

Silver Blades 101 – Almost everything you need to know your first year in the club!

Skates typically fit the foot like a glove and are usually a size smaller than the skater's shoe size. Skate guards should be worn when going to and from the ice surface to protect the blades from getting damaged and dull. Skates should be sharpened every 4-6 weeks depending on the number of hours the skates are being used per week. Skate blades should always be dried off with a dry towel after use and stored in bag with soakers (cloth blade covers) to absorb moisture and to protect the blades from hitting together. After arriving home, skates should be removed from the bag, soakers removed, and boots and blades left out to dry.

Skaters under 9 years of age **MUST** have a designated, responsible adult parent present during their time on and off the ice at The Cube in case of an emergency such as an accident, weather/power failure, conduct, or schedule change. Skaters 10-16 years of age are strongly encouraged to do so as well. Non-skating children should never be left at the rink unsupervised.

Skating times and changes to the schedule: Occasionally during the skating season there will be test sessions (held for Freestyle 1 and higher skaters) or there may be a special event on a weekend. Any changes to your child's skating times will be sent out via email, posted on the website, and on the bulletin board.

Ice Classics (Ice Show): This year's ice show is March 18-20, 2016. Ice show practices will take the place of lesson and freestyle times and new schedules will be available in January. Skaters perform in the ice show in groups based on their skating level.

Group and individual pictures for the ice show will be scheduled to be taken sometime in February.

The week prior to the show is referred to as “Show Week”, and skaters are typically at the rink every evening during that week, including a technical run-through on Wednesday and a dress rehearsal on Thursday.

Volunteering for Ice Classics: At the beginning of January numerous volunteer efforts will begin for the show. The ice show or Ice Classics is a major fundraiser for the club, but is only successful with your support. Selling ads for the program and working at least two of the show times (ticket takers, ushers, and locker room helpers) are the minimum expectations for skating families. Costume work, both sewing and non-sewing props, scenery and other opportunities are available.

Competitions: Skating competitions are an optional activity for Silver Blades' members. Figure skating competitions are where many clubs meet to compete for awards in all age and skating levels. There are several different events skaters can compete in and many are listed in the ISI Skaters and Coaches Handbook and are included in individual competition application forms. Registration, payment of fees, coaching and travel arrangements are the responsibility of the member who chooses to participate. Information concerning competitions can be obtained from the Silver Blades competition's chairperson. Silver Blades is hosting a competition this season and it will be November 21 & 22, 2015 at The Cube. Watch for information soon.

Christmas Exhibition: Silver Blades hosts a Christmas Exhibition and this year it will be on Thursday, December 17 2015 at The Cube. The exhibition is open for any skater or group of skaters to perform a routine to music. The Group A skaters will perform as a group, and the routine will be choreographed and taught during normally scheduled Group A lesson time by the club professionals. It is free and open to the public.

Fundraisers: Silver Blades FSC is a non-profit 501C organization and, throughout the skating season, fundraisers are organized to help keep the membership fees as low as possible. The ice show is the largest fundraiser for the club and the money it raises goes towards reducing club membership fees. In addition to the ice show, there are several other opportunities to help raise money. The success of the fundraisers are based upon everyone's participation and volunteer time.

Group Placement: Skating groups are determined by a skater's ability using the Ice Skating Institutes (ISI) testing standards. Testing for Group A is done by Silver Blades' professional instructors during their group lesson time. The following is a description of the skills for each ISI testing level:

GROUP A

<p><u>Pre Alpha</u></p> <ul style="list-style-type: none"> • Two foot glide • One foot glide-right & left • Forward swizzles • Backward swizzles • Backward wiggles 	<p><u>Alpha (must have passed pre alpha)</u></p> <ul style="list-style-type: none"> • Forward stroking • Forward crossovers-right & left • One foot snowplow stop 	<p><u>Beta (must have passed Alpha)</u></p> <ul style="list-style-type: none"> • Backward stroking • Backward crossovers-right & left • T-stop-right & left
<p><u>Gamma (must have passed Beta)</u></p> <ul style="list-style-type: none"> • Outside three turns-right & left • Forward inside Mohawk combination-right & left • Hockey stop 	<p><u>Delta (must have passed Gamma)</u></p> <ul style="list-style-type: none"> • Inside three turns-right & left • Forward outside & inside edges • Shoot the duck OR lunge • Bunny hop 	

Group B*
Freestyle 1-3

Group C*
Freestyle 4

Group D*
Freestyle 5-10

** A private lesson coach is recommended for groups B, C, and D, since the group lesson time is replaced with freestyle time. See the ISI Skaters Handbook for a list of required maneuvers for each Freestyle level.*

Group Lesson Time: Your skater will receive a group lesson with skaters of the same ISI testing level by ISI certified professional instructors.

Freestyle Time: Skaters' free time to practice what they have learned during their group lessons. If you choose, an instructor can give private lessons to your child during this time. Private coaching requires an additional cost and is something you contract on your own.

Open Paid Freestyle: This is an additional freestyle time made available for an additional cost. Many skaters take advantage of this time for extra practice and private lessons.

What is Ice Skating Institute (ISI): The Ice Skating Institute is an international trade association encompassing all aspects of the ice skating industry. ISI was founded in 1959 as an organization for owners, operators and developers of ice skating facilities. The mission and goals of ISI are to promote ice skating as a participant sport and recreation and to provide information for the development, construction and operation of ice skating facilities. The Ice Skating Institute is dedicated to providing leadership, education and services to the ice skating industry.

It's an association that promotes fun recreational ice skating for all ages and abilities, it supports local affiliations, such as Silver Blades, and it sponsors ice skating competitions. Skaters learn basic and advanced skating skills and earn colorful badges for each completed level. The Silver Blades Figure Skating Club is an ISI Club, which means the club follows its testing standards, competition rules, and other policies. Subsequently, your skater will become a member of ISI, will receive a membership number, and will receive the ISI Recreational Skating magazine. For more information, visit www.skateisi.org.

Skating Equipment & Safety: Skaters should come to the rink dressed in warm layers of clothing. Many wear skating dresses with warm tights or leggings and sweaters, however it is not required. Others wear sweat pants and sweat shirts. Gloves and hats are recommended and are very important for young skaters' safety, comfort and warmth.

Skaters should have a well fitted pair of leather ice skates that have good support for the skater's ankles.