Chalet. Julie has worked periodically at the Ice Chalet since 1984. She apprenticed with Robert Unger and has been teaching since 1993. She is also a gold-level judge. Julie taught USFSA in Richmond, Virginia while seeking a master's degree from Virginia Commonwealth University. During this time, she

participated in team coaching with Barbara Easley, a PSA master-rated instructor. Julie is an Assistant Professor in Graphic Design at Carson-Newman College. She enjoys teaching at the Ice Chalet as time permits.

Ice Chalet

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