



2011

2012

## Welcome to the Forestwood Skating Club

The Forestwood Skating Club or FSC, is fully sanctioned by the U.S. Figure Skating Association. We are pleased to provide the highest quality instruction from professional coaches. Our general sessions are for all levels from beginner to advanced. We also offer a variety of classes on the ice and off. Check our website for the most current news and information.

### Forestwood Skating Club Directors

Our club directors are volunteering their time with a goal to provide your child with a fun, positive learning experience. As always, we appreciate your feedback. If you have any questions, or comments, Please speak up! We will do everything we can to help.

President	Nancy Haverdill - (440) 887-9664	<a href="mailto:ETNfam@aol.com">ETNfam@aol.com</a>
Treasurer	Heather Adkins- (216) 749-3438	<a href="mailto:4Adkins99@sbcglobal.net">4Adkins99@sbcglobal.net</a>
Secretary	Corey Gray - (440) 842-9541	<a href="mailto:CTG23@sbcglobal.net">CTG23@sbcglobal.net</a>

### FSC Professional Instructors

The Forestwood Skating Club is proud to have a staff of caring and dedicated USFS professionals for every level of skating. As skaters progress through and beyond the "Learn-to-Skate" program, our professional coaches are available to provide skaters with private and individualized instruction. Through private instruction, our coaches work with skaters in helping them realize and reach their individual testing and competition goals. During the lessons, the instructors are teaching and should not be called off the ice to answer questions, as it takes precious learning time away from the skaters. However, they are happy to answer any questions or discuss any concerns you may have after the lesson. They can also be contacted outside the rink.

Meredith Daney- (216) 235-7005	<a href="mailto:Sk8Diva@yahoo.com">Sk8Diva@yahoo.com</a>
Chris Demarest - (216) 587-0021	<a href="mailto:GSteck24@hotmail.com">GSteck24@hotmail.com</a>
GraceAnn Demarest- (216) 587-0021	<a href="mailto:GSteck24@hotmail.com">GSteck24@hotmail.com</a>
Heather Galgas- (440) 842-7942	<a href="mailto:HRCskates@cox.net">HRCskates@cox.net</a>
Jacqueline Henry- (440) 796-3136	<a href="mailto:Jacqueline_Marie82@yahoo.com">Jacqueline_Marie82@yahoo.com</a>
Allison Margevicius- (440)-390-0078	<a href="mailto:anm54@zips.uakron.edu">anm54@zips.uakron.edu</a>
Marianne Parker- (440) 842-3920	<a href="mailto:MaricatP@aol.com">MaricatP@aol.com</a>
Eric Schroyer- (216) 254-4416	<a href="mailto:EricSchroyer@sbcglobal.net">EricSchroyer@sbcglobal.net</a>
Melissa Lagania (440) 888-0575	<a href="mailto:CLagania@Att.net">CLagania@Att.net</a>

### KEEP YOURSELF INFORMED AND MAKE A DIFFERENCE

There are many ways to become more involved in FSC. If you are an FSC member, please send an email to Barb Barta at [bbarta@ameritech.net](mailto:bbarta@ameritech.net) requesting that we include you in our FSC email and newsletter distribution. Please see a Club member to find out more information on how you can volunteer your time and really make a difference!

### FUNDRAISING OPPORTUNITIES

There are many fundraising events held throughout the year. We are always looking for caring individuals to volunteer their time. Watch for information posted in the club room, or contact Russ Bailey at (440) 842-5034 or [RussBailey@sbcglobal.net](mailto:RussBailey@sbcglobal.net)

### Please read the following information to make your child's learning Experience safe and Enjoyable

#### USFSA MEMBERSHIP

Forestwood is a member of United States Figure Skating Association. Skaters must be USFSA members to skate on Club Ice. For more information regarding membership, please call the Forestwood Skating Club Membership Chairperson, Heather Adkins at (216)-749-3438.

#### BE PREPARED:

· Read this information and the parental section carefully. Also, read all signs posted in the hall and around the Club Room for important reminders and notices. Our Website is also very helpful in answering many questions that you may have:

[www.ForestwoodFSC.com](http://www.ForestwoodFSC.com)

## PARENTS ROLE & RESPONSIBILITY

YOU CAN HELP with providing the safest, most enjoyable learning environment possible just by following a few simple guidelines:

- Read this important information and any hand-outs and posted signs.
- Be familiar with the rules and ice etiquette, and help your skater understand them.
- Parents are not permitted to coach from the lobby. Distracted skaters are at risk of injuring themselves and others.
- Parents are encouraged to watch their skater during the lessons, but parents are not permitted to stand at the glass as it prevents other parents from viewing, and it distracts the skater and Instructors.
- Parents are not permitted to walk on the ice. Should your skater need to leave the ice, our staff will bring them to you.
- Parents are not permitted to leave their skater unattended either during practice time or during lesson time.
- Snacks are offered in the club room for a nominal fee. Help yourself but please pay the Club Room Monitor.
- Please ASK any questions you might have. We will do our best to ensure that all of our skaters and their families feel welcomed and informed.
- Looking for more practice time? Extra practice is good for beginning skaters. There are a couple options available. Pick up a copy of the Public Open Skating schedule. Ice time is also available for Full USFSA members through FSC. Ask a coach, club room monitor or check [www.Forestwoodfsc.com](http://www.Forestwoodfsc.com) for more information.

## ICE SAFETY AND ETIQUETTE

It is important for every skater who takes the ice to know ice safety and etiquette. Here are some basic rules:

- ☞ FSC expects skaters, coaches, and parents to be courteous and show good sportsmanship at all times.
- ☞ Skaters are required to pay for each general session before stepping on the ice.
- ☞ The skater in a lesson, whose program is playing, has the right of way. Then the skater whose program is playing.
- ☞ All skaters must wear a sash when skating their program, no exception.
- ☞ Skaters /coaches must be cautious and aware of other skaters and their jumping patterns.
- ☞ Food and/or drinks are not permitted on the ice (exception - plastic water bottles).
- ☞ It is the responsibility of all skaters to keep the ice area clean. Remove all belongings (tissue, water bottles, gloves, etc.) before exiting the ice.
- ☞ No stopping or standing on the ice except against the boards.
- ☞ Parents must view the general sessions from the lobby and/or the bleachers.
- ☞ Music will be played in the order in which it is placed in the box. Skaters in a lesson will have priority. The skater may play their music once, until all skaters have had their music played.
- ☞ All corners of the ice arena are assigned as the "Lutz" zones.
- ☞ The center of the ice area is assigned as the "Spinning" zone.
- ☞ At the end of sessions, the skaters/coaches need to leave the ice promptly

Horseplay is NOT ALLOWED! Anyone disobeying the rules will be asked to leave immediately and may be asked to leave the program. Making holes or gouges in the ice, pushing, shoving, or verbal abuse will not be tolerated.

## IMPORTANT DATES & ice cancellations

Our season starts September 6, 2011 and will continue through April 7, 2012

**\*\* NO ICE ON SATURDAYS FOR THE FOLLOWING DAYS: Nov. 27, Dec. 25, Jan. 1\*\***

## PAYMENT SCHEDULE FOR CONTRACTS

First payment due September 6, 2011

Second payment due November 7, 2011

Third payment due January 2, 2012

Final Payment due March 1, 2012

*As a reminder FSC will NOT send you a bill for your ice contract if you choose to make payments. FSC requires all fees to be paid accordingly before your skater may take the ice or participate in any FSC ice shows/exhibitions. ALL SKATING FEES MUST BE PAID BY MARCH 1, 2012. THE FORESTWOOD SKATING CLUB BOARD OF DIRECTORS reserves the right to cancel/change any session if necessary. Appropriate contract adjustments will be made. Only a medical release from a physician is acceptable means of exiting a contract*

## INSTRUCTORS & TESTING:

· There are two types of testing. There is testing done by your Instructor and there is testing done by USFSA judges. All skaters start out testing with their Instructor. The Basic Skills Instructors test their skaters every 6-8 weeks. There are 3 Snowplow Sam badges (for skaters age 5 and under), 8 Basic Skills badges and 6 Freestyle badges. When the skater demonstrates mastery at their level, they will receive a badge from their Instructor. The badge level determines what level they will compete at if they choose to enter a competition.

To ensure uniformity across the country, the FSC is governed by the USFSA and must adhere to their guidelines when setting badge skill requirements.

· Once the skater has passed all the Basic badges, and a couple of Freestyle badges, their Instructor will start to prepare them for testing in front of USFSA judges. The testing elements at each level are the same across the nation.

## Apparel, Skate & Blade Information

APPAREL: Mittens or gloves not only keep fingers warm, but they protect the hands from inevitable falls. It's best to keep several pairs in your skating bag in case one pair gets soaked. Bulky jackets are not recommended as they restrict movement. Warm up jackets are best, and should not have a hood. Jeans and shorts without tights are not permitted. Pants should fit close to the body. For the younger skater, we recommend layering the clothes. For the older skater, skate dresses and tights are fine. Often, we have gently used skates and dresses in the Club room for very reasonable prices. Please don't hesitate to ask. FSC sprit wear is available should you wish to purchase it.

- ✓ HAIR TIES OR CLIPS: Hair must be tied back so it doesn't get in the skater's face when they skate, especially spin or jump. It is also recommended to keep extra in your skating bag. Some of the older skaters wear the winter head band to help keep their ears warm.
- ✓ SOCKS: Lightweight socks and thin tights or nylons are a good option.
- ✓ SKATE BOOT: Should be a similar size to shoe size while wearing thin socks. Purchasing large skates to accommodate growing feet while using thick socks **WILL NOT** benefit your skater. The skate boot must fit snug to the actual foot. You must make sure that the boot offers good support and is made from quality material such as leather. When in doubt, ask an Instructor! Skater's Edge is a store that specializes in figure skating supplies, and skate sharpening. They are located at 21135 Lorain Road, Cleveland, OH 44126; (216) 252-3986.
- ✓ BLADES and GUARDS: Must be sharpened properly and done so about every six to eight weeks. Skaters who skate more often will need the blades sharpened sooner. Sharpening the blades deepens the hollow on the bottom, creating an inside and outside edge. It's these edges that grip the ice and keep the skater from falling. The blades should be made of stainless steel and mounted with screws. NO double blades/runners allowed. **Do not** walk on any surfaces except the ice and rubber flooring without guards on your blades. Do not store your skates with the rubber guards on them - it will promote rusting. Store them with soft fabric protection ("soakers"). Remember to put your name on your guards.
- ✓ LACES & PROPER LACING TECHNIQUES: Make sure laces are in good shape and can tie up the entire skate. As you lace up the skate, make sure that the tongue is in the middle of the boot. Pull up on the laces to make sure the skate is snug. The most important part of the lacing of the skate is the ankle. Pull tightly in this area and then relax the lacing a bit as you continue up the skate - no slack. Once at the top, tie a secure bow. If ends are too long, wrap the laces through the hooks again and tie a bow. Please tuck in the loops or your child may get their feet caught. "Weak ankles" in skating is a myth. If you invest in a good pair of skates and blades, and tie them correctly, you will not have weak ankles.
- ✓ PREVIOUSLY OWNED SKATES: It is not always necessary to buy new skates. Look for clean, firm, fully lined boots with good support. Also, look at the soles to ensure they have not rotted. Check the blades for deep nicks and make sure there is still enough good steel left on the blade for sharpening. Often, we have gently used skates and dresses in the Club room for very reasonable prices. Please don't hesitate to ask.
- ✓ NEW SKATES: Most skate shops, like Skater's Edge, carry beginner through the most advanced boots and blades. As you advance, you may want to consider specialty boots and blades if your intentions are to continue with skating.



Thank you for your participation in The Forestwood Skating Club,