



Dear parents and skaters,

Welcome back to our 2018 winter season. We, your coaching team, are looking forward to this exciting new year and to all the accomplishments our skaters have been working hard to achieve. We trust that your holidays have been wonderful and that our skaters are now ready to get back to work. Before the season starts, we would like to remind you of a few expectations and general practice etiquette.

Arriving on Time

We expect all our skaters to arrive at the rink on time for their session. We understand that getting to the rink from school for a 3:30 session may be difficult, in this case we ask that the parents let one of us know in advance. Otherwise if a skater arrives late without notice, it is possible that he/she may miss their lesson. In addition, coaches may charge a penalty fee for missed lessons.

Our intermediate and senior skaters are expected to arrive early enough to properly warm up before getting on the ice. A warm up includes things like skipping, running, stretching, rotation jumps, etc, for at least 15-20 minutes before putting on your skates. A proper warm up is crucial to avoiding injuries, gaining flexibility, and maximizing your on-ice jumping improvement.

On-Ice Etiquette

Skaters are expected to make the most of their time on the ice. Since figure skating heavily depends on ice time, it is important that skaters use their time wisely for maximum improvement. Standing around and chatting is frowned upon as it is a hazard to themselves and others around them. It is also not a good use of your time and negatively affects the practice atmosphere. Skaters need to be aware of what is going on around them at all times. Those who are in a lesson get first priority, and other skaters are expected to watch out for them. The second priority goes to skaters doing their program.

On-Ice Dress Code

We ask that skaters make sure that they are properly dressed for every practice. This means no hoodies, no sweaters with hoods, no jeans/pants without a stretch, and no loose clothing. Skaters should wear proper sport/yoga jackets such as the ones offered by the club, dresses, skirts, or workout leggings/tights. Hair should be tied and pinned back at all times. Unnecessary jewelry or accessories are not recommended. In general, practice attire needs to be workout clothing and non-distracting for the skater.

As a reminder, it is always a good idea to sharpen skates at the start of every season. Skates should be sharpened every 6-8 weeks depending on how much a skater skates.

Off-ice Dress Code

Skaters are asked to be dressed in properly fitting workout clothing for off-ice. They may wear their on-ice clothes if they wish. It is very important that all skaters bring their own water bottles for both on and off-ice, since dehydration can be dangerous and leaving to go to a water fountain is a distraction. Each skater is required to have their own skipping rope and proper running shoes. Sneakers such as Vans, Converse, High Tops, Stan Smiths, or DC's are not off-ice shoes. Improper or ill-fitting footwear can cause knee and hip problems among other injuries. It is important that runners have good grip, support and breathability.

We hope that this helps clarify some of our expectations. We strive to create and promote a fun, enjoyable and rewarding atmosphere at the rink everyday while ensuring the safety of everyone on the ice. Proper practice etiquette ensures the safety, fairness, and success for all skaters. Our skaters work hard and train as athletes, and it is important that the practice environment reflects that.

Wishing you all the best in 2018,

Your Coaching Team.