

## The Robert Unger & Larry LaBorde School of Ice Skating Information for Students and Parents

Welcome! We are pleased that you have chosen to learn to skate with us! We hope you will enjoy your experience. The Ice Chalet is a founding member of the Ice Sports industry's Learn to Skate program -- each class is designed to build upon the skills of the previous class in a fun and challenging way.

### PLEASE BE PREPARED

- ◆ Arrive 15-30 minutes before class time to be sure we get your skater properly fitted.
- ◆ **CLOTHES:** Warm & comfortable, stretchy clothing that allows for easy movement (not jeans or bulky clothes), thin socks (not thick, and only one pair), and don't forget gloves! Toboggans or helmets are optional, but recommended, for very young children.
- ◆ Direct your child to the skate area for his/her class -- see enclosed diagram.

### PLEASE WATCH, BUT FROM A DISTANCE

- ◆ Please observe classes from the lobby, stands, or party rooms. Skaters are easily distracted, and if parents or other loved ones are standing near the walls, it is very difficult for the instructors to keep the skaters' attention.

### PRACTICE, PRACTICE, PRACTICE!!!

- ◆ Use the practice time just before or after your class to work on skills learned during class, and use the discounts for public session admission that come with your class registration to practice even more! During class times, the practice area is the area of the ice close to the lobby. For tots, we'll set up a special coned-off area for skaters needing skate aids. The most progress is made with extra practice.

### PROGRESSION TO THE NEXT LEVEL

- ◆ Halfway through the term, students will receive progress reports to help them understand what skills need improvement if they expect to pass to the next level at the end of the term.
- ◆ At the end of the term, students will receive an evaluation that will determine which class they should enroll in for the next term. Those who pass will receive an embroidered badge.
- ◆ It may take more than one or two terms to pass a particular level. Alpha & Beta are especially difficult to pass quickly, so please help us keep expectations at a reasonable level and understand that each skater needs to master the skills at one level before moving up to the next level.

### MAKE-UPS & TRANSFERS

- ◆ We value the relationship that our students develop with our teachers through regular, consistent interaction and instruction. We assign teachers at the start of each term based on the initial enrollment to ensure the best possible student-teacher ratio. For these reasons, students are encouraged to make every effort to attend the specific class and day for which they are registered. Students will make the most progress by regular attendance and practice.
- ◆ Students may make-up **one** class per term missed due to illness or personal conflict, but not just as a matter of preference. In order to attend a make-up class, students **must notify us at least one day in advance** so that we can be sure that we have the correct number of teachers on-hand. This is for the benefit of all the students, including the student doing the make-up.
- ◆ For the same reasons mentioned above (regarding make-ups), transferring to another class is discouraged. If a transfer is necessary, please consult the Skating Director or Head Session Manager so that the best possible arrangements can be made for the student requesting the transfer and the students in the class to which the student wishes to transfer.

### ICE CHALET SKATING CLUB

- ◆ You might want to consider joining the Ice Chalet Skating Club of Knoxville. Benefits include public session and test discounts, opportunities to network, fun gatherings, and financial assistance for out-of-town competitions. Volunteer opportunities abound!



### QUESTIONS OR COMMENTS?

Our teachers try to be available, but many teach classes back-to-back, so they are not always able to answer questions just before or after classes. Please direct questions to the "host/float" teacher, the Skating Director, or our counter staff.



# The Robert Unger & Larry LaBorde School of Ice Skating

## Information for Students and Parents (continued)



### REGISTRATION AFTER THE START OF THE TERM

- ◆ Students may be added to classes during the first half of each term, and class costs will be pro-rated based on the remaining number of classes, but only if more than one week has been missed. If only one week has been missed, the student may arrange to make up that week by attending a different class (with advance notice).
- ◆ For Beginner/Pre-Alpha classes, students may be added to classes during the first two weeks of the term -- after that, they are asked to wait until the next **Introductory Classes** are offered (usually every four weeks). If only one week has been missed, the student may arrange to make up that week by attending a different class -- the advance notice requirement is still in effect.
- ◆ As long as students are registered for classes, even if the term has not yet started, they are also welcome to arrange for private lessons in the interim. (See "Private Lessons" brochure)

### EXPECTATIONS

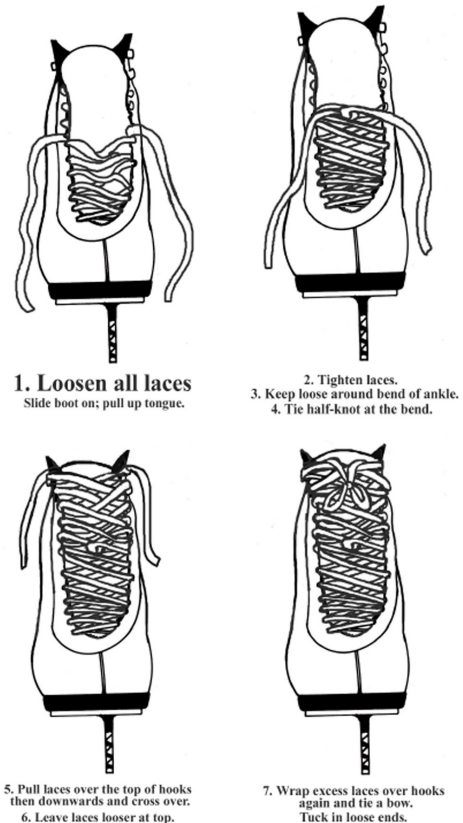
- ◆ Be on time and prepared for lessons.
- ◆ Be supportive of other skaters.
- ◆ Respect the instructor.
- ◆ Have a strong work and practice ethic.
- ◆ Focus on your individual progress, not that of other skaters. Don't compare yourself to others.
- ◆ Be humble in accomplishments, and graceful in defeat.
- ◆ Have a positive attitude and practice good sportsmanship.
- ◆ Communicate with the instructor or staff regarding any questions or concerns.

### BOOTS

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 may be one to two sizes smaller than street shoes depending on how the skate boot is made.

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)



### 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. 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 in our Pro Shop.
- ◆ If you decide to buy new boots, the Ice Chalet staff will be glad to help you find the right boots and blades. You will also get a free five-session public session pass with your purchase! Our **Pro Shop** 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! (Please ask the counter staff when a fitter will be available or to make an appointment.) Avoid molded, plastic skates -- they don't allow for sufficient flexibility, and the blades are usually of poor quality .

## The Robert Unger & Larry LaBorde School of Ice Skating Information for Students and Parents (continued)



### PREPARATION FOR TESTS, COMPETITIONS, OR SHOWS: GROUP LESSONS ALONE ARE USUALLY NOT ENOUGH

◆ **PRACTICE! PRACTICE! PRACTICE!** Group lessons are designed to give students the testing criteria for each level, an understanding of the passing standards, and individualized help as much as possible. However, there is no substitute for practice. Students who take advantage of the practice ice the day of their lesson as well as the extra public session each week excel much faster than students who only attend group lessons and rarely practice on their own. A child with all the talent in the world will never achieve his/her potential without practice.

◆ **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.

◆ **Testing in Basics Classes:** Tests are conducted during the Tots and Pre-Alpha through Delta classes, and the costs are included in the group lesson cost. 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 important. **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 another skater. Learning to skate is not a race; it's an art.

◆ **Freestyle (after Delta) Testing:** Testing is a little different in Freestyle than in the basic levels. Once the skater has passed Delta, there are 10 levels of Freestyle ahead. For Freestyle testing as well as Dance and Pairs, testing is held at a special session once a month, and there is a fee. A coach will sign a skater up for testing when they are ready and believe that the skaters' odds of passing are good. There are two stages of Freestyle testing -- after you pass the compulsories, you must skate a continuous program skating the required maneuvers to music. At this stage, skaters will need private lessons where skaters learn a program from an instructor of their choice. You will need to pay the Ice Chalet for the ice time for a Freestyle session (see the "Skaters Guide to the Ice Chalet" for times and cost) as well as pay the private lesson instructor directly for his/her services. For testing, be sure to dress nicely, as if you are competing, to show your professionalism and to show off your posture and skills.



### PRIVATE LESSONS

◆ Students enrolled in classes (or who are at least 18 years old) are eligible to take private lessons from our coaching staff. Skaters visiting from out of town may take private lessons for a maximum of two weeks. Private lessons are usually conducted during Freestyle practice sessions or uncrowded public sessions. Ethically, coaches are discouraged from suggesting private lessons, so you will need to approach the instructor yourself. This is a great way to help your skater progress faster or prepare for a competition or test. See the "Private Lessons" brochure.

#### ◆ **Start Preparing Early!**

*Myth:* My skater is "a quick study" and can learn a program in a couple of weeks, and that's good enough to win first or second place or to pass a skills test.

*Fact:* Although this strategy can occasionally work, most skaters will have a consistently better experience with early preparation and repeated practice.

Start working on programs several **months** ahead of the competition or test date. The most successful programs have been refined and polished over time and evolved along with the student's skills. *Note:* Due to the limited availability of freestyle practice ice time, coaches' private lesson schedules can get filled up early in the season, especially as we get closer to competition and testing dates. "Freestyle practice" times are the only ice times for playing music for students to run through their programs. Private lessons are usually 20 minutes long and cost \$ 17-20 each. The rest of the practice session should be used for practice!

#### ◆ **Schedule Regular Private Lessons or Booster Lessons**

Most students preparing for a competition or skills test have a weekly private lesson with their coach. If you prefer to only have a private lesson every once in a while, and not weekly (as a "booster"), please make sure the coach understands this. Note that the slot that your student has this week cannot just be held "open" whenever you decide it's time for a lesson. Privates may be conducted during "freestyle" practice sessions or *uncrowded* public sessions, and admission to these sessions must be paid for separately from the private lesson itself. You will pay the teacher directly for his/her time, and the Ice Chalet directly for the ice time.



## The Robert Unger & Larry LaBorde School of Ice Skating Information for Students and Parents (continued)

### ◆ Pay for Ice Time, Too!

Whether lessons are scheduled during “freestyle” practice times or uncrowded public sessions, skaters must pay for the ice time separately from the private lesson itself. (See the “Skaters Guide to the Ice Chalet” brochure for details.) To save money, skaters might consider the “Freestyle Stroking and Practice Pass” or our “All You Can Skate” program.

### ◆ Cancellations

It is the skater’s responsibility to notify the instructor of cancellations at least 24 hours ahead of time so that the instructor can schedule another student for the time.

### ◆ Selecting a Private Lesson Coach

Learning and teaching styles vary from student to student and from coach to coach, and it’s important to find the right “fit” for your skater. Choose a coach carefully! Don’t rely on one person’s recommendation or just asking whoever happens to be in the lobby at the right time. *Discuss goals* -- do you want the skater to be pushed or just to have fun? Select a coach because they have the right type of experience for your skater’s needs and objectives, the appropriate instructive style for your skater’s age and personality, and good rapport with your skater. Most skaters try to establish a long-term working relationship with one particular coach so that the skater and coach learn how to communicate well with each other and become familiar with the student’s learning style and the motivational techniques that work for that skater. *Remember:* There is no ONE correct way to teach most skating maneuvers; the coach and the student must work together to find the technique that brings the best result for the skater.

### ◆ More Than One Coach?

Some skaters can benefit from multiple coaches, especially at the higher skill levels, but it is advisable to have one PRIMARY coach so that decisions about being ready to test a certain level or competition event choices can be made with full knowledge of the skater’s skills and talents. Make sure the coaches communicate with each other regularly.

### ◆ Thinking About Changing Coaches?

If you decide the current coaching relationship isn’t working or if you decide you want to have multiple coaches, talk to the current coach *before* changing or adding coaches. Although we teach as a team, coaches are people, too, and it’s hurtful to find out from someone else that “your student” has changed coaches. Professional courtesy and ethics require that a coach inform another coach when approached to work with a student who had established a prior relationship with the other coach. If the first coach isn’t aware of the situation, it creates an uncomfortable atmosphere for everyone.

## ICE SPORTS INDUSTRY, SHOW SKATING & UNITED STATES FIGURE SKATING

- ◆ The Ice Chalet covers membership in the international Ice Sports Industry for students enrolled in our classes. 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. Your ISI membership includes a subscription to the quarterly magazine as well as supplemental insurance. Recreational ice skating is a lifelong sport!
- ◆ Want to perform in an ice show? Dedicated ISI skaters often choose the show skating route as their ultimate goal -- the Ice Chalet has had many skaters skate for Disney On Ice, Ice Theatre of New York, Holiday On Ice, and many other ice shows!
- ◆ The other major skating association is United States Figure Skating (USFS), whose objective is to nurture the development of skaters leading 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. Many skaters participate in both programs.



## NUTCRACKER ON ICE

- ◆ Every Fall, the Ice Chalet spends several weeks preparing for our big show, the annual “Nutcracker On Ice.” There are roles for skaters of all ages and skill levels, from tots to adults. Clowns, Gingerbreads, Jesters, Ice Crystals, Waltzers, Arabians, Prince & Princess, etc. -- many skaters progress through the roles as their skating skills improve over the years. Rehearsals begin in mid-October, and the show is presented over several days in early December. Look for entry forms in September. It’s great fun, and it’s a wonderful way to celebrate the holidays. Cast members must be enrolled in classes.



## SHOWS

- ◆ The Ice Chalet presents special “Showcase” events, usually in the Spring and Summer, to give skaters of all levels a chance to show off what they have learned!

## THEATRE ON ICE/KALEIDOSKATE

- ◆ “Theatre On Ice” is a class (usually on Friday evenings) for skaters of all ages and skill levels to come together to learn the choreography for a production number or kaleidoskate routine. This routine is usually taken to out-of-town competitions and presented at our own competition. Team events such as this, as well as Synchronized Skating, earn the team extra points at ISI competitions! Skaters must be enrolled in classes in order to participate in Theater On Ice.

## The Robert Unger & Larry LaBorde School of Ice Skating Information for Students and Parents (continued)

### SYNCHRONIZED SKATING

- ◆ Skating as a team takes on special meaning when the moves are performed in perfect unison. Synchronized skating helps strengthen individual skating skills; 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. Teams begin preparing for the year in August.
  - Youth/Jr Youth Team (usually Tot 3 or Alpha through low Freestyle)
  - Sr Youth/Teen Team (usually low to medium Freestyle)
  - Teen/Collegiate Team (usually medium to high Freestyle)

### COMPETITIONS

- ◆ Each Spring, the Ice Chalet hosts a team skating competition, called the **Robert Unger ISI Team Competition**. The focus is on fun -- the objective is to earn points for your team. Skaters compete against other skaters at their same age and skill levels in a variety of categories, including the basic program for their skill level, Spotlights, Stroking, Solo Compulsories, and more. Check out the “Can I Compete?” brochure for our special program preparation classes. If you want to work with a coach on your own, that’s fine, but start preparing early!
- ◆ **Out-of-town Competitions:** We usually take teams to two or three out-of-town competitions each year, but the dates and places change each year. Some of the events we may attend are:
  - SUMMER/FALL: Huntsville Competition (Huntsville, AL), ISI World Recreational Skating Championships (location changes)
  - WINTER: ISI Winter Classic (February; location changes), Owensboro Edge Competition (March - Kentucky), Ohio Competition (February/March), Florida Competitions (Tampa and Orlando), and others, too!



### UNDERSTANDING THE DIFFERENCE BETWEEN “TESTING” AND “COMPETITION” SKILL LEVELS

*Myth:* Since I passed Beta, I’ll do well against other skaters of my same age and skill level.

*Fact:* Passing Beta means that you can perform the required maneuvers to a “passing” level, which is a score of at least 5 out of 10. However, you’ll be competing against other skaters who not only passed Beta, but probably have improved their skills through continuous practice, so that if they were to test Beta again, they would probably score an 8 or 9 out of 10.

Preparing for a competition requires a much higher degree of preparation and practice than just testing. Testing means you can do the MINIMUM skills required for that level; success in competition requires SUPERIOR skills and polish through repetition and attention to details such as posture, speed, and presentation (i.e., smiling, costume, arm movements, rhythm, music choice, props, and more).

### ENTERING A COMPETITION OR SHOW

#### ◆ Choices: Music, Costume, Props, and Choreography

There are specific rules for each event, including timing, maneuver limitations, and different judging criteria, and ISI-certified coaches have studied the rulebook and passed tests verifying that they understand these rules. Coaches have also seen what works and what doesn’t. Even just the order of placing skills in the choreography can make a significant difference in a skater’s success. Our skaters are representing a proud tradition at our school, so we must at least have a certified coach review the program before allowing it to be competed.

- ◆ **Music:** The correct music choice and the correct editing of that music are critical to the success of the program. Some music just isn’t appropriate, or has the wrong beat, or may not be pleasing to the judges’ ears. Most importantly, the skater can be penalized for exceeding the time limits. Our standard charge is \$10.00 for a piece of music with simple editing and one or two fairly simple cuts. Consult with your coach, discuss possible choices, and carefully arrive at a decision. Keep in mind that a new piece of music may not be recognizable to the judges. Your spotlight may seem very special and appropriate to the skater, but if the judges are going to wonder what that program was about because they don’t understand the lyrics, you may be disappointed in the results.

- ◆ **Costume:** The costume must be appropriate for the music, show the skater’s body line, and give the impression that some care and thought was given to the choice of costume. It doesn’t have to be the most expensive costume, but it shouldn’t just be a practice dress or pants, either. The right costume can boost the skater’s self-esteem and confidence, too.

- ◆ **Props:** For events that allow props, they are optional, but they definitely help. The prop must be easy to see (and read if applicable), easy to set up and take down, represent some thought and effort on the part of the skater and coach (and parents, too), and most importantly, the prop should be used effectively in the choreography. A prop that just sets the scene is okay, but it’s better to have the skater interact with the prop in some way -- and the more interaction, the better.

- ◆ **Choreography:** The opening and the ending moves set the tone for the program. The transitions between each move can make the maneuvers more or less difficult to perform and more or less pleasing to the judges’ eyes. The choreography must match the music as well as the skater’s own skating styles, weaknesses, and strengths. The pattern must cover most of the ice. These are just a few of the nuances involved in the “art” of choreography. However, skaters have different speeds, edge quality and control, power, etc., and sometimes the original choreography must be tweaked and refined over repeated run-throughs to eventually have a quality program ready for competition.

## The Robert Unger & Larry LaBorde School of Ice Skating Information for Students and Parents (continued)

### ◆ COMPETITION EXPENSES

Competition expenses include event fees paid to the host rink, the coaches/judges fee paid to the Ice Chalet, plus travel and lodging costs. The Ice Chalet Skating Club of Knoxville often holds fundraisers to help with team expenses for some out-of-town competitions.

### AT THE COMPETITION

#### ◆ COACHING AND JUDGING DUTIES; TEAM COACHING APPROACH

Coaches are required to serve as judges at ISI competitions, so they may not be available to put their own skaters on the ice for each event. We coach as a team, and we make every effort to ensure that at least one of our coaches is in the chaperone/ice monitor area for our skaters as they compete. **Parents -- Please Sit Back and Enjoy!** Note that the chaperone area is reserved for coaches and students. **Please allow your child to focus on the directions being given by the coach/es. Giving instructions from the stands or rink-side can be confusing for the skater and very distracting to others.** If we have done our job properly, the skater should know their program. They just need a reassuring smile and supportive shoulder or hug, and we will do our best to make sure that younger skaters have a coach rinkside for moral support. At smaller out-of-town competitions, we may only be able to send one or two coaches, but that person will be well-qualified to coach all of the skaters participating in that competition. Our coaches are experienced enough to know what the judges are looking for, or what might result in a penalty, so please let the team coach do his/her job without interference. Even if that coach is judging, they will get off the judging stand long enough to prepare the younger skaters for their events.

#### ◆ I DID EVERYTHING RIGHT, BUT I STILL LOST!!!

Ultimately, we can't control the outcome. Even the best prepared student can still place low in the standings. Some judging criteria are subjective, and judges may not agree on the outcome. That's why there are three judges -- so that only one judge's opinion will not control the outcome. Also, the judging criteria are divided among the judges on each panel -- one judge may be scoring the waltz jump, and another the dance step sequence, or one judge may have duration and another rhythm. Even if they are all judging the same element (which varies with different events), judges may have personal preferences for the way a skill is performed above and beyond the minimal testing requirement. For example, in an arabesque, the book only requires that the free foot (the one in the air) must be at least as high as the skating hip (the hip of the leg on the ice). As long as that requirement is met, judges can disagree about whether it's more important to get the free leg higher or to keep the back and head up. The judging panel for that set of events, the skaters against whom that skater is competing, ice conditions, lighting conditions, sound system clarity, minor variations in skater performance on that particular day, skaters' posture, and many other issues can affect the outcome. Ultimately, the results shouldn't matter that much if the parent and skater focus on their own performance, and not their placement with regard to other skaters.

#### ◆ GOOD SPORTSMANSHIP: EVERY SKATER IS A WINNER

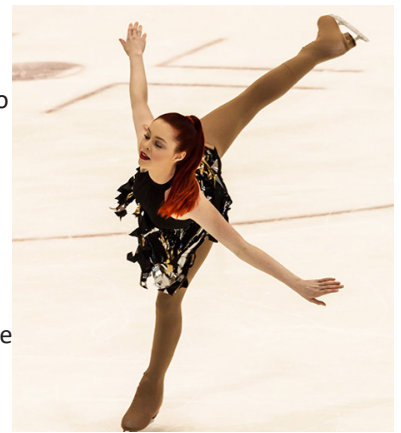
Focus on the skater doing his or her best, and not the medals, and everyone is a winner! Learning how to handle placing fifth is just as important as learning how to win gracefully. Skaters and their parents represent our team, and we expect them to represent the Ice Chalet team with dignity, compassion, and courtesy. 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.

#### ◆ Teach Your Skater How to Lose & 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. If a skater or parent is upset about their placement, use this as a learning experience. What can they do next time to improve their performance? Was it just a matter of nerves? Is there a technique issue? A lack of power? Learn from it! 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.

#### ◆ 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, 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 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.



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“If you can meet with Triumph  
and Disaster and treat those two  
imposters just the same.... yours  
is the Earth and everything  
that’s in it.”

-- Rudyard Kipling

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## The Robert Unger & Larry LaBorde School of Ice Skating Information for Students and Parents (continued)

### TIPS

- ◆ **Grooming Tips:** Skaters should be neatly groomed and dressed. Do not allow hair to fall loosely; we suggest a ponytail, braid, or bun. Tuck laces in to the top of the boot or under tights -- do not let them dangle like spaghetti! Do not wear baggy clothing that obscures the body. Be sure that underwear doesn't show under skirts (snowing) and that straps don't show. For over-the-boot tights, be sure that they are secured and not riding up around your boots. Go easy on the make-up. Minimize or omit jewelry -- they can get in the way or fall off during competition, creating a hazard.
- ◆ **What If You Forget Your Program?** If you stop during the first few seconds of your program, you can re-start your program without a penalty. Make sure the judges understand that you would like to start again.
- ◆ **What If You Fall?** If you fall, get back up as quickly as possible and continue skating your program. A fall is *not* a disaster! It may not affect the scores as much as you might imagine. Skaters are allowed to attempt a maneuver again. What matters most is that the skater gets back up and completes the program (as long as the skater is not hurt, of course).

### CODE OF CONDUCT

The Ice Chalet is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. This includes a standard of behavior that is expected when our team competes out of town as well as at home. Skating parents, guardians, and skaters will abide by the following code:

- **I will conduct myself in a responsible manner consistent with the values of fair play, integrity, open communication, and mutual respect.**
- **I will be positive and friendly at every opportunity.** This means to support all skaters and coaches from our rink as well as other rinks. Congratulate fellow competitors and applaud the accomplishments of other teams as well as our own.
- **Doing my best is more important than winning, so I will never feel defeated by the results of a competitive event.** Praise positive accomplishments, even if it's just getting back up from a fall. Learn from mistakes, and always show good sportsmanship. Praise builds self-esteem; jealousy destroys it. I will place the desire to do my best ahead of the desire to win.
- **I will treat all skaters, coaches, parents, rink employees, and skating officials and their property with dignity, courtesy, and respect.**
- **I will encourage my child to skate in a safe and healthy environment.**
- **I will be a positive role model.** Refrain from any behavior or comments that are profane, insulting, harassing, sexist, racist, abusive, disrespectful, or otherwise offensive.
- **I will follow the rules set by the Ice Chalet or the host facility.** Keep the ice facility clean, and always pay for ice time, classes, practices, and private lessons.
- **I will appreciate all volunteers.** There are some people who work really hard to make each skating club and rink work. If at all possible, help when you are asked to volunteer.
- **Parents are asked to focus on parenting, not coaching.** Teaching from the rail may cause unnecessary conflict. Let your coach do the coaching. Trust your coach and/or the team coach to do his or her job. Your team will do their best to provide coaches when needed. At competitions, coaches work as a team because they often need to serve as judges and cannot control individual schedules.
- **I will never encourage another skater to leave his or her existing coach.** Soliciting for any coach is not acceptable. Discuss any intention to change coaches or to add additional coaches with the existing coach first.
- **I will resolve conflicts with other skaters, parents, coaches, and others privately or bring the issue to the attention of the team coach, skating school director, or rink manager.** Don't take part in gossip or spread rumors. Help us build team spirit, not break it down.
- **I will smile when I'm at the rink or at a competition or event!** Be friendly and help those new to figure skating. Make a new friend, and support everyone involved in the sport.

## Out-of-Town Competition Checklist

### Prepare for your trip:

- Decide what outfits you will wear. Test any new outfits on home ice for fit, comfort, and safety.
- Know what hairstyle you will use, and practice it at home. Hair should be pulled up away from the face. Make sure that bobby pins will not fall out. It is best to criss-cross two together. Use lots of hairspray and gel.
- Get lots of sleep, and eat healthy foods.
- Notify school if days off are required.
- Make hotel reservations early.
- Schedule practice ice as soon as it's available for purchase. Some sessions fill quickly. Ask your coach when he/she can attend.
- Polish your skates. Rubbing alcohol will remove marks, and skate tape covers gouges.
- Good communication with your coach is priceless! Talk about your expectations, where to meet, practice ice, costumes, concerns, etc.
- Make sure your music has been uploaded to the event director or copied to a CD, or both.

### What to bring for the locker room:

- Your skates -- both of them!
- Costume and back up in case of rips, stains, etc.
- Competition tights (plus a back up pair).

- Practicewear and tights (pants/shirt) for practice.
- Other costumes and/or props if applicable.
- Matching scrunchies, hair accessories, etc.
- Make up, if desired.
- Warm up jacket, gloves.
- Blade guards.
- Medications, inhaler, cough syrup, etc.
- Spare laces, band-aids, etc.
- Hand soap, tissues, hand sanitizer, toilet paper.
- Clothes to wear after competing or going home.
- Water and possibly a snack.
- Your sense of humor and adventure!

### When you arrive:

- Go to registration and check in. Turn in your music and ask if there are locker room assignments. You may want to buy a program.
- If there are multiple rinks know their names and where you will skate. Locate bathrooms.
- Arrive AT LEAST 1 hour before your 1st event.
- Check in with the ice monitor, ask if they are running ahead/behind schedule.
- Find the area where the results will be posted.
- Make sure you have your back-up music handy.

***Don't forget to smile and have fun!***

## WHAT CAN MY SKATER BE INVOLVED IN AT THE ICE CHALET?

*If skaters are enrolled in the following classes, they can participate in these activities!*

TOTS (ages 3-5)	BEGINNERS (PRE-ALPHA)	ALPHA	BETA	GAMMA, DELTA	FREESTYLE
GROUP CLASSES					
PRIVATE LESSONS					
COMPETITIONS (Must have passed Tot 1 or Pre-Alpha) -- our competition <i>and</i> out-of-town competitions!					
NUTCRACKER ON ICE (All ages and levels)					
FREESTYLE PRACTICE (See "Skaters' Guide" for Days and Times appropriate for your level)					
THEATRE ON ICE & OTHER PRODUCTION TEAMS					
ADULT ENSEMBLE/PRODUCTION TEAM (18 YEARS OR OLDER)					
HOCKEY					
CURLING (AGE APPROPRIATE)					
JR YOUTH OR YOUTH SYNCHRO TEAM					
INTERMEDIATE STROKING (Freestylers by teacher's permission)					
DANCE					
SR YOUTH/TEEN AND/OR TEEN/ COLLEGIATE SYNCHRO TEAM*					
FS STROKING					
ICE CHALET SKATING CLUB					

Ice Chalet  
 100 Lebanon Street  
 Knoxville TN 37919  
 865-588-1858  
 icechalet@chaleticerinks.com  
 www.chaleticerinks.com

***The Robert Unger ISI Team Competition is the oldest continuously running recreational skating competition in the world!***



## COMPETITION EVENTS AND JUDGING CRITERIA

Some competition events are judged by more objective criteria, others a combination of objective and subjective criteria. Some events are described below.

(1) Basics and Freestyle, i.e., Tot 1-4, Pre-Alpha--Delta, Freestyle 1-10, etc.

This is a technical program with emphasis on the required maneuvers from the skater's most recently passed test level. No props. Judging Criteria: Correctness of required maneuvers, extra content, pattern, duration, rhythm, posture, and general overall.

(2) Spotlight -- Solo, Couples, Family

This is a routine that is entertaining, emotional, or a portrayal of characters. Costume and props are very important, as well as the choice of music.

**Light Entertainment:** The focus is on light-hearted entertainment using music, props, comedy, dance, and skating moves.

**Dramatic:** This is a theatrical performance evoking an emotional response from the judges/audience.

**Character:** The character must be easily identifiable, i.e., Pink Panther, Superman, Dolly Parton...

Judging Criteria: Music and choreography, costume and prop, originality, duration, and judge appeal.

(3) Stroking

Skaters demonstrate their basic stroking skills to music selected by the host rink. Judging Criteria: Cleanliness of edges, endurance, flexible skating knee and flow, free leg extension, proper push-offs, posture, and rhythm.

(4) Solo Compulsories

Skaters perform three required maneuvers for their level (selected by the competition host). No music. Judging Criteria: Correctness of the maneuvers, posture & presentation.

(5) Artistic (Freestyle levels, only)

The emphasis is on strong edges, flow, choreography, innovative moves, and music interpretation. Technical maneuvers are not required or judged.

(6) Footwork

Skaters perform footwork sequences to music. Judging Criteria: Variety of turns and sequences, presentation and posture, pattern, continuity and flow, music interpretation, originality/creativity, duration.

(7) Dance - solo or with partner

Skaters perform the compulsory dances for the highest level they have passed. Judging Criteria: Correctness, timing, interpretation, pattern, position and unison (with partner), and posture.

(8) Interpretive

Skaters listen to music selected by the host rink while they mentally choreograph a routine to it, then they perform it. Emphasis is on the choreography, not the maneuvers. Judging Criteria: Correctness, creativity, music interpretation, artistic impression, posture and carriage, choreography and pattern.

(9) Jump & Spin

Teams of 2 or 4 skaters perform their choice of a required jump and a required spin for their level based on a list of options in the ISI Handbook. No music. Judging Criteria: Correctness of the jump/spin.

(10) Rhythmic

Skaters use one of three handheld props -- ball, hoop or ribbon -- in a choreographed program to music. Judging Criteria: Music and choreography, use of prop, pattern, duration, and judge appeal.

(11) Open Events -- Freestyle, Pairs

There are no required maneuvers. Skaters must perform a well-balanced routine featuring jumps, spins, footwork, and gliding moves. Judging Criteria: Correctness of jumps, spins, turns/edges, variety of moves, presentation, music interpretation, choreography & pattern, duration & posture.

(12) Ensemble

Group of 3-7 skaters perform a routine with no required maneuvers. Skaters of different skill levels can skate together. Judging Criteria: Performance value.

(13) Team Compulsories - Team Points!

Six or seven skaters perform an entertaining routine in which each skater performs one required test level maneuver from the highest level passed by any skater. Props are allowed!

(14) Synchronized Teams - Team Points!

Eight or more skaters perform in unison, using various skating formations such as circles, pinwheels, lines, footwork sequences and dance steps.

(15) Production Numbers - Team Points!

Groups of 8 or more skaters; no required maneuvers. The group should use music along with elaborate costumes and props to enhance the theme while creating an entertaining performance. All ages and levels can participate.

(16) Kaleidoskate/Pattern - Team Points!

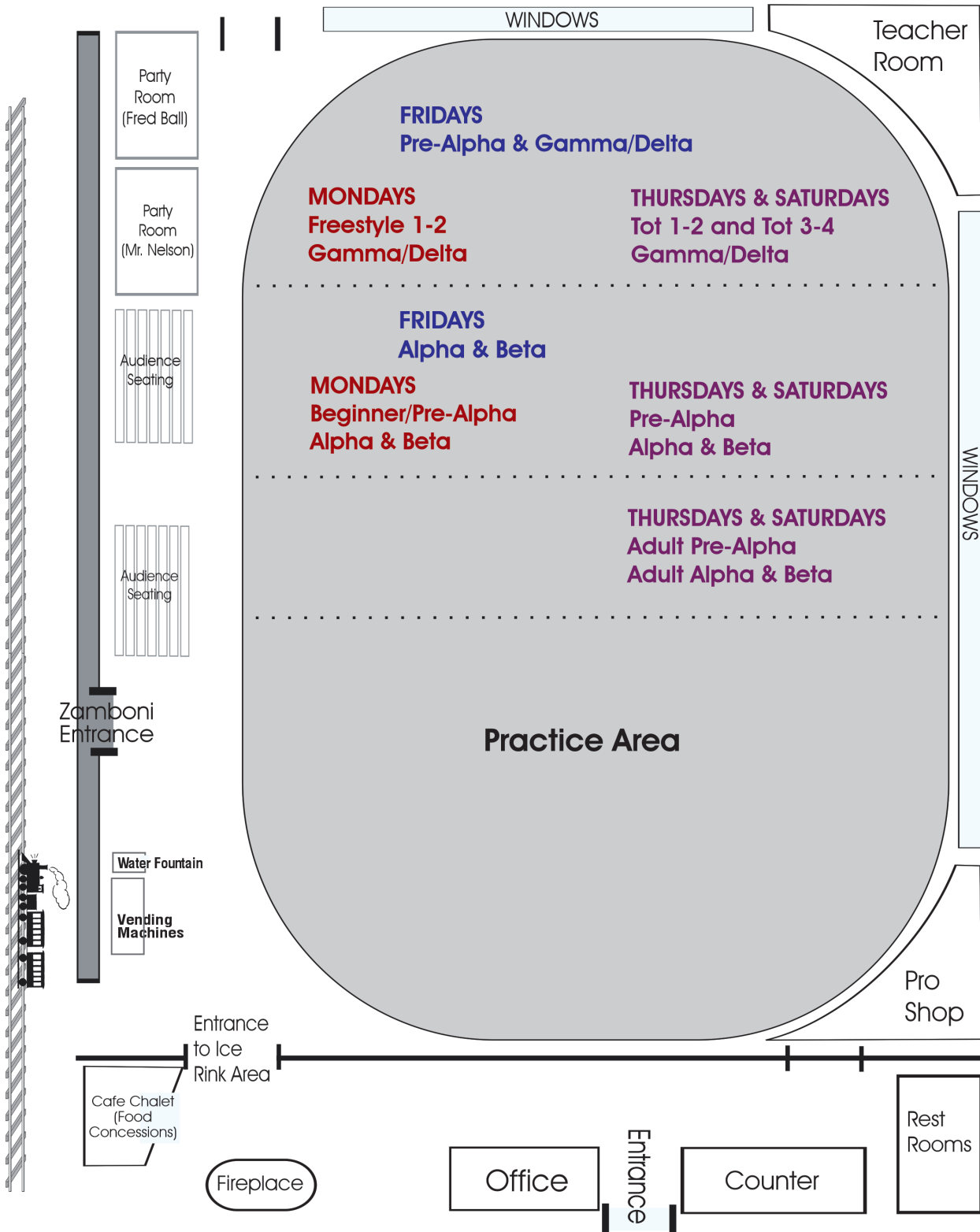
A group of 8 or more skaters perform a fun and entertaining group number. Color pieces are used to choreograph and create constantly changing patterns, designs and formations on the ice. Pattern: Working off a common circle, at least four skaters "draw" patterns, formations, and designs on the ice to music. The skaters skate in unison, all doing the same thing at the same time.

### A NOTE ABOUT POSTURE

Notice how often "posture" is listed as one of the judging criteria? Even a high and fully rotated jump can be ruined by poor posture on the landing. A great arabesque is not so great if the toe is not pointed. Basic posture rules: Head up, back straight, arms out, palms down, knees and ankles bent, free leg extended, and toe pointed.

*More test and competition event information is available in the ISI Handbook*





Ice Chalet, Knoxville -- Building Layout for Classes

# ISI BASIC SKILLS -- TEST REQUIREMENTS

The Ice Skating Institute Basic Skills program consists of increasingly difficult maneuvers, and each level builds upon the previous level. Mastering the skills at each level is crucial to the overall development of the skater. Please note that it may take more than one or two terms to pass a particular skill level. As soon as the skater is ready, we'll move them up to the next level -- please trust our judgment to do this when the time is right. Practice outside of class is necessary to improve skating skills.



## PRE-ALPHA (BEGINNER)

### ◆ Two-foot Glide

Keep both feet parallel and straight, hold glide for a distance equal to skater's height

### ◆ One-foot Glide (On right foot)

### ◆ One-foot Glide (On left foot)

Stay balanced on the flat of the blade, shift weight over skating foot, hold for distance equal to skater's height, go in a straight line, show control



### ◆ Forward Swizzles

Aim toes outward, push outward with knees bent, aim toes inward, bring feet back together, do a two-foot glide between swizzles, do 3 swizzles in a row without interruption, show control



### ◆ Backward Swizzles

Aim heels outward, push outward w/ knees bent, aim heels inward, bring feet back together, do 3 swizzles in a row without interruption, show control



### ◆ Backward Wiggle

Turn feet together, twist back and forth from the hips, move backward a distance equal to skater's height, show control

## ALPHA (1 and 2)

### ◆ Forward Crossovers (Left over Right)

### ◆ Forward Crossovers (Right over Left)

Push with inside edge of outside foot, outside edge of inner foot, avoid using toe picks, hold each stroke equal to skater's height, make strokes with steady tempo, perform 10 strokes (5 crossovers) in a row without interruption, extend free leg to the side and back as it leaves the ice, show control

### ◆ Six Forward Strokes

Push off with the inside edge of each foot, avoid using toe picks, hold each stroke on an outside edge for distance equal to skater's height, extend free leg to the side and back as it leaves the ice, bring feet back together briefly between strokes, perform 6 alternating strokes, make strokes even with steady tempo, show control

### ◆ One-Foot Snowplow Stop



## BETA (1 and 2)

### ◆ Backward Crossovers:

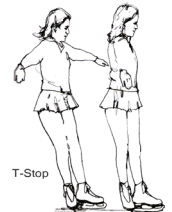
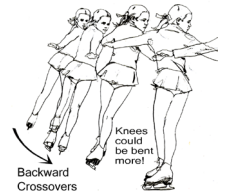
-- Left Over Right

-- Right Over Left

### ◆ Six Backward Strokes

### ◆ T-Stop (Left Foot Behind)

### ◆ T-Stop (Right Foot Behind)



## TOTS (Ages 3-6)

### TOT 1

- ◆ Proper Way to Fall
- ◆ Proper Way to Get Up
- ◆ Marching In Standing Position
- ◆ Marching While Moving



### TOT 2

- ◆ Two-foot Jump In Place
- ◆ Forward Swizzle Standing Still
- ◆ Single Swizzle
- ◆ Beginning Two-Foot Glide



### TOT 3

- ◆ Push-and-Glide Stroking
- ◆ Preparation for Snowplow Stop
- ◆ Dip or Teapot Glide
- ◆ Forward Swizzles - 3



### TOT 4

- ◆ T Position and Push -- Right & Left
- ◆ Three Backward Swizzles
- ◆ Backward Wiggle
- ◆ Snowplow Stop



## GAMMA

### ◆ Right Forward Outside Three-Turn

### ◆ Left Forward Outside Three-Turn

### ◆ Hockey Stop

### ◆ Right Forward Inside Open Mohawk Combination

### ◆ Left Forward Inside Open Mohawk Combination

## DELTA

### ◆ Right Forward Inside Three-Turn

### ◆ Left Forward Inside Three-Turn

### ◆ Shoot the Duck or Lunge

### ◆ Bunny Hop

### ◆ Forward Outside & Inside Edges

## POSTURE RULES - ALL LEVELS

Head up  
Back straight  
Arms out to sides  
Palms facing down

Bend knees and ankles  
*and*  
Free leg extended & toe pointed  
(Alpha and above)