

GREATER GREEN BAY FIGURE SKATING CLUB



HANDBOOK FOR NEW AND CONTINUING MEMBERS

2009-2010

www.greatergreenbayfsc.com

WHAT AM I GETTING MYSELF INTO?

If you're a new or potential member of the Greater Green Bay Figure Skating Club, the simple answer is: something wonderful. Our club, the Greater Green Bay Figure Skating Club or "GGBFSC", is known for a membership that is welcoming, enthusiastic, and well organized. You've found a great place to explore the joys of skating!

But if you're unfamiliar with the world of Zambonis and toe picks, it may seem as though there's a lot of information to absorb. This packet should provide information to get you started: everything from what to wear at practice to how membership fees are used. Browse through and have a look! And remember, whenever you have questions or need further information your GGBFSC board members are ready and willing to help.

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HOW TO BECOME A MEMBER

Becoming a member is easy: just fill out a simple application, pay annual dues, and devote some volunteer hours to the Club each year. Membership is open to anyone who has passed the Basic Skills Level 5 Learn to Skate class. The procedure to become a member is to contact the Club membership chair, Lisa Montgomery, directly. You can reach her at lisamont@new.rr.com or 265-1451. A membership application is on our website: www.greenergreenbayfsc.com. Click on the link for Club Forms. Other forms needed for joining the club are the Service Hours Requirement form and the Ice Contract form, if you will be skating on 'Club Ice.' The Ice Contract form will have the prices and days on which club ice is available. Families with several skaters will be happy to know that while the first skater pays full dues, fees are reduced for subsequent skaters/members in the family.

Once you've submitted the application, the membership chair will send your information to United States Figure Skating, and soon you'll receive a membership card directly from USFS. Make sure to keep it - a unique USFS number assigned to you will appear on the card, and you'll need it when registering for events like testing and competition. Other information the GGBFSC will need from you includes your contact information, insurance, and physician numbers (in case of emergency).

Important Note: The GGBFSC membership year runs from July 1 through June 30. So, for example, if you become a member in March, you'll be getting a renewal notice only a couple of months later. Talk with the membership chair if you have any questions - she will be glad to help!

OUR CLUB HISTORY

The Greater Green Bay Figure Skating Club was founded in 1972 to promote figure skating in the Green Bay area. Our only real membership requirement is an interest in figure skating and passing Basic Skill Level 5. Total club membership has ranged from 10 to more than 100 skaters.

We provide skating lessons to skaters of all ages and skills. Our members actively participate in the testing program of United Skates Figure Skating and are in competitions on a regular basis. Our Learn to Skate program is staffed with instructors from our Club.

OUR MISSION

Our primary mission is to promote the art and sport of figure skating. U.S. Figure Skating is the official governing body for the sport of figure skating in the United States, recognized as such by both the United States Olympic Committee (USOC) and the International Skating Union (ISU). As the governing body, U.S. Figure Skating's mission is to provide programs to encourage participation and achievement in the sport of figure skating. Membership is open to recreational and competitive skaters of all ages and interests. The USFS notes that figure skating is truly a lifetime sport. Skaters measure their progress in formal tests of freestyle, moves in the field, ice dance, and pair skills throughout the year. Competitions provide an incentive for skaters to train and improve their proficiency. By

ascending the competition “ladder” of Regional, Sectional, and National Championships, skaters may gain entry to international skating events: World Championships and Olympic Winter Games.

BOARD OF DIRECTORS

GGBFSC is a non-profit organization registered with USFS and has a governing body of no more than 12 members as set forth in its Constitution and By-Laws. The Executive Board consists of a President (non-voting office), Vice-President, Secretary, and Treasurer. Board meetings generally are held once a month, unless otherwise necessary, and are open to the membership. Any GGBFSC member who desires membership on the board of Directors may be nominated. The general membership votes for the vacated Board seats at the General Membership Annual Meeting held in May. Officers are elected annually among and by the Board members and serve a limited one-year term while all the Board members serve two years.

SKATES AND SKATING ATTIRE

While there's a lot more to being a good skater than sharp blades and stylish accessories, using the proper equipment really does make a difference. The following equipment is strongly suggested to foster success and safety:

SKATES

Skates that fit properly are the most crucial equipment a skater can have. It is important to be personally fitted by someone familiar with skates, even if you purchase from a mail-order catalog. Some of the most popular skate companies among figure skaters are: SP-Teri (www.spteri.com), Jackson (www.jacksonskates.com), Riedell (www.riedellskates.com), and Harlick (www.harlick.com). Before buying skates, the skater and parent should talk to their coach for advice on the type of boot and blade appropriate for his or her skill level. Blades are generally sold separately from boots. Different blades/toe picks are required depending upon the type and level of skating. Used skates may sometimes be appropriate; ask your coach for information on how to purchase used skates.

SKATING PRACTICE ATTIRE

It is important for every skater to dress correctly in order to be able to practice safely without restricted movement. For everyone's safety, skaters must be very careful not to drop items from their pockets or from their hair onto the ice. Something as simple as a tissue or hairpin can cause a nasty fall. Each skater should dress warmly in layers of clothing that can be removed as the skater warms up. Several thin layers are much easier to skate in than one bulky layer.

Suggestions for practice attire include: pants with side zippers (so that they can be taken off over skates), tights, leotard skating dress or skirt, exercise pants, fitted T-shirt or turtleneck, fitted sweatshirt, warm-up jacket, and a pair of gloves.

Examples of attire not appropriate: dresses with strings or ties that could come undone; skirts with out bloomers; etc.

SKATING TEST/COMPETITION ATTIRE

Skating attire for competition should relate to the music selected for the skater's program and be appropriate for the type of competition. Skaters should ensure that all beading and other attachments are secure and will not fall off onto the ice. Skaters can be disqualified if beads, hairpins, or other items are left on the ice, because they could cause an accident for subsequent skaters. See the Testing and Competitions pages for more information.

SKATE BAG ITEMS - PRACTICE

Experience tells us that carrying the items listed below in your skate bag is helpful for skaters of almost all levels. (Some pertain primarily to girls, but most come in handy for everyone at one point or another!)

Skates (both of them!), program CDs or CDs, extra laces, blade guards, towels for cleaning and drying blades, soakers, extra skate screws, phillips and regular screwdrivers, extra gloves and socks, hair ties and clips, tissues, chapstick, band-aids, water bottle, and Tylenol or Advil.

SKATE BAG ITEMS - TESTING/COMPETING

In addition to the items listed above, skaters should add the following items to their bag for performance-type situations, such as competitions, tests, and shows: Competition outfit, back-up copy of music, extra (new) tights, warm-up sweater or jacket, make-up (foundation, eyeliner, mascara, lipstick, powder, eye shadow), mirror, hair spray, healthy snacks, water, skate polish.

SKATING EXPENSES

How much does skating cost? Like many activities, that depends on how intensively you get involved. The following is a summary of costs that skaters may encounter as their training advances. While some Club members may never require all of the services listed, other skaters may elect to make investments beyond those mentioned here.

Skates: All skaters need to own at least one pair of well-fitting ice skates. (See the Skates and Skating Attire page for more information). Rental skates simply don't provide the support and blade quality necessary for serious skating. It is always wise to consult your coach about whether to buy new or used skates, as well as where to buy them.

Skate Sharpening: Skate blades need to be sharpened regularly; the frequency depends upon how much time the skater spends on the ice.

Skating Attire: To be comfortable (and safe!), skaters absolutely must wear appropriate clothing for practice ice. In addition, skaters who elect to participate in competitions and/or shows usually need special costumes. (See the Skates and Skating Attire page for more information.)

Private Lesson Coach: Each coach charges by the hour, and it is your responsibility as a skater or

parent to pay your pro directly.

Ice Time: Every time skaters take the ice, they essentially buy ice time from the GGBFSC. In freestyle sessions, for example, fees reflect the fact that the number of skaters on the ice is limited, allowing skaters to work on advanced skills without the distractions of crowding. Your expense will depend on how many sessions you skate. The GGBFSC offers ice in five segments: Fall, Winter, Spring, and Summer.

Testing Fees: Each skater must pay a fee upon submitting his or her registration for a USFS test. This fee helps to offset testing costs, such as rental of ice time and judges' reimbursement for transportation. Rates vary according to the kind of test taken. (See the Testing page for more information.) You will also be billed by your pro for the time he or she spends with your skater at the test.

Competition Fees: Every competition charges an entry fee, and these vary widely. Your coach will also charge for the time she spends with your skater at the event. His or her lodging and transportation expenses will normally be divided equally among the skaters he or she is taking to the competition. Of course, you will incur travel expenses as well if the competition is out of town. Skaters may also sign up for practice ice at the competition rink for an additional fee.

Music: Music is an essential component to the success of any program. All coaches charge a fee for such program editing and recording services. The fee will depend on the length of the program.

Off-Ice Training: Many skaters who test and/or compete find that off-ice training helps them to be successful. This may include, for example, such disciplines as ballet and other forms of dance, strength training, conditioning, flexibility training, Pilates, and plyometrics. The costs for these types of training vary, depending on the source and frequency of instruction.

COACHING

Your "pro" is your skating instructor, your coach. How do you get one? When do you need one? What should you expect from your pro?

HOW TO CHOOSE A COACH

Your relationship with skating instructors usually begins when you take your first group lesson in a Learn-to-Skate program. During your time in these programs you will have the opportunity to meet and work with several different instructors. Use this time to observe them -- their techniques, their personality, their teaching and interpersonal skills.

When you are ready to advance beyond the group lesson environment, you will select a pro to become your teacher. Don't take this decision lightly. Talk to other skaters (and parents) who have been skating a while to see what their experiences have been like, talk to coaches you have an interest in, and watch them working with their students. Ask about their skating and coaching experience, membership in coaching organizations like the PSA, and their PSA "rating".

Be aware that there is a limited amount of ice time at all rinks, and instructor's schedules will fill up. You may not be able to make arrangements with your first choice. The business relationship between a

pro and student is a personal contract. You deal directly with the pro, not the club or rink to make your arrangements. So when you have made your decision, talk directly to the pro involved to see if you can get together. For a current listing of GGBFSC coaches, please see the website. There will also be a list posted on the club bulletin board at the rink.

WHAT TO EXPECT FROM YOUR COACH

Your pro will become your personal instructor. When you first contract with a pro, you should talk about your goals and expectations in skating. Working together, you should build a general plan for how you will achieve those goals. But then you should trust the pro to work out the day-to-day lesson plans. They know best how to teach the elements, and in what order they should be learned. Don't be afraid to revisit the "goals and expectations" discussion once in a while, but don't try to micromanage the pro's method of getting there either.

Your pro will help you to establish an appropriate lesson and practice schedule. The pro will help you to balance the appropriate amount of lesson time with practice time. A general guideline is that for each 15 minutes of lesson time, a skater should have at least 30 minutes of practice time to reinforce those lessons. Some skaters will need more, some will need less. In particular, younger skaters may need a higher ratio of lesson time because they will likely have a harder time "self-directing" practice time.

Your pro will help you to make decisions about testing and competing. They will prepare you appropriately for these events. When it is time for a program, they will generally cut your music. The coach often will suggest music that they think is appropriate to your skills, level, and interests. Do not be afraid to give them suggestions in this area. Your pro will choreograph your program to suit the music and meet the technical requirements of the event.

When you test, your pro will usually be present at your test session to help you warm up, and to provide support / guidance as you need it. Similarly, when you compete, you should expect that the pro will go to the competition with you to guide your warm-up and provide any last-minute support you need (they usually call it "putting you on the ice").

WHAT WILL I SEE ON MY COACHING BILL?

Expect to be billed for the pro's time. As mentioned earlier, your business relationship will be directly with the pro. He or she will bill you directly, usually on a fixed schedule. You should make your payments directly to the pro. Rates will vary in different areas, and according to the skill level of the pro. Non-elite skaters generally expect to pay somewhere between \$30 and \$60 per hour. The pro will bill you for cutting music. Expect a bill for time spent with you at a test session or competition. If the test/competition is not at your home rink, you should expect a fee for travel, and room/board if it is an overnight competition (often pros will divide their expenses among the students they have at a competition -- sometimes they just have a fixed fee).

COACHING POLICIES

Every coach will have different policies and should outline these for you before your first lesson. The following, however, are general guidelines followed by most coaches.

Your coach will expect your attention and your best effort. No pro expects every student to do

everything right the first time, but they do expect you to TRY, every time. Do not waste your pro's time, or your parents' money, through lack of effort. Your pro should expect you to respect them, just as you expect them to respect you. Treat them with courtesy on and off the ice.

When you will be unable to attend a lesson, try to notify the pro in advance. Remember that for many pros teaching is their job, and the income they derive from it may be paying their bills. If you are unable to attend a lesson, they may be able to fit in an extra lesson for someone else in the time you're not there -- but they need to know in advance to make those arrangements. Many pros will charge you a regular lesson fee if you are an unannounced "no-show".

Sometimes, you will find some pros that "team teach". This means that two or more pros will get together and accept students "jointly". The pros will coordinate their lessons with you, and on any given day you might get one or the other. If your coach doesn't team-teach, you may still find it to your advantage to select different pros for different disciplines. You might choose one pro for dance and another for freestyle. Or sometimes a different one for moves, etc.

Finally, trust your pro. Sometimes they'll ask you to learn things you can't see any need for. Or they'll want you to wait on some elements until after you've perfected other skills. As long as you've jointly set out your long-term goals, trust them to get you there...

CHANGING COACHES

The relationship between skater and coach is, of course, very important. And parents are usually a key additional component. Courtesy and communication are vital in this partnership, but when special situations arise and a coaching change is requested, the Greater Green Bay Figure Skating Club offers the following guidelines regarding the proper and ethical sequence of behavior.

First, inform the current professional: The skater or parent of the skater should discuss with the current professional the desire to discontinue the business relationship. Once the final bill is paid, lessons can begin with a new professional. The new professional must confirm with previous professional that the resolution of the relationship has taken place and that the final bill has been paid before giving any lessons to the skater.

Next, approach the potential new professional: The skater or parent of the skater should approach the new professional to set up lessons. (Again, this should take place only after the current professional has been informed of the desire to discontinue lessons.) The potential new coach should remind the skater or parent to discuss the situation with the current coach. The parent or skater must pay the final bill to the current coach before starting lessons with the new coach. The new coach should confirm with the previous coach that notification has been provided and that the final bill has been paid. The new coach and the parent or skater can set up lessons.

GGBFSC does not act as intermediary between Pro and Member. We urge each party to resolve the situation both privately and respectfully. In the event of any unresolved issue the GGBFSC Board of Directors will provide advice and suggestions; and may exercise its right to authorize a final decision in the matter. You are expected to respect all Pros who teach on the ice and they in turn will respect and help to protect your rights as a member of GGBFSC.

GGBFSC maintains a directory of professional coaches who are approved to teach during Club ice time. These Pros are independent contractors and are not employed by the GGBFSC. A Club member

hires a Pro and pays the Pro the required fees. Fees and arrangements vary among Pros. Pros may advertise on the Club bulletin board and members may also post notices to advertise their needs for a Pro.

All Pros must be USFS members and approved by the GGBFSC Board of Directors. The Board recommends the Pros follow the Code of Ethics as outlined by the Professional Skaters Association and requires the same respect be given the GGBFSC Rules.

In the name of sportsmanship and general good conduct, we ask you not to make negative comments to other members/parents regarding specific Pros while in the vicinity of skating members. Your opinion is your own and you are entitled to it, but please keep your opinions to yourself especially in the presence of skaters who think very highly of their Pro and need to maintain a high level of confidence in their Pro in order to achieve.

ICE ETIQUETTE AND SAFETY GUIDELINES

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time. This section outlines some basic concepts of etiquette and safety which are important to follow.

ICE SESSION GUIDELINES

GGBFSC has established rules, regulations, and protocol to ensure safety and fairness to each of our member/skaters. We ask that you familiarize yourselves with the following principles. Any violation of the following may result in action from the Board of Directors by means of a 1) written warning, 2) appearance before the Board of Directors, and 3) suspension from GGBFSC.

CHECK-IN PROCEDURE

1. Skaters must check in prior to entering the ice by placing a check next to their name in the monitor book.
2. **Walk-ons** must write their name in the appropriate area of the Monitor book and pay the walk-on rate before entering the ice. **We strongly urge you to pay by check.** A locked box is located next to the Club bulletin board with envelopes in which to place your payment. Please fill out the information on the outside completely and place it in the locked box. Members of GGBFSC can also have their walk-on fees charged to their account by writing "charge" after their name and signing it, provided there is a signed Charge Agreement on file.
3. **Make-ups** for any previously missed sessions can be made on any equivalent session, provided space is available, by writing your name, and the date and time of the session you are making up, on the appropriate category on the monitor sheet.

4. **Full Sessions:** No more than 22 skaters can skate a particular session at one time. The order in which skaters may take the ice is determined in the following manner.

First - Contracted Skaters

Second - Make-up Skaters - in the order of request

Third - Walk-on Skaters - in the order of request

**If you are a walk-on or make-up skater and want to skate on a “full” session (22 Skaters) you will need to wait 5 minutes after the session has started to see if there is room on the ice. If a contracted skater has not taken the ice after the 5 minutes, the next eligible skater may take the ice and the contracted skater loses their spot.

REMEMBER: You are responsible for checking yourself in and making the proper payment.

CDS

1. All CDs should be clearly marked with skater first and last name.
2. Remove CDs from the case before giving to the monitor.
3. Turn in only one program CD at the beginning of each session. After it’s played, another CD can be substituted in its place on the table in the proper order. The order of the CDs on the table behind the glass is not to be changed.
4. Retrieve your CD before you leave the ice at the end of your last session for the day.

MUSIC RULES

1. CDs should be given to the monitor at the beginning of the session. If there is no monitor, place your CD in the music box in order of your arrival. **DO NOT MOVE ANYONE ELSE’S CD.**
2. CDs will be played in the order they are handed in.
3. If a skater leaves the ice, their CD will be pulled from the line. It is the skater’s responsibility to inform the monitor to return their CD to its original playing order after they return to the ice.
4. The skater whose music is playing must wear an orange vest. **THIS SKATER HAS THE RIGHT OF WAY.** Please be courteous.

GENERAL ICE RULES

1. Skates must be worn on the ice at all times during ice sessions. **No Exceptions.**
2. When you fall on the ice get up as quickly as possible if you are not severely injured. Sitting or lying on the ice puts you and other skaters at risk of injury. If you are hurt you will receive help immediately.
3. When your scheduled session begins you are expected to be on the ice. If you are late, you cannot stay over into the next session to make up your time. When your scheduled session ends you **MUST LEAVE THE ICE** unless you are also scheduled for the next session. This also applies to walk-on skaters. All skaters are to skate within the times scheduled or you will be charged for an additional session at walk-on rates.
4. No standing idle on the ice. If you have an equipment or apparel problem, please get off the ice to make any adjustments. If you need to chat with someone, please move to the boards.
5. No food or drink allowed on the ice. Absolutely no glass containers in the rink area and no

open containers such as coffee or soda cans are allowed on the boards. Plastic water bottles and insulated type covered containers are permitted.

6. No Walkman or boom box type CD/CD players on the ice.
7. No alcoholic beverages, tobacco, or street drugs will be tolerated.
8. Generally, the middle of the rink is to be used for spins practice. Please do not monopolize any specific area of the rink for prolonged periods of time.
9. Long hair or hair that may fly in your face or in another's face should be pulled back away from your face with either various hair accessories or hairstyles that enable you to have full vision of the ice and other skaters. This is for your safety as well as all others.
10. Skating attire must be clean and safe.

ETIQUETTE

1. Skaters, pros, monitors, parents and guests are expected to show courtesy and respect to each other both on and off the ice.
2. Be aware of other skaters' movement near and around you.
3. Use of any foul language is prohibited.
4. Courtesy and respect for other skaters, pros, parents and rink personnel are expected.
5. Good sportsmanship should be demonstrated at all times.
6. Respect our rink staff. Clean up your mess, and leave the ice immediately when the ice cutting machine enters the ice.

***Remember: You are representing the Greater Green Bay Figure Skating Club. Please do it in a positive way.

Anyone witness to any infractions of these rules may report them to a pro, monitor, or Board member. The GGBFSC Board of Directors will take any action necessary to provide its members with a safe, fair and enjoyable rink environment.

RIGHT OF WAY

It is essential to respect the rights of other skaters and be constantly aware of who is around you. The skater who is doing his or her program with the music has the right of way at all times. This skater will be wearing a bright orange vest, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their coach. Always yield to these skaters as well.

FLOW OF A FREESTYLE SESSION

Because of the nature of certain jumps, they are most commonly performed in the same vicinity of the rink each time. A diagram of the rink is included to show where each jump most commonly is performed. Obviously, there are exceptions to these performance areas, especially in skaters' programs. Most importantly, try to avoid practicing for an extended period of time in one area.

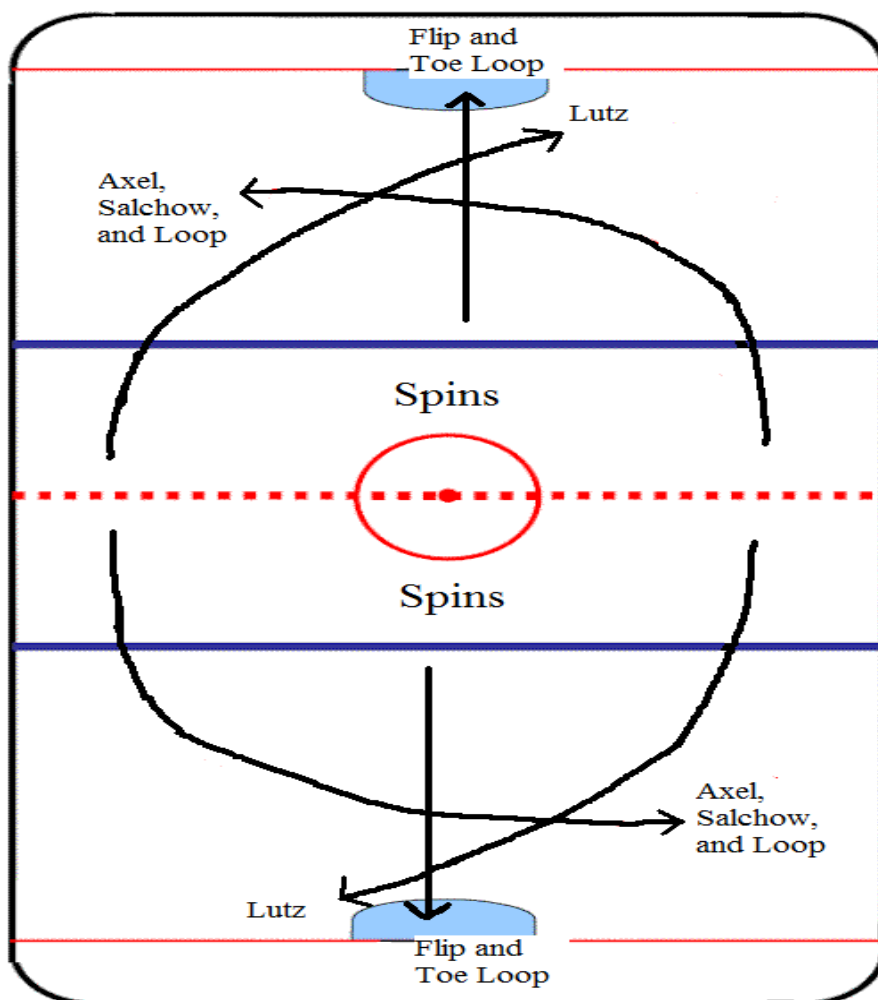
When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Take a good look at the space you expect to be in before you begin the element to avoid possible collisions. At the same time, watch for skaters performing these "dangerous" elements and try to avoid the space they are in.

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. Learn to keep "loose" when you fall and this will help you to avoid getting injured.

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 pretty "expectable" or "predictable" things, and you can usually pretty much guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you're standing near 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.

Most importantly, avoid standing along the boards at all costs. Many skaters need this area for their Moves in the Field patterns, Dance patterns, or Freestyle programs. If you need to get a drink, retie your skates, etc. go to the benches. This is for your safety!

FLOW OF A FREESTYLE SESSION



U.S. FIGURE SKATING TESTING

GENERAL TEST INFORMATION

United States Figure Skating (USFS) specifies a testing system that qualifies skaters to compete at various levels. A skater must be a member of the Greater Green Bay Figure Skating Club or some other USFS club in order to take these tests. Tests are a requirement for competition; skaters pass certain tests to be eligible for particular events. However, the testing system may also be used by skaters who do not compete, as a means of measuring personal progress. The tests consist of required elements that a skater must perform before a panel of judges. Judges mark each test as either "pass" or "retry." For a test to pass, the single lower-test judge, or two judges out of the panel of three, must mark the test as passing. If the majority of the judges mark the test as a retry, the skater may take the test again after twenty-seven days. In testing, skaters' skills are judged against a clearly outlined standard, rather than against the performance of other skaters.

A skater's coach will suggest when the skater is ready to test and will give him or her an application form. The final decision about a test is ultimately made by the coach, skater, and parent together. However, your coach will know best about the expectations of the judges and the likely outcome of your test.

The application form must be completed and returned with the appropriate fees to the test chair by the required deadline. The following is a brief summary of testing information; however, the USFS Rulebook (updated annually) should be consulted for the most accurate and current information on tests. Skaters must be in "good standing" in order to test, which includes being up to date in ice payments and service hours.

TEST CATEGORIES

Moves in the field - requires footwork in patterns around the ice surface that involve turns and edges used in figures, freestyle, pairs, and ice dance. These tests are performed in silence, rather than to music. The first level, the Pre-Preliminary test, is followed by Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior/Gold for a total of eight different test levels. Each test has several required moves in the field patterns that focus on power, edge quality, quickness, and/or extension. Once all patterns are performed, the judges may ask a skater to perform one of the patterns a second time (that is, if an error was made, but the remainder of the test was passing).

Freestyle - elements such as jumps, spins, footwork, and connecting steps including moves in the field are required for freestyle tests. No music is used for the Pre-Preliminary level. Programs choreographed to music with specified elements are required for the Preliminary through Senior tests. In order to qualify to take a freestyle test, the skater must first pass the moves in the field test at the corresponding level. A skater may be asked to demonstrate competency in up to two missed elements at the completion of a freestyle program. This decision will be made by the judge(s) only if the remainder of the test was passing.

Pairs - Pair skaters are judged for degree of unison as well as for completion of skating elements. Pair test levels are Preliminary, Juvenile, Intermediate, Novice, Junior, and Senior/Gold. All tests are performed to music, except the Preliminary test, for which music is optional.

Ice Dancing - is the interpretation of flowing steps to music with a focus on rhythm, expression, and technique. Compulsory dances involve a specified pattern performed to pre-selected music, and free dance requires individualized choreography of specified elements to music chosen by the skater. The dances can be taken either Standard (with a partner) or Solo-Track (without a partner). The testing levels are Preliminary, Pre-Bronze, Bronze, Pre-Silver, Silver, Pre-Gold, Gold, and International.

Each USFS ice dance level consists of three to four compulsory dances. The entire group of dances in a level must be passed before testing a dance in a higher level. Dances in each level are listed below. Patterns for these dances are provided in the USFS Rulebook.

Preliminary	(Dutch Waltz, Canasta Tango, Rhythm Blues)
Pre-Bronze	(Swing, Cha Cha, Fiesta Tango)
Bronze	(Hickory Hoedown, Willow Waltz, Ten Fox)
Pre-Silver	(Fourteenstep, European Waltz, Foxtrot)
Silver	(American Waltz, Tango, Rocker Foxtrot)
Pre-Gold	(Kilian, Blues, Paso Doble, Starlight Waltz)
Gold	(Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango)
International	(Austrian Waltz, Cha Cha Congelado, Golden Waltz, Midnight Blues, Rhumba, Silver Samba, Tango Romantica, Yankee Polka)

Adult Skating - Tests are available for adult skaters (those aged 21 or older) in all disciplines mentioned above; Moves in the Field, Freeskating, Pairs, and Dance. Levels for adult Moves in the Field and Freeskating are Adult Pre-Bronze, Adult Bronze, Adult Silver, and Adult Gold. Adult Pair test levels are Adult Bronze, Adult Silver, and Adult Gold. For Dance, adult skaters test the same dances and levels as the standard track skaters, but Adult and Masters dance tests need only be skated with a partner, not solo.

WHAT TO WEAR FOR TESTING

You should be neat and clean when taking any test. Skating apparel for tests should normally be modest, with simple, clean lines. Girls and women should wear skating dresses or skirts with unblemished tights. Boys and men should have pant pockets stitched so that they do not gape open. Wearing a competition outfit, if available, is often a good idea. The same outfit can be used for all varieties of tests. Boots should be polished or recently covered in skate CD, and laces should be new or at least clean. Hair should be neat and off the face. Makeup should be kept to a minimum. You do not need to have a special or decorated outfit made for testing if you have a nice-looking practice outfit.

COMPETING

As a member of the Greater Green Bay Figure Skating Club, you will be able to participate in many kinds of skating competitions. Competitions sanctioned by U.S. Figure Skating are held throughout the

year in rinks across the country, with events in freestyle, pairs, ice dancing, synchronized team skating, and artistic. Skaters may elect to participate in any or in all types of events.

Competition allows a skater to perform in appropriate groups according to age and skating level before a panel of judges. Individual skaters within the groups are then placed in a numerical placement order as the judges' results indicate. Usually the top 3 to 5 skaters in each group will receive medals or awards. Skaters may also compete in different events if available, such as Spins, Freeskate, Compulsory, Moves-In-The-Field, Dance, Artistic, etc.

GGBFSC sponsors its own annual competition, Skate Green Bay, in August. One of the unique aspects of our competition is an event called the Artistic Recall in which skaters are judged on strictly aesthetic appeal by a panel of judges from the art, music, and entertainment community. Some popular competitions in our area are:

January	Fox Cities, Appleton and Duluth, Minnesota
February	Badger State Games, Wausau and Marquette International Open, Marquette, MI
March	Eau Claire, Wisconsin and WIM, Milwaukee, Wisconsin
July	Skate Wisconsin, Milwaukee
September	Madison Open, Madison, Wisconsin
October	Upper Great Lakes Regional (location varies)
November	Turkey Trot, Houghton, Michigan

Most of the above competitions are non-qualifying, which means you cannot advance to another competition based on your score results.

USFS designates certain competitions as "Future Champions Series" events for skaters in the Juvenile, Intermediate, and Novice divisions in singles, dance, and pairs. Skaters will be able to accrue points based on their placements at non-qualifying competitions that are part of this series. More information is available at www.usfigureskating.org.

Badger State Games medal winners have the opportunity to compete in the State Games of America, which at the present time is held every other year.

Upper Great Lakes Regionals is a qualifying competition for our region. When a skater places third or higher in an event he/she can advance to Midwestern Sectionals, and placement at Sectionals could further a skater to the Nationals level of competition. Your Pro is your best source of information regarding competitions.

BENEFITS OF COMPETING

There is something for everyone in ice skating competition. Competitions are not only a lot of fun, but they also build character. Through skating and competing comes the development of self-esteem, self-confidence, self-discipline, and self-reliance. Skaters learn that winning is great; but more importantly, participation and striving to do your best are the true rewards in competition and in life.

QUALIFICATIONS

It's important to keep your GGBFSC membership up to date, because in order to enter any USFS-sanctioned competition, you must be a member of the USFS in good standing and have the permission

of your home club. Every competition entry form must be signed by a Club officer to confirm that you are a member in good standing. Being in “good standing” includes being up to date in ice payments and service hours. (Competition applications can be obtained from the skating coaches or at the club bulletin board at the rink.) There are also age and test qualifications for some events. Discuss these requirements with your coach, or consult the competition entry form and USFS Rulebook.

TYPES OF COMPETITION EVENTS

Freestyle and Pairs -Competitions with freestyle and pair events are most familiar to the general public, because these types of skating are featured prominently on TV. Freestyle skating consists of jumps, spins, and footwork, as well as other athletic and artistic movements skated to music. Pairs, in which two skaters work together, adds elements such as lifts, assisted jumps, and skating in unison. A new skater normally starts competing at the Basic Skills, Beginner, or Pre-Preliminary levels and progresses through subsequent levels by mastering new elements and passing skating tests. Skaters can participate in events called non-qualifying competitions, as well as qualifying competitions that ultimately lead to the National Championships.

Moves-in-the-Field - This is a prescribed and formatted style of footwork with emphasis on edges, power, posture, and speed. The levels are the same as the Freestyle levels - Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior.

Ice Dancing - Ice dancing is included in all qualifying competitions. There are also non-qualifying competitions throughout the year that offer ice dance events, as well as competitions that are exclusively for ice dancing. In addition to events for dancing couples, some competitions offer events for single dance skaters.

Synchronized Team Skating - Synchronized team skating is a fast-paced, high-speed sport that requires intricate footwork, as well as the reliance on all members of the team to produce, in unison, a cohesive, beautifully orchestrated, yet complex program. Non-qualifying synchronized team skating competitions may be held at any time of the year. For qualifying competitions teams first compete at one of three Sectional Championships, and top finishers at Sectionals move on to the National Synchronized Team Skating Championships. Similar to the other types of skating, there are several levels in synchronized skating that are based on age and skating ability. Currently, GGBFSC has three competitive teams called the “Kicks”.

A 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. The same kids that we see looking so grown-up on the competition ice probably still cuddle their favorite stuffed animals when they go to bed at night. Let them be kids, and support them as they grow.

THINGS TO REMEMBER

Balance: make sure there is 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 some of the elements. Know enough to know when something is done well, and when there is room for improvement. 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. Make sure your coach understands your skater's goals. Listen to your coach's advice and instructions, but also keep in mind your child's best interests.

Watch: don't use the rink as a babysitter. Stay and watch your skater practice, at least sometimes. 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 your bills on time. Help with club activities. 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. Be willing to do "jobs" like ice monitor, music monitor, etc. Help out with ice shows or competitions.

SERVICE HOURS

We love our volunteers! Not only do we love them: we need them. The parents and families of our skaters are vital to the success of the Greater Green Bay Figure Skating Club. These volunteers act in various capacities to make our competitions and fundraisers run smoothly.

For example, volunteers are involved in our annual competition, Skate Green Bay, helping with registration, awards, accounting and much more. They serve as crew and prop coordinators for our wonderful Club shows. They also monitor and play music during contracted ice times. The list goes on and on, and we need the help of every family. We simply could not host competitions and shows or have such low ice costs without the contributions of volunteers.

Because volunteer assistance is imperative to our continuing operations, we require all member families to volunteer a minimum number of hours each year. The service hour requirement also provides that some of your time is spent on the two major Club events - the annual Spring Ice Show held in April or May, and our annual competition, Skate Green Bay held every August. See the Service Hours Policy for specific details.

Happily, the GGBFSC hosts a variety of events during the year which provide lots of opportunities to satisfy these requirements. Approximately four test sessions are held throughout the season (usually March, June, August, and December).

Every time you volunteer, just make sure that you record your volunteer hours on a service hours form, located on the website under the Club Forms link. volunteer sheet (located at the club synchronized skating bulletin board at the rink – a copy is also attached for your convenience), and turn them in to the GGBFSC volunteer coordinator to add to your annual tally. To help you keep track of how many hours you've served, volunteer hour tallies are occasionally posted on the Club bulletin board in the lobby at the rink.

We think you'll find that being a volunteer is fun! Many posts enable volunteers to watch the skating at competitions and events as they work, and all volunteer opportunities afford you the chance to make new friends as you serve alongside fellow GGBFSC members. Thank you, in advance, for your role in making the GGBFSC a club that serves its members and its community so well.

BILLING & ACCOUNTING

GGBFSC offers ice to its members on a regularly scheduled basis and at reasonable rates. The Club in turn has to pay its ice bill to the rink on a regular basis and your cooperation is necessary for us to comply. Your payments are due to the Club on the 15th of each month. Advance payment is always welcome.

If you know you have a balance due, please pay within the deadlines set on the contracts. Late payments will be charged a late fee and other action may be taken as the Board deems necessary. Currently USFS is asking all Clubs to turn in a list of all individuals who have not met their financial

obligations by July 1 of each year. These individuals will be flagged by USFS until all financial obligations are met. (This means no testing, no competing, not contracting for more ice time, etc.) If you don't know whether you have a balance due, please contact the Accounting/Billing person or any Board member.

WE CANNOT ACCEPT POSTDATED CHECKS. If you have a problem meeting deadlines, please refer to the Board for assistance necessary to eliminate these problems. If the problem becomes persistent and outstanding balances are not paid in full, the Executive Board will have no choice but to disallow the member to compete or test in any such event that requires a Board Officer's signature and/or restricts the member's ice privileges.

Ice payments may be placed in the lock box located next to the Club bulletin board. If you would prefer to mail your ice payment please send them to: GGBFSC, Attention Accounting & Billing, P.O. Box 28164, Green Bay, WI 54307-0164. If you have any questions please contact Accounting & Billing.

When you receive your contract for the following season, please READ it thoroughly. Frequently the Board is forced to make necessary changes in policies or procedures due to changes in rink management or fluctuating financial limitations.

LINES OF COMMUNICATION

The Club offers a monthly newsletter, via e-mail, to its members. We also have information on our website, www.greenergreenbayfsc.com We try to keep you informed of upcoming events, and feature stories that might interest you. Please READ YOUR NEWSLETTER AND CHECK THE WEBSITE as it may be your **only** notice of last minute changes or happenings. If you would like to be involved in the newsletter process please contact a Board member.

We also have a bulletin board located in the lobby where you will find Test and Competition information, notices, last minute changes or events, classified ads, and Board meeting minutes. Please make an effort to check this board often to keep updated.

2008-2009 BOARD OF DIRECTORS

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