

Skating Club of Lake Placid Handbook 2008-2009

Welcome

Welcome to the Skating Club of Lake Placid (SCLP). It is our hope that you will enjoy being a member and will become an active participant in our many programs and activities. This booklet has been prepared to familiarize you with the organization of the club and to provide you with the information necessary to make your membership enjoyable and rewarding.

The Skating Club of Lake Placid, in residence at the Lake Placid Olympic Center, provides training and instruction from Learn-to-Skate to Advanced as well as Adult Skating. The SCLP provides instruction through group lessons structured in the US Figure Skating program (USFS). The group programming prepares skaters to take the USFS test levels. In addition to the Group Lesson Program, Private Lessons are also available from all staff coaches upon request.

Membership

This season, our program offerings include:

Snowplow Sam: group lesson for skaters under the age of five

Basic Skills: group lesson for skaters learning to skate, age five and above

Bridge: group lesson for skaters that have not completed Basic Skills, but wish to move at a more competitive pace (skaters must have passed USFS Basic 6 and have approval from the Program Director)

Freestyle 1: group lesson for skaters who have graduated from the Basic Skills program, but are not yet ready for private lessons

Open High FS: skaters above the Intermediate Level may practice or take private lessons from a Club Coach

Open Low FS: skaters at or below the Intermediate Level may practice or take private lessons from a Club Coach

Hockey Skills: group lesson for skaters who wish to improve their hockey skating skills

Coffee Club: adult social skating time with coffee and goodies

Adult: group lesson for adults working toward specific training goals and those who like to skate for exercise

Lunch Lap Skate: for adults to exercise & skate laps

Synchro: open to all club members; session will be determined by interest

Family Skate: recreational skating session for all club members and two additional family members (with basic USFS membership)

The SCLP Program fees are hundreds of dollars less expensive per year than other skating clubs around the nation. The Skating Club of Lake Placid is given many hours of ice time by ORDA that would otherwise be rented at a rate of \$245 per hour. In return for this ice time, the SCLP helps to staff and organize competitions and skating events hosted by ORDA throughout the year. During the season, you will be asked to volunteer; we hope that everyone will help in some way.

The Skating Club of Lake Placid is a United States Figure Skating (USFS) program. When registering for any club skating program, you will also pay a small annual fee to become a member of USFS. For Snowplow Sam, Basic and Coffee Club program participants, the USFS Basic Membership Fee is \$10. For all other members, the fee is \$75 per year. USFS Membership is valid through June 30th and includes a free subscription to Skating Magazine, allows skaters to test, compete and exhibit in USFS Sanctioned events.

Skating Attire

Snowplow Sam and Basic skaters are asked to dress warmly: sweaters, hats, gloves/mittens, and ski pants, etc. Helmets are strongly encouraged for the new beginners (Snowplow Sam and young Basics who are still unsteady. Jeans are not recommended, as they are restricting and retain moisture. Clothing should allow for freedom movement and provide warmth without bulk. As the skater advances, attire such as skating dress and tights for girls and skating pants for boys can be purchased if desired. For Hockey Skills classes, hockey equipment is not necessary.

Boots and Blades

An important part of learning to skate depends on having good equipment with proper fit and support. Skates can be purchased new or used.

What to look for when purchasing skating boots and blades:

The fit should be tight (do not plan to “grow into” the skate). Skates should fit snugly with thin socks (non-cotton) or tights. Wearing several pairs of socks is a poor idea, the skater will have less control and it doesn’t help to keep the feet warmer.

The heel should not slip up in the boot when knees are bent.

The boot should offer good support for the ankles, but not so stiff that they hurt the skater or prohibit bending at the knees or ankles.

Quality new skates at the beginner level will likely cost between \$75 and \$150.

A high-quality used skate is also an option. You may find these at the SCLP Second Hand Shop. Look for boots that don’t buckle when you bend the ankle from side-to-side.

Leather boots with a “screw-on” removable steel blade are preferable. Let the Director or Coaches help guide you as to whether you or your skater needs new equipment.

Double runners are not quality skates and are not recommended for the young beginner.

Hockey skates can also increase the challenge of learning skating as a toddler, because the acute rocker on a small hockey skate sends the child forward and back unexpectedly.

If hockey skating is an ultimate goal, the transition will be easy at a later date.

The SCLP has rental skates available for a nominal fee. See website.

How to Care for Your Skates

After skating, wipe off the blades with an absorbent cloth and transport in a bag where the blades will not touch each other. You may purchase “soakers” (soft fabric blade covers) to protect the blades in transport. If skates are damp, remove from bag and store in a warm dry room. Do not store blades with the “guards” (plastic or rubber protectors) on because they will cause the blades to rust. Use the guards when walking in your skates off the ice. Never walk on cement without guards. Also, although the rubber mats are there for blade protection, they have dirt and sand, which will damage and dull the blades. Check the blades periodically for nicks. They should be sharpened as needed: two times a season for the Basics and more often for the advanced skates depending on the number of hours spent on the ice. We will try to arrange a skate-sharpening day with a local expert for all club members.

Second Hand Shop

SCLP operates the Second Hand Shop to help recycle good used skating articles and to raise scholarship money for our skaters. Items include skating attire, skates and blades. The Second Hand Shop is located in the locker room hallway between the Athletes entrance and the entrance to the 1980 Rink.

Most items are sold on a consignment basis – 60% to the owner, 40% to SCLP. Donations for equipment are also welcome. The proceeds from the sale of items are used for scholarships awarded to skating club members. Times of operation will be posted. Volunteers are needed to run the shop on a regular basis.

History of SCLP

Promotion of figure skating had an early beginning in Lake Placid. In 1920, the Sno Birds of the Lake Placid Club started Figure Skating competitions on the outdoor ice covered tennis courts behind the club. In 1921, the Sno Birds hosted the annual meeting of the International Skating Union. At this meeting, delegates made the decision to separate Figure Skating from Speed Skating and thus a separate body was born and became, “the United States Figure Skating Association”. The Lake Placid Sno Birds were one of eight clubs who became charter members of the new US Figure Skating.

The Skating Club of Lake Placid was formed in 1936. It was the first club to offer a summer skating school and has sanctioned many Regional, Sectional, National, and International skating events. The SCLP has been the home club of many competitors and judges who have participated in National and World Competitions.

2008-2009 SCLP Board of Directors

The Skating Club Board meets once per month during the year and as necessary for special circumstances. Every meeting is open to every Club member, and we encourage attendance for interested skaters and parents. Meeting schedules will be available at the registration desk and posted on the website, or contact a board member to express interest. The Annual Meeting of SCLP is held in April each year.

President: Iris Gladd
Vice-President: Pat Jorgenson
Treasurer: Karen Knox
Secretary: Rosemary Gole
Membership Chair: Laura McDonald

Maggie Atkins	Nicole Broderick
Liz DeFazio	Maryanne Hawley
Debbie Marshall	Stan Urban

There are various committees as part of SCLP. We encourage all members to become involved and volunteer their time to help the club run smoothly and efficiently.

Testing/Skating Levels

Snowplow Sam and Basic Skaters will be placed in a group based on their ability. To move up in level, Snowplow Sam and Basics testing will be done on a regular basis throughout the season; the Group Lesson Coaches or Program Director will judge the tests.

Advanced level testing sessions through the USFS are given periodically throughout the year. Any level, preliminary and above will be prepared in Private lessons. Official USFS judges judge these tests.

Program Schedule

The schedule is subject to change based on program enrollment and weekly ice availability. For weekly updates, check www.skatingcluboflakeplacid.org or SCLP Hotline at 523-1655 ext. 318. If you have provided us with your email address, you will receive weekly schedule updates. Weekly schedules will also be posted on the website.

Sunday ~ Snowplow Sam, Basic Skills, Family Skate

Monday ~ Basic Skills, Bridge, Hockey Skills, Freestyle 1, Adult

Tuesday ~ Basic Skills, Bridge, Adult, Freestyle 1

Wednesday ~ Basic Skills, Bridge, Freestyle 1, Adult

Thursday ~ Coffee Club

TBD ~ Lunch Lap Skate

Open sessions will be scheduled when ice is available.

Additional Information

Sessions will typically be held in the US Rink unless advised otherwise by email update or on the website (this does not include Coffee Club). Parents/Guardians/Friends are invited to observe sessions from the bleachers and there is even a viewing window from the 1980 rink - which is often warmer than the US Rink. Parents are asked not to sit in the penalty boxes as it makes access to the ice difficult and can be very distracting to the skaters and coaches. A parent education meeting will be scheduled for each session. Please plan to attend.

More About Figure Skating

Skating is an exciting and beautiful sport comprised of the many disciplines including: Freestyle, Moves in the Field, Dance, Pairs and Synchro.

Freestyle: Combines spins, jumps, and connecting moves set to music. Men and women test separately on each level. USFS levels in freestyle are based on skill, not age, are: Pre-preliminary, Preliminary, Pre-juvenile, Juvenile, Intermediate, Novice, Junior and Senior. Senior is the level of competition you see on T.V.

Dance: Patterns skated on the ice and prescribed steps set to music with specific beat. Skated with a partner, the levels are Preliminary, PreBronze, Bronze, PreSilver, Silver, PreGold, Gold and International. In addition to dancing with a partner, some competitions also include shadow (same sex) and solo dances.

Pairs: A man and a woman perform skating movements in unison and harmony. A pair program is well balanced and set to music. Test levels include: Preliminary, Juvenile, Intermediate, Novice, Junior and Senior. Pairs involves combining free skating jumps and spins and incorporating them with lifts and throws.

Moves in the Field: Moves in the field patterns are moves done repetitively incorporating various turns and utilization of edges. The levels are divided into eight classes to be taken in the following order: Pre-preliminary, Preliminary, Pre-juvenile, Juvenile, Intermediate, Novice, Junior Senior. These tests at each level are pre-requisite for taking the free skating test of the same level.

Synchro: Consists of a team of 8 – 24 skaters performing in unison to a choreographed routine.