

The Figure Skating Club of Bloomington - Member Handbook
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MISSION

Our mission is to provide a center for excellence in figure skating using the highest ethical standards for those interested in the sport.

INTRODUCTION

Welcome to the Figure Skating Club (FSC) of Bloomington. As a new member, we would like to introduce you to the club. The FSC of Bloomington is a member of the Twin City Figure Skating Association (TCFSA) and U.S. Figure Skating (USFS). The FSC of Bloomington was formed in 1976 to promote amateur figure skating in Bloomington and the surrounding areas. The club headquarters and home club arena is located at the Bloomington Ice Garden. Our club is recognized as a not-for profit, 501c3 organization.

MEMBERSHIP

Annual USFS membership fees are required to be a member of the FSC Bloomington and are paid through your home club. Annual memberships run from July 1-June 30th. USFS will provide each member with a membership card and number, a yearly

subscription to "Skating" Magazine (1st family member), the right to test and compete at U.S. Figure Skating sanctioned events, and insurance programs. For information on insurance, contact the USFS number on the back of your card. The USFS annually publishes the U.S. Figure Skating Rulebook that is an essential reference for anyone involved in figure skating. It is available online at www.usfigureskating.org under "Technical Information", then "Rulebook".

CLUB LOCATION

The Figure Skating Club of Bloomington-Bloomington Ice Garden

3600 West 98th Street Bloomington, MN 55431 Club Phone: 952-832-0228

CLUB COMMUNICATION

All information regarding the club is available on the FSC Bloomington website www.fscbloomington.org. **IT IS EACH FAMILY'S RESPONSIBILITY TO STAY UP TO DATE WITH CLUB HAPPENINGS AND PROCEDURES** using the club website. Occasionally, emails may be sent from Board Members regarding important details. FSC Bloomington club members or parents may NOT send emails to the membership without authorization from FSCB president. Failure to abide by this policy may result in termination of membership with FSC of Bloomington.

FSC OF BLOOMINGTON MEMBERSHIP OPTIONS

Junior Club

The Junior Club is a program designed to make the transition from Skate School to the club an easy step. Junior Club is part of the FSC of Bloomington. Junior Club meets weekly, consisting of a small group lesson followed by practice time. The FSC of Bloomington Coaching staff rotates teaching the group class so that you have an opportunity to meet all of the coaches and see their coaching styles.

This is an opportunity for skaters to work with each coach. Junior Club skaters can also buy into additional club ice time. We also encourage Junior Club skaters to schedule lesson time with the coaches so they can try them out on a one on one basis. Speak to a coach for session recommendations. Junior Club skaters are also encouraged to use the Club room.

Home Club Member

This level of membership allows a skater to work toward his/her skating goals with a home club coach, via private lessons. It is the next step up in a skater's progression after the Junior Club or for skater transferring from another club. As a member of FSC of Bloomington, you may take USFS standardized tests. (see Testing and Testing Procedure). These tests certify a particular level of skill and achievement and are governed by the USFS. You may also participate in sanctioned competitions, ice shows and other events. Club membership also allows you contracting and buy-on priorities for club ice that is purchased by the FSC of Bloomington from the City of Bloomington's Bloomington Ice Garden.

Associate Member

Many skaters from other clubs become Associate Members to use the FSC of Bloomington as their primary training center in the summer or during the year to train on club ice. Associate memberships are offered for skaters whose home club is other than FSC of Bloomington. Participation in club functions is encouraged!

MEMBER IN GOOD STANDING

Home Club members must contract for at least one session per contract (4 contracts per year) and have outstanding invoices paid to remain a Member in Good Standing. All members in good standing are permitted to represent the FSC of Bloomington in competitions and be approved for USFS testing sessions.

BOARD OF DIRECTORS

The FSC of Bloomington is governed by a board of directors up to 12 members. The board is elected in May by the general membership of the FSC of Bloomington. All of the board positions are volunteer positions. The board of directors elects a president, vice-president, secretary and treasurer, and appoints other chair positions and responsibilities as needed. The board is responsible for setting policies and procedures that ensure the harmonious operation of the club, as well as representing the club in matter concerning ice purchasing, ice times, scheduling tests and hosting competitions. Any adult US Figure Skating member or parent of an FSC of Bloomington skater is welcome to run for a position on the board. Please speak directly to a current board member to express your interest. Feel free to contact any of the board members at any time with questions. All meeting minutes and board and financial reports are available upon request.

SAFE SPORT

U.S. Figure Skating and the Figure Skating Club of Bloomington strive to provide a safe environment for its members, one that is free of abuse and harassment. The association will not tolerate or condone any form of harassment or abuse of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of abuse and harassment are unacceptable and in direct conflict with U.S. Figure Skating rules. Our director will monitor the SafeSport policies and procedures of the club; verifying that all of the coaches who are engaged in any type of coaching activity with any club skater are in compliance with the USFS coaching membership rules regarding background checks and continuing education requirements; and serve as the initial contact in the club for persons to report suspected abuse, misconduct or other violations, and when necessary, report such information to USFS. Please see our webpage for detailed information regarding consequences for bullying and behavior disciplinary actions.

GRIEVANCE AND CONFLICT PROCEDURE

Most of the time conflict arises, miscommunication is to blame. The FSC of Bloomington Board of Directors is committed to helping with conflict and has created a Grievance Committee/ Process to help with conflict and move toward resolution.

The committee resources are available to skaters, coaches, parents and any individual who is in direct contact with club happenings. The committee will be comprised of 2 board members. The committee may also appoint individuals to assist based on a particular situation.

Following US Figure Skating Code of Conduct, all skaters/parents and coaches have agreed and signed a contract each year to be respectful, professional and supportive of all members/families involved with FSC of Bloomington. When a situation arises, the parties involved work together to resolve the problem directly affecting them. Most situations should easily be rectified with good open communication.

A party should not solicit help from another parent, coach or skater unless that person is directly involved in the conflict. Doing so in the past has resulted in continued miscommunication and further harm in rectifying reasonable solutions for all involved and is not the direction nor mission of the FSC of Bloomington Grievance Committee.

If a skater, coach, parent or other party feels they are unable to resolve a conflict, a formal written grievance may be submitted to the Grievance Committee. . The Grievance Committee will read the grievance, meet with the parties involved and offer unbiased resolution for all parties involved quickly, with the best interest of the FSC of Bloomington in mind.

The FSCB Grievance Form can be found in the “For Members” section of www.fscbloomington.org. Submit this to the club president or vice president.

SERVICE OPPORTUNITIES

There are many fun ways to become involved in the club, not only to contribute to the club but to meet other parents and members. Opportunities are listed on the FSC of Bloomington website under volunteering and in the signup genius link.

SERVICE REQUIREMENT POLICY

The Figure Skating Club of Bloomington is run by volunteers. Each family having home club membership in the Figure Skating Club of Bloomington is expected to contribute a minimum of 20 hours of service time per membership year.

The fiscal year runs from June 1-May 31. Members pay in service hours, or may elect to pay \$15 an hour per service hour not earned, up to 5 for each contract. Members will receive 1 Service Voucher for each hour they volunteer, equal to \$15, with the exception of hours required for competitions. Submission of vouchers will occur 1 month prior to the start of a new contract. Members who do not submit vouchers will be billed \$15 per unmet hour. This invoice will be attached to your shopping cart and will need to be paid in full at the time of contracting.

In years that FSC of Bloomington hosts a competition, hours in addition to the 20 hours are required based on the size of the competition:

- Local Competition- minimum 5 hour commitment or \$75 payment
- State or Regional Competition- minimum 10 hour commitment or \$150 payment
- National Event or Equivalent- minimum 15 hour commitment or \$225 payment

Members will not receive service vouchers for the minimum commitment requirement for competitions as without our memberships help, we cannot properly run a competition. Competitions are held as a fundraiser for the club and all members benefit from funds raised, therefore, all members must contribute equally.

Some families volunteer more than the 20 hours required per calendar year or more than the hours required for a particular competition. Their above and beyond commitment is applauded. Families who have extra vouchers may use them for extra ice sessions.

Staple 5 vouchers together and place in the ice monitor book the same as coupons.

There is no dollar value associated with these vouchers. Vouchers may NOT be submitted with contracts and be used in lieu of cash requirements to meet the minimum contract requirements.

New members will be exempt from the above for one contract requirements for one contract upon joining the club. Junior Club and Associate Members are not required to complete a service requirement, however, to support the club, we welcome and encourage you to participate and get involved in the club.

SIGN UP GENIUS

Sign Up Genius is an online volunteer link that FSC of Bloomington uses to manage volunteer hours and tasks. Please visit our website for a link to our current sign up genius located in the volunteer section. If you use sign up genius, you do not need to report your hours.

Please note: all volunteers using sign up genius must sign their name next to their designated task on the day it is performed in the ice monitor book to receive credit for

their volunteering. The book is always available in rink 2 during ice times or is available in the coaches office. It will also be accessible for the ice show and competitions held at BIG. Occasionally, events will be held off site and the book will not be available. Please communicate with your service coordinator if this applies.

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REPORTING SERVICE HOURS

The deadline for submitting volunteer hours is 1 week prior to the upcoming voucher submission deadline. Hours submitted after the deadline will be processed but vouchers may not be available for your use as the volunteer responsible for these may not be available to do this.

Most of FSC of Bloomington service opportunities are available on Sign Up Genius. You do not have to report these hours. Only report hours that are not associated with sign up genius.

Please submit the following information: -Skaters Name

-Date of Activity -Volunteer(s) name -Description of Activity -Total Number of Hours

See the FSC of Bloomington Website for information regarding voucher distribution. Please plan ahead to make sure you have the 5 vouchers needed per contract. This is each family's responsibility.

SKATERS CLUB ROOM

The club room is located past Rink 2 on the left side of the hallway. This room is provided for the skaters to change into skates and socialize between sessions or relax or do homework during sessions they do not skate.

The club room has been furnished and decorated to provide a comfortable, fun space for the skaters to interact between sessions. EACH SKATER IS EXPECTED TO RESPECT THE FURNITURE AND EQUIPMENT AND TO KEEP THE ROOM CLEAN AND FREE OF CLUTTER. If a skater damages club property from misuse or horseplay, the skater will be required to repair or replace the damaged item.

-No Standing on the Couch or Tables

-Keep your feet/legs off of all tables (including table by couch)

- Keep your feet off of chairs (they are meant for sitting)
- No Ice Bags Left on tables or chairs (put it in freezer or throw away)
- No food or drink consumed on leather furniture
- Individuals with skates on should not be sitting on or near leather furniture
- If you spill something, clean it up
- Please treat this room as if you are a guest in someone's home. Show respect.

Please take pride in this room- things will become damaged if skaters do not follow the above rules. The club room will be locked if skaters misuse or cannot abide by these expectations.

SKATER FOLDERS

The skater's room has a file box with a folder for each of the club skaters. Please check the folder at least once a week for communications and delivery of important materials such as vouchers, etc.

SELECTING A SKATING COACH

The FSC of Bloomington is proud to have excellent and experienced home club coaches. A list of home club coaches is available in the pro's room and on the FSC of Bloomington's website. Resumes are available upon request from each individual coach. Parents and skaters are encouraged to come to the club sessions to observe and talk with several coaches. Please contact the coaches directly for further information about themselves. Coaches are a very influential person in your skater's life and the careful selection of a coach is very important.

All skaters must select a private home club coach upon becoming a home club member. After a coach is chosen, contact the coach and arrange for a meeting to discuss schedules, goals and policies. The coach will set up a lesson schedule acceptable to both parties. The coach will also assist in choosing appropriate equipment and select suitable music for the skater when necessary. Our professional skating coaches are all self-employed. Arrangements for lessons, schedule changes and coaching payments are made directly with the coach, not to the FSC of Bloomington.

SWITCHING COACHES

FSCB coaches are required to abide by the guidelines for changing coaches established by PSA. Coaches can promote their background and credentials as they see fit, subject, of course, to the requirement that such marketing and promotion may not be misleading.

Coaches should avoid unsolicited recruiting. Unsolicited recruiting from a coach means speaking to a skater or their parents without their consent, convincing them that they can train your child better than your current coach. Third party solicitation means when a parent convinces you that you should switch to their coach, because they can train your child better. These practices are not encouraged by the membership of FSC of Bloomington in our rink. A coach can be dismissed as a home club coach for unethical solicitation, and a parent can be asked to leave the rink as well. If another coach contacts/solicits you regarding switching to them without your consent, please contact a FSC of Bloomington Board Member and they will handle the situation. Parent gossip about coaches and skaters will not be tolerated and could result in disciplinary action as outlined on our webpage.

The following steps will help make a transition to a new coach and still maintain a comfortable relationship within the rink environment. All parents, coaches and skaters should have a clear understanding of the process. If any party of a coaching change feels that proper procedures have been violated, that person is asked to file a formal grievance with FSC of Bloomington.

Parents:

Contact your current coach. Communicate with your current coach to terminate the coaching relationship.

Request a final invoice. Make sure that you have paid your account balance in full with your current coach. If you are moving to a new facility or club, the same applies to your balance with your former rink or club. A balance owed to a former club could place the skater in a "member not in good standing" (U.S. Figure Skating rule MR 8.07) category that could prevent the skater from competition.

Discuss this change with your child. Make sure that he/she is comfortable with the changes you are about to make.

Coach (Former):

Host an exit meeting. An exit meeting provides an opportunity to 'make peace' with your former clients. The meeting also provides valuable information to improve retention and the recruitment of new skaters.

Deliver a final invoice. A final invoice should be given in a timely fashion. Avoid adding charges that were not agreed upon the commencement of the partnership.

Communicate with the new coach. Some of the matters that could be discussed would be the current training regimen, scheduled tests or competitions, and any insight into the skater's style of learning. It is a professional courtesy, not a legal requirement.

Coach (Future):

Make sure parents have informed former coach; do not proceed until this is done.

Establish expectations. Mutually establishing expectations at the beginning of the relationship can be critical. Make sure that the skater and his or her parents know what you charge, when you expect payments, and any other terms of the relationship that are important like the ownership of programs, costume design, etc. It may be appropriate for these expectations to be reflected in a written contract. If the skater is a minor, the contract will need to be signed by the skater's parents.

Respect what the former coach has done for the skater. If technique changes need to be made, do so without degrading the former coach's method.

Communicate with the former coach. Some of the matters that could be discussed would be the current training regimen, scheduled tests or competitions, and any insight into the skaters' style of learning. It is a professional courtesy, not a legal requirement.

Skaters:

Switching coaches should not affect your relationship with other skaters.

Do not isolate or make an outcast of a skater who has switched from your coach to another coach. Communicate your feeling to your parents if you are

experiencing issues adjusting. Treat all skaters with equal respect.

SKATING CLUB ICE

The club offers all members the opportunity to buy, or “contract” club ice. Unlike public skating sessions, only USFS skaters may skate on club sessions. The ice is purchased on a contract basis four times a year. FSC of Bloomington purchases ice from the city of Bloomington through the management staff at the Bloomington Ice Garden. Club members may choose sessions of ice they wish to skate and sign club contracts for this ice along with membership applications. Please coordinate with your coach before contracting to insure the coach’s availability to coach on the session you have selected. During freestyle sessions, skaters may skate freely over the entire sheet of ice and practice jumps, spins, footwork and general skating skills. Check with your coach for designated areas for spins. (Generally the center 3rd of the rink) Program music for skaters may be played during sessions so that skaters may practice for competitions or test programs. Skaters skating their programs with music, in a lesson with their coach, or are using the harness with their coach, have the “right of way”. Please be careful and aware of others to avoid injuries. Sessions may be restricted to higher level skaters and the minimum level required to contract would be indicated on the contract. Check with your coach for details on the on-ice policies and procedures.

CONTRACTING ICE TIME

Ice time is purchased from the club via an ice contract. There are four (4) contracts during a calendar year. (Summer, Fall, Winter & Spring). These ice contracts are completely separate from the lesson time and fees you would pay to your coach. Ice contracts are for ice time only and paid directly to the FSC of Bloomington.

Contracts are posted online on our webpage via entryeeze.

Contracts are prioritized on a first come first serve basis. Please read all information on the contract carefully. Follow the step-by-step instructions as you contract, completing all information as requested.

ICE COUPON BOOKS

For additional flexibility, in addition to contracting for club ice, you may also purchase coupon books. These are prepaid coupons that can be used on any 45 minute FSC of Bloomington ice sessions that has space available. Skaters who wish to skate a 1 hour session with a coupon must also include \$4 with the coupon at sign in. Skaters must be contracted one session per contract to purchase a coupon book.

ABSENCES

If your skater will not be skating their scheduled session, please notify your coach of your absence with as much notice as possible. Each coach has individual guidelines for advance notification and policies for charges for missed lessons. Contact your coach directly for details.

ICE CHECK-IN-CONTRACTED SESSIONS

A binder with a page for each session will be rink side in the box where the skaters get on the ice. Each page will list which skaters have contracted for that session. Skaters should check in with the ice monitor who will validate that the skater is contracted and if not the skater should be properly registered and paid in the book. If there is no ice monitor on duty, each skater should check their name off the list before going on the ice.

BUYING-IN ON CONTRACTED SESSIONS

A skater without a coupon and or payment is not allowed on the ice.

Check the book for the session you would like to buy-in-on. If the session is not full and there is club ice still available, put the skaters name on the buy list including check information (amount and check number) and give your check to the ice monitor when you check in. If using a voucher or coupon, please write the date and session time on

the back of it and write voucher/coupon next to your name on the sign in sheet. If there is not ice monitor, place the payment/coupon in the pocket of the binder marked payments.

ICE TIME MUST BE PAID FOR BEFORE GETTING ON THE ICE

If space is limited on a session, home club skaters have first priority to purchase available ice, followed by Junior Club members, then Associate Members.

Non-members have last priority and must present their USFS card upon request.

SWITCHING SESSIONS

Skaters may now switch a skating session on the same day without a coach's lesson/ approval being involved.

We realize that sometimes events can make it hard to skate contracted sessions and if there is still a possibility to skate at a different time, coaches and the board want to allow skaters to do that freely. A session may only be switched to another session of equal time ON THE SAME DAY.

A skater or the ice monitor should circle the original session and write switched to <DATE/TIME> next to their name. They should then write their name and circle it on the session switched to and write switched from <DATE/TIME> next to their name.

Ice monitors should review and initial switches made.

As always, your coach should be notified that you will be skating a different session than contracted.

SUMMER VACATION VOUCHERS & SCHOOL VOUCHERS

The Figure Skating Club of Bloomington offers vouchers for each contracted summer session missed during a FULL week of vacation. The number of weeks that can be reimbursed will be posted on the FSC of Bloomington website along with the request form when summer contracts are posted. You will receive one coupon for each session missed for use to buy into a club skating session during the fall-winter contract periods. Skaters who are in school at the beginning or end of a contract related to summer break

are also able to submit a form for reimbursement. Please see our webpage/contract section for detailed information.

Vouchers have no value and cannot be turned in to subsidize payments of future contracts. Only FSC of Bloomington home club members (Club and Junior Club) skaters qualify. See details on the website along with the form for instructions on completing and processing your forms.

INJURY GUIDELINES

Skaters will receive a 75% refund for missed contracted sessions AFTER 2 weeks of missed ice due to injuries. Requests need to include a doctor's order and coach's confirmation. To qualify, the skater must have 2 continuous weeks away from skating due to injury. After 2 weeks, if the skater returns on a reduced schedule due to injury and recover, all missed contracted ice will be reimbursed until the skater is back to full schedule. Ice coupons do not qualify for refunds.

PROPER ATTIRE

During the first five minutes of each session, skaters may wear "banned" clothing such as scarves, mittens, and sweatshirts with hoods. After five minutes skaters will be asked to remove these items before continuing with their session.

Girls/Women-

Skating dress with tights or skating pants/shorts/tights with top

Tops should be in good taste, providing coverage of midriff and not cut too low Close fitting jacket or sweater. No hooded sweatshirts

Gloves, not mittens

No scarves or bandanas

No items with inappropriate language or images

Hair pulled back from face

Boys/Men

Shirts are required, no bare chests

No bare midriff

Close fitting jacket or sweater with tailored skating pants/not skin tight Gloves, not mittens
No skimpy tank tops
No scarves or bandanas
No items with inappropriate language or images

ON-ICE BEHAVIOR

-skaters taking private lessons or performing their programs have the “right of way” on the ice.

-Please be aware of who is performing and move out of the way to allow them to perform a complete program.

-Safety is priority! Please be aware of your surroundings and who is skating around you to avoid accidents. -no social talking on the ice or standing around the boards

-no kicking of the ice or gouging with toe picks

-no holding onto the boards and swinging leg behind

-no food or gum on the ice

Be encouraging, supportive and respectful of all skaters and coaches. Any coach has the right to speak to skaters if they are misbehaving or breaking any of the rules. If the problem continues, the skater will be asked to leave the ice. See a copy of our safety seminar document online for further details.

RULES/GUIDELINES FOR PRACTICING PROGRAMS ON CLUB ICE

Each skater is allowed to play music for one program per session. If time permits and everyone has had a chance to play their program, you may put yours in line again.

Please be aware of which skater’s program is being played.

You may not restart your music for any reason.

Don't wait until the end of the session to put your music in line.

If you are having a lesson, check with your coach to see if you should wait to have your music played during your lesson.

Coaches giving a lesson have priority and have priority to "bump" in front of you. Only

Home Club Coaches may "bump" someone in line.

Home Club skaters have priority over non-members.

If you are in the middle of your program and it's either time for a "Moves in the Field" session to begin or the zamboni door is opening for resurfacing, your music will be turned off. We have been instructed by the City of Bloomington employees that for safety reasons, all skaters must be off the ice before the zamboni can come out.

Be courteous to each other and aware of who has played their programs and who has not.

Any questions, ask your coach.

PARENT/SPECTATOR BEHAVIOR

Parents and spectators may watch and encourage their skaters from either the area upstairs of Rink 2 or from the windows outside of Rink 2. Parents should not coach or talk to their skaters from the sidelines. This is very distracting to other skaters and coaches. Please leave the coaching to the coaches as they know what's best for their skaters and the elements they are practicing. Please be encouraging and supportive of all skaters, coaches and other parents. If you are accompanied by small children upstairs, please keep them quiet during club sessions. No one is allowed on the lower level inside the rink area.

CLUB APPAREL

See our website www.fscbloomington.org under club apparel for the latest offerings.

SKATES & BLADE SHARPENING

Each skater will need to purchase fitted, quality boots and blades as well as skate guards and a skate bag. Check with your coach prior to making your purchase.

Skating Equipment and blade sharpening is available at local shops including:

Westwood Sports (see Mike or Dirk) 14805 Granada Ave. South
Apple Valley, MN 55124 952-431-5590

Pierce Skate & Ski (see Ted Petrosky)

208 W 98th Street Bloomington, MN 55420 952-884-1990
Skate fitting/purchase
Skate fitting/purchase and sharpening

General Sports
Patty Dolan
7505 Ikola Way Suite 203 Edina, MN 55439

Fred Bartick
5508 W. 107th Street Bloomington, MN 55437 952-884-5345 bartick16@juno.com
Skate fitting/purchase/ accessories
Blade sharpening and skate assembly

For blade sharpening you can also contact Wally Gelecinskyj at 612-916-9021.

Check with your coach regarding the need for skate sharpening and where he/she would prefer you to take them. Generally, skates will need to be sharpened every 6 weeks.

SKATE APPAREL

Most competitions have vendors on site selling skate apparel including practice dresses, skirts, pants, tights and competition quality dresses. In addition, the following sources and more are available.

JNS Performance Wear www.jnsperformancewear.com
Del Arbour www.delarbour.com
Brad Griffies www.bradgriffies.com
Pierce Skate (see above)
Westwood Sports (see above)
Custom dresses can also be purchased from Rene' Gelecinskyj (club coach)

Occasionally, the club will also hold skate/dress sales where you can purchase items from other skaters in the club.

FUNDRAISING

The FSC of Bloomington Board is proud to offer a wide variety of ice times for our skaters. As our membership numbers fluctuate, at times it is more important than ever to raise funds to ensure the stability of our club and to cover years where we post a loss to cover ice costs. At this time, instead of doubling skaters ice fee's FSC of Bloomington will participate in many fundraising functions and host revenue generating competitions to offset these losses.

Participation in general fundraising is highly encouraged and service requirements are in place for competition fundraising. It takes everyone's efforts to achieve success and everyone is expected to participate equally to receive the benefits of reasonable ice costs.

REDUCING YOUR FAMILY'S ICE BILL

Shop with Scrip was introduced as a fundraiser for the club as well as a means for families to reduce their ice contract fees if they participate in the program. Participation is not required.

Shop with Scrip offers families the ability to purchase gift cards at face value but also receive rebates (generally 2%-20%) that are credited to FSC of Bloomington. The FSC of Bloomington keeps 10% of all rebates paid by shop with scrip as a form of fundraising. The remaining rebates (minus shipping charges split between the families

using the program) are issued to those families as a credit prior to a contract deadline and can be deducted from the balance due on your contract.

Please note- to use shop with scrip, families must use a presto pay account in which funds are automatically withdrawn from that families bank account to cover their order cost.

If a family leaves FSC of Bloomington and has a balance in their scrip account, any remaining funds will be donated to FSC of Bloomington and a receipt will be given to the family showing their donation to the club.

A typical family participating in shop with scrip can expect to receive \$100 or more per contract if they use the program regularly. It is quite possible to have \$200-\$300 in your account per quarter. Quarterly scrip balances are dispersed as a credit memo. No funds are exchanged. **SCRIP BALANCES CAN ONLY BE USED TO PURCHASE FSC OF BLOOMINGTON CONTRACTED ICE SESSIONS. (not coupons).**

Visit www.glscrip.com for details or contact the scrip coordinator if you have questions.

TESTING

Figure skating progress is measured by a series of tests that are governed by the USFS rules. Individual skaters are tested in free skating and field moves. There are also tests for pairs skating and ice dancing.

Within the USFS testing structure, there are eight free skating tests and eight field moves tests of increasing levels of difficulty and a separate test ladder for adults. The test structure is shown in the table below.

Skating Level

Pre-Preliminary

Preliminary

Pre-Juvenile

Juvenile

Intermediate

Novice

Junior
Senior

Field moves and free skating tests may be taken separately, but the skater must pass the field moves test before the freestyle test of the same level may be skated. Figures are no longer required. Refer to the USFS rulebook for the most recent testing requirements.

TESTING PROCEDURE

The FSC of Bloomington conducts at least 4 testing sessions per year. These are held in fall, winter, spring and summer. If more tests are needed, additional tests will be scheduled as the need arises. FSC test dates are on our website under "USFS Testing".

The club test chairperson makes all the arrangements for our test sessions. This includes setting the date and time, arranging for ice, calling judges, setting the testing schedule, and reporting all test results to USFS.

A skater must be a USFS member and be a Member in Good Standing with FSC of Bloomington in order to test. This includes contracting at least one session and having all outstanding bills paid, including coaches fees and ice fees.

A skater who would like to take a test must first complete a test application. Speak with your coach before doing this with any club. FSC of Bloomington uses online registration via entryeeze.

No fees will be refunded if you withdraw ("scratch") from the test after the deadline. Test fees include USFS and TCFSA fees as well as the cost for hospitality, ice and award pins.

A Bloomington club member may test at another club but a letter of permission to test must be obtained from the home club test chairperson 10 days prior to the test date. All test fees are paid to the host club according to their procedures. Members of other clubs may be included on our test sessions but priority is given to FSC of Bloomington members.

USFS rules state that any skater wishing to retry a failed test must wait at least 27 days between test dates.

When you have finished testing for the day: Remember that even though you have completed your test, there are others who have not and are trying to focus. Please keep negative comments and reactions to yourself until you have reached an area away from other skaters who are testing. We also ask that parents and other skaters hold noise to a minimum during a test session and do not allow individuals to watch through the glass or from upstairs since it does create a distractions for those testing.

After the test has been completed and the official results are complete, request a photocopy of the results for your records.

GUIDELINES FOR SKATERS AT TEST TIME

Read the USFS rulebook. Knowing what is expected at each level and the rules regarding ice selection will help to make testing a rewarding and less intimidating experience.

Arrive at the arena at least 30 to 45 minutes ahead of your scheduled test time in case there is a canceled or stopped test ahead of yours. Dress neatly and please have your boots and laces clean! If a skate lace is worn or cut, replace in advance of your test. If you're unsure about what to wear, consult with your coach.

In order to provide the best atmosphere for a test, there should be a minimum of observers and the testing area must be kept quiet to avoid distracting the skaters.

The test chairperson will tell you when and where to begin your practice or warm-up. Generally, you will be allowed 10-15 minutes to warm up Freeskate or Moves in the Field test. You may receive coaching during warm-up.

On all tests, except for the pre-preliminary and preliminary tests, there are three judges with one of them acting as "judge-in-charge". This is the one you should go to with any problems or questions during your test.

Respond as quickly as possible when the judge calls you on to the ice, but take time to wipe your blades clean before starting.

Occasionally, the judges may decide that a certain element is pulling down the score of an otherwise passing test and you will be given an opportunity to “re-take” that element at the end of the test. Therefore, it is best to remain near your warm-up spot until the judge- in-charge dismisses you.

When your test is finished, or you have been asked to re-skate, the test chairperson gathers up your test papers and checks them over for mistakes. The papers are then given to you, your coach, and your parents. You may spend as much time as you like reading them and studying the judges’ comments. Your test papers must be returned to the test chairperson before you leave the area. No one else is allowed to see your test papers without your permission.

In order to pass a test, you must receive a passing score from at least two of the three judges and, at least, a minimum score from the third.

ABOUT JUDGES

The judges are all volunteers who willingly give their time to judge test events and competitions. They have spent long hours in training to become judges and they care about the sport of figure skating. Many of them were or still are skaters. Some judges may be trial judges. A trial judge is a person who wishes to become a judge or wishes to judge at a higher level of skating.

If time permits, the judges are happy to discuss a test and your results with you. This can be very beneficial, especially if you need to re-try the test. This should be done with your coach so you both understand what it is they are looking for and the skater did not provide in the test process. It is important for all skaters to remember to thank the judges at the end of the test. They are friendly and have the skaters’ best interests at heart.

COMPETITIONS

Competitions and performances in shows and exhibitions are an incentive for the figure skaters to train, develop and improve their proficiency in the sport. There are two types of competitions: Qualifying and non-qualifying. Participation in a competition provides

experience performing in front of an audience and judges. From competition to competition, it is important to focus on how you have improved your skating skills, technique and artistic representation. How you place is less important than how you have improved from prior years and events. We encourage our skaters to always do their best to showcase the skills they have gained, but also to “be a good sport” with your reactions to your results and have a supportive attitude toward your peer skaters. This means displaying good sportsmanship regardless if you scored high or low. You are representing the FSC of Bloomington and should put your best self forward.

Non-qualifying events are run by local clubs. Freestyle competitions are offered along with other events such as compulsory, spins and interpretive events. They are one time events and do not serve as a preliminary round for later competitions.

Both the USFS and ISI sponsor competitions. USFS competitions are run by members of amateur clubs and judged by qualified amateur judges. Skaters are separated by skill level and a skater may compete at one level higher than their current test level except in qualifying competitions.

In the United States, there are two competitions that lead to the nation championship competition, otherwise known as Nationals. Our club is part of the Midwest Section and in that section; we are part of the Upper Great Lakes Region. Qualifying begins with the Regional competition. The top four skaters from Juvenile through Senior levels then qualify to move to Sectionals.

Each skater qualifying for these events meet the top four skaters from the other regions in our section. The other regions in our section are Southwest and Eastern Great Lakes. At Sectionals, the top four skaters in each division qualify for the National Championship.

Coordinate with your coach regarding which competitions and events you plan to participate in throughout the year. There are also several basic events you can enter in a competition. Freestyle, or free skating, is where you skate your program to music. Dance competitions require skaters to perform a predetermined set of dances and a dance of your own design. Compulsory competitions consist of specified jumps, spins and footwork without music, except for Intermediate, Novice, Junior and Senior short programs.

PROCEDURE FOR COMPETITION ENTRIES

Competition forms are available on the hosting club's website. Most competitions use online registrations. If this is not the case, a typical deadline for entry is a postmark on the entry form of one month in advance of the event. Please fill out your entry form completely and have your coach sign and verify everything is correct. Then submit to the club president for a signature. Forms will not be signed if they are incorrect or do not have a coach's signature. You must also be a member in good standing (all bills paid) before a club officer will sign.

Mail the application as directed along with a check for the competition fees and practice ice if necessary. Some competition applications require that you send along a stamped, self-addressed envelope for them to return your competition event times and groups. Plan ahead, so that you have time to get all paperwork signed prior to the postmark date.

After applying to compete in an event, you will be notified by mail or email of your practice time, although this notification usually is one week or less before the competition. Sometimes, you are also sent information on the flight or group in which you will compete and the times of the events.

THE DAY OF COMPETITIONS

When you arrive at the arena to compete, check in at the registration desk. Lists of events with group names and starting orders will be posted in the arena. This tells you what the order you will skate in the event (i.e.; first, second, last, etc). After everyone in your group has skated, another sheet will be posted over the skating order sheet. This second sheet, showing judge's results, is posted to let you know where you placed in your event. Copies of the judge's result sheets can be purchased from the registration desk.

Be sure to bring a spare CD of your music with you when competing. You will have to turn in one CD when you register. Give the spare CD to your coach or a parent in case the other CD does not play properly. Remember to pick up your CD's when you are finished competing. They will be at the registration desk.

Most competitions have an award ceremony for those who place and win an award. The FSC of Bloomington encourages all skaters who attend to get their photos taken if they place. It speaks highly of our club and supports all other skaters who are on the podium. Purchasing photo's is optional from the photographer at the event. Some competitions have action photos available and most also have a professional videotaping the competition. Videos can be purchased directly from them as well.

There is an additional fee from your coach when you participate in a competition, and this amount varies from coach to coach. Some coaches charge a flat fee and others charge for practice time at the competing rink and for the actual competition. If the competition is held out of town, you are expected to pay for your share of the coach's travel expenses.

WHAT TO BRING TO COMPETITIONS:

- skates- clean, polished with laces
- music- 2 copies of your music (one for competition and other to coach) -competition outfit- for each event and perhaps an extra just in case -tights- 2 pair
- warm up jacket and gloves
- skate guards
- extra pair of laces (replace ahead of time if yours are soiled)
- make-up
- hairspray/gel
- hair clips/bobby pins
- needle and thread
- safety pins
- healthy snacks
- water

EXHIBITIONS

Another opportunity for display your skills is to participate in an exhibition. The FSC of Bloomington has held exhibitions at various times and notices of upcoming exhibitions are posted on the door leading to rink 2 for those wishing to participate.

MUSIC

A skater must have music to compete in USFS or ISI competitions and to skate in exhibitions or shows. Music is also required for freestyle tests. When you have mastered the required spins, jumps and connecting steps that comprise a freestyle program, you and your coach will select music that is suitable for your skating style, ability and taste. The coach will arrange to have this music recorded on a CD. It can be newly cut or purchased from another skater that previously used the music. There is an additional charge for the CD and you should always have a duplicate in the event it gets lost or damaged.

The length of music varies with the test level of the skater. Penalties are assessed against the skater if the music is too long or too short. The time requirements are listed in the USFS Rulebook.

Your coach or person cutting the music should place the exact time of the running of the music on the face of the skater's CD. At national competitions, all CD's are timed to assure that the time matches the time stated on the CD.

SANCTIONS

The USFS demands that every skater or event, no matter how seemingly trivial, receive a sanction prior to performing. If a sanction has not been granted, performing in the event may jeopardize the skater's amateur status. Contact the board of directors to have a sanction issued.

MEDIA

The media may visit FSC of Bloomington during practices or special events. FSC of Bloomington may also wish to use your child's photograph or name for promotional and/or educational reasons, such as in brochures or newsletters, on the FSC of Bloomington Website or in local newspapers or television reports. No home address or telephone number will appear in any media or our website, except for password-protected Web pages and in our membership directory. Photos that include multiple, unidentified skaters may be included on the FSC of Bloomington website without prior written

permission. You should complete a Media Release form for the club's files indicating if you give permission or not for various types of publicity.

ICE SHOW

The annual ice show is usually held in the spring. Registration to participate in the ice show is due in November or early December along with the fee. The fee includes payment for the costume as well as practice ice time and coaching for group numbers. Each club skater participates in the opening and finale numbers and then a small group number. Solos, duets and trios can be applied for and skaters with the highest points will be selected. See Solo, Duet, Trio criteria link on FSC of Bloomington website under the Ice Show tab for current information. All groups are put together by the coaches. The ice show is a great event for family and friends to attend and allow the skaters time to get to know other members of the club.

ANNUAL BANQUET

A banquet is held every year for the skaters and their parents at a local venue. This banquet may be combined with the Spring General Membership meeting as well as skater meetings. Skaters are recognized for the tests they have passed during the year as well as announcing senior skaters who are graduating.

PARKING

There is parking available on the north or south sides of the arena. Please do not leave your car unattended in the drop-off-driveway in front of the building. This area is a fire lane and your car may be ticketed or towed. As well, it interrupts the flow of traffic for drop offs and pickups.

