

International Falls Figure Skating Club

2009-2010



Sanctioned by the USFSA

www.iffsc.org

P.O. Box 1129
International Falls, MN 56649

Welcome

Welcome to the

International Falls Figure Skating Club

The Board of Directors of the International Falls Figure Skating Club (IFFSC) welcomes all new and returning members. We hope that all skaters reach their goals and have a great year.

This booklet is designed to provide information about our skating program. We hope that you will read through it and use it as a reference throughout the year.

The IFFSC is a member of the United States Figure Skating Association (USFSA). The USFSA is the national governing body for the sport of figure skating in the United States. The USFSA was formed in 1921 and currently, there are more than 585 USFSA member clubs in the United States and more than 144,000 registered skaters. The USFSA is charged with developing complete figure skating at all levels. registered skaters. The USFSA is charged with developing complete figure skating at all levels.

Our Club is operated by a board of parents who volunteer their time and talents. If you have any questions or concerns during the year please contact one of the Board members listed on the next page.

How can you get involved? The IFFSC is always looking for individuals interested in serving on the Board or on a committee. If you would like more information, please contact one of the Board Members listed or attend any Board meeting. The Board meets every second Wednesday of the month. During the school year, the Board meets in Room 130 at Falls High School at 6:00pm. All parents are welcome to attend.

Board of Directors & Coaches

2009-2010 Board of Directors

President – Kathleen Przybylski, 218-324-1716

Vice-President – Leanna Hasbargen, 218-283-0713

Treasurer – Kristen Wold, 218-286-3527

Payroll Treasurer – Sarah Christianson, 218-283-2676

Recording Secretary – Lisa Bacon, 218-283-3693

Corresponding Secretary— Karina McLellan, 218-290-3929

Directors:

BriAnne Bowles, 218-283-3685

Dawn Lagoo, 218-377-4336

Kris Foss, 218-283-3152

Nita Ringhofer, 218-285-2085

Michelle Hedlund, 218-283-4013

Erin Rousseau, 218-283-2489

Jill Herzig, 218-286-3366

Sarah Valentine, 218-324-1516

Jan Hoopman, 218-283-3859

Coaching Staff

Shelley Douglas ... Junior Group, Synchro and Senior, Junior,
and Basic Private Lessons

Private lessons \$8.00 per 10-minute lesson

bdouglas65@shaw.ca or 807-274-7167

Darlyss Krienke... Basic 1-8 and Senior, Junior, and Basic Private Lessons

Private Lessons

\$8.00 per 10-minute lesson for non-competitive skaters

\$5.00 per 10-minute lesson for competitive skaters

sk8coachdar@gmail.com or 807-274-9705

Monica Hasbargen... Snowplow Sam, Basics 1-4 and

Basic Private Lessons

Private lessons \$5.00 per 10 minute lesson

Alicia Hendrickson... Snowplow Sam, Basics 5-8 and

Basic Private Lessons

Private lessons \$5.00 per 10 minute lesson

IFFSC Rules & Arena Schedule

IFFSC RULES

Skaters:

- * Be on time and ready to skate. (Lessons start based on the time on the arena clock, which is often 5 minutes fast.)
- * No food or gum may be taken on the ice
- * Get up quickly after you fall
- * Be aware of what is going on around you, pay attention!
- * Look in the direction of travel when going backwards
- * Starts and stops should be done a safe distance from the boards
- * Tie long hair back— wear appropriate attire— no jeans!
- * Pockets should be empty of money and other objects
- * Skaters must request permission to leave the ice
- * Conversations and unnecessary noise should be avoided on the ice



Parents:

- * Parents are not to teach their children from the stands. This is the coaches' job.
- * All complaints should be submitted to the Board of Directors
- * Parents are not allowed on the ice
- * Be on time and ready to skate. (Lessons start based on the time on the arena clock, which is often 5 minutes fast.)

<p style="text-align: center;"><u>RIGHT OF WAY</u></p> <ol style="list-style-type: none">1. The skater in lesson2. The skater whose music is playing3. Everyone else



ARENA SCHEDULE

The arena schedule for the upcoming week is published in the Daily Journal each Friday. It is also posted at the arena and on the web through a link at the IFFSC website. Lessons are usually held on no school days. Please remember to check the schedule.

IFFSC Skating Programs

The IFFSC is pleased to offer four different skill levels of skating. They are Snowplow Sam, Basic Skills 1-8, Junior Club and Seniors.

Snowplow Sam Program

This program introduces confidence building skills in a group format to young skaters (ages 3-5) who are not yet ready for the Basic 1 level. Skills covered include things such as getting up, marching, gliding and stopping. This program is designed to help the children overcome any uneasiness they may feel on the ice.

** ***Helmets are mandatory*** for this level. Please make sure your child has mittens or gloves too.



Basic Skills Program 1-8

The Basic Skills program introduces skaters, ages 5 and up, to the fundamentals of skating in a group format. Eight carefully planned levels allow the beginning skater to feel comfortable on the ice while gaining the basic skating knowledge needed to advance into the next level. Skills taught are determined by the USFSA and are done in progression. Some examples of skills the skaters learn include forward and backward skating, turning, spinning and basic jumps. Helmets are recommended for Basic 1 beginner skaters.



IFFSC is offering private lessons for Basic skaters this year. Coaches are listed on page 3. Parents should work directly with a coach to sign up for private lessons. There are many benefits to private lessons and they are a lot of fun!!!



IFFSC Skating Programs



Junior Club



The Junior Club is taught in a group format with the option of additional private lessons. Junior skaters are introduced to some of the main disciplines of single skating, dance, freestyle and moves in the field. Private lessons are given by a coach that you choose. The list is in this book.

At the Junior level there are four different dances that skaters must master. These dances are pre-choreographed to music. Timing and musicality of the skater become important in this discipline.

Freestyle involves jumps, spins, field movements and footwork. If taking private lessons, junior skaters may choose to have a solo to show off their accomplishments and compete at yearly competitions. This option is something that your private coach and parents will discuss.

There are four levels in both dance and freestyle for the skater to pass, for a total of eight badges. Once these levels are complete, the skater moves into the Senior level.

Private lessons are scheduled separately from Junior Group. These lessons are usually held on the weekends. The times will be on the arena schedule. The coach of your choice will give the skater one or two lessons during this time. The rest of the time the skater works individually on the elements taught.

Skaters must individually arrange for private lessons with the coach of their choice. Please refer to the coaches list for price and contact numbers.

IMPORTANT: Helper Requirement

At the Junior level, skaters are required to help coach the Snowplow Sam group. Skaters will be assigned a month at a time.

Senior Club

Senior skaters are divided into different practice groups according to their age and test level. Skaters must individually contract with a coach of their choice for lessons. There are no group lessons for senior skaters, however **morning ice is open to all senior skaters**. Testing at this level is at the discretion of the coach. Skills tested include dance, free, and moves in the field.

IMPORTANT: Helper Requirement

Senior skaters in grades 7-12 are required to assist the coaches during Basic and Junior Club. Younger Senior skaters will be assigned to help with appropriate groups. A list of helper assignments will be posted in the locker room. It is up to the skater to check the assignment list and to find a replacement if she is unable to make a session. The arena schedule is published in the Daily Journal and on the IFFSC website.



BLADE BRIGADE (Synchronized Skating)

The Blade Brigade is a synchronized skating team that represents the IFFSC. The team consists of at least twelve skaters performing a variety of formations and manoeuvres.

Skaters from Basic 7 & 8, junior and seniors make up this team. This is a great chance for the skaters to work together, make new friendships and ALWAYS HAVE FUN!



Testing and Competition

Testing

Testing for the Basic and Junior level is conducted twice during the skating season on days designated by the Board of Directors and Coaches. Testing dates will be listed in the arena schedule. Testing is conducted by the coaches. If a skater has mastered the skills they are being tested on they will be awarded a badge and will move to the next level. Your skater will receive a Basic skills record book to keep track of his/her badges earned. The complete IFFSC Testing Policy is on the website (www.iffsc.org).



Senior level skaters are tested on designated testing dates by USFSA judges. Testing information will be posted in the locker room and given to each coach. Testing for each skater will be at the discretion of the coach. Most of these test sessions are out of town.

Competition

Junior and Senior level skaters have the opportunity to compete at area competitions. Competitions often occur in Duluth, Fargo, and Grand Rapids. Information about upcoming competitions will be posted in the locker room or distributed by coaches or the competition chairperson. Competition is a wonderful opportunity for skaters to display their accomplishments and skills. Some competitions are also open to Basic level skaters.



Competition & Testing Opportunities*

Hibbing Testing (Seniors).....	December
Duluth Competition & Testing (Seniors).....	January
Bemidji Funastics Competition (Basic/Junior)..	January
Northern Star Competition, East Grand Forks (Juniors & Seniors),	January
Fargo Competition (Seniors).....	February
Grand Rapids Competition & Testing (Seniors).....	February

*dates subject to change

Testing for Basic & Junior Skaters

December 5 & 6, 2009
February..... middle

Skating Exhibition... January

This is a great chance to come and watch the older skaters and Synchro Team.

Lettering

LETTERING

A "senior" level skater in grades 7-12 who attends ISD 361 is eligible to letter if he/she fulfills one of the two following requirements:

- Pass the Pre Juvenile Move in the Field and Pre Juvenile free skate test

OR

- Pass all of the Pre Bronze dance test

He/she is also required to do the following

- Sign a consent form with understanding in regards to the lettering requirements, rules and violation guidelines set by the IFFSC
- Participate in competition, exhibition, and ice show



Effort, attitude and attendance will also be taken into consideration by the coach before a letter is awarded.

Graduating seniors must be a Senior level skater and must participate their senior year. They must have passed Preliminary moves and free skate.

A synchro team skater must be at the Senior level, on the team for two years, and must abide by and follow all rules set by the coach.

Once a skater attains the Juvenile level and above, it will be at the coach's discretion if the skater is making good progress toward the next level and is attempting tests. (effort, attitude, and attendance are considered here also)

Ice Show and Fundraising

Ice Show

Every year IFFSC produces an Ice Show. Participation is not mandatory but we hope that all skaters participate. The Ice Show is usually during the last weekend in March. Skaters perform on Saturday evening and Sunday afternoon. This event is full of fun and excitement and is anticipated by all the skaters and the entire community.

The ice show involves a lot of preparation. Many volunteers are needed to make it a success. Every parent whose child is a participant is asked to volunteer for one of the many jobs. Job sign up takes place at fall registration. For those who do not wish to volunteer a \$50.00 non-refundable fee is assessed at registration. Further details will be coming as preparation begins. The Board expects another great show in 2010.



Fundraising

In order to offer you an affordable program, our club asks each skater to participate in a few annual fundraisers. Candy sales are a major fundraiser for our club. Each skater is asked to sell one box of candy. If you are able to sell more that would be GREAT! The Club is selling a different brand of candy this season. Another major fundraiser is the sale of holiday wreaths. These wreaths are made to order from a couple in International Falls. The skater who sells the most wreaths will receive a Visa gift card.

The Club is always looking for great fundraising ideas. If you have any ideas please contact Lisa Bacon or Leanna Hasbargen.

Things to Remember

THINGS TO REMEMBER

- Skate for fun! Skate for yourself. Set goals for your own improvement.
- Treat all skaters as you would like to be treated.
- Cooperate with your coach, other skaters and rink staff.
- Be a good example for other skaters. Older skaters are role models for younger skaters.
- Remember that the goals of any sport are to have fun, build skills and self-esteem, and to improve mental and physical conditioning.



Locker Room

Our club has a designated locker room in the arena. This locker room is for the use of all club members. Some lockers are available for use by senior and junior level skaters.

It is everyone's responsibility to keep our locker room CLEAN. If garbage is on the floor please pick it up! Please store your shoes, boots, and bags neatly.

A message bulletin board is in the locker room. Please check the board often for changes, updates and special information about upcoming events.

Since skaters change in this room, men should enter with caution.

Summer Skating

IFFSC plans to offer a summer skating program in late July 2010. Hold the date. More information will be distributed as plans are finalized.





International Falls Figure Skating Club (IFFSC) 2009-2010 Information Sources

🌐 website: www.iffsc.org

? IFFSC Handbook

? bulletin board in the arena & notice signs hung in the locker room and on rink plexiglass

☎ Committees – contact one of the committee members below if you have questions. Phone numbers are on page 3.

Group Representatives:

Snowplow – Kathleen Przybylski

Basics 1-4—BriAnne Bowles

Basics 5-8—Michelle Hedlund

Juniors – Jill Herzig

Seniors – Jill Herzig



Registration and Summer Skating – Karina

McLellan and Janice Hoopman

Grievance – Erin Rousseau as Chair and all Board Members

Fundraising – Lisa Bacon, Leanna Hasbargen, and Nita Ringhofer

Arena Scheduling – Shelley Douglas (scheduler), Dawn Lagoo, BriAnne Bowles, and Sarah Christianson

Lettering – Jill Herzig and Sheryl Hendrickson

Badge & Testing – Michelle Hedlund and Kristen Wold

Coaches – BriAnne Bowles, Sarah Christianson, Kris Foss, Michelle Hedlund and Nita Ringhofer

Testing & Competition – Michelle Hedlund, Erin Rousseau, and Sheryl Hendrickson

Communications & Bulletin Board – Sarah Valentine, Dawn Lagoo, and Kathleen Przybylski

Volunteer Coaches/Helpers: Sarah Christianson

Precision/Synchro: Kris Foss and Jill Herzig