

Timberline Figure Skating Club  
You are now a registered member of the  
U.S. Figure Skating Basic Skills Program!

U.S. Figure Skating would like to welcome you to the Marshalls/U.S. Figure Skating Basic Skills Program. The Basic Skills program is designed by the U.S. Figure Skating to be the best beginning ice skating program that is fun, challenging and rewarding. This program serves the needs of both recreational and the competitive skater.

The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether your goal is to achieve Olympic fame or simply enjoy the recreational benefits of skating, Basic Skills is for you! Currently there are more than 800 programs and over 100,000 skaters registered across the United States in the Marshalls/U.S. Figure Skating Basic Skills Program.

The objectives of the program are:

- To provide a fun and safe skating experience for the beginner skater as well as for the advanced skater
- To teach correct technique of the basic elements of skating
- To develop a finer degree of coordination and balance
- To promote physical fitness
- To have fun!

And the best part, you will receive great instruction and all the goodies below for your \$10.00 that you have already paid. Membership only needs to be paid once yearly and is good through August 31 of that year.

What will I receive?

- Official Basic Skills membership card
- Basic Skills Record Book with stickers
- Official Skills member patch
- Year patch
- Sports accident insurance coverage
- General information about ice skating

## Timberline Figure Skating Club Beginners Survival Guidelines

After registering for the Basic Skills program, you will be assigned to a class and receive a name badge. There will be a registration table in the lobby at Greenheck Fieldhouse or Marathon Park where you can pick up your name badge before your lesson and leave it again after your lesson. Please check the registration each week for handouts or up-coming events. If you have any questions or concerns, you may direct it to the person at the registration table.

### HOW TO REACH US

[www.timberlinefsc.org](http://www.timberlinefsc.org)

The website has tons of information on skating, coaches, a calendar of events, show information, skating clinics and camps and links to other skating sites.

Office phone #- 849-TFSC (8372). Please leave a message and someone will return your call in a timely manner.

If you do call a board member at their home, please use courtesy and DO NOT call after 8:30PM. Also, DO NOT call them at work.

### PROPER ICE CONDUCT and REFERENCE

- While on ice the skater's hair should be pulled back and off their face.
- No jewelry, beads, etc. should be worn on the ice.
- Skate guards should be worn anytime you are not on the ice.
- Once finished with your session, skates should be dried with a clean cloth to avoid rust.
- Skates should not be stored with skate guards on. We recommend soakers to store skates and help soak up additional moisture.
- Skates should be sharpened before first use and then every 25 to 50 hours thereafter.
- Skaters should wear gloves on the ice. Stretchy gloves are recommended.
- No gum chewing or eating on the ice.

- Skaters should not stay on the ice longer than their session.
- No socializing or loitering.
- ONLY SKATERS SHOULD BE ON THE ICE. Please no shoes on the ice.
- Don't talk to skaters when they are having their session (This distracts the entire class).

### THE SKATES

The ice skate you purchase is the most important investment you will make. An ill-fitting or poorly constructed skate will prevent you from making any progress. This is especially true for children.

A properly fitted skate is the smallest skate you can comfortably wear with a pair of socks. The foot and boot must become one unit. It is very tempting to buy skates a size larger in hopes that 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 child will tell you her toes hurt and will make you think that the skates are too small and then the cycle begins again. Eventually, you and the child will quit the sport.

The boot should be laced loose at the toes, comfortable over the instep, snug to tight over the ankle and loose enough at the top to be able to insert one or two fingers. If you can pull your laces closer than 1 to 2 inches at the ankle the skates are too big or you may need a narrower width.

Skate rental is available at Marathon Park only through the Park Dept. for a fee.

### THE BLADES

The next most important item is the blade. Dull blades will slip from side to side and the beginners will have the tendency to drop the ankle to try and get a better grip on the ice.

Skates need sharpening when:

- They have come in contact with concrete, dirt or metal. If it is necessary to walk on these surfaces, you need to protect the blade with a skate guard.

- They have been used for about 25 to 50 hours. You will learn to recognize how often your skates will need sharpening.
- You rub the back of your thumbnail against the edge and it doesn't shave off anything.

If your skater is having a hard time adjusting to a new sharpening, check to see if it is "square". Holding the boot upside down, balance a flat metal washer on the blade and see if it forms a perfect "T" to the blade. If it appears to tip to one side, the blade has been sharpened incorrectly and one edge is grabbing the ice harder than the other.

### SKATE SHARPENING LOCATIONS

Dennis Wald

Call for an appointment 848-7169

3206 Robin Lane

Rib Mountain

GOAL-Line

355-1790

Schofield

Play It Again Sports

843-5478

Wausau (County Mrkt/Shopko Plaza)

### DRESS CODE

Ice is cold; therefore the rink will be cold.

The best way to dress for ice-skating, as any other winter sport, is in thin layers. Perhaps the most important item to mention is how to keep feet warm. DON'T wear extra socks inside the skate! This will squeeze the toes and only make them colder. You can purchase or make fur pile boot covers. In addition to keeping your feet warm, an outer covering will keep the skates from becoming scuffed, just make sure the covers are not too loose or baggy that they grab the toe pick and cause unnecessary falls and injury. Also, wear mittens or stretchy gloves.

Timberline FSC dress code:

Any clothing of a questionable nature, such as *Camisoles, Halter Tops, Spaghetti strapped Tanks, Sports Bras, Low Rider pants or apparel showing off the midriff or belly button will not be allowed.* The most appropriate attire you can wear of course is skating apparel. It is designed for the sport in a way that street cloths have never been. Some acceptable forms of street cloths are sweaters, t-shirts, sweatshirts, sweatpants, stretch pants and wind pants.

*Any skater whose dress is considered inappropriate will be asked to leave the ice by a board member or coach until appropriate attire is put on.*

## Different Programs offered by Timberline FSC

### Basic Skills

This is a class program where the ice time and coaching fees are packaged for the skaters to learn the fundamentals of skating. Skaters work on the Skate With U.S. badges covering basic skating skills and the freestyle elements.

### Crossover

This is a group instruction program where the ice time and coaching fees are packaged. Usually the skaters are at Basic 4 or higher and are considering individual lessons, but not quite ready or financially able to make the leap. A portion of the lesson time is spent working on the Basic skills or Freestyle badges in a private lesson setting. Skaters are also introduced to the Moves in the Field and Dance elements based on their level of skill. The coaches will also cover topics such as supplemental off ice training, synchronized skating and the Artistry on Ice badges.

Skaters who have just started private lessons may be encouraged by their coach to continue in the advanced program as the skater is supervised and told what to practice.

### Summer Camp

During the summer, the club offers several week long camps for Basic Skills students. Being on the ice everyday allows the student to progress at a faster rate.

### Annual Skating Show

Each year the club offers a skating show for skaters of all ages and abilities. This is a great way for the skaters to showcase what they have learned during their lessons for friends and family.

### Synchronized Skating

This is a team sport with the goal of competing in several competitions each year. Skaters must meet skill and testing requirements. The skaters participating on the team divide the cost of ice time, coaching fees, costumes and competition fees. Synchronized skating starts at the basic skills level.

Once you've decided to move on to private lessons with a coach. First, you need to choose a coach that will fit the needs of you and your child. A coach list can be obtained from the website. You then contract with the club for your program ice time.

### Program Ice

This is a contract just to buy ice time for private lessons and practice of advanced skating skills. Coaching fees and or lessons are not included and should be arranged with a particular coach of your choice before you sign up for the ice time.

### Clinics

Several times a year the Club will bring in a guest coach to work on specific advanced skills such a double and triple jump techniques, choreography and style, spins, MIF, etc. Skaters who participate in the clinic pay for the guest coach's regular coaching fees, transportation, food and lodging. Ice time is usually extra.

Note: Parents who are not sure which program their child should participate in should talk with their current coach or a Basic Skills committee member.