



***Skater & Parent
Handbook
2025-2026***

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Welcome

To the Tomahawk Figure Skating Club!

Tomahawk Figure Skating Club (TFSC) is a non-profit figure skating club. We offer families the opportunity to enjoy a fun, quality program. Our coaches utilize the Learn to Skate USA curriculum to teach your skater the FUNdamentals of skating.

Figure skating is both an art and a sport. It will help your skater develop self-discipline, good sportsmanship and an appreciation of music and movement. Becoming a TFSC member includes more than just having ice time available to skate. In order to make our club successful, it is important to volunteer at club events and participate in fundraising.

This handbook will help acquaint you and your skater with many aspects of figure skating and the club. We understand that there is a lot of information available in this handbook and it can get overwhelming, especially when you are a newer member. If at any time you have questions, please reach out to one of our board members. We were all in your shoes at one time and want everyone to have a positive experience.

Ice Schedules:

Group Lessons are on Wednesdays and Sundays. Private Ice is available on Saturdays and Sundays.

The Sara Park Ice Schedule is maintained on the WaWui/SARA Park website

<https://www.gotosarapark.com/pg/arenacalendar/>. TFSC also has their own website that includes a calendar specific to the club <https://tomahawkfigureskatingclub.com/events/>.

Cancellations:

The Tomahawk Figure Skating Club does not have to cancel lessons if school is called off due to inclement weather. Cancellations will be at the discretion of the TFSC Board of Directors, and will be announced via Heja and on the club Facebook page.

Board of Directors

Tomahawk Figure Skating Club is run by a board of seven parent volunteers. These individuals are elected annually and are responsible for making decisions that help the club achieve its goals. Monthly meetings are held a minimum of nine months out of the year at agreed upon times and places by the current board members. The board establishes the basic policies and protocols to make sure the club operates as smoothly as possible. They also make decisions on programs and fees to assure the long-term financial viability of the club.

When contacting or speaking with board members, please remember:

1. These individuals are not getting paid for being on the board. They are volunteers and deserve to be treated with dignity and respect.
2. Sometimes things don't get done quite as fast as you'd like them to because they have jobs and families just like you.

Current Board Members

- ★ President - Deonna Zapar
- ★ Vice-President - Micah Hogar
- ★ Secretary - Keely Coffman
- ★ Treasurer - Rachel Oenning
- ★ Member at Large - Heather Jacobsen
- ★ Member at Large - Rhodes Freeman
- ★ Member at Large - Kiana Webie

Contact Information

Tomahawk Figure Skating
PO Box 223
Tomahawk, WI 54487

Email: figureskatingtomahawkwi@gmail.com

Website: tomahawkfigureskatingclub.com

Heja: Team code- TP932807

Club Communication

TFSC uses Heja as the primary method of communication. Please download the app and join the team by typing in the team code *TP932807*. If for any reason you need to get in contact with a board member feel free to email figureskatingtomahawkwi@gmail.com or use the Heja app. The board members are listed in the announcements. All information will be posted on Heja, the warming room bulletin board and/or club Facebook page.

Introduction to Figure Skating

Skaters normally begin to learn the art of skating in a group setting. TFSC follows the curriculum created by the Learn to Skate USA program. The coaches teach the FUNdamentals that will serve as a foundation for each skater. As your skater grows more confident on the ice they can expand their learning by taking advantage of additional ice time, private lessons, performing in a small group at one of our shows and/or entering one of the various competitions throughout the state.

Learn to Skate

The curriculum offers something for everyone—beginning with the first steps on the ice to the mastery of advanced techniques. This personalized approach allows skaters to progress at their own rate and advance after skill mastery is demonstrated. Upon completion of the program, skaters will be able to confidently advance to more specialized areas of skating.

Private Ice

Skaters can buy ice time for private lessons and additional practice time for working on skills, competition routines and/or show routines. The cost of private ice is \$25 for October and \$60/month for November - February (if you pay for February, March is included) or \$250 for the entire season. We will also have a drop-in ice fee \$20 an hour and ONLY on Saturday nights 5pm-8pm.

- ★ This charge is in addition to the club membership fee.
- ★ Price does not include coaching fees.
- ★ Cost MUST be paid PRIOR to your skater getting on the ice.

The best way to know if your skater is ready for private lessons is to simply observe them and their level of interest. Private lessons are a great way to advance skating skills and are tailored to the individual to work specifically on what is needed for that skater. They help keep skaters enthusiastic about improving and reaching their goals and reinforce what they are learning in the Learn to Skate group lessons.

If you are interested in private lessons, it is up to the skater and the parent to contact a coach directly to inquire about private lesson times and fees. When hiring a coach, the agreement is made between the skater, the parent and the coach. Coach rates vary depending on their experience and levels tested. A list of coaches and their rates can be found on the homepage of our website under “Our Talented Coaches.” Lesson length, times and rates are based on skater preference and coach availability.

Once your skater starts working with a private coach, competing and testing are excellent ways to challenge your skater and improve their skills. More information on competitions and testing can be found on page 8 - 9 of this handbook.

Membership/Sign-Up

Tomahawk Figure Skating Club's regular season begins mid-October and goes through the third week of March. Group lessons are held twice per week on Wednesday and Sunday evenings.

Full-Season Membership

The membership fee for the entire season is \$300 for the first skater and \$275 for each additional skater in the same family.

- ★ Learn to Skate Membership through the U.S. Figure Skating Association (USFSA) \$23 or Aspire membership \$52.
- ★ Group lessons two times per week from mid-October through the third week of March.
- ★ Costume and club T-shirt for the group numbers and opening performance in our end-of-year show.
 - ★ Ability to purchase private ice throughout the season.
 - ★ Required to participate in fundraisers and complete volunteer hours.

OR

Session Membership

If your skater wants to advance their skill level but cannot commit to attendance requirements for the end of year show or has prior obligations, this is the membership option for you. You can join by selecting sessions 1,2, or 3 (or a mix of them).

Fee for session 1- \$80, session 2-\$90 and session 3-\$190 and includes the end of year show costume.

- ★ Learn to Skate Membership through the U.S. Figure Skating Association (USFSA) fee \$23 or Aspire fee \$52
- ★ Group lessons two times per week during your selected session.
- ★ Ability to purchase private ice throughout the entire TFSC season
- ★ Required to participate in fundraisers and complete volunteer hours.

Associate Membership:

Membership fee for associate members is \$300.

- ★ Good for Private Ice times only.
- ★ Need to have a current Learn to Skate or USFSA membership (not provided by club)
- ★ Does not include group lessons.
- ★ Fundraising and volunteer responsibilities are waived for this membership.

To register as a TFSC member:

1. Visit entryeeze.com
2. Click on "Find your home club"
3. Type in Tomahawk Figure Skating Club and click "Go to club"

4. **New members** click “Apply for membership.”

Renewing members click on “Access my account”

5. Follow prompts and fill out required information.

6. Payment plan available - see a board member for more information.

Attendance Policy

Attendance is vital for the growth and success of your skater and will be taken at each group lesson by the coaches. Skaters will be required to have at least 75% attendance (5 or less missed lessons) during show session (mid-Jan through March) in order to participate in the end of year show. Practices during show week are also mandatory. Although figure skating is thought of as an individual sport, during show time every group member needs to be in attendance. It is unfair to your skater and the other skaters in the group if the routine is having to be retaught to individuals missing too many lessons. Showing up 15 minutes or more late will count as an absence.

If your skater is removed from the end of year show due to absences, your family will still be responsible for all fundraising and volunteer requirements and now money will be returned.

If your skater will be absent for any lessons during the season, communication is very important. Please notify the board by sending a message on Heja or sending an email to figureskatingtomahawkwi@gmail.com.

Skating Equipment & Attire

Skates

The purchase and care of good, properly sized skates is **essential** for the enjoyment of and progression in figure skating.

A properly fitted skate is the smallest skate you can comfortably wear with a pair of socks. It is very tempting to buy skates a size larger in hopes they will last longer. DON'T!!! A skate that is too large will force the arch support under the toes, cutting off the circulation. The skater will tell you his/her toes hurt and will make you think the skates are too small.

The boot of the skate should be supportive and should not bend easily. If you can grip the boot at the top and bend it in either direction easily, the skate will not hold up to the elements your skater will be practicing.

Blades

Blades will come attached to the boot for most beginning skates. No double blades please. Double blades will give the skater a false sense of steadiness and increase the difficulty for learning some of the skills.

Care

Any time your skater is walking around at the rink, off of the ice, they should have their skate guards on. Even though there are rubber mats in the rink, there is still sand, glitter, and other materials that can damage the blades.

After skating, the skates should be wiped down with a cloth removing any and all moisture. Skates should never be stored with the skate guards on as this can lead to rust. Soakers can be used to keep the blades protected and dry. Once home it is recommended to air them out and allow them to fully dry.

Skates also need to be sharpened approximately every 6 - 8 weeks depending on how often you skate. Skates can be sharpened at the following locations:

1. Chuck's Sport Shop - 630 N 4th St, Tomahawk, WI 54487
2. Goal Line - 1430 Grand Ave, Schofield, WI 54476
3. Jan "the Skate Man" Wolosek - Wisconsin Rapids 715-340-1632 or allofus@solarus.net

Attire

Always dress for warmth, but in layers that you can remove in case you start to sweat. Form fitting clothes that stretch are better than tight or oversized clothing. Your feet will feel best if you wear one pair of lightweight socks or tights. Bulky or thick socks may limit the support provided by your skates and create bumps inside your boots, making them uncomfortable. Gloves or mittens are highly encouraged.

Learning to fall is an important part of skating. **HELMETS are STRONGLY ENCOURAGED** for Snowplow Sam and Basic 1-6. For levels Pre-Free Skate and higher, there is a product called HALO that provides protection from head injuries.

Once your skater starts to work on more complex jumps, additional padding for their bottom and hips may be helpful as well. You can purchase jump shorts online to help soften their fall.

If your skater is going to compete or participate in USFSA testing sessions, they will need a competition dress or outfit. You can obtain these in several ways. First, the club will be holding a costume/dress exchange at some point early in the season in the warming room. Many of the dresses/outfits have only been worn by our skaters a few times, so they are still in great shape. If you would like to purchase new, you can find dresses/outfits online.

Mondors are the tights and leotards figure skaters wear. These keep you warm when wearing competition dresses or show costumes. You can purchase Mondors at Chuck's Sport Shop or at Goal Line in Wausau.

Hair

Hair should be tied back so it is not distracting the skater. There is no “required” hairstyle for shows other than having it tied back.

Helper and Junior Coaches

Helper Coach

To be a helper coach you must be in 8th grade. Our helper coaches work with other coaches assisting the skaters of their group to work on the skills or routine that the Junior or adult coach asks them to and follow the directions of the Coaches Committee.

Junior Coach

Junior coaches can apply with the club when they are in 9th grade and have completed 1 year of being a helper. Must be compliant with USFSA. All Junior coaches work under the direction of the Coaches Committee and our adult coaches.

Adult Coach

Anyone over the age of 18 is an adult coach and will need to be compliant with the USFSA requirements. Adult coaches work under the direction of the Coaches Committee. They will assist the junior and helper coaches as needed.

Testing

Learn to Skate Testing

Skaters will be tested periodically throughout the season to ensure correct level placement. The skills being tested in each level are listed at the end of the handbook for your reference. Once all skaters have completed testing, a copy of the test results will be given to you and your skater to know if he/she advanced into a new level or what skills need to be worked on.

General testing timeline is:

1. If your skater is new, did not test at the end of the previous season, or participated in summer camps/lessons they will be tested the first week of the season’s group lessons.
2. Mid-November testing to determine groups for the end-of-year show.

USFSA Testing

As skaters progress into the freestyle levels, there are “Testing Events” at several area rinks. In order to test, you must be a full USFSA member. TFSC is only a Learn to Skate program. Full USFSA membership is required through either Lakeland Figure Skating Club or you may become an individual member of USFSA. Testing is optional and skaters can test their skills in a variety of

different areas such as Moves in the Field, Free Skate, and Dance. Please talk to your coach to learn more about USFSA testing requirements, the advantages of testing and if testing is right for you.

★ Skating Skills (formally known as Moves in the Field)

Many skaters begin their testing with the Skating Skills track because it is considered a “prerequisite” or baseline test series. This means that in order to take a discipline specific test, like free skating, the skater must first pass the equivalent Skating Skills test. Each level in Skating Skills consists of four-six set patterns that must be performed by the skater. Skaters are required to learn strong edges, a variety of turns, and controlled body positions, with good posture and power. The Skating Skills test levels are: Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior.

★ Singles (Formally known as Free Skate)

Single tests are the next most common type of test to take, although it is perfectly acceptable to move directly to dance, or simply focus on Skating Skills. The levels in Singles tests mirror Skating Skills, and a skater may not attempt a Single test until they have passed at least the corresponding Skating Skills test. (A skater may test as high as they want to in Skating Skills without taking any other tests though). Beginning with the Pre-Preliminary test, each level consists of required jumps, spins and steps. (Steps are either specific ‘step sequences’, spiral step sequences or moves that connect elements to one another). Instead of the skater simply demonstrating the elements, they must perform all of the elements in a program choreographed to music at a prescribed length for preliminary and higher. The Single test levels are: Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior and Senior. If a skater wants to compete in a free skate or short program event in a competition, the highest free skate test that they have passed determines the level that they are required to enter. Once that skater has passed a test, they may never again enter a competition at a lower level (some competitions do, however, allow a skater to “skate up” one level).

★ Dance

Ice Dancing is a discipline where the skater learns ballroom style dancing on the ice to a specific rhythm of music. Dancing is usually tested as a pair, but is not just limited to that. They also can take a solo track. Pattern dances consist of required steps to music, skated in a particular tempo that covers the ice surface. There are either 3 or 4 dances per level. Like Skating Skills and Singles, the patterns become more challenging and intricate as the level increases. In compulsory dances, skaters are given a very specific pattern to follow. Dancers are judged on their ability to skate the required pattern while demonstrating

correct posture, strong edges, musical timing, and character of the specific dance. The test structure for ice dancing includes the following levels: Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold, and International.

Competitions

Competition isn't just about winning the gold medal. It's a chance to show off your skills, receive feedback to further improve and drive competitive spirit. Compete USA events promote a fun, introductory competitive experience for the beginner skater. Compete USA provides a positive opportunity to compete and welcomes skaters from Snowplow Sam and up who are current members of Learn to Skate USA and/or U.S. Figure Skating.

Competitions in the area:

1. Tomahawk Skate Classic - held annually in January
2. Badger State Games - held annually in January
3. Hodag Skate Classic - held annually in April

Information on exact dates and registration will be sent to the club members via Heja and email as soon as the board receives it. Registration takes place in Entryeeze. If you have any additional questions, please speak with your skater's coach or a board member.

Shows

TFSC has two shows per season.

1. Holiday Show - December

A sign-up sheet will be posted in the warming room and the limited number of performances will be filled on a first-come, first-serve basis.

- a. Only Freestyle skaters will be allowed to perform solos.
- b. All other skaters can perform duets, trios, or group numbers.
- c. All skaters signed up to do a number are welcome to participate in the opening and closing numbers.

2. End of Year Show - March

- a. All skaters will participate in the opening and closing numbers.
 - i. A club t-shirt will be provided for the opening number.
- b. Each lesson group will perform a number.
 - i. Costumes for the group routines will be provided. We will be measuring your skater to ensure the proper size costume is ordered.
- c. Only Freestyle skaters will be allowed to perform solos. All other skaters can perform duets, trios, or group numbers. A sign-up sheet will be posted in the warming room and the limited number of performances will be filled on a first-come, first-serve basis.

Anyone wishing to sign up for numbers in either show **MUST** sign up and provide music by the established deadlines or they will be removed from the program. No exceptions.

Camps

Camps are a great opportunity for skaters to test out the private lesson setting and/or try new coaches. There are typically three different costs associated with attending a camp.

1. Registration - The club hosting the camp charges a registration fee to help cover costs like ice time, coaches meals and hotels, etc.
2. Ice time - Ice time is sold in 45 minute blocks.
3. Private lesson - each coach has their own lesson fee that gets paid directly to them for the time spent coaching your skater.

The board will send out camp information as they receive it for any camps being hosted within the area.

Volunteer Hours

A variety of volunteer hours are available throughout the season and a list of opportunities will be posted on our website and entryeeze.com. **IT IS YOUR RESPONSIBILITY TO SIGN UP FOR THESE OPPORTUNITIES IN ENTRYEEZE.** It is also your responsibility to log your volunteer hours in your account through entryeeze.com.

If you sign up for a volunteer position and cannot complete your obligation, please try to find another parent/guardian to fill your now vacant position or contact the board at figureskatingtomahawkwi@gmail.com.

IN ADDITION to the required hours, every family, **regardless if you opted to pay the buyout fee**, will be required to work a time slot during the competition in January and the final show weekend in March, but these hours CAN be included in your volunteer time. If you do not sign up for a slot by the deadline, a position will be assigned to you.

Volunteer hours that are not completed **AND** logged by the end of the season will be billed at \$15/hour.

Full-Season Membership

Families with 1 skater: A parent/guardian is required to complete a minimum of 20 volunteer hours or pay a \$300 buyout fee (one skater).

Families with 2 or more skaters: A parent/guardian is required to complete 30 volunteer hours or pay a \$300 fee for the first skater and an additional \$150 fee per additional skater.

Session 1 Membership

A parent/guardian is required to complete a minimum of 5 volunteer hours or pay a \$15 an hour buyout fee per skater.

Session 2 Membership

A parent/guardian is required to complete a minimum of 5 volunteer hours or pay a \$15 an hour buyout fee per skater.

Session 3 Membership

A parent/guardian is required to complete a minimum of 10 volunteer hours or pay a \$15 an hour buyout fee per skater.

If you wish to opt out of your volunteer requirement and did not do so at the time of registration, visit the Donations tab in your Entryeeze account and add your opt-out fee, or talk to a board member and you can write a check to the club.

Fundraising

Each skater, regardless of full or half season membership, must participate in fundraising or pay a buyout fee of \$150 for the first skater and \$100 for each additional skater. Each member must sell 15 items (1 item = 1 poinsettia or 1 packet of 3 raffle tickets). Families with 2 or more skaters must sell a total of 25 items.

Poinsettias are provided by Cerney's Greenhouse and sell for \$15 each. Poinsettia order forms will be available for pick-up at the start of the season during group lessons.

Raffle ticket packets sell for \$10 a ticket and the cash raffle has 6 prizes ranging from \$25 to \$1000. Raffle tickets are available towards the beginning of the season and can be picked up during group lessons. An email with the exact date for pick-up will be sent out.

SKATE CARD receive the amount of money on each square and when you fill a line you can turn in the money and receive an item from concessions in return. Fill in the whole card and get entered into a drawing for a free entry into the Tomahawk Skate Classic Competition.

If you wish to opt-out of fundraising and did not do so at the time of registration, go to the Donations tab in your account and add your opt-out fee. Remember to add \$150.00 for the first skater and \$100.00 for each additional skater.

Basic Club Rules

1. All skaters are expected to follow the skater code of conduct.
2. Skaters must be on time for all skating sessions and leave the ice surface as soon as sessions are concluded.
3. All coaches teaching on TFSC ice have the authority to discipline skaters on the ice.

4. Any board members and an adult coach have the authority to remove any skater for causing a disturbance on the ice surface.
5. Don't talk to skaters when they are having their lesson (this distracts the entire class).
6. Parents are reminded that they are responsible for the safety of their child(ren) when at Sara Park. Parents should ensure that someone is present to supervise their child at all times. No parent, relative or friend is allowed on the ice surface.
7. Parents are also responsible for ensuring any siblings attending practice sessions behave respectfully when in the arena. The board reserves the right to remove any person(s) demonstrating disrespectful or unsafe behavior from the arena.
8. Skaters are expected to wear guards off ice at all times. This is not only to protect the blades but also property and ice surface.
9. Locker rooms, warming room and lobby are to be kept neat and organized by skaters. All garbage and personal items are to be picked up. Cell phones are not to be used in locker rooms.
10. No food or gum allowed on the ice surface.

Conflict Resolution Policy

Any member or members having a complaint against another member for an infraction of any bylaw, rule, policy, procedure, or behavioral misconduct may report in writing as outlined below. The complaint must be filed within 15 days of the incident, infraction or discovery of the alleged violation.

All complaints will be submitted in writing to the club president and will contain the following information. If the club president has a conflict of interest in the matter, the complaint will be submitted to another club officer.

1. Name, contact information and signature of the party/parties filing the complaint.
2. Name of the party/parties against whom the complaint is brought.
3. The specific bylaw, rule, policy, procedure, or guideline allegedly violated.
4. A statement of the facts surrounding the alleged violation. Include all necessary information such as date and time, location, specific facts, witnesses and testimony.
5. Description of actions taken to attempt to resolve this matter informally.
6. The desired action or outcome the grievant wishes to be taken to resolve the conflict by the board.

The club president or club officer who has received the complaint will appoint a review panel of three unbiased people from within the club board or club membership, not related or involved with the alleged incident/infraction. The president or officer will name one of the members of the review panel as chair of the review panel. The review panel will evaluate the complaint and determine what, if any, further action is necessary.

If accepted, a copy of the complaint will be sent to the person against whom the complaint has been filed. The parties to the matter will be notified in writing of the names of the members of

the review panel. In the event any party believes that a member of the review panel has a conflict of interest, an objection to that member shall be submitted in writing to the club president or officer within three days of the notification in writing. The objection will indicate with specificity what is the basis of the conflict of interest. The club president or officer shall determine if the review panel member will be replaced. The decision of the club president or officer is final. The respondent will have 10 days to respond to the complaint in writing. The review panel will send a copy of the response to the person filing the complaint.

Unless the chair of the review panel determines otherwise, the chair of the review panel will then schedule a meeting with all parties involved within seven days for a full investigation in the matter and come to a decision to resolve the complaint.

The review panel will report the findings and recommendations to the club board within seven days of the last meeting scheduled in the matter. The decision will be presented to the board who may adopt the recommendation, modify the recommendation, or return the matter to the review panel with directions for further investigation and or for further recommendations by the review panel. Once the decision is adopted or modified by the board the outcome is considered final and will be communicated in writing to both parties within seven days of the action by the board.

Ice Etiquette & Safety Guidelines

1. Courtesy - First and foremost, it is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills be especially careful. Strive to avoid collisions.
2. Priority - the skater or group whose music is playing has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their private coach.
3. Dangerous Single Moves - When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Take a good look at your expected "space" before you start the element, and don't do it if it looks like you could cause a problem.
4. Falls - If you should fall, get up quickly. Remember that other skaters will have a much harder time seeing you when you are down low on the ice surface. Don't stay there longer than you have to. Learn to fall properly so that you can protect your head as much as possible and remember to keep your fingers away from your blades.
5. Predictability - As you skate more, you'll get to the point where you'll recognize that a practice session has a certain rhythm to it. People tend to do expected or "predictable" things and you can usually guess where someone else is going. Try not to skate or behave in a way that would surprise other skaters. If you're standing at the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

6. Don't Stand Around - Refrain from standing around and visiting on the ice. This wastes expensive ice time and presents additional hazards for other skaters to avoid.

Parent's Responsibilities

The most important thing for a skating parent to remember is that their skater is a person first, and a skater second. And in all probability the "person" in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still kids. Let them be kids, and support them as they grow. Some other things for parents to think about as they approach the sport:

Balance: Make sure there is a balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career. Don't put so much focus on your child's skating that you forget they'll have to function in a "normal world" when they grow up. School is important. Social development is important. Being a kid is important.

Help to set goals: Help your child to set his/her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. Make sure the goals are your skater's goals, not yours. Help to achieve these goals by setting targets, plotting progress, etc. Be willing to reevaluate when necessary.

Learn about the sport: Learn enough about skating to recognize the elements. Know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested and listen when your skater talks about progress or problems.

Support your Coach: Pay your bills on time, get your skater to the rink on time. When you can't be there, make sure to tell the coach in advance. Let the coach participate in goal-setting discussions; or if not, at least ensure that the coach understands your skater's goals. Listen to your coach's advice and instructions, and help to ensure that your skater follows those instructions when practicing or doing off-ice activities.

Watch: Don't use the rink as a babysitter. Stay and watch your skater practice. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or "pressured" when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them.

Be a good sport: Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive.

Support your skater: Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize progress towards goals, but be willing to acknowledge when more work is needed without making that a "bad thing". Never destructively criticize,

especially in front of others. Resist the urge to compare your child against another. Some learn faster, some learn slower.

Support your Club: pay bills on time. Help with club activities. Most clubs are run by volunteers, and they need all the help they can get. Be willing to work on committees, or serve on the Board of Directors if needed. Your skater will appreciate your support!

Updated: 8/12/2025