



Chaska Figure Skating Club

Why figure skate with Chaska Figure Skating Club?

Your child can benefit greatly from participating in skating. Here are just a few values your child will learn through their participation:

- ✓ Acquire an appreciation for an active, healthy lifestyle-participants may be 3 or 93 years old.
- ✓ Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills.
- ✓ Learn to manage stress, perform under pressure and test emotional and physical balance.
- ✓ Be part of an exciting individual or team sport.
- ✓ Develop short term and long-term goals.
- ✓ Learn about managing success and disappointment.
- ✓ Learn about fair play and being a good sport.
- ✓ Learn respect for others.

Joining a figure skating club is an important step in a figure skater's life, as this becomes your training home. It's necessary to prepare a skater to take official U.S. Figure Skating tests or compete in competitions beyond Basic Skills.

What is the Chaska Figure Skating Club?

The Chaska Figure Skating Club (CFSC) encourages instruction, practice and advancement of *figure skaters of all ages*.. The skating club encourages and cultivates a spirit of fraternal feeling among ice skaters and offers different membership packages and benefits. CFSC sponsors daily ice sessions, *quarterly exhibitions*, test sessions for skaters to advance, annual amateur ice show, fundraising activities, social events, awards banquet, high school lettering opportunities and competitions.

By joining CFSC, a skater is able to contract for practice ice in 3-month blocks at a substantial discount, and they have access to highly qualified skating professionals for coaching/instruction in their sport. CFSC is affiliated with U.S. Figure Skating (USFS).

Membership Types:

Aspire Introductory – Allows you to be a CFSC member and take Jr. Club programs at a discounted rate. It does not include USFS competition or testing. There is no charge for this membership. You only need to register online.

Aspire Junior – Your Aspire Junior membership includes CFSC and USFS Learn to Skate membership. This will allow you to compete at Basic Skills competitions only and participate in Jr. Club programs at a discounted rate. Membership for a Junior Club skater is \$50.

Home Club (Full Membership) – Full Home Club membership allows you to take USFS standardized tests and compete at USFS competitions at any level. You will be a CFSC member and a member of US Figure Skating. Home Club membership is \$105.00 annually.

Visit this link for more details: <https://www.chaskafsc.com/pages/Our-Club/Become-a-Member/>

Coaches

Our professional coaches are an important and integral part of our figure skating club. We are fortunate to have talented and experienced coaches associated with CFSC. Our coaches are classified as independent contractors. The coaches associated with the club are listed on the club website, but the selection of a coach is between the coach and the skater/parent. When selecting a coach, possibly the most important factor is the relationship between the skater and the coach, followed by that between the coach and the parent. Coaches have a set hourly rate, depending usually on experience. The coaches will provide their fees upon request.

Chaska FSC Overview:

The Chaska Figure Skating Club offers an environment for you to develop your skating to any level you desire. The CFSC coaching staff caters to figure skaters of all types. There are different competition categories to suit every skater. You can be as competitive as you like based on your goals and training. Your coach will give you guidance to which category is best for you. Adult skaters are encouraged to participate.

What does CFSC offer for programming?

CFSC offers ice sessions year-round. Skaters can take lessons on these sessions or use them for self-practice. CFSC also offers off-ice conditioning classes year-round to better prepare skaters for the skills they learn on the ice. Off-ice classes are offered once or twice a week before club sessions. Practice sessions are contracted through the CFSC on a quarterly basis by visiting www.chaskafsc.com. You will be able to contract for as many sessions as work for you. Discounts are offered for skating 2 or more sessions per week.

Summer – Mo-Tu-We-Th-Fri

Fall/Winter/Spring – Mo-Tu-We-Th-Sa-Su

Private and Semi-Private lessons: Coaches are available for private and semi-private lessons to help you achieve your desired skating level. To sign up with a private coach, talk to your skate school instructor or contact Kristie Mitchell at 612-237-9946 or sk8klmitchell@aol.com for more information. Private and semi-private lessons can be arranged to work with your schedule. This instruction is NOT included in the club ice contract fee. You will pay the individual coach directly for their time and should work out the details of payment directly with the coach (rate, when to pay, etc.).

Jr. Club lessons are 15-minute small group classes offered on specified club sessions. In this 15-minute small group lesson, you will learn skills that will incorporate you into the flow of a club session. You will then have 30 minutes to practice on your own or take a private or semi-private lesson.

Exhibitions are offered through the CFSC for skaters to show off their talents. Each quarter CFSC hosts an exhibition that allows skaters to put a program together where they can skate individually and/or in a group. There is an additional fee for the exhibition and the cost varies depending on which type of number you participate in.

Off-Ice Strength & Conditioning, Ice Dance, On-Ice Power and Figures are also offered through CFSC each quarter. Registration information is sent out in our Club Communications.

What is the USFS Test Structure?

The test structure is the common core of figure skating. Every athlete in every discipline must take tests, the foundation and building blocks to develop strong skating skills, to move through the pipeline of figure skating.

Here are some things you need to know about the test structure:

- Everything in figure skating is based on a skater's test level: entry to competition, participation in various programs, placement within programs, etc.
- Skaters move through the test structure at their own pace. There are no rules on age or time requirements.
- Skaters can use the test structure as an entry point to competitions or it can be a unique achievement on its own.
- Test record and qualifying (and international) competition history is the only permanent record that follows a skater through their career.
- Passing the highest test in any discipline earns the skater the title U.S. Figure Skating Gold Medalist

Skaters start with the Moves in the Field (MITF) test structure. MITF is a basic skating skills progression. Each test level has several set patterns of step sequence elements including turns, edges, spirals, etc., that get progressively more difficult.

The Free Skating test structure requires skaters to perform a program with jumps, spins and step sequences. Please note: skaters must pass the corresponding MITF test before taking the free skating tests.

Dance & Solo Dance test structure requires skaters to perform 3-4 set pattern dances per level. The Free Dance & Solo Free Dance track requires a free dance.

There are eight Moves in the Field Tests, eight Freeskate tests and numerous dance tests that can be taken.

Moves in the Field and Freeskate levels:

Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior (Gold)

Dance Levels: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre Gold, Gold

What is a non-qualifying competition?

Skaters start by entering U.S. Figure Skating non-qualifying competitions. This is an event that any member club can host, and any member can choose to enter. There is a standard announcement that host clubs use to structure their events to keep the rules consistent. There are competition levels for all skaters, beginner through advanced.

Competitions offer the core levels and events of singles skating:

- Free skating events
- Short program/Compulsory events

Competitions also offer additional fun events for skaters such as Spins & Jumps Challenge, Step Sequences, Moves in the Field, Showcase, etc.

The results of non-qualifying competitions are not recorded, and do not count toward any other official events.

Why should your child participate in non-qualifying competitions?

- To assist with goal-setting and measuring progress throughout the season.
- For the opportunity to compete against other skaters, see friends and meet new people.
- To receive specific feedback about strengths and weaknesses.

- To begin participation that can last throughout a career from Basic Skills to Team USA.

When you select a private lesson coach, they will help guide you through the steps. Coaches will let you know when you're ready to test, how much you should be skating and how many lessons you should be taking. They will also let you know when and how to sign up for competitions and test sessions. If you ever have any questions about your skater, your best resource is your coach.

Progression of Skating Levels

While in the Junior Club, the coaches are working on the USFS Basic Skills with the skater. Upon the recommendation of the coach, the skater can begin testing through the U. S. Figure Skating levels. Within each level, the Moves in the Field test must be completed before the Freestyle test. A skater can pass as many Moves in the Field as desired before testing for Freestyle. If the skater is in a competition, he/she will compete based on the Freestyle testing levels they have passed. See test structure above.

Contracting for Ice Time

Ice contracts are sent out by e-mail quarterly in February, May, August and November. The contract periods run:

September – November

December – February

March – May

June – August

You can choose to contract for ice time for the quarter and pre-pay for the ice. More ice time equals higher discounted ice rates. You can trade ice times anytime within the quarter if your skater cannot make it for a session that you have chosen.

What is a Rink Monitor?

The rink monitor is a parent volunteer who tracks skater attendance, watches over activities on the ice and plays skaters' music during club ice sessions. When you fill out the quarterly contract, you will receive a link to Signup Genius to sign up for your rink monitor shifts. Number of shifts is dependent on how often your skater skates. The schedule will be posted on the website. Instructions on what to do when you rink monitor can be found in the rink monitor binder.

If you are signed-up to monitor and do not show up, you will be billed \$10. If you miss 3 or more of your rink monitor shifts you will be billed the full rink monitor buy-out fee, which is \$100 per quarter. If the scheduled rink monitor does not show up, you can fill-in and will receive a credit of \$6.

Board of Directors

CFSC is governed by a Board of Directors. The Board meets monthly on the second Tuesday of the month at 7:00 pm at the Chaska Community Center. All members are welcome to attend the board meetings. We also encourage parents to consider getting involved in the club whether it's serving on the board, participating on a committee, helping to plan the ice show or simply volunteering your time at a club fundraiser.

Club Communication

Information can be found on the club website www.chaskafsc.com. E-mail is also used quite frequently. Most e-mails are sent from chaskafigureskatingclub@gmail.com. There is also a club mailbox (file folders in the rolling

cart in the club room) with alphabetical folders. Periodically check the folder for your last name to see if there is anything in there for you. It's also a place where you can leave things for other club members.

We also have a monthly newsletter that highlights current club activities, recognizing accomplishments of skaters, educational articles and photos. The newsletter is e-mailed out quarterly, near the beginning of each quarter.

Club Lock Box

There is a lock box mounted on the lockers inside of the coach's room directly to the left. You can submit club payments and forms to the lockbox.

Club Locker Room

We have a club locker room where our club skaters can store their skates, skate bag, extra supplies, etc. The locker room is located in the rink 2 area. If you are interested in obtaining a locker for your skater please email us at chaskafigureskatingclub@gmail.com and we will arrange to get a locker assigned.

Coach's Mailboxes

There is a binder in the rink monitor box labeled "Coach's Mailbox." Each coach has an individual pocket in the binder. You can place payments or forms that need to be turned in to a coach in this box. The box is located with the rink monitor during club sessions or in the coaches' room before or after sessions.

Attire/Clothing: What can we wear?

Most skaters have practice attire and testing/competition clothing. For practice, skaters commonly wear:

- bottoms: skating skirts, stretch/lycra pants, athletic leggings
- tops: short sleeve fitted, t-shirt with light jacket that can be removed
- tights (several options: footed, over the boot, footless, etc.)
- lightweight gloves
- hair: tied back away from face, pony tail, clips, etc.

For competitions skaters wear:

- dresses or themed outfits (to go with music)
- tights
- bun form for hair (or other similar item to keep hair out of face)

Skate Sharpening

Figure skate sharpening is much different from sharpening other types of skates, such as hockey skates. ONLY people who specialize in sharpening figure skates should be used, as figure skating blades can be easily ruined by improper sharpening. Please discuss skate sharpening with your skater's coach.

Parents' Role in Skating

The best way you can help your skater is to learn about the sport yourself so that you can make informed decisions in consultation with your coach. Understanding the complexities of tests, competitions, jumps, spins, and all the other areas takes some time. Understanding the elements of the sport allows a parent to understand when a skater has skated well or poorly and to note progress. In addition, it helps when discussing the sport with the skater and assisting them in setting personal goals. Spending time at the rink allows the parent to observe the interaction between coach and skater and gives some idea of the aims and objectives at any point in the career. As well, it shows the skater that you are interested in their skating and eases the pressure of competition. The

balance between being supportive and obtrusive is maybe hard to judge, and it is important that parents, as well as skaters, maintain a balanced approach to the sport.

The coach is the best judge of the skater's progress, and parents should get to know the coach and make sure they understand the coach's view of the skater's abilities and progress. Parents have a further responsibility to the coach and to the club. You can help your coach by getting the skater to the rink on time, paying coaching bills promptly, and by letting the coach know if your skater will not be attending a regular session. You can help the club by becoming involved and volunteering.

Volunteering

Volunteer hours are required for Junior Club and Home Club Members. Please see the Volunteer Policy on the www.chaskafsc.com website for details on number of hours, etc.

Resources

- CFSC website: www.chaskafsc.com
- Weekly e-mail communications
- Quarterly newsletter
- Electronic monitor located in Rink 1 at the Chaska Community Center
- Monthly board meeting. 2nd Tuesday of every month at 7:00 pm at the Chaska Community Center
- Coaches
- Board members
- Rink monitor
- Other parents

Questions?:

Please email us at chaskafigureskatingclub@gmail.com with any questions.