



NEWCOMER'S GUIDE TO THE JAMES RIVER FIGURE SKATING CLUB

Welcome to the James River Figure Skating Club! To help you and your child get the most out of this new adventure, we have compiled some answers to Frequently Asked Questions. You will probably think of more questions as you go along, so please feel free to talk to one of the JRFSC Board Members. A contact list is attached.

WHERE DO I GO?

All of the classes are held in John L. Wilson Arena (which is the rink with permanent seating on both sides, the Eastern most building) or Eagles Arena (the rink to the west). The rink we use will change depending upon other organizations schedules, so please check the monitor in the commons area when you enter the building using the south doors. Restrooms are available and located at the Northwest corner of Wilson Arena or in the commons area between the two rinks. We strongly encourage skaters and parents to use your restroom at home before coming to the rink.

WHEN SHOULD WE SHOW UP FOR CLASS?

Arrive at the rink no more than 10 minutes before the scheduled class time. Please be prepared with skates ready and use the designated staging areas for putting on/taking off ice skates. If your skater can come to the rink ready to skate, i.e. with their skates on, that is very helpful.

WHAT EQUIPMENT WILL MY CHILD NEED TO START?

Your new skater will need:

- Ice Skates. (hockey or figure skates, depending on the class you are enrolled in)
- Skate Guards. (to protect the blades when walking around the rink off the ice). Skate guards are only used at the rink or when walking around wearing skates. They should not be kept on the skates in storage. To protect your blades during storage between classes use Soakers.
- Soakers. These look like soft versions of skate guards. They soak up any condensation and prevent the blades from rusting between classes. You can't walk on them, but they are vital to protecting the blade between skating sessions.
- Towel. A small hand towel to wipe the ice off and dry the blades when you're done skating.
- Warm Clothes. It's a little chilly on the ice, so bring some gloves, and enough layers to stay warm. During the first few classes, there will be lots of falling and pants tend to get wet, so a thin outer layer (track pants or wind pants) will help keep them more comfortable. No jeans or hooded tops are allowed (they hinder movement on the ice).
- Bag. To carry it all in. A duffle or backpack can work.
- Helmet. Recommended for younger/beginner level skaters.

Many of these items can be found or ordered through the boutique. Proceeds from boutique sales go toward club funding to help keep lesson costs down. Many of the sporting goods store carry items. You can also order through Amazon (please click on the JRFSC smiles donation) or through several other skatewear sites. Ask Lynn in the boutique for more options.

HOW DO I GET READY FOR CLASS?

There are designated staging areas for putting on and taking off skates once you are inside the rink. There are youtube videos that show different methods of lacing skates, but the most basic thing to know is to make sure the foot is firmly laced in the bottom of the skate and the ankle is snug but flexible. We recommend a thick sock, tights or "knee-highs" instead of thin or double layered socks. Be sure the sock comes above the top of the skate boot. If



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your skater's feet slip inside the boot or the heel lifts out, then the lacing is too loose. You do want some movement of toes. This allows for a layer of air around the toes helping to keep the skater warm. Keep your skater's shoes and

belongings together and with you. Do not leave personal items in the staging area. JRFSC will not be responsible for lost or stolen items.

CAN THEY WALK AROUND WITH THEIR SKATES ON?

With your skate guards on, you can walk anywhere in the rink. If you do NOT have skate guards on, you must stay on the black rubber mats right next to the benches next to the ice. The main rule to remember is NEVER WALK ON THE CONCRETE WITH BARE BLADES! Even one step ruins the blade and they will have to be resharpened. Movement off ice should be kept to a minimum, once class is over you must leave within 10 minutes.

I HAVE THE SKATES ON – NOW WHAT?

Once you are in the ice arena and have the skates on, your child can go to the southeast entrance of the rink. You can take their skate guards off there and take them with you. The coach or rink monitor will ask the child their name (to make sure they're in the right class) and then the skater will wait for their class to begin.. To allow your child to get the very best experience without distractions, parents/guardians are not allowed to sit in the "box" or to stand around the glass. Parents/guardians can watch the class from the south bleachers in either rink.

When it's time for class to start, the coaches will approach the door to the rink. Each class will follow their coach to their designated spot on the ice and the fun begins! After class, all the skaters will exit the rink through the same door, where you can meet them after class. You must leave the arena within 10 minutes of completion of your lesson.

WHO IS TEACHING MY CHILD?

JRFSC has two professional coaches – Coach Leta and Coach Brittney – who are in charge of the instructional program. They use the standard curriculum provided by Learn to Skate USA (which includes fundamental Hockey skating skills as well). You can find out more about the curriculum under the Skating Classes section at www.learntoskateusa.com

The professional coaches spend time with each class at each session evaluating the skaters progress, and demonstrating new skills they need to learn. To help the coaches, we have a trained group of Junior Coaches who help the skaters practice their new skills. Junior Coaches are typically upper level skaters who have demonstrated maturity, skill and the desire to teach younger skaters.

HOW TO YOU MOVE UP TO HIGHER LEVELS?

When the professional Coaches are with a class, they observe each skater's ability to perform the skills being taught. If she sees that a skater is able to consistently perform all the skills needed to succeed at the current level, they will ask the student to come with them to another part of the ice and will test them per the Learn to Skate standards for that level. If they pass, they will receive a certificate and are promoted to the next level. If they child does not pass, they remain with the class for a little while longer (mainly to help build consistency). Testing happens multiple times throughout the year, so your child will have more than one chance to pass to the next level.

Parents should note that if a child is promoted, their new class time may be different than the one they attend now. Check the website for the new level times.



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WHAT IS THE BOUTIQUE?

The boutique is a store set up to benefit skaters and the club. Located at the Southeast end of Wilson Arena, the boutique is where you can rent skates, buy supplies like tights, guards, soakers, gloves and accessories. The boutique is open most Sundays and Tuesdays during Basic lesson times. If it is not open you can contact a board member or call Lynn at 701-320-7217.

WHAT ELSE SHOULD I KNOW?

1. The success of the club depends on our volunteers to provide a safe environment for our skaters and on fundraising to cover the costs of renting ice time from the Jamestown Parks and Recreation Department, Coaching costs, insurance, etc. That is why we require a certain number of volunteer hours and a fundraising obligation for each family. The most common ways to fulfill volunteer hours are a) being a rink monitor (sign up on the bulletin board) b) serving on a committee c) helping with fundraiser events. If you have a talent or skill you would like to use to help the club, please contact a board member and we'll get you plugged in.
2. Most information on the club is available at www.jamesriverfsc.org. You will find class times, board member contact information, the JRFSC handbook and other helpful links. You can also like our facebook page for tips, insights and extras.
3. www.learntoskateusa.com has many sections full of information on what is taught at each skill level and tips on helping your skater progress. Youtube also has many tutorial videos to show the moves and how to master them
4. Skates will need to be sharpened periodically. JRFSC's very own Leta Peterson is sharpening skates. If you need any help with this she has a spot located by the boutique to put skates, with instructions for them to be left there and she will sharpen them for you. You are also able to take your skates to other locations for sharpening.
5. There are lots of things that affect how fast a skater moves through the levels. By encouraging your skater and being considerate of the coaches and other parents, everyone will enjoy the journey. If you have any questions or concerns, please feel free to call a coach or board member outside of class.

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