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# International Falls Figure Skating Club

## 2011-2012



Sanctioned by the USFSA

[www.iffsc.org](http://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 competitive figure skating at all levels. registered skaters. The USFSA is charged with developing competitive 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.

## 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 2012. Hold the date. More information will be distributed as plans are finalized.**



## 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 2012.



### 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 Sarah Valentine—Fundraising Chairperson.

## Board of Directors & Coaches

### 2011-2012 Board of Directors

**President** – Erin Rousseau - 218-283-2489  
**Vice-President** – Leanna Hasbargen - 218-283-0713  
**Treasurer** – BriAnne Bowles - 218-324-3365  
**Payroll Treasurer** – Tammy Sjoblom - 218-283-3551  
**Recording Secretary** – Kim Anderson - 807-274-0116  
**Corresponding Secretary**— Karina McLellan - 218-290-3929

### **Directors:**

Karen Bates - 218-285-6137  
Sarah Christianson - 218-283-2676  
Michelle Hedlund - 218-283-4013  
Jill Herzig - 218-286-3366  
Janice Hoopman - 218-283-3859  
Sarah Valentine - 218-324-1516  
Dena Wenberg - 218-283-4614

### Coaching Staff

**Shelley Douglas**...Basic 4-8, Junior Group, Synchro and Senior, Junior, and Basic Private Lessons

Private lessons \$10.00 per 10-minute lesson  
bdouglas65@bell.net or 807-274-7167

**Darlyss Krienke-Turvey**... Snowplow Sam, Basic 1-8 and Senior, Junior, and Basic Private Lessons

Private Lessons \$8.50 per 10-minute lesson  
sk8coachdar@gmail.com or 807-274-9705

(Coaching and private lesson information subject to change.)

## 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.)

<b><u>RIGHT OF WAY</u></b>
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- |                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. The skater in lesson</li> <li>2. The skater whose music is playing</li> <li>3. Everyone else</li> </ol> |
|---------------------------------------------------------------------------------------------------------------------------------------------------|

## **ARENA SCHEDULE**

The arena schedule for the upcoming week is published in the Daily Journal each Saturday. It is also posted at the arena and on the web through a link at the IFFSC website ([www.iffsc.org](http://www.iffsc.org)). Lessons are usually held on no school days. Please remember to check the schedule.

## LETTERING

To receive an athletic letter for **Figure Skating** the requirements are based on the following criteria along with a coach's recommendation:

*The skater must be a senior level skater at the seventh grade level and meet academic eligibility and comply with the Rules and Violation Guidelines as outlined by ISD 361.*

*The skater must exhibit a positive attitude, show effort, fulfill their helper obligations, and have good attendance at practice.*

*The skater must have completed one of the following:*

*A. Passed the Pre Juvenile Freeskate test*

*B. Mastered all the elements required at the Pre Juvenile Freeskate level as determined by an IFFSC senior level coach.*

*C. Competed and placed in the top four at a USFSA sanctioned competition at the Preliminary level or above in Freeskate, Compulsory, Artistic, or Dance.*

*\*\*Once the skater attains the Pre Juvenile Freeskate level and above, it will be at the coach's discretion if the skater is making good progress toward the next level to letter.*



*Coaches may award letters to skaters under the following circumstances:*

*The skater has fully participated in the sport for two or more years one year being their senior year or a skater may be awarded a letter at the coach's discretion following the guidelines of Varsity Competition in the High School Athletic Handbook.*

To receive an athletic letter for **Synchronized Figure Skating** the requirements are based on the following criteria along with a coach's recommendation:

*The skater must be on the Blade Brigade Advanced team for two years beginning at the seventh grade level, meet academic eligibility and comply with the Rules and Violation Guidelines as outlined by ISD 361.*

*The skater must abide by the rules and show good sportsmanship.*

*The skater must participate in competitions, exhibitions, and the Ice Show.*

*The skater must exhibit a positive attitude, show effort, and have good attendance at practice.*

# Testing and Competition

## Testing

Testing will be held up to 5 times a year, 4 times during the regular season and once at the end of summer skating (Junior dance testing may be held on Thursday of summer skating). Test sessions may be scheduled monthly and everyone will have the opportunity to test at that time (testing will ONLY be allowed at specified test sessions, if a skater is ill or unable to attend a test session the skater must contact the coach so they can make arrangements to have the skater tested at a later date). Snowplow Sam will not have a regular test session; they will be moved to Basic 1 at the coaches' discretion prior to the December test session. Placement for the Ice Show will be set after the December test session.



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



The IFFSC has scheduled a Basic Skills Competition for Sunday, January 15, 2012 to be held at Bronco Arena!

Any and all Basic 1-8 skaters that want to participate in this fun competition, please watch the website, email and locker room for updates and forms.

If you should have any questions about this competition, please contact Michelle Hedlund—Competition Chairperson.

We have also planned to have our annual Skating Exhibition on Sunday, January 15, 2012. Please, come watch our competitive skaters and synchro teams.

# 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 strongly suggested** 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 offers private lessons for Basic, Junior and Senior Skaters. Parents should work directly with a coach to sign up for private lessons. Please refer to the coaches list for price and contact numbers. 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.

# IFFSC Skating Programs

## Senior Club

New, this year, is Senior Group Lessons. All senior skaters will attend this weekly group lesson. Attendance will be taken at these practices. If skaters wish to have a private lesson coach, they will need to contact a Senior Level coach of their choice for lessons. 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.



### **Synchronized Skating Teams**

Skaters from Basic 4-8, junior and seniors make up these teams. This is a great chance for the skaters to work together, make new friendships and ALWAYS HAVE FUN!

