

Steamboat Springs
Figure Skating Club
Handbook
2012 - 2013

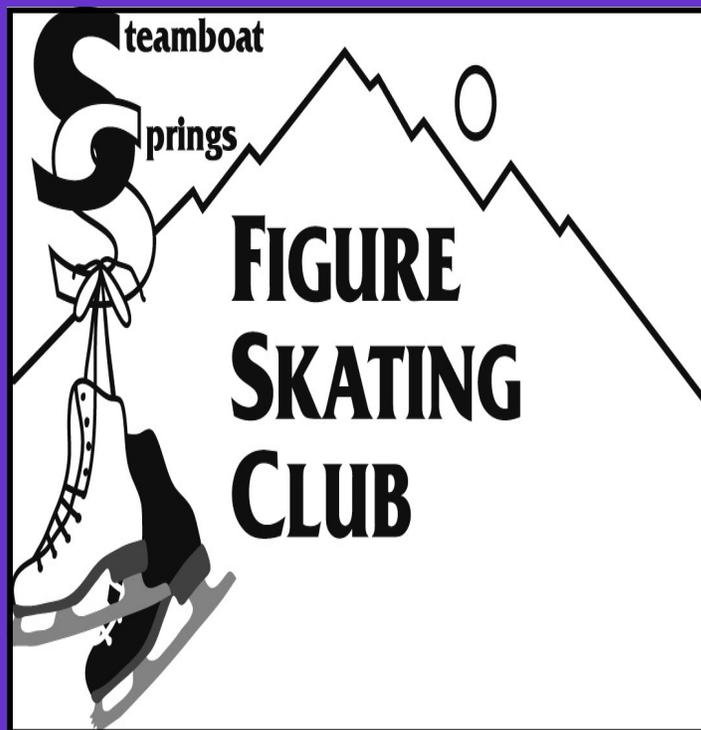


Table of Contents

Steamboat Springs Figure Skating Club Mission Statement.....	3
History of Steamboat Springs Figure Skating Club.....	3
Contact and Mailing Information.....	4
Coaching Team.....	5
Communicate with Private Coach.....	6
Communicate with S.S.F.S.C. Board.....	6
S.S.F.S.C. Office Policy.....	6
Skater, Parent and Coach Commitment.....	7
Skater Commitment.....	7
Parent Commitment.....	7
Coach Commitment.....	8
Ice and Rink Etiquette.....	8
Conflict Resolution Procedure.....	9
Steamboat Springs Figure Skating Club Membership Opportunity.....	10
Full Membership.....	10
Synchronized Skating Team.....	11
Synchro Commitment Contract.....	12
Silent Auction and Volunteer Policies.....	13
Club Calendar.....	14
Preparing for Competition and Test Sessions.....	15
Governing Bodies / Organizations of Figure Skating.....	16
USFS.....	16
PSA.....	16
Coaching Requirements.....	16
ISU.....	17
Definition of Skating Terms.....	18
Basic Skills.....	18
Freestyle.....	18
Moves in the Field.....	18
Synchronized Skating.....	18
Care of Boots and Blades.....	19
Tips on New Skates.....	19
Used Boots and Blades.....	20
Skating Related Websites.....	21

Steamboat Springs Figure Skating Club Mission Statement

The mission of the Steamboat Springs Figure Skating Club is to promote the artistic, recreational and competitive aspects of figure skating in an effort to provide a quality skating experience and encourage the enjoyment of the sport.

History of the Steamboat Springs Figure Skating Club

Kim Haggarty moved to Steamboat Springs in 1992 from Boulder and began teaching at the Howelsen Ice Rink. The rink was an outdoor facility with a three month season. Kim started a Learn-To-Skate program and from there formed the Steamboat Springs Figure Skating Club in 1994. In 1995 Steamboat had a record snow fall and that began the “Roof the Rink” campaign. After a year of research and hard work by the Ice Rink Advisory Committee the rink was enclosed December 19, 1996. From there the Steamboat Springs Figure Skating Club was operating for 7 months a year allowing the club members to compete, test and perform in ice shows. With the addition of Courtney Gill to the coaching staff and her vast background in Synchronized Skating she started Team Volant. Team Volant consisted of 16 skaters that went on to compete in Nationals in San Diego in 2004. The SSFSC is a successful recreational program that offers instruction and ice time for all skaters wishing to test, compete, perform in shows or learn the sport of Synchronized Skating.



Contact & Mailing Information

Steamboat Springs Figure Skating Club
PO BOX 771933
Steamboat Springs, CO 80477

Board Members:

- Erinn Cook - President
- Robin Johnson Vanatta - Vice President
- Hillary Getten - Secretary
- Erin Perlman - Treasurer
- Gina Walker - Membership Chair

S.S.F.S.C. skates out of the Howelsen Ice Arena
285 Howelsen Parkway
Steamboat Springs, CO 80487
970 - 879 - 4300

S.S.F.S.C. Coaches

The Steamboat Springs Figure Skating Club has two coaches on staff who work together to be the most successful team for the club. Please don't hesitate to schedule meetings with us to help communicate your needs. Your questions are always welcome.

Meet the coaches:

KIM HAGGARTY

Kim is the co-director of the Steamboat Springs Figure Skating Club with Courtney Gill. Kim has over 25 years of teaching experience specializing in jumps and spins techniques. She is a current PSA member and a Senior Level Rated Free Skating coach. Kim is a double Gold Medalist in pairs and figures and trained under World and Olympic coach Ron Luddington. Founder of the skating club in 1994, Kim plays an integral role in the development and operations of the club.

\$20 / 20 minutes - \$60/hr and group lesson

970-846-0052.

kim@thesweetwatergrill.com or

COURTNEY Q. GILL

Trained at the Colonial Figure Skating Club and Hayden Recreation Centre Figure Skating Club, in Massachusetts. I have coached for sixteen years and I am the Skating Director for the City of Steamboat Springs and Co-Director of the Steamboat Springs Figure Skating Club. I am a member of the USFS and PSA, and I am in compliance with coaching requirements. I skated synchronized skating for 13 years, was a member of the Haydenettes for six years, winning 5 National Championships, medaled in numerous international competitions and performed in various ice shows around the country. I have played hockey for ten years on various teams in Steamboat. I coach skaters of all levels in power skating for figure skaters and hockey players, group lessons, Freestyle, Moves in the Field, and Synchronized Skating.

\$30 / 30 minute - \$60/hr and group lessons

970-846-7160

Courtney.Gill@ymail.com and Cgill@SteamboatSprings.net

Communication with Private Coach

Private lessons are booked individually between the skating parent(s) and the coach. To schedule these lessons, please refer to their phone numbers listed on page 5. Once you have set up your private lessons please be sure to have your coach's cell phone number, home number, & email address. Confirm with your coach the best way to communicate. Cancelled or rescheduled lessons must be made **directly** with your coach, please not thru a third party. If your coach is going to miss a lesson it is not the responsibility of the SSFSC or another coach to help reschedule that lesson or have another coach available to teach.

Each coach is different in how they coach and communicate. Please work directly with your coach on any private lesson issues, concerns and updates you may have.

Communication with S.S.F.S.C. Board

The Board is available to talk about any questions you may have regarding the operations of S.S.F.S.C. The best way to communicate with us is to come to our Board Meetings held the 1st Wednesday of every month in the conference room in the Parks & Rec Building. All meetings start at 5pm.

Sept. 5, 2012
Oct. 3, 2012
Nov. 7, 2012
Dec. 5, 2012
Jan. 2, 2013
Feb. 6, 2013
Mar. 6, 2013
April 3, 2013

We encourage communication and feedback.

S.S.F.S.C. Office Policy

The Steamboat Springs Figure Skating Club office is for the **coaches**. If you need to talk to any of the coaches for a skating reason, please set up a meeting time. For personal reasons, please have those discussions outside the office. We appreciate your understanding to this policy.

Skater, Parent and Coach Commitment

Skater Commitment

As a skater for the Steamboat Springs Figure Skating Club I promise to give my fullest effort to my coaches, my parents, and myself. I understand that my affiliation to the Steamboat Springs Figure Skating Club does not end when I leave the ice, but it extends to giving proper respect to my fellow skaters, coaches, parents, and rink personnel. I will uphold the standard of behavior and sportsmanship that have earned the Steamboat Springs Figure Skating Club the positive reputation of being one of the best skating organizations.

I have read the handbook and agree to abide by the established rules and guidelines. I understand that if I violate these rules, it may jeopardize my ability to skate with the club. Violations may result in a suspension or removal from the organization.

I will avoid any action or conduct that might disrupt the club or interfere with the camaraderie of the club.

I will refrain from making or participating in behavior that I know is unacceptable, including but not limited to:

- Disobeying or taking any action that is contrary to the instruction of any coach, parent, or rink personnel.
- Violating local laws.
- Causing malicious damage to persons or property.
- Using illegal or banned drugs, tobacco, and or alcohol.
- Refraining from making or participating in inappropriate or disparaging comments regarding other teams or individuals at any time, including at competitions or on the internet.

The Steamboat Springs Figure Skating Club has designed the following conduct rules for its Freestyle sessions to ensure the safety of every skater on the ice.

- **Do NOT stand in groups on the ice to talk or watch other skaters.**
- All skaters should follow standard freestyle procedure: jump in corners, spin in the center, always be aware of other skaters on the ice. Move to the boards to get out of the way of oncoming skaters or stand still if you are unable to get out of the way.
- **Playing games, shadowing other skaters, laying or sitting on the ice is extremely dangerous and will not be tolerated.**
- Please keep all locker-room conversations G-rated.
- Proper skating attire is expected to be worn by all skaters at every session. Hair must be pulled back, off of your face. Skating tights and dress, or Yoga pants are to be worn.
- Rudeness, outbursts of temper, poor sportsmanship, profanity, kicking the ice, hitting the boards or other inappropriate behavior by any skater will not be tolerated.

Parent Commitment

Parents are an essential part of the club's success. Parents, please understand that there are certain things we ask of you when your child joins the club. These include and are not limited to:

1. Communicate with the coaches or assigned contact regarding any questions or concerns. please see the section that addresses who to contact regarding questions or concerns.
2. Ensure that your skater arrive at the rink on time for practice sessions, lessons, and show related rehearsals. Your skater should be dressed, stretched, warm-up and on the ice at the start of each session and their lesson.
3. Paying all fees in a timely manner to the club and private lesson instructors.
4. Set a positive example for your child.
5. Respect all SSFSC members and Howelsen Ice Arena staff.
6. Attending and supporting scheduled parent meetings to offer ideas and get important information.
7. Help your skater(s) set individual performance goals. Your coach should also do this with
8. Refrain from gossiping, or negative talk in the ice arena stands.
9. Help reinforce that skating should be fun!
10. Get involved to help the club grow, meet other families and foster club camaraderie.

Parents are encouraged to participate in various committees or events throughout the year. These activities and committees are voluntary and handle some of the off-ice responsibilities of the Steamboat Springs Figure Skating Club. Our annual spring show, exhibitions and silent auction would not be successful without the volunteer help of the parents.

Coach Commitment

As a coach for the Steamboat Springs Figure Skating Club I promise to give my fullest effort to the club, skaters and parents. I understand that my affiliation to the club does not end when I leave the ice, but it extends to giving proper respect to my fellow coaches, skaters, volunteers, parents, and rink personnel. I will uphold the standard of behavior and sportsmanship that has earned the Steamboat Springs Figure Skating Club the positive reputation of being one of the best organizations at the Howelsen Ice Arena.

1. Treat all coaches and volunteers fairly, equally and with respect.
2. Treat all parents and skaters equally with respect and consideration.
3. Be prepared for each lesson or show rehearsals.
4. Create clear lines of communication to resolve any issues that may arise.
5. Address concerns directly with skaters and parents.
6. Foster a positive environment that encourages the development of each skater to their full potential.
7. Stay positive.
8. Support the spring ice show by choreographing numbers and helping run the show.
9. Have fun!

Conflict Resolution Procedure

The Steamboat Springs Figure Skating Club reserves the right to suspend, expel or deny participation in any program, event, or facility. Individuals whose behavior interferes, disrupts the quality of the program, the enjoyment of the program by other participants, or the ability of the staff to conduct or manage the activities of the facility will be expelled from the facility immediately.

Conflict Questions or Concerns - Please be advised of who to contact.

1. If it is an issue with your private lesson coach, please contact your coach.
2. If it is an issue involving the Howelsen Ice Arena, please see the rink manager, Mike Albrecht.
3. If it is an issue concerning the Steamboat Springs Figure Skating Club, please bring it to the attention of the SSFSC Board.

All complaints, in writing, should include the following:

1. Please describe the conflict.
2. What are the issues involved in the conflict?
3. Who are the people involved in the conflict?
4. When did the conflict arise and how long has it existed?
5. Are there any witnesses to this conflict? If yes, please state names.
6. What efforts have been made to resolve the conflict thus far?
7. Identify what you feel would be an acceptable solution(s).

Steamboat Springs Figure Skating Club Membership Opportunity

2012-2013 Steamboat Springs Figure Skating Club MEMBERSHIP BENEFITS AND REQUIREMENTS September 2012 - April 2013

Full Membership

\$50.00 For each skater with 5 hours of volunteer time

The membership is for any skater Non-Test to Senior level who does any, or all, of the following activities:

1. Skates regularly on SSFSC ice at the Howelsen Ice Arena.
2. Takes lessons from our “club” coaches in the SSFSC and Howelsen Ice Arena.
3. Use SSFSC as their US Figure Skating home club.

BENEFITS:

- SSFSC ice rates
- US Figure Skating membership
- Subscription to *Skating Magazine*
- May take US Figure Skating tests and compete in US Figure Skating competitions
- May participate in Ice Shows, exhibitions, or clinics

FREESTYLE ICE TIMES:

- Sunday 4:30—5:30 p.m.
- Monday 4:00—5:15 p.m.
- Tuesday 5:45—6:45 p.m.
- Thursday 4:00—5:15 p.m.

POWER SKATE CLASS:

- Sunday 4:00—4:30 p.m.

Please be advised that some sessions may be added or deleted per month based on availability. Please review each monthly SSFSC ice schedule.

SICK DAYS: Each SSFSC member will be given two (2) sick days, September through March. You must submit your sick day in writing to Courtney Gill. Sick days must be made up within 30 days.

Silent Auction and Volunteer Policies

- You are required to volunteer 5 hours of time to the SSFSC. Please read the following page and see the SSFSC application form for detailed volunteer positions.
- A separate work deposit check of \$240 will be required by all SSFSC members. The check will be post dated to November 10, 2012. The work deposit is equivalent to 6 silent auction tickets. You will be responsible for selling your tickets, collecting 6 auction items and collecting your work deposit money back before November 12. **All Checks will be deposited on November 10, 2012.** Or you have an option to make a donation of \$500. to the SSFSC in lieu of fundraising in addition to selling 6 auction tickets valued at \$240.00

Synchronized Skating

The Steamboat Springs Figure Skating Club has a non-competing Synchronized Skating Teams. Team Volant which practices October through March. All practices are mandatory. Please see the commitment contract for more detailed information on this. Team level is based upon Moves in The Field test level, skating experience, and synchro experience, and is at the discretion of Courtney Gill. Commitment Contracts must be signed to be on the team.

Team Volant

Wednesdays 6:30—7:30 a.m. Please be in the building by 6:15 a.m.

\$100 per month - Includes Ice time, Dresses, Music, Choreography Fee, Coaching Fee.

Synchro Commitment Contract 2012—2013

Team Volant

Practice Policies

1. Attendance is mandatory at every practice. It is essential for everyone to attend practice because Synchronized Skating is based on a program of knowledge and unison.
2. You must be in the building at 6:15 a.m. on Wednesdays to be ready to take the ice at 6:30 a.m.
3. Each team member will wear the appropriate practice outfit which will be determined by the team.
4. Attendance and tardiness will be recorded by Courtney and kept on permanent record.
5. If an absence from a scheduled practice is required for any reason, the request should be directed to Courtney 48 hours ahead of time.
6. If a skater is seriously ill or has a contagious illness, make sure this is communicated as soon as possible to Courtney. Under these circumstances, bed rest is recommended to speed recovery and the skater should stay home and rest. Injured skaters or skaters who for other reasons (colds, mild illness, etc.) are unable to skate with the team should attend and observe the practice.
7. You will not be able to request any time off two weeks prior to a synchro performance or event.
8. Skaters who have an un-excused absence:
 - A) will be asked to sit out for a period of time designated by the coach
 - B) will be required, at the discretion of the coach, to make up the time at either an on-ice or separate off-ice time. A skater, designated by the coach, will be assigned to teach and review changes in the program.
9. If Courtney determines that a skater's attendance or tardiness is becoming a problem, I will notify the parents and arrange a meeting between the parents, skater and myself.

Team Commitment

1. I am committed to Team Volant for the ENTIRE 2012/2013 Season.
2. I understand that I will do my best at every practice to know the counts and the program.
3. I will go to Courtney immediately if there is a situation going on the ice that can not be resolved with another team member.
4. I understand it is important to keep up with my Moves In The Field and Freeskate testing. It is not recommended that you only skate on the Synchro Team.

Team Volant participant

Date

Parent or Guardian

Date

Silent Auction and Volunteer Policies

The Steamboat Springs Figure Skating Club is a non-profit organization. The strength of our club depends on the support of its members by volunteering their time throughout the year in different activities. All members are expected to volunteer 5 hours of their time and/or services in some way, in order that the club can continue to provide opportunities for its skaters. We appreciate the time you can give to your involvement in the club, so share in your child's Enthusiasm for the sport and help make the SSFSC an enjoyable experience for your skater.

Volunteering and fundraising are the backbone of any organization. **Be involved!** Every youth sport program needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps your child's program; it's also an enjoyable way to meet other adults and make new friends.

WHY VOLUNTEER?

1. You get to contribute to a great organization committed to ensuring your kids have the best skating instruction and development found anywhere.
2. You get to work with great people who are equally committed to making a difference for each and every skater.
3. It costs nothing but your time and your contribution to the overall skating experience of your child; knowing that each and every contribution counts and is appreciated.
4. Skating is an individual sport and the CLUB is the TEAM that supports and connects our members—we need every one of you to build out team.
5. Whether you're a first-time skater or an aspiring young athlete who dares to dream, you can always skate for fun, for competition, and for life.

Your 5 hours of volunteer time is need to make the SSFSC successful. If you do not wish to volunteer your time, a separate check for \$500, made out the SSFSC, should be included with your Member Application. Below is a list of the different volunteer activities:

- **If you have expertise in any specific areas, please let us know!**

SPRING ICE SHOW

Costumes _____
 Ticket Sales at Door _____
 Advertising/Sponsors _____
 Back Stage Monitor _____
 Locker Room Mom _____
 Clean-up Crew _____
 VIP Ticket Sales _____
 VIP Coordinator _____

SILENT AUCTION

Fundraising Committee _____
 Day of Set-Up _____
 Ticket Sales at Door _____
 Table Monitor _____
 Auction Closing Accountant _____
 Auction Closing Help _____
 Clean-up Crew _____

OTHER AREAS TO HELP

End of year skating banquet _____
 Music player on FS Sessions _____
 Bake Sale Coordinator all events _____
 Social Coordinator _____

Calendar 2012—2013

September 10	First day of SSFSC ice
September 16	Skate Swap, Kick-off Party and SSFSC Registration Day
October 5	Test Session at Denver Figure Skating Club
November	Silent Auction Fundraiser
November 21, 22	Thanksgiving Break
November 30 - December 2	Aspen Invitational Competition & Test Session, Aspen, CO
December 28	Holiday Exhibition
February	Pueblo Competition, Pueblo, CO
March	Denver Invitational, Denver, CO
March 22 & 23, 2013	Spring Ice Show
April	Fort Collins Classic, Fort Collins, CO
<hr/>	
April - August 2013	City of Steamboat Springs Figure Skating School
May 17 - 19	Santa Fe Invitational, Santa Fe, NM
July 12 - 14	Vail Invitational, Vail, CO
July 15 - 19	City of Steamboat Springs Skate Camp
July 26 - 28	Silver State Open Championships, Las Vegas, NV

Preparing for Competition and Test Sessions

Application

Each skater must fill out a competition or test application and practice ice form. The forms need to be signed by a SSFSC Board Member and your skating coach. You must know your USFSA membership number. This number will be used for all tests and competitions. This number should never be changed. Consult with your coach about what level to enter. Coaches decide when a student is ready to test and compete. Competition forms can be filled out on line, if available, or forms sent in via US Postal Service. Applications are due by the designated deadline. Contact your coach for an application. A list of test sessions and competitions can be found on page 14.

Fees

All skaters are responsible for their event entry fees and all practice ice fees. They are also responsible for arranging their own lodging and transportation . This is an additional expense to all skaters. A list of recommended hotels are included in the competition announcement. Test sessions usually do not have a host hotel. Each student is responsible to cover their coaches expenses: travel, gas, practice ice, lodging, food, per event coaching fee.

Day of Event

- You must be at the ice arena one hour prior to your event. Competitions and tests can run early. Please exchange cell phone numbers and check in with your coach if you are going to leave the ice arena.
- **Competitions**—you must register at the front desk when you arrive. You tell them your name, event in which you are competing and turn in your music. You must also have a back-up CD with you in the event that your CD does not play. You will receive a program and gift bag. At the ice surface entry, there is an ice monitor. You must check in with them prior to your event otherwise you will be scratched from the competition. Each skater then takes the ice for a 5 minute warm-up. Your private coach will be there to assist you during this time. Please be sure to stretch and warm-up prior to taking the ice.

Appearance for Testing and Competition

- Wear your SSFSC jacket or a plain black fitted jacket.
- A skating dress, new tan over the boot tights with no holes.
- Usually you have a different dress for each event.
- You are not awarded more points for a super fancy dress but the overall package you present to the judges is important. You want to look polished and well put together. When you look and feel great, you skate great.
- Hair should be pulled back, neatly off your face. Make-up is recommended.
- Please have a clean, neat appearance off the ice as well.

Skater Support

It is great to have skaters attend each other's events. Club support is fun and makes each skater feel more confident. Please be there to support all our club members for competitions and test sessions.

Governing Bodies/Organizations of Figure Skating

United States Figure Skating (USFS)

The USFS is the governing body of eligible figure skating on ice in the United States, is comprised of Member Clubs, Collegiate Clubs and Schools—Affiliated Clubs as well as Individual Members. The USFS is geared more towards the serious skaters and has many disciplines of which to test and compete. The USFS sanctions competitions at the regional, sectional and national levels. They also determine the US representatives to International competition including the Olympics, and have specially trained judges. In order to test and compete within the USFS organization, all skaters must be a member in good standing with the USFS by joining a skating club or the USFS as an individual member.

USFS Discipline:

Basic Skills	Figures	Freestyle	Moves in the Field
Ice Dancing	Adult Skating	Pairs	Synchronized Skating
Collegiate	Theater on Ice	Artistic	

Professional Skaters Association (PSA)

The PSA is an International organization responsible for the education of skating coaches. Membership is offered to coaches in every discipline and at all levels, as well as to performing professionals, judges, eligible skaters and friends or patrons of the sport of figure skating.

The PSA coaches must maintain at least 28 educational credits over a three-year period through attendance at educational events, help throughout the country, to keep their rating active.

Coaches Requirements with USFS and PSA

USFS appreciates the cooperation and understanding of all members to help implement these requirements to ensure that the environment in all USFS programs is as safe as possible for all participants. This will help give parents the highest degree of confidence that their children are not only receiving good care and proper instruction and training but are safe from improper conduct. Non-compliant coaches who attempt to coach at a test session or competition are subject to disciplinary action by USFS and/or the PSA

REQUIREMENTS

1. US Figure Skating Membership (USFS)
2. PSA Membership (PSA)
3. Coaches registration and background screening
4. Liability Insurance
5. Continuing Education Requirement compliance

International Skating Union (ISU)

The International Skating Union (ISU) was founded in 1892 and is the oldest governing International winter sport federation. During the last half of the nineteenth century, informal international competitions in both Speed Skating and Figure Skating were organized occasionally in different parts of the world. The first modern Speed Skating competition was held in Norway in 1863 and the first major International Speed Skating race was held in Hamburg, Germany in 1885. In 1882, the first International Figure Skating competition took place in Vienna, Austria.

With the emergence of international competitions, in both Speed Skating and Figure Skating, as well as the forming of skating clubs and of national associations, the need to establish international standards to govern these sports became more and more apparent. In July 1892, the Dutch association took the lead in calling for a meeting of representatives of all countries interested in international ice skating competitions. As a result, the first Congress convened in Scheveningen, Netherlands and the ISU was created. The fifteen delegates present at the time, all from Europe, began to establish firm rules, laying down the foundations for international competitions in both disciplines. With the addition of Canada as a Member in 1894, the ISU expanded its horizons to become a truly international governing body.

Definition of Skating Terms

BASIC SKILLS - all of the skills mastered in the USFS Basic 1—8 levels or the ISI Pre-Alpha-Delta levels. These include stroking, forward crossovers, backward crossovers, snowplow and t-stops, forward outside and inside three-turns, forward inside Mohawk, forward and backward edges, lunge, bunny hop, and many more.

FREESTYLE - the discipline of jumping and spinning. Test levels vary from USFS to ISI. The freestyle test determined what level a skater can compete at.

USFS Levels: Pre-Preliminary
 Preliminary
 Pre-Juvenile
 Juvenile
 Intermediate
 Novice
 Junior
 Senior

ISI Levels: Freestyle 1 - 10 (10 tests)

MOVES IN THE FIELD (MIF) - the discipline that was created when figures were eliminated from figure skating. MIF is a cross between figures and dance with freestyle speed and control. The MIF test must be passed before taking the free skate test of the same level.

USFS Levels: Pre-Preliminary
 Preliminary
 Pre-Juvenile
 Juvenile
 Intermediate
 Novice
 Junior
 Senior

ISI Levels: N/A

SYNCHRONIZED SKATING - Synchronized skating is a team sport in which 8 - 20 Skaters perform a program together. It uses the same judging system as singles, pairs, and dance and is characterized by teamwork, speed, intricate formations and challenging step sequences. As with the other disciplines, all teams perform a freeski program with required well-balanced program elements. Elements include blocks, circles, wheels, lines, intersections, moves in the field, moves in isolation, no hold step sequence, spins and pairs moves. The variety and difficulty of elements require that each team member is a highly skilled individual skater. The typical senior level athlete has passed a senior or gold test in at least two disciplines.

Care of Boots and Blades

- Keep your boots and blades dry! This is so important and yet so often overlooked. Use a soft rag, or even a chamois, to completely dry the boot and blade after each use. Air out your skates each night by taking them out of the bag.
- Always wear hard guards when walking off the ice. Never leave hard guards on the blades during storage. Leaving them on the blades will result in rusting of the blades, thus requiring your blades to be sharpened. Use soft guards or terry bags to protect blades while in your bag.
- Blades need to be sharpened regularly. How often depends on how much the blade is used and how well the blades are cared for. Choose who sharpens your skates carefully. Get other skaters opinions or your coach. Improper sharpening can cause the blade to wear too quickly, improper balance on the ice, or even ruining the blade completely.
- Be sure the sole of the boot is properly sealed. New boots should be sealed before mounting the blade. Two types of sealants are commonly used: penetrating wax (snow-seal) or a waterproof varnish. In time, the sealant will wear away and will need to be reapplied. Be sure to use the same type of sealant each time. When moisture can penetrate the sole at any point, resealing is needed.
- Skate polish protects the upper portion of the boot from moisture. Be sure to use skate polish, because shoe polish is not waterproof. Rubbing alcohol or nail polish remover will remove scuffmarks, dirt, or old polish build-up.
- Blades are screwed onto the sole of the skate and over time can become loose. The larger and heavier the skater, the more likely this is to happen. Be sure to check your blades regularly and tighten as needed. If any of your screws will no longer tighten, they are considered stripped, and should be removed. Be sure to replace the screw that you removed, with a new one in a hole that had not yet been drilled. It is a good idea to keep a small screwdriver in your bag.

TIPS ON NEW SKATES:

- When purchasing new skates, always consult with your private coach. Be sure To purchase a boot that fits snug to your foot. The skate needs to move With the skater's foot, not against it. Buying skates that are too large can cause Premature breakdown of the skate, poor support of the foot and ankle, blisters, And possibly permanent injury to the foot. IF the skater's foot is still growing, It is recommended only going up a 1/2 size. This will give the skater growth Room and not compromise the fit.

- Different brands and models of boots fit differently and have a variety of different features. Look at what is available and compare brands. Consult with your private coach or team coach or the professional fitting you For the boots. Determine what is appropriate for the weight and ability of the skater. Buy the best (appropriate) boot you can afford. Once you know the brand and size, shop around for the best price. Sometimes shopping on line or by mail order can save you money.
- Even the best-fitted skates require a break-in period. There are some things that can be done to help ease and shorten this period. Ankle and tight spots can be “punched out” . We recommend taking your skates to John at One Stop Ski Shop, 11th and Yampa, 879-4754. Wear the boots at home for several hours. Sprinkle baby powder in boots before each wearing. The first two or three times on the ice, the top hook can be skipped, but this should not become a habit. Have blades mounted by a professional.

USED BOOTS AND BLADES:

- Used boots and blades can be a real deal but only if they fit correctly and the blades are not too worn or the boot is not too broken down.
- Check the sharpening stock (dull bottom edge) or the blades to determine how many more times they can be sharpened. Examine the rocker on the blade to be sure that it has been properly sharpened.
- Examine the soles of the boots for dry rot. Avoid boots that have plugged screw holes; most likely they have not been cared for properly.
- Apply pressure to the top of the boot (where the foot goes in) to determine how much support is left in the boot.
- Look at your old boots to see if they are worn (slant) to the inside or outside. Don't buy a boot that slants the opposite direction.
- If you find a pair of used boots that you are satisfied with, keep track of the former owner — they can save you a lot of money over years to come.

SKATING RELATED WEBSITES

Skating Organizations

Steamboat Springs Figure Skating Club
US Figure Skating (USFS)
Professional Skaters Association (PSA)
Ice Skating Institute (ISI)
Introduction to Figure Skating

usfigureskating.com
skatepsa.com
skateisi.com
sk8stuff.com

Skating Dresses and Accessories

Skater's Choice
Sharenes Skate Wear
Skate Dress Warehouse
Elite Ice Wear
Rhinestones / Crystals
Sewing Patterns for Skating Dresses

skaterschoicecolorado.com
shareneskatewear.com
skatedresswarehouse.com
eliteicewear.com
mjtrim.com
denverfabric.com

Where to buy skates

Riedell skates
Jackson skates
Klingbeil skates
Harlick skates
SP-Teri skates

riedellskates.com
jacksonskates.com
klingbeilskatingboots.com
harlick.com
spteri.com

Everything Figure Skating

Goldenskate.com
Sk8stuff.com
Frogsonice.com
Rainbowsports.com
Gofigureskating.com