

CLOTHING AND EQUIPMENT

When you first start skating, your priority is to be warm and comfortable. You may wear skating dresses, skirts or sweat suit bottoms or stretch pants. These may be worn with warm tights, sweatshirts, sweaters or jackets. Gloves or mittens are important and the skater should always have a spare pair with them. It is important that the clothing be comfortable and not restricts movement. Hair should be kept neatly away from the face.

The most important piece of skating equipment is your ice skates. The skates consist of a boot, which is usually leather, and a blade. Your boots must fit properly, which means that they should be snug yet relatively comfortable, and provide good support for your ankles. A good pair of used skates will always be better than a pair of poor quality new ones. Your coach is the best source of information on which skates are best for your child.

The blades are made of steel and must be kept dry and well protected or they will rust. You should wear skate guards at all times off the ice. After you finish skating thoroughly dry your blades and boots with an absorbent cloth. The skates should not be stored with the guards on.

Skates should be sharpened after approximately 20 hours of skating. Your coach will be able to recommend where to have your skates sharpened and what type of grind should be done. Skates should not be sharpened just before a test or competition so allow the child to skate on them two or three times first.

If you have any questions or concerns do not hesitate to email the club at miltonskatingclub@cogeco.ca or contact the Junior Session Convener.



Junior Session Orientation Booklet 2011 / 2012

PROFESSIONAL COACHES

Every skater must retain a professional coach. During the first two weeks of the season and any time a new junior joins the session we will have Program Assistants or experienced skaters on the ice to help your child become comfortable with the program. During this time you should be observing and talking to the members of our coaching staff to determine whom will best suit your child. It is expected that after the two-week orientation period you will have chosen a coach. The skater's coach will give them private lessons in freeskate and dance **and at the end of the month you will be billed for these lessons.** A list of our coaching staff including credentials, experience and telephone numbers is available in the MSC booklet or on the bulletin board located by the club office at the Milton Sports Centre.

PRIVATE LESSONS

Private lessons are a service provided by the professional coaching staff. As a parent you should discuss this directly with your child's coach. A fee is charged by the coach for this service, and is agreed upon between parent and coach. Sometimes, a coach may teach groups of two or more of her/his student if they are working at similar levels thus reducing the cost. It is important to keep an open dialogue with your coach, as this is the best source of information.

As a New Junior it will take some time to adjust to the format of a Figure skating session. You will be spending more time working independently and although there is a structure to the session, young skaters sometimes find it difficult to make the transition from CanSkate to Junior. The Junior Session is as follows:

POWER

This group lesson is included in your session fee. During these lessons the skaters are learning and practicing proper technique of basic skating and crossovers both forward and backward. As you will see, all of the skaters practice these techniques every time they come on the ice. These skills are the basis for all future elements the skaters will learn.

FREESKATE

During this time the skaters practice their jumps, spins and other freeskate elements. Eventually, the skater's coach will choreograph a freeskate solo to music and they may practice their solos during the freeskate time. Skaters may request their freeskate music from the music room. It is very important to pay attention to the other skaters on the ice as they skate forward, backward, jump and spin. The right of way should be given to a skater whose music is being played.

DANCE

The skaters will learn the components of the first compulsory dance; the roll, the progressive and the edge. They will then put these skills together to create the first compulsory dance of Skate Canada-The Dutch Waltz. Once the skater learns the steps, they will perform them with a partner. There are three preliminary dances; The Dutch Waltz, The Canasta Tango and The Baby Blues. During the dance session the skaters are only permitted to practice freeskate if they are in a private lesson with their coach.

TESTS

When a skater is ready to try a test their coach will let them know. The skaters will be initially testing at Low test days and will test The Dutch Waltz first. They will be evaluated by a Skate Canada official. There is a fee of \$10 for the test and a \$10 club fee. The club fee covers the cost of ice, food and a small gift for the official and their mileage. The evaluators are volunteers and do not receive any compensation for the time they spend at test days or competitions and it is important to show them our hospitality. Test envelopes will be distributed by the skater's coach and must be handed in prior to taking the test. The list of candidates will be posted on the club bulletin board.

COMPETITIONS

Competing is optional but most coaches feel it is important to compete even if you don't have "Competitive Stream" aspirations. The process of preparing for competition focuses skaters efforts and the performance experience can improve performance under pressure both at competitions and test days. Besides, skaters enjoy competitions outside their club – they are exciting and skaters feel proud to represent their club. Our annual area competition is Skates Alive. This competition caters to all levels of skaters and is a good place to get your first taste of a skating competition. This is held in early December.