



Juneau Skating Club

Handbook

2025-26

September 3, 2025



Juneau Skating Club Handbook

August 2025-July 2026

Table of Contents

* Introduction	3
* Coaches, Board of Directors, Committees, and Volunteer positions this season	4
* Learn To Skate, USA	5
* Figure Skating Program	7
* SkateSafe and SafeSport	9
* Annual Membership Fee	9
* Registration	10
* Scholarship Fund	10
* Volunteer Policy	11
* Marketing and Fundraising	12
* Performances	12
* Clinics	13
* Competitions	13
* Appendix 1: Your First Day of Skating	14
* Appendix 2: Helmets	16
* Appendix 3: Purchasing Skates.....	17
* Appendix 4: Skate Care & Other Equipment	18
* Appendix 5: JSC General Rules, Club Ice Rules & Zones	19
* Appendix 6: US Figure Skating (USFS) Levels	22
* Appendix 7: Learn To Skate Snowplow Sam Levels	23
* Appendix 8: Learn To Skate Basic Skills Levels	24
* Appendix 9: Learn To Skate Adult Levels	25
* Appendix 10: Learn To Skate Free Skate Levels	26
* Appendix 11: ISI Programs & Levels	27

INTRODUCTION

Parents and skaters please be sure to read the sections of this handbook pertinent to your level of skating; it contains new information that supersedes all previous handbooks and flyers. If there is something you don't understand, please ask the Learn to Skate Coordinator or Figure Skating Coordinator or the Handbook Coordinator.

Welcome to Juneau Skating Club!

JSC is a member-driven non-profit, formed in 2004, whose mission is to "Teach Juneau to Skate". We promote ice skating by providing skating lessons, competitions & performances. We have something for everyone, whether you are on the ice or just love to watch.

JSC runs the Learn to Skate, USA program for beginning skaters, a Figure Skating program for individual skaters advanced out of the Learn to Skate program, and multiple synchronized skating teams ("Synchro").

JSC works in cooperation with CBJ Parks and Recreation to provide a seasonal skating program for youth and adults in Juneau. JSC is partially funded by the citizens of the City and Borough of Juneau through sales tax revenues, and provides the remainder of the necessary funding through program fees, membership dues, and fundraising.

JSC's season is from August to early May (rink opening to rink closing) and is broken into the following sessions:

Pre-Season: rink opening to Labor Day

Session 1, 8 weeks: September & October

Session 2, 8 weeks: November & December, includes the Holiday Show in December

Winter Break Session: generally during Juneau School District's winter break

Session 3, 8 weeks: January & February

Session 4, 8 weeks: March & April and into May, includes the Spring Show in April

Although held at and supported by Treadwell Arena, the Learn to Skate USA program is run by the Juneau Skating Club. Learn to Skate classes take place at Treadwell Arena and are subject to CBJ policies and requirements, including those pertaining to health and safety. Failure to follow Arena or Juneau Skating Club rules may result in the cancellation of registration or denial of service.

Juneau Skating Club offers multiple ice times for different kinds of skaters. Our Learn to Skate classes teach the fundamentals of skating to skaters of all ages twice per week. Our Figure Skating program offers a variety of figure skating classes, Club Ice time (only figure skaters on the ice) that allows for private coaching opportunities, and synchronized skating classes. JSC showcases its skaters with a Holiday Show by figure skaters and a Spring Show with skaters from all skating programs participating. Figure skaters and Synchro teams have the opportunity to travel to competitions throughout the season.

COACHES, BOARD OF DIRECTORS, COMMITTEES, and VOLUNTEER POSITIONS

FIGURE SKATING COACHES 2025/26

Pam Leary	Leah Farzin	Emily Bowman	Kendra Hergett
Alexandra Sargent	Paige Kirch	Ellis Gottschlich	

BOARD OF DIRECTORS 2025/26

President	Naimh Dardis	May 2024 to May 2026	niamh@juneauskatingclub.org
Vice President	Meredith Patt	May 2024 to May 2026	meredith@juneauskatingclub.org
Secretary	Lauren Sill	May 2024 to May 2026	lauren@juneauskatingclub.org
Treasurer	Mary Gramling	May 2025 to May 2027	mary@juneauskatingclub.org, treasurer@juneauskatingclub.org
Member at Large	Jason Custer	May 2024 to May 2026	jason@juneauskatingclub.org
Member at Large	Jennifer Lagundino	May 2025 to May 2027	jenny@juneauskatingclub.org
Member at Large	Andrea Duncan	May 2025 to May 2027	andrea@juneauskatingclub.org

COMMITTEES 2025/26

Performance Committee

Chair: Naimh Dardis, Members:

Fundraising Committee

Chair: Andrea Duncan, Members:

Marketing Committee

Chair: Jennifer Lagundino, Members: Amanda Duvall (bulletin board),

Scholarship Committee

Chair: Amanda Duvall, Members: Michelle Vuille,

Testing Committee:

Chair: Naimh Dardis, Members: (inc. videographer),

Safety Committee:

Chair: Jason Custer, Members:

ADDITIONAL POSITIONS & VOLUNTEERS

Figure Skating Coordinator	– Pam Leary, Juneausk8@hotmail.com
Learn to Skate Coordinator	– Emily Bowman, learntoskate@juneauskatingclub.org
Registrar	– Michelle Vuille, registrar@juneauskatingclub.org
Ice Scheduler	– Meredith Patt, meredith@juneauskatingclub.org
Volunteer Coordinator	–
SafeSport Coordinator	– Sigrid Dalberg
Team Forget-Me-Not Manager	– Lisa Eagan Lagerquist, Iceagan@hotmail.com
Team Fireweed Manager	– Lauren Sill, Lauren@juneauskatingclub.org
Team Iris Manager	–
Team Avalanche Manager	– Wendy Vuille(?)

LEARN TO SKATE, USA (LTS)

Juneau Skating Club follows the **Learn to Skate USA** program. Our LTS program is focused on beginner and intermediate level skaters. This program is suitable for both youth and adult skaters who have never skated or wish to improve their skills. It is open to recreational, hockey and figure skaters and is great preparation for those who wish to enter into a hockey or figure skating program.

Although held at and supported by Treadwell Arena, the Learn to Skate USA program is run by the Juneau Skating Club. Learn to Skate classes take place at Treadwell Arena and are subject to CBJ policies and requirements, including those pertaining to health and safety. Failure to follow Arena or Juneau Skating Club rules may result in the cancellation of registration or denial of service.

Learn To Skate USA has 3 programs with levels through which skaters progress: Snowplow Sam, Basic Skills, and Free Skate.

For ease of registration, JSC groups our classes in the following way:

Snowplow Sam (for ages 4 & 5)

Basic Skills (Basic Skills levels 1-4, ages 6 and up)

Advanced Basic Skills (Basic Skills levels 5 & 6 and Free Skate level Pre-Free)

Adult Basic Skills (Adult levels 1-6)

Free Skate (figure skaters) JSC does not currently offer any Free Skate classes but teaches skills at these levels through private coaching during Figure skating ice times and classes.

For more information about Learn To Skate USA: <https://www.learntoskateusa.com/>.

For questions about JSC's Learn To Skate USA program, please contact LTS Coordinator Emily Bowman at learntoskate@juneauskatingclub.org.

General Info:

- Our group classes run in six to eight week sessions. Register for classes at <https://reg.juneauskatingclub.org/login/>
- We have four sessions a year. Skaters may start skating during any session of the year or skip sessions depending on what their schedule allows.
- During Learn to Skate classes, skaters are split into groups with other skaters of comparable age and skill level. As a skater progresses through our program they learn new skating skills that build on the skills they have already mastered. Each skater progresses at their own pace and should not be expected to pass to a new level each session.
- All skaters will receive 30 minutes of group instruction and 30 minutes of supervised practice time unless otherwise stated. Experience has shown us that this combination provides the best overall environment for skater growth.
- All youth skaters need to have an adult who is responsible for them at the rink during the entire hour of Learn to Skate class. Our coaches are unable to monitor skaters once they have left the ice.
- All of our classes are taught by JSC instructors who are registered with Learn to Skate USA and have passed a USFSA SafeSport background check.
- We highly recommend that all skaters skate multiple times a week. Classes are offered twice per week and the rink has an open skate calendar available online at: <https://juneau.org/parks-recreation/treadwell-arena/treadwell-arena-schedule>

Snowplow Sam – ages 4 & 5

Skaters at this level receive 30 minutes of group instruction and 30 minutes of supervised practice time. Many of these young skaters are still developing the strength and stamina needed to skate for a full hour. Expect these skaters to sit down and come on and off the ice frequently.

Snowplow Sam invites children to learn the joys of ice skating in a safe, introductory setting. Young skaters will have fun while learning how to fall and get back up, how to march across the ice and ultimately build confidence in themselves and their abilities. The classes, divided into four progressive levels that start with those with no prior skating experience, help preschool-age skaters develop the coordination and strength to move across the ice.

Upon turning six years old, skaters can enter Basic Skills at their corresponding level.

Please see appendices for a Snowplow Sam Skill & Level breakdown.

Basic Skills, LTS levels 1 – 4, ages 6 and up

Any skater aged 6 or over that has never had a formal skating lesson should be registered in Basic Skills. Coaches will assess each skater's skill level during the first day and will move the skater to the appropriate group as needed.

The first stage of skills forms a strong foundation for your skaters to explore the world of skating. All will progress at their own pace working toward mastering each skill in the Learn To Skate, USA curriculum. Active Start encourages skaters to trade in hesitation for excitement as they grow a love for skating. FUNdamentals harness those skills as agility, balance, coordination and speed become the main focus of this curriculum.

The Basic Skills curriculum is available to skaters 6 years of age and older who are taking their first steps on the ice. Instructors use engaging activities to teach the FUNdamentals of ice skating. The progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns with agility, balance, coordination and speed as main focuses. Through these skills, skaters enter the first stage of skills to begin exploring the world of skating.

Upon completing the Basic Skills curriculum, skaters will be set up to choose whatever path in skating they desire. Please see appendices for a Basic Skills Skill & Level breakdown.

Advanced Basic Skills, LTS levels 5, 6, and Pre-Free

Skaters that have passed Basic Skills level 4 are considered Advanced Learn to Skate / Beginning Figure skaters. Skaters at this level will have been skating with JSC or another program for at least one year. These are not entry level classes. Because skills become more complex, we encourage skaters to sign up for two classes per week and encourage skating three or more days a week. The other two days may be at an open skate, group or private lesson, or any combination of these.

Adult Learn To Skate

Adult skaters age 18 or over who are either beginner or intermediate skaters learn the fundamentals of skating in an environment tailored to adult skaters. Adults may also register for Youth LTS classes if they choose.

LTS Level Testing

LTS level tests are given by LTS instructors at the end of each of the four sessions in a season. Each skater learns at their own pace and it is common to stay at the same level for multiple sessions.

FIGURE SKATING PROGRAM

Figure Skating classes are for skaters of all ages, youth and adult, who have completed LTS Pre-Free.

To participate in any Figure Skating classes, Club Ice times, Synchro teams, or any JSC Figure Skating events (competitions, performances, etc.), skaters must have a current JSC membership and US Figure Skating (USFS) membership. These memberships are available on the registration website under Products/Tickets/Subscriptions. An ISI membership is optional (ISI membership is required if participating in any ISI competitions), and can be purchased at <https://skateisi.org/membership/skaters/>

The Juneau Skating Club Figure Skating Program consists of group classes, Club Ice, and Synchronized skating teams. Figure skaters can test into appropriate levels as their skills improve under the following figure skating organizations: USFS, ISI, LTS Free Skate. Figure skaters can also participate in competitions (see the competitions section) and performance opportunities (see the performances section).

Figure skating classes currently offered are Jumps & Spins and Moves/Skating Skills—open to figure skaters of all ages—and an Ice Dance/Synchro combo class for adult figure skaters.

Club Ice is time rented by JSC only for figure skaters to practice their skills, routines for performances/competitions, and have private lessons with coaches. Club Ice may be purchased as a session-long “class” at a reduced rate of \$15/hour, or *Drop-In Passes* may be purchased for single Club Ice times which are sold at the rate of \$20/hour. *Please see the appendices for Club Ice rules.*

Skaters may choose what kind of classes they want to take and how many times a week they wish to skate. We recommend skating 3-6 days a week with additional off ice activities that assist in the development of endurance, flexibility, core and dynamic strength, and performance and musicality.

Coaches We encourage all skaters to have one primary JSC coach. This coach can assist a skater and their parents in deciding what are appropriate classes, developing a good on and off ice schedule, and helping tailor a program specific to the skater’s interests and needs. Coaches are paid directly by the students, and coaches set their rates based on JSC’s Compensation Policy. Please contact the Figure Skating Coordinator, Pam Leary JuneauSk8@hotmail.com, if you are interested in a private coach.

USFS Testing Levels for Figure Skaters:

JSC is a USFS club and JSC figure skaters work their way through the Skating Skills and “Singles” test levels which determine what level they would compete at USFS individual events. Trained USFS judges determine whether figure skaters pass USFS tests. Team Forget-Me-Not has also competed in USFS synchronized skating competitions and USFS test levels of individual skaters determine which events the team can compete in. USFS also has other disciplines such as figures, dance, pairs. Please see the appendices for a USFS level breakdown and <https://www.usfigureskating.org/> for more information.

Ice Sports Industry (ISI):

ISI is another skating organization. JSC skaters have gone to ISI competitions for many years. If a JSC figure skater would like to compete in an ISI competition, they will take ISI tests with their coach. While ISI has divisions for younger skaters, generally JSC skaters are competing in ISI’s Freestyle levels. ISI has many programs (figures, freestyle, pairs, dance, synchro, and hockey) and levels (from Tots to Freestyle 10). Please see the appendices for an ISI level breakdown and <https://www.skateisi.org/category/ice-skating-programs/> for more information.

LTS Free Skate Testing Levels for Figure Skaters (classes not always available):

Each Free Skate level is divided into three sections: skating skills, spins, and jumps. The levels are designed to give skaters a strong foundation. JSC figure skaters have passed Pre-Free and are working on Free Skate levels 1-6. JSC sometimes offers a Free Skate class for levels 1-4, however if a skater wishes to continue their LTS testing levels, the skater should discuss this with their coach.

When and how do figure skaters test for their next level?

USFS testing must be done by USFS judges. JSC will arrange 1 or 2 testing times per season when enough figure skaters are ready to test. Ice must be rented specifically for these tests. Testing fees include the price of the test plus a portion of the ice rental cost. Currently, JSC participates in virtual tests. The tests are recorded in accordance with USFS rules and regulations, and it generally takes 2 weeks for the results.

ISI testing is done by the figure skater's coach and can be done during Club Ice (or Freestyle or Open Skate Ice, per Treadwell Arena's rules and policies and coaches' preferences).

If a figure skater is working on their LTS Free Skate levels, please work with their coach for details. If JSC is offering any Free Skate classes, opportunities to test will happen at the end of each session.

Ice Dancing If a figure skater is interested in learning Ice Dance, please speak with the skater's coach. In the past, JSC has offered ice dancing for youth skaters, but currently only has an adult class.

SYNCHRONIZED SKATING

Synchronized Skating is a team sport where skaters perform a program together as they move in blocks, lines, circles and even intersecting formations. The teams use footwork and choreography to create a fun and challenging program as they skate to music. It's a great way to practice skating skills while having fun skating with friends.

Synchronized skating is one of the fastest growing additions to US Figure Skating. There are currently over 525 synchronized skating teams registered with US Figure Skating. Each year, the number of regional and university teams increases, as does the opportunity for teams to compete at regional, national, and international competitions.

JSC currently has 4 Synchronized Skating teams:

Team Iris includes skaters at the Advanced Basic Skills level, Coach: Paige Kirsch.

Team Fireweed includes newer youth figure skaters, Coach: Emily Bowman.

Team Forget-Me-Not includes senior youth figure skaters Coach: Leah Farzin, Asst. Coach: Emily Bowman.

Team Avalanche includes adult skaters that have passed Adult Level 5, Coach: Leah Farzin.

If you are interested in skating on a synchro team, please contact the coach of the team as each team has their own skating level requirements.

The coaches and team managers choose a costume each season to go with their selected music/theme. Sometimes a costume JSC already has will meet the team's needs. Sometimes the team will need to purchase new or used costumes. Teams also choose to purchase jackets and warm-up gear. Talk with your Team Manager regarding the expected costs of these purchases each year.

SkateSafe / SafeSport

The U.S. Figure Skating SkateSafe® Program addresses the following types of misconduct: sexual misconduct, physical misconduct, emotional misconduct, bullying, threats and harassment, hazing, and willfully tolerating misconduct. You can learn more about SkateSafe here: <https://www.usfigureskating.org/skatesafe>

The U.S. Center for SafeSport is committed to building a sport community where participants can work and learn together free of emotional, physical and sexual abuse and misconduct. SafeSport provides support to athletes through response and resolution protocols, policies and prevention education frameworks promoting safer sport environments across the U.S. Olympic and Paralympic Movement. You can learn more about SafeSport here: <https://uscenterforsafesport.org/>

USFS and JSC requires all coaches, board members, and some positions during shows (like locker room attendants) to complete the SafeSport training. Only SafeSport trained parents are allowed in locker rooms when used as changing rooms. The cost of the training is covered by JSC in some cases.

ANNUAL MEMBERSHIP FEE

Annual membership fees are:

* *required* for Figure Skating skaters (adult and youth)

* *optional* for Learn To Skate skaters/families.

Please review the following membership levels and ask the board president, vice president, or registrar if you have any questions. Levels 1-3 are meant for Figure Skaters **only**, while Level 4 is the optional membership for LTS skaters/families. These memberships are available on the registration website: <https://reg.juneauskatingclub.org/login/> under "Purchase Subscriptions."

Membership fees are paid annually, and each membership equals a vote at the annual meeting. A parent usually votes on behalf of their skater and adult skaters vote themselves. If there are multiple memberships purchased in a family, that family has as many votes as memberships they purchased.

A membership level of 1-3 is required for all Figure Skaters enrolled in any JSC Figure Skating Club Ice, Figure Skating class, or Figure Skating event.

Level 1 Membership is for the first Figure Skater in each family and includes the JSC membership fee, USFS individual membership, USFS administration fee, and an ISI administration fee (ISI individual memberships are purchased by the skater through skateisi.org).

Level 2 Membership is for a second family member Figure Skater and includes some reduced fees for subsequent family members.

Level 3 Membership is for Figure Skaters with a collegiate USFS membership or whose home club is other than JSC.

Level 4 Membership is the JSC membership only fee. This level is required for Adult Learn to Skate Skaters on Team Avalanche. This is **optional** for Learn To Skate adult skaters not on Team Avalanche or families of youth in Learn To Skate, if they would like to become more involved with JSC and have a vote at the annual meeting. LTS skaters/families should purchase only this level of membership, but it is not required for participation in the Learn to Skate Program.

REGISTRATION

All programming for JSC requires skaters to have registered before skating. If you need assistance with registration, please contact the Registrar, Michelle Vuille registrar@juneauskatingclub.org, or the LTS Coordinator, Emily Bowman learntoskate@juneauskatingclub.org, or the Figure Skating Coordinator, Pam Leary, JuneauSk8@hotmail.com.

JSC uses a figure skating club management software called Uplifter to manage the registration process, as well as membership and skater level information. When you click the “registration” link on JSC’s website, it will take you to JSC’s landing page within Uplifter. Here, you create an account and enter skater and contact information. Once you have created an account, you can pay membership fees (if in the Figure Skating program - remember LTS does not need to pay a membership), register and pay for classes, and see any paid or unpaid current or past invoices with the club. **Please do not opt out of receiving emails from the system.** This is how we let you know about any changes to the programs (if the rink is shut down due to an unforeseen issue) and invite skaters to register for events like the Spring Show.

Direct link to JSC’s registration page: <https://reg.juneauskatingclub.org/login/>

SCHOLARSHIP FUND

For any questions and/or an application, contact scholarships@juneauskatingclub.org or fill the application out on line at

<https://docs.google.com/forms/d/1RBu7IWY8KJpSYCYVh18pekosms5bevTTUR7dLRfvNFY/edit>.

JSC Scholarship Policy

A scholarship fund has been created in order to help defray registration expenses of skaters who may be in need of financial assistance. JSC desires to help any skater who expresses need to learn to skate and grow in skating, however due to finite resources the following limitations are in place:

- * Skaters will be requested to complete the scholarship application form, which asks them what percentage of the classes they feel they can pay. If a skater expresses need less than the maximum available, the lesser amount will be applied.
- * Scholarships may cover up to 2/3 of the skater’s registration fees, with no more than \$250 per skater per session provided as a scholarship per session, and no more than \$1,000 per year provided.
- * Each skater and/or family will be responsible to pay at least 1/3 of program registration fees.

Scholarships are not available for the following programming: club ice, private lessons, show fees, or special clinic fees.

Distribution of scholarship funds will be dependent on the amount of money available in the Scholarship Fund each year. The amount of total available scholarship and the percentage of scholarship may vary from the maximum. If more need is presented than available in funds, learn to skate scholarships will be prioritized over figure skating, and maximum percentages or amounts may be reduced as warranted.

All information from applications will be kept confidential and a committee will choose recipients based on need as presented on application form.

The scholarship committee will review applications and email recipients the results of the review and the amount of the scholarship granted, if any. The scholarship committee will provide the registrar with the details of the scholarship, so that the registrar may enroll the recipients and provide a reduced invoice for payment.

The treasurer will review the scholarship amount and ensure that scholarship students are paying their reduced invoices.

The scholarship committee will keep a record of scholarships provided so that the board may ascertain how funds are being used to determine if the program is meeting the intended goal, whether additional funds are needed if available and for grant application purposes. The total scholarship amount should be provided to the board after the registration for each session has ended.

Volunteer Policy - a note

The 2024/25 season was a transitional season. Pre-Covid, JSC had a volunteer policy for all figure skaters (adult and youth). During the Covid years and the years since, these requirements weren't required. Last season, the board reorganized and asked figure skaters/figure skating families to commit to half of the "regular" hours that were previously called for. This season we are asking figure skaters/figure skating families to give the same amount of volunteer hours that were required before Covid.

Questions? Contact this season's Volunteer Coordinator, XXX.

VOLUNTEER POLICY 2025/26

Volunteer Commitment

Your time and efforts make a difference! The success and growth of the club depends on each family being committed and supporting the club through volunteer hours.

Each figure skating family (youth and adult) is required to give 10 volunteer hours during the 2025/26 season. These 10 hours are easily attainable by volunteering during the Holiday Show, Spring Show, and/or by being Club Ice Monitors.

There will be 1 Holiday Show performance and 3 Spring Show performances, where set-up, clean-up, and a wide array of other positions will need to be filled (ticket table, hot cocoa bar, etc.). We encourage as many parents as possible to go through the SafeSport training so they can volunteer as locker room attendants - we always have a need for locker room attendants! About a month prior to a show, an email with a sign-up link will be distributed.

Being a Club Ice Monitor consists of checking off who is on the ice and reporting to the Figure Skating Coordinator, as well as playing music for skaters rehearsing their routines.

Learn To Skate (Snowplow Sam, Basic Skills Levels 1-4, and Advanced Basic Skills 5, 6, and Pre-Free) families do not have a volunteer commitment but are always encouraged to volunteer their talents with the club. Volunteering is a great way to meet figure skating families and learn more about JSC - especially if your skater will "level up" into the figure skating program soon!

JSC will bill Figure Skaters \$20 for each volunteer hour not completed at the end of the season. Volunteer hours can be tracked here: <https://tinyurl.com/JSCvolunteertracking>

Volunteer Conduct Code

Volunteers are representatives of JSC and are responsible for presenting a positive image to the community. Volunteers will dress for the conditions and performance of their duties. Volunteers will speak respectfully of JSC and fellow club members and act as role models and mentors for our youth skaters.

MARKETING & FUNDRAISING

Each season, JSC relies on volunteers willing to make a season-long commitment to help with the club's marketing and fundraising efforts. JSC is a small club where most board members and active members wear several hats. Having more volunteers committed to season-long positions helps the club function!

Marketing happens year-round, spreading the word about JSC's 4 sessions. This committee posts on social media, emails past participants with registration information, gets program & registration information to schools, preschools, and community organizations to blast to their students/members, and posts program & registration information and show/event information on community bulletin boards. Please talk to the Marketing Committee chair Jenny Lagundino jenny@juneauskatingclub.org if you'd like to help with marketing.

Fundraising also happens all season long, with funds raised helping to keep class fees from rising and helping our scholarship fund. This committee needs folks with some vision to pull off standard fundraising efforts (a direct ask campaign, donation jars at performances, etc.) as well as thinking of new and unique ways JSC could raise money (a skate-a-thon? hot cocoa at a community event?). Please talk to the Fundraising Committee chair Andrea Duncan andrea@juneauskatingclub.org if you'd like to help with fundraising.

PERFORMANCES

Annually, JSC performs a Holiday Show in December and a Spring Show in April. There is always the possibility for additional performance opportunities from year to year, but the Holiday and Spring Shows are the most consistent. Generally, figure skaters skating solos, duets, and trios, along with synchro teams skate at both shows. LTS classes may or may not skate at the Holiday Show but will skate at the Spring Show. Guest skaters are brought into town to skate at the Spring Show. Generally, skaters at USFS Skating Skills level Pre-Preliminary and up may skate in duo & trio routines, skaters at USFS Skating Skills level Pre-Bronze and up may skate solo routines (these requirements may change as needed). There is a Performances Committee that needs volunteers to plan the shows in advance and produce the shows. Contact the Performances Committee chair Niamh Dardis-Reetz niamh@juneauskatingclub.org if you're interested in helping.

The **Holiday Show** is one performance in December and is JSC's gift to the community, as it is free to attend. There is a nominal fee for a skater to participate. Sign-up sheets will appear on the JSC locker for Figure Skaters about 4-6 weeks prior to the performance date. Skaters can expect to work on performances during club ice and synchro practices, with one full rehearsal in show order immediately before the performance. Costumes for synchro teams are the responsibility of the team. Costumes for trios, duos, and solos are the responsibility of the individual skaters. JSC does have some costumes in storage that can be loaned out. JSC runs a Dessert Auction (desserts donated by JSC families), a Hot Cocoa Bar in the concessions stand, and accepts donations at the door. Shift volunteers are needed (JSC families) to help with decorations/set-up, the dessert auction, the cocoa bar, and clean-up. A call for volunteers will go out via email and the JSC bulletin board several weeks before the show.

The **Spring Show** in April is JSC's main fundraising activity and biggest performance of the season. It consists of multiple performances over multiple days (currently 1 show on Friday and 2 shows on Saturday) and a theme is chosen each year. JSC hosts guest performers for the Spring Show, which have included National and Olympic skaters and champions. Tickets are required to watch the show and will be available online in advance or at the door. There is a participation fee for each skater, which may be different amounts depending on if the skater is LTS or FS. Sign-up sheets will appear on the JSC locker for Figure Skaters about 6-8 weeks prior to the performance date or may be coordinated within the theme of the show, depending on the artistic direction of the show director. Skaters can expect to work on performances during club ice and synchro practices, and potentially during LTS classes. The week prior to the performance weekend, there will be rehearsal every night, culminating in a dress rehearsal on Thursday evening. Costumes for synchro teams are the responsibility of the team. Costumes for trios, duos, and solos are the responsibility of the individual skaters. JSC and LTS coaches assist the LTS classes with their costume choices, but LTS skaters may need to use their own clothing to meet the costume choices. JSC does have some costumes in storage that can be loaned out. Shift volunteers are needed (JSC families) to help during each performance with decorations/set-up, box office, the dessert auction, the cocoa bar, locker room attendants (must be SafeSport trained with a background check), and clean-up. Approximately one month before the Spring Show, a call for volunteers will be made to help with these tasks.

CLINICS

Sometimes JSC is fortunate enough to host guest skaters to lead JSC figure skaters in a clinic. Usually, the guest skaters from the Spring Show will lead a clinic the Sunday morning of the show weekend. Sometimes JSC is able to host a clinic at other times in the season. These are excellent opportunities for JSC figure skaters to learn from other coaches, learn new skills & techniques, and develop their abilities in a focused session. Generally, clinics are available to JSC Figure Skaters, but sometimes there is an opportunity to invite Advanced LTS skaters into a session. Please contact the Figure Skating Coordinator with any questions.

COMPETITIONS

In general, JSC figure skaters participate in several different kinds of competitions. Team Forget Me Not may compete in USFS synchro competitions (generally in November and January). The club may participate in an ISI competition and bring several synchro teams, as well as individual figures skaters. Every year is different - please contact the Figure Skating Coordinator with any questions.

If a skater skates at a competition, they are responsible for the following costs/fees: the competition registration fees, a portion of the JSC coaches' costs (travel, transportation, accommodation) typically billed after the competition, and the fees for the skaters' coach to put the skater on the ice at the competition (typically \$20/event).

Families are responsible for arranging their own travel, accommodations, transportation, and incidentals/food, and are expected to chaperone their minor skater(s) (or make arrangements for other families to chaperone their skaters). Families/skaters are also responsible for their music selection & editing (although each coach may have differing preferences for music choices and editing) and costumes.

Each synchro team may operate a little differently in terms of chaperone expectations, team fees, etc. Please ask your team's manager if you have any questions.

APPENDIX 1: YOUR FIRST DAY OF SKATING LESSONS

We hope you are as excited to learn to skate as we are to teach you. Being prepared for your first day of class will ensure that the experience is a good one.

Before you leave the house:

- * Warm comfortable clothes are a must! It is always winter inside the rink.
- * We recommend layers! Snow pants or two layers on the legs along with two or three layers on the upper body makes a great combination.
- * Gloves or mittens are very important. Falling is normal & trying to avoid placing bare hands on the ice can make the fall more painful.
- * The rink has helmets to borrow, but if you have one that fits well, we recommend bringing it.
- * Thick socks are NOT recommended. Skates need to be snug. Thick socks will diminish the skate fit and will limit the ability to learn to skate (notice that surgeons don't wear thick gloves...you want to be able to guide the blade!). If you have ample clothes on the rest of your body and your skates fit well, your feet will not get cold.

When heading to the rink the most important thing is to BE EARLY!!!

Please arrive at the rink 15 minutes before class is scheduled to start, especially if you are renting skates.

Registration table: The registration table will be at the entry of the rink. At this table, you or your parent will:

- * Complete any unfinished registration needs/issues (registration happens online - see registration section of the handbook).
- * Fill out & sign a liability waiver, if needed.
- * Receive a name tag. It is very important to wear your name tag each week so all of the coaches know who you are. Please leave the name tag with an instructor or assistant at the end of class.

Skates: Rental skates are included in the cost of your skating lesson. The rink staff and JSC coaches can help you with proper fitting and lacing of your skates.

* Your skate size will be smaller than your shoe size. It is very difficult to skate in the wrong size skates or in loosely tied skates. If the skates you are given feel too big or too small, *they probably are*. Take them back and trade them for a size that fits better. It seems like a lot of work at the time, *but it is worth it*.

* To properly tie ice skates, start at the very base of the laces (by the toes) and pull the laces snug. Continue to pull the laces tight, one eyelet at a time, traveling slowly to the top of the skate. When finished, the skate should feel snug but not tight. The toes should wiggle but there should be no side to side movement of any part of the foot within the skate. You should be able to bend forward at the ankle but you should not be able to easily stick a finger under the laces around the base of the ankle or by the toes.

* Wrap extra lace back and forth on the hooks of the skate. It is NOT recommended to wrap extra lace around the skater's ankle. Make sure the ends of the laces don't hang down so far that you can skate over them.

Check out this video from LearnTo Skate, USA: <https://youtu.be/1TCeQjMBvQk?feature=shared>

* If you have questions or would like assistance lacing or fitting skates, PLEASE, ask one of our instructors before class starts. When a new skater has difficulty learning the basics of standing and moving on skates, the majority of time it is because the skates don't fit or are improperly tied.

Safety Helmets: Beginner skaters should be wearing a helmet. They are included in the cost of your skating lesson like rental skates. However, some skaters prefer to use their own. Regardless if you are using your own or using the rental helmets, please read the helmet appendix.

Heading out on the ice: After a quick orientation and introduction of the instructors, we will head out on the ice.

* It is important to make sure that you don't have any food or gum on the ice, or anything on your clothes or in your pockets that could fall out onto the ice.

* There will be coaches and helpers to assist you onto the ice. However, if you have never skated before, the best approach is small steps, keeping your hands and elbows in front of the body. If you feel yourself losing your balance, bend your knees & reach forward toward the ice.

* On the ice you will see rows of cones set up. These cones separate the ice into sections where each group will receive instruction or practice skills in the practice area. The instructors will tell you where your group meets on the ice. It is important to skate in your section of the ice and not interrupt other classes.

During Class: Each hour is split into two halves. One 30-minute section will be instruction time and the other will be supervised practice. Practice time gives each skater the opportunity to work on what they are learning, perfect what they already have learned, and to practice their skills playing supervised games. It may look like your child is "playing" rather than "practicing", but experience has shown us that skaters learn more when the entire hour is not spent in a formal class. All movement on the ice adds up to "learning to skate", and the body is developing the muscle memory necessary to balance and move across the ice. There is always an instructor available to assist in the practice area.

For more information about beginning skating, you can visit:

<https://learntoskateusa.com/getstartediceskating/> .

APPENDIX 2: Safety Helmets

LEARN TO SKATE USA

Helmets

Do

- Wear helmet low in front to protect forehead
- Fasten buckle and check strap adjustment often
- Replace your helmet immediately if it shows any visible signs of damage
- Clean helmet with mild soap/water only
- Store helmet in a cool dry place

Don't

- Wear anything under your helmet
- Attach anything to your helmet
- Wear a helmet that does not fit or cannot be adjusted properly
- Leave a helmet in direct sunlight or in a car on a sunny day

Purpose and Standards

Helmets protect the head by reducing the rate at which the skull and the brain are accelerated and decelerated during an impact, effectively acting as a shock absorber between the force of the impact and the brain. By spreading concentrated forces of impact over the protective foam, and thus spreading the force over the wearer's scalp and skull, a good helmet provides the brain extra time and space needed to reduce injury. Instead of the impact concentrating on one point, it is spread across the wearer's head.

Most helmets are made of expanded polystyrene (EPS) foam with a hard plastic shell. The shell is designed to slide on rough surfaces and hold the foam together after initial impact. Upon impact, the polystyrene liner of the helmet crushes, thereby dissipating energy over a wider area. Similar to a shipping carton, the outer box may dent, but the EPS foam "packing peanuts" protect the contents of the box from breaking. Once the foam in a helmet is crushed, it does not recover, therefore a new helmet should be purchased.

The sponge pads inside a helmet are for comfort and fit, not for impact protection. When purchasing a helmet, the person who will be wearing it should be

present to ensure the helmet fits properly. Helmets have different levels of protection and are rated for levels of impacts and forces. The helmet ratings are determined by its ability to absorb and dissipate the energy of an impact — regardless of the person's speed.

The Consumer Products Safety Commission offers guidelines for the type of helmet to wear for different activities. Although a helmet standard does not exist specifically for ice skating, until such standards are written, wearing one of the listed types of helmets may be preferable to wearing no helmet at all. For ice skating, the recommended helmets are: ASTM F1447; Snell B-90A, B-95, N-94. When buying a helmet, check the fine print for certifications.



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Let's Go Places

APPENDIX 3: Purchasing Skates

Purchasing Skates? - Choosing the right figure skates depends on your skill level, goals, and budget. Talk with coaches, but here's a guide to help you select the perfect pair:

Determine Your Skating Level

- **Beginner** (Learn to Skate or Basic Skills):
 - Look for skates with good ankle support and a soft, comfortable boot.
 - Blades should come pre-attached and have a moderate toe pick for basic skills.
 - **Brands to Consider:** Riedell (models like 14 Pearl or 18 Sparkle), Jackson Ultima (SoftSkate series), or EDEA Tempo.
- **Intermediate** (Freestyle, Spins, and Small Jumps):
 - Choose skates with more rigidity and support to handle jumps and spins.
 - Consider boots with a leather or synthetic upper and a quality blade.
 - **Brands to Consider:** Jackson Mystique or Jackson Elle, Riedell 229 Edge, EDEA Overture.
- **Advanced** (Double/Triple Jumps and Competitive Skating):
 - High-performance skates with rigid boots for maximum support.
 - Separate purchase of boots and blades is common at this level.
 - **Brands to Consider:** Jackson Competitor, Riedell 435 Bronze Star, EDEA Chorus or Piano

Boot Material:

- Leather boots provide flexibility and a snug fit but require break-in time.
- Synthetic boots are lighter and more durable but may not mold as well to your feet.

Ankle Support:

- Beginners need soft, padded support.
- Advanced skaters require stiff boots to protect against strain from jumps and landings.

Blade Quality:

- Beginners can use skates with pre-attached blades.
- Intermediate and advanced skaters may want high-quality blades (e.g., MK or Wilson).

Toe Pick:

- For beginners, a smaller toe pick is ideal to prevent tripping.
- Advanced skaters need larger, sharper toe picks for jumps and spins.

Fit:

- Proper fit is critical. The skate should feel snug but not tight. There should be no movement of your heel inside the boot.

Budget Considerations

- **Entry-Level:** \$100–\$150. Ideal for beginners or recreational skaters.
- **Intermediate:** \$200–\$400. Good for skaters progressing to jumps and spins.
- **Advanced:** \$500–\$1,200+. Custom boots and blades are common at this level.

APPENDIX 4: Skate Care and Other Equipment

Caring for your Skates

- Always dry your blades thoroughly with a cloth/towel after skating and store with soft guards/soakers.
- When home, remove your skates from the bag and let them dry. DO NOT dry them with any heater or boot dryer.
- Always use hard guards when walking in skates on any non-ice surface. Clean the hard guards regularly to prevent moisture build-up and small debris from nicking the blades.
- Carry your skates in a bag - zucca models are popular, as are skate backpacks.
- Sharpen your skates regularly. DO NOT have them sharpened at Treadwell. JSC club member Sigrid Dalberg sharpens skates.
- During summer, store them in a cool, dry place, not touching, and with no weight on the blades.

Other Equipment

- Extra laces.
- Skate socks.
- Bunga pads, lace bite guards, heel pads, etc. are all a skater's preference - talk to your coach about any issues or sore spots on your feet or are breaking in new skates.
- Head protection helmet alternatives - Crasche headbands, Ice Halo headbands
- Other protective gear: butt/hip pads, padded gloves, knee pads, wrist guards
- Skate covers aren't necessary, but some prefer them for warmth or to help preserve the skate boot.
- Skate tape is used in competitions to keep laces from coming undone.

APPENDIX 5: JSC Club Ice Rules & Zones

Juneau Skating Club FIGURE SKATING RULES

-----ON ICE RULES-----

1. SAFETY FIRST

You are responsible for the safety of yourself and those around you. You must pay attention at all times and look where you are going.

2. Use your time efficiently

Skating is supposed to be FUN, but you have very limited ice time. Do not hang out at the boards for an extended period of time. Do not stand in groups on the ice. If you are on the ice, you should be skating, not standing! Students can work together in small groups of no more than 3, as long as you are working hard and not getting in the way of other skaters.

3. Right of way

Skaters practicing their routine (wearing orange sashes) have the 1st right of way followed by those skaters in a private lesson (Green sashes). Be extra careful in the lutz corners!

4. Students must wear appropriate exercise or skating attire (i.e., NO JEANS!)

5. NO CHEWING GUM and do not carry anything in your pockets.

6. No Headphones or cell phones on the ice.

It is very difficult to hear if someone is skating near you and the chances of a collision are increased. We ask that if there is music you would like to skate to, that you request it be played over the speakers.

7. No Backward Spirals on Club Ice unless in a lesson.

-----LOCKER ROOM RULES-----

1. Leave nothing behind

Do not leave any of your belongings on the ice—if you do, they may fall onto the ice, get eaten by the Zamboni, break the Zamboni, and effectively shut down Treadwell Arena. Any belongings left on the ice will be left on the hockey benches. Any items left in the locker room will be placed in the lost and found at the rink.

2. Be respectful of others and one another's property.

Do not borrow anything from someone else without their permission (family members included!) Improper talking or behavior will not be tolerated. Keep your voices down please!

3. Only healthy food and snacks in the locker room.

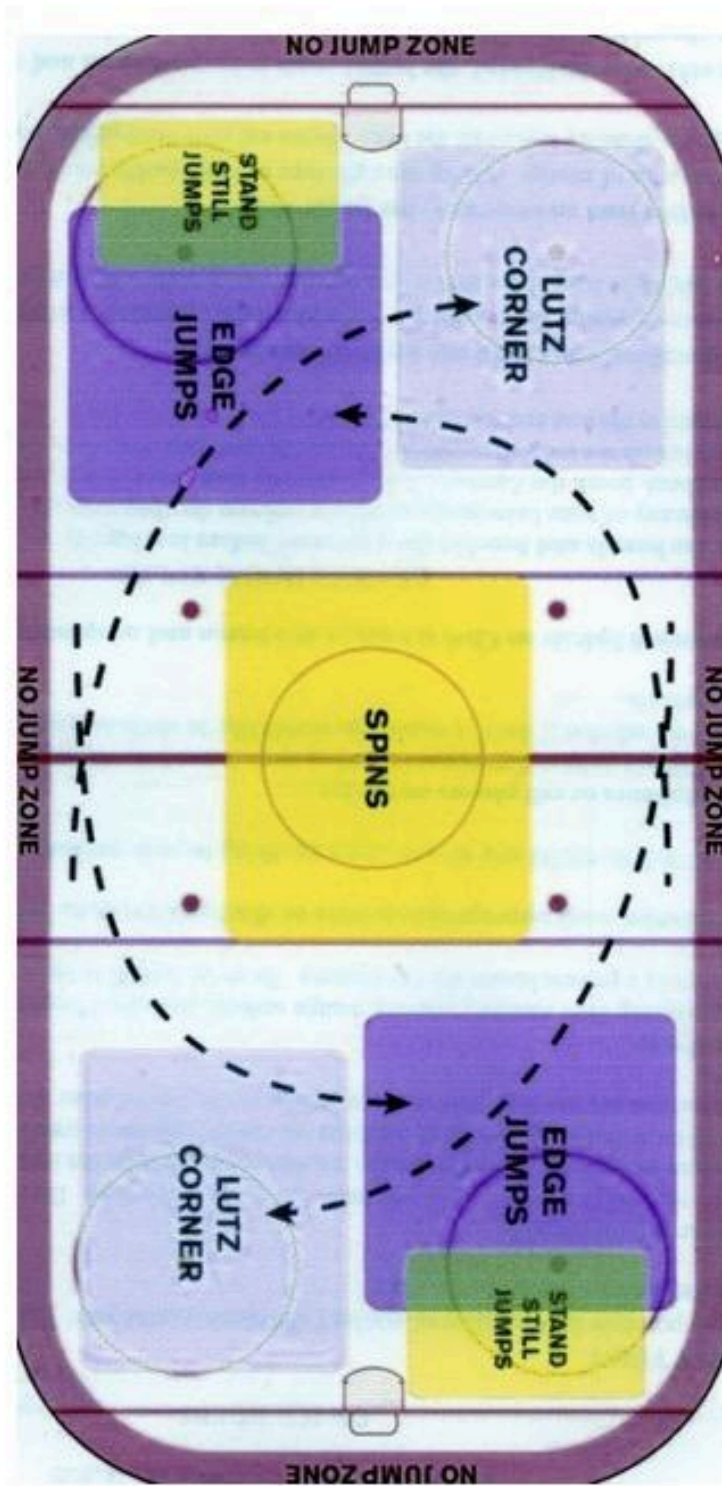
Skating uses a lot of energy. Putting the right type of healthy fuel into your body is something you should practice all the time. Please eat junk food (chips, soda, etc.) elsewhere.

4. Unless otherwise designated, the locker room is for putting on and removing skates only—no changing clothes. This is to comply with Safe Sport rules.

-----GENERAL JSC GUIDELINES & RULES-----

- 1. Register online.** All registration (including club membership) will be performed through our website. Please pay through the system as it helps us not have to keep track of cash and checks. You must pay for all ice and classes before participating.
- 2. Club Membership.** You must be a JSC Member to skate during JSC ice. You do not need a USFS membership to skate on club ice but benefits include the ability to participate in USFS tests and competition and receipt of Figure Skating magazine. Ask your coach about membership and whether it makes sense for you to be a member.
- 3. Read and abide by the JSC Disciplinary Policy, Liability Waiver, Safesport Statement and Code of Conduct.** They are on the JSC website Figure Skating page.
- 4. Private Lesson Coaches.** As always, the choice of a figure skating coach LIES WITH THE SKATER and parent. We again ask that once you have chosen a coach, you stick with that coach for the duration of the session.
- 5. Missed lessons.** Skaters MUST notify their coach by 10:00am on the day of their lesson if they will not be able to attend. If you do not notify your coach, you will be charged for the missed lesson.
- 6. Drop-in fee.** If you wish to skate on Club Ice, but are not registered for that day, you may drop-in. The fee to drop in is **\$20/hour**. You must purchase your drop in pass on line, print your name and date on the pass and present the coupon to the ice monitor or coach in charge. You get one chance to forget, after that, you will not be allowed on the ice if you don't have your pass.
Skaters will be allowed to drop-in up to a maximum of 20 skaters on the ice at a time.
- 7. Warm-up.** Warm up off the ice before you get your skates on. Important on so many levels but especially if you have first lesson.
- 8. Figure Skaters are Role Models.** Whether you mean to be or not, as figure skaters, you are role models! Know that others that see you will want to imitate you so behave accordingly.
- 9. If you see something, say something.** Our skating club is small and we want an environment that everyone can enjoy and grow with their skating practice. If something happens that precludes this, we want to know. Tell your coach, parent or board member about it and we will try to figure out if and what can be done to make things better.
- 10. Respond to Emails.** We try to plan events and make things as cost effective as possible but often don't hear back from people as soon as needed and sometimes don't get enough people to cover costs, and wind up having to chase people down.

CLUB ICE ZONES



APPENDIX 6: US Figure Skating (USFS) Levels

<https://www.usfigureskating.org/skate/test-structure>

TESTING STRUCTURE UPDATES



U.S. Figure Skating Tests

SKATING SKILLS	SINGLES	PATTERN DANCE <i>Partnered – Lead or Follow Solo – Lead or Follow</i>	FREE DANCE <i>Partnered or Solo</i>	PAIRS
Pre-preliminary	Pre-preliminary			
Preliminary	Preliminary	Preliminary		
Pre-Bronze	Pre-Bronze	Pre-Bronze		
Bronze	Bronze	Bronze	Bronze	Bronze
Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver
Silver	Silver	Silver	Silver	Silver
Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold
Gold	Gold	Gold	Gold	Gold
		International		

All tests offer an equivalent Skate United test for athletes that have physical disabilities. In the pattern dance track, there are four categories. Athletes may choose which track they prefer. Lead steps are those that have traditionally been skated by the male partner; follow steps are those that have traditionally been skated by the female partner.

U.S. Figure Skating Adult Tests

ADULT SKATING SKILLS 21+ or 50+	ADULT SINGLES 21+ or 50+	ADULT PATTERN DANCE <i>Partnered – Lead or Follow Solo – Lead or Follow; 21+ or 50+</i>	ADULT FREE DANCE 21+ or 50+	ADULT SOLO FREE DANCE 21+ or 50+	ADULT PAIRS
Pre-Bronze	Pre-Bronze	Preliminary	Pre-Bronze	Juvenile	
Bronze	Bronze	Pre-Bronze	Bronze	Intermediate	Bronze
Silver	Silver	Bronze	Silver	Novice	Silver
Gold	Gold	Pre-Silver	Gold	Junior	Gold
Intermediate	Intermediate	Silver		Senior	
Novice	Novice	Pre-Gold			
Junior	Junior	Gold			
Senior	Senior	International			

Adult intermediate, novice, junior and senior tests are for adult athletes that have passed their gold tests, and challenge themselves by taking tests above that level. The skills on the intermediate-level tests are similar to those on the pre-silver tests in the standard track.

U.S. Figure Skating Adaptive Tests

ADAPTIVE SKATING SKILLS	ADAPTIVE SINGLES
Pre-Bronze	Pre-Bronze
Bronze	Bronze
Silver	Silver
Gold	Gold

Adaptive tests are for athletes registered in any Special Olympics or adaptive skating program.

(6/29/2023)

APPENDIX 7: Learn To Skate Snowplow Sam Levels

<https://www.learntoskateusa.com/media/1095/snowplow-sam-curriculum-chart.pdf>

Snowplow Sam – Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Off-ice orientation prior to the first skating class:

Equipment check – Proper fit and lacing of skates, appropriate attire, and safety helmets.

Practice falling and recovery, marching in place, dips and one-foot balances.

Snowplow Sam 1



- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2



- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3



- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward snowplow stop (two-foot)
- F. Curves

Snowplow Sam 4



- A. Forward skating
- B. Backward two-foot glide, length of skater's height
- C. Backward swizzles (4-6 in a row)
- D. Rocking horse – one forward, one backward swizzle, repeat twice
- E. Two-foot turns from forward to backward, in place (both directions)
- F. Two-foot hop, in place

Based on the age and ability of the child after completion of Snowplow Sam 3, they can successfully advance to Basic 2 or Hockey 2, or progress to Snowplow Sam 4.

To provide a fun and positive experience that will instill a lifelong love of skating.



APPENDIX 8: Learn To Skate Basic Skills Levels

https://www.learntoskateusa.com/media/1087/curriculum_basicskills.pdf

Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

Basic 1



- Sit on ice and stand up
 - March forward across the ice
 - Forward two-foot glide
 - Dip
 - Forward swizzles — 6-8 in a row
 - Backward wiggles — 6-8 in a row
 - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2



- Scooter pushes — R and L
 - Forward one-foot glides — R and L
 - Backward two-foot glide — Glide the length of skater's height
 - Rocking Horse (one forward swizzle, one backward swizzle) — Repeat twice
 - Backward swizzles — 6-8 in a row
 - Two-foot turns from forward to backward in place — clockwise and counterclockwise
 - Moving snowplow stop
- ★ Bonus skill: Curves

Basic 3



- Beginning forward stroking showing correct use of blade
 - Forward half swizzle pumps on a circle — 6-8 consecutive clockwise and counterclockwise
 - Moving forward to backward two-foot turns on a circle — clockwise and counterclockwise
 - Beginning backward one-foot glides — focus on balance
 - Backward snowplow stop — R and L
 - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4



- Forward outside edge on a circle — R and L
 - Forward inside edge on a circle — R and L
 - Forward crossovers — clockwise and counterclockwise
 - Backward half swizzle pumps on a circle — clockwise and counterclockwise
 - Backward one-foot glides — R and L
 - Beginning two-foot spin — Up to two revolutions
- ★ Bonus skill: Forward lunges — both legs

Basic 5



- Backward outside edge on a circle — R and L
 - Backward inside edge on a circle — R and L
 - Backward crossovers — clockwise and counterclockwise
 - Forward outside three-turn — R and L
 - Advanced two-foot spin — 4-6
 - Hockey stop — both directions
- ★ Bonus skill: Side toe hop — R and L

Basic 6



- Forward inside three-turn — R and L
 - Moving backward to forward two-foot turn on a circle — clockwise and counterclockwise
 - Backward stroking
 - Beginning one-foot spin — 2-4 revolutions, optional free leg position and entry
 - T-stops — R and L
 - Bunny hop
 - Forward spiral on a straight line — R or L
- ★ Bonus skill: Shoot the duck — R or L

To provide a fun and positive experience that will instill a lifelong love of skating.



APPENDIX 9: Learn To Skate Adult Levels

https://www.learntoskateusa.com/media/1085/curriculum_adult.pdf

Adult – Beginner to Advanced

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety concerns
- Practice falling and recovery, walking in place, knee bends and one-foot balances in skates

Adult 1



- Falling and recovery; on ice
- Forward marching
- Forward two-foot glide
- Forward swizzles (4-6 in a row)
- One forward swizzle/one backward swizzle (rocking horse)
- Dip
- Forward snowplow stop – two feet or one foot

Adult 4



- Forward outside edge on a circle, R and L
- Forward inside edge on a circle, R and L
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, R and L
- Backward half-swizzle pumps on a circle, clockwise and counterclockwise
- Hockey stop, both directions

Adult 2



- Forward skating across the width of the ice
- Forward one-foot glides, R and L
- Forward slalom
- Backward skating
- Backward swizzles (4-6 in a row)
- Two-foot turns in place

Adult 5



- Backward outside edge on circle, R and L
- Backward inside edge on a circle, R and L
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, R and L
- Forward swing rolls to a count of six
- Beginning two-foot spin

Adult 3



- Forward stroking using the blade properly (begin with repetitive one-foot pushes)
- Forward half-swizzle pumps on the circle; 6 to 8 in a row, clockwise and counterclockwise
- Moving forward to backward and backward to forward two-foot turn on a circle, clockwise and counterclockwise
- Backward skating into a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, R and L

Adult 6



- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, R and L
- Forward outside to inside change of edge on a line, R and L
- T-stop, R or L
- Lunge
- Two-foot spin into one-foot spin

Upon completion of the Adult 1-6 curriculum, adult skaters should feel confidence with all fundamental skating skills and may choose to progress to more specialized areas of skating such as free skating, ice dancing, adult hockey leagues, or joining a synchronized skating team.

To provide a fun and positive experience
that will instill a lifelong love of skating.



APPENDIX 10: Learn To Skate Free Skate Levels

<https://www.learntoskateusa.com/media/1266/free-skate-update-7-2-19.pdf>

FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps – all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

PRE-FREE SKATE (COMBINATION OF BASIC 7 AND 8)

SKATING SKILLS

- A Forward inside open mohawk from a skater's position (R to L and L to R)
- B Backward crossovers to a backward outside edge glide (landing position), clockwise and counterclockwise
- C Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- D Two forward crossovers into a forward inside mohawk, step down and cross back step to an outside backward crossover and step to a forward inside edge, clockwise and counterclockwise

SPINS

- E One-foot upright spin, optional entry from a skater's position (minimum three revolutions)

JUMPS

- F Heelutz (R or L)
- G Waltz jump
- ★ Bonus Skill: Backward inside pivot, clockwise and counterclockwise

FREE 1 SKATE

SKATING SKILLS

- A Alternating forward outside and inside spirals on a continuous axis (two sets)
- B Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C Backward inside three-turns (R and L)
- D Beginning back spin (one to two revolutions)
- E Half Lutz
- F Salschow
- ★ Bonus Skill: Variation of a forward spiral, skater's choice

FREE 2 SKATE

SKATING SKILLS

- A Alternating backward crossovers to back outside edges – Four sets
- B Alternating mohawk/crossover sequence (R to L and L to R)
- C Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise
- D Advanced back spin with free foot in crossed leg position (min. three revolutions)
- E Loop jump
- F Waltz jump-toe loop or Salschow-toe loop combination
- ★ Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

FREE 3 SKATE

SKATING SKILLS

- A Forward power stroking, clockwise and counterclockwise
- B Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C Backward outside three-turns (R and L)
- D Upright spin, entry from back crossovers (min. four to six revolutions)
- E Heel flip
- F Toe loop
- ★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-toe loop sequence

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

To provide a fun and positive experience that will instill a lifelong love of skating.



FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps – all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

FREE 4 SKATE

SKATING SKILLS

- A Forward power three-turns (R and L), 3 sets each
- B Waltz eight
- C Forward upright spin to backward upright spin (3 revs, each foot)
- D Sit spin (minimum three revolutions)
- E Half loop
- F Flip
- ★ Bonus Skill: Split jump stag jump or split falling leaf

FREE 5 SKATE

SKATING SKILLS

- A Forward power pulls (R and L)
- B Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps
- C Camel-sit spin combination (minimum two revolutions each position)
- D Layback or attitude spin or cross-foot spin (three revolutions)
- E Waltz jump-Half loop-Salschow jump sequence
- F Beginning Axel
- ★ Bonus Skill: Backward outside pivot, entry optional

FREE 6 SKATE

SKATING SKILLS

- A Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B Five-step mohawk sequence, clockwise and counterclockwise
- C Camel spin (minimum three revolutions)
- D Waltz jump-loop jump combination
- E Lutz jump
- ★ Bonus Skill: Loop-loop combination

Note: The Skating School has the authority to add classes to continue skater development under the umbrella of Learn to Skate USA beyond Free Skate 6. Sample lesson plans and programming ideas are available in the Skating School Administrative Tool.

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APPENDIX 11: ISI Programs & Levels

<https://skateisi.org/programs/ice-skating-program/>
<https://skateisi.org/programs/testing-requirements/>

Tot	Pre-Alpha - Delta	Freestyle	Open Freestyle	Special Skater
Tot 1-4 These levels are specifically designed for beginning skaters age 6 and under. Test maneuvers are broken down into smaller parts so they can be easily learned and mastered. Fun – along with easy success and accomplishments – are the keys to any Tot level class.				
Pre-Alpha - Delta These beginning levels are for skaters of all ages. Step-by-step progression of skills makes learning fun, and fast! Once the skater begins to build on the basics, the sky is the limit! It's important to master these skating "basics" before moving on to higher levels of achievement.				
Freestyle 1-10 Now it's time to fly high! Beginning with half-rotation jumps and basic spins all the way up to triple jumps and flying spins, your skating skill level will improve at every step.				
Open Freestyle Bronze-Platinum This is the hottest new addition to the program and opens up many more opportunities for skaters at all Freestyle levels. It's great for USFS skaters who wish to compete in local, district or national ISI events; current ISI skaters who might be stuck between levels but still want to advance while performing new maneuvers; and adult skaters who might not be strong enough on a required maneuver in the traditional Freestyle 1-10 test levels but still want to advance and compete.				
Special Skater These beginning levels are for special needs skaters of all ages. Step-by-step progression of skills makes learning fun, and fast! Once the skater begins to build on the basics, the sky is the limit! It's important to master these skating "basics" before moving on to higher levels of achievement.				

Program Structure:

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graph TD
    A["Tot 1-4 (< 6 yrs old)"] --> B["Pre-Alpha - Delta (all ages)"]
    A --> C["Special Skater 1-10 (all ages)"]
    B --> D["Freestyle 1-10"]
    C --> D
    D --> E["Couple 1-10"]
    D --> F["Figure 1-10"]
    D --> G["Hockey"]
    D --> H["Ice Dance"]
    D --> I["Pairs 1-10"]
    D --> J["Synchronized Skating 1-4"]
  
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Couples	Figures	Hockey	Ice Dancing	Pairs	Synchro
Couple 1-10 This special partnered discipline incorporates side-by-side freestyle test maneuvers which are tested and performed simultaneously by two skaters.					
Figure 1-10 The traditional "school figures" can still be tested and competed in the ISI program. The discipline, concentration and practice necessary to perform the patterns translate into increased balance, control and freedom while performing any jumps and spins in a freestyle routine.					
Hockey Hockey provides young and old alike the opportunity to use the skills they have mastered while getting in shape and enjoying the chance to participate in a competitive team sport.					
Ice Dance Ice Dance includes a variety of options for the skater from traditional pattern dances to free dances that can be skated as a solo, mixed partner, similar partner, pro partner, etc. Testing of these dances are done individually and skaters are permitted to compete them as they are achieved without having to complete a full dance level.					
Pairs 1-10 The Pair tests incorporate Freestyle skating along with traditional pair spins and lifts.					
Synchronized Skating 1-4 The ISI Program offers synchronized skaters and teams of all abilities and ages an opportunity to participate in events and shows as well as to compete against teams of similar skill sets. These levels range from the very basic skating skills (Formation) through levels with more difficult turns and edges (Advanced Formation) to the most skilled (Skating) Teams are grouped by ages and no tests are required for participation on any teams.					