



## ***Diamond Edge Figure Skating Club's (DEFSC) Skater/Parent Handbook***

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Website: [diamondedgeskating.com](http://diamondedgeskating.com)

*It is our mission, "To provide programs that encourage personal growth and a lifelong commitment to physical fitness through the art and sport of ice skating." Diamond Edge Figure Skating Club is a member of Learn to Skate USA.*

The Diamond Edge Figure Skating Club's (DEFSC) Board of Directors would like to welcome you to the current skating season. Whether you are a returning member or interested in becoming part of Diamond Edge, we hope you will enjoy your skating experience with us this year. We aim to foster and encourage our skaters to have fun and enjoy the rewarding experience of participating and performing in the sport.

It is our desire, as a figure skating club, to make this a wonderful experience for our skaters. All registered skaters with the DEFSC will be enrolled in Learn to Skate USA. As a member of Learn to Skate USA you will receive an official Learn to Skate USA membership card, record book and sport accident insurance.

Skating is a very individual sport, but a team effort can be used to achieve the skater's goals. Your team consists of the skater themselves, instructors, parents, Skate Director, other club members, and the Board of Directors.

This club is a volunteer run organization. Volunteers monitor the skating sessions, produce shows, assist with testing and competitions, and support the club in general. **Without volunteers, the club would cease to exist. Please volunteer your time to help ensure our club is successful.** We ask that each family find ways to contribute to one of our committees within the club. Committees include: Show, Fundraising, Competition, Marketing, Membership/Club Engagement, Ice Scheduling/Testing, Finance and Employment. DEFSC utilizes the platform *Sign Up Genius* to provide families the opportunity to sign up for needed volunteer roles.

All members should read the information in this Skater/Parent Handbook, as well as information provided during registration. Skater/Parent handbook will be included in registration materials for each skater or guardian to acknowledge reading; it will also be available on the [DEFSC Website](http://diamondedgeskating.com).

Welcome to the club!

DEFSC Board of Directors

## Current Board Members

Megan Beaver- President     Jackie Smith- Vice President     Katie Wagner- Secretary  
Jeanna O'Neill- Treasurer     Jennifer VanEps- Board Member     Jill Condon- Board Member  
Beth Fischer- Ex Officio Member /Skate Director

DEFSC is a volunteer club governed by our board of elected Board Members. The Board of Directors manages the DEFSC rules, events, shows, and other business throughout the year. The board holds a meeting once per month. Meetings are held in person, over video conference or a hybrid of the two. A Board Director's term is three years, but no director shall serve more than two consecutive terms (6 years). Board of Directors are elected each year at the clubs annual meeting at the end of the skating season. **If you are interested in serving on the board, please email the club.**

Ice skating offers numerous benefits, both physical and mental. Here are some of the key advantages of engaging in ice skating:

- o Acquire an appreciation for an active lifestyle
- o Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills
- o Learn to manage stress, perform under pressure and test emotional and physical balance
- o Develop social skills with other children and adults
- o Learn about managing success

### Club Membership

All skaters must be Learn to Skate USA and DEFSC Members, per club [bylaws](#) , to receive lessons or contract for ice during the skating season. Club bylaws are located on the club website. Only club members, club professionals, approved guests (with a USFS or Learn to Skate USA membership) or guests for specified club events to promote the Learn to Skate program can skate on club ice. To discuss skating privileges, contact the Skate Director.

Membership payment of dues and fees is due prior to the skater taking to the ice. The cost for each skating session is set by the Board of Directors. One of our goals is to provide a good variety of ice times at the lowest reasonable cost to our members. If a period of ice time is underutilized, the board may eliminate that session or class from the schedule.

### Communication

DEFSC communications, registration forms, ice schedules, etc. will be sent electronically via e-mail and [DEFSC Website](#). When registering for sessions please include a working email address; a current phone number will also be requested to include you in our Membership Text Club reminders. We also have a public Facebook Page [Public FB](#) and a member-only Facebook Page [Member FB](#) to share announcements and information. Billing and lesson fees will be sent digitally through the platform *WAVE*.

Informational meetings -Skate Connections- for parents/caregivers of skaters will be held on the first skated Sunday of the month during regular lesson times. Skate Connections will cover a variety of topics that help new and returning skate families have a successful season. Come and learn more about DEFSC and its various activities! We also want to use this time to hear feedback from parents and gather your suggestions/ideas. Please watch for email notices and FB events for future dates and times.

DEFSC will consider the safety of our skaters when deciding if there is a need to cancel lessons/class. If the Willmar Civic Center is open, we will plan to have ice time. In case of inclement weather or if the Willmar Civic Center does decide to close and cancel all scheduled events, information will be posted on *Operation Snow Desk* (Lakeland Broadcasting), posted on [Member FB](#) page and sent through Membership Text Club.

## **Testing**

Testing is an important element of the Learn to Skate program. It is tempting for the eager skater to want to advance quickly through learning the basics, but that is a temptation worth resisting. If one wants to progress, it is time well invested to learn the basics thoroughly, even if the moves are a little uncomfortable. Mastering the basic skills builds a foundation that will impact everything else one does as a skater. Evaluation feedback forms will be provided to each skater at the conclusion of testing. Testing can be an anxious time; please remember that it takes time and practice to be an accomplished skater. It is very important to master every skill at each level as each one is a building block preparing them for more challenging moves.

The Skate Director is the contact for testing needs/questions. They will assure testing standards are upheld and results documented properly to assure DEFSC records are updated and class lists are accurate.

## **Positions with DEFSC**

**Skate Director:** The purpose of the Skate Director is to help our instructors and assistants develop into capable teachers. This individual will also assist the student instructors in working with behavioral issues that may arise while also encouraging them while they work with each skater. They will structure the ice schedule and determine/schedule private lessons. During the skating year, the Skate Director will work closely with the Board of Directors, which includes providing/arranging training for our instructors. DEFSC's current Skate Director is Beth Fischer.

## **Key Volunteer Areas within DEFSC**

We have a number of working [committees](#) that have been developed to address established needs or areas of focus for our Club. Each of the committees has a variety of different volunteer opportunities for Club members.

These are a few of many volunteer opportunities for our club:

Show Committee: contribute and coordinate the music, show numbers, costumes, advertising, marketing printing programs, photography/videography, ticket sales, novelty, raffle, lighting/sound technology, backstage support and securing the guest skater. This committee is open to adults and Junior/Senior skaters.

Fundraising Committee: seek out and coordinate profitable fundraising opportunities. Set fundraising goals to provide improvements to the Club.

Competition Committee: contribute and coordinate aspects of the Lakes Area Classic Competition such as registration, programs, ice scheduling, trophies, novelty, vendor event, hospitality, etc. Market competition to clubs and skaters within and outside of the Willmar Area. The Lakes Area Classic is held in January each year.

Marketing Committee: contribute and coordinate marketing of the club through a variety of modalities. Provide support for the Club's social media/website needs. Working closely with our Show Committee to provide advertising for the Annual Show.

Club Engagement Committee: work to engage our members and provide education/information to families for a successful skate year. Host "It's Great to Skate" events and Skate Connections. Plan events for skaters and families to join in.

*Please email [diamondedgefsc@gmail.com](mailto:diamondedgefsc@gmail.com) or send DEFSC a Facebook message and let us know which committee you would be interested in helping with!*

## **Volunteer/Fundraising**

Each season we depend on you to volunteer to help keep our costs and yours at a minimum. Any spare time that DEFSC members and their families can donate will help to ensure the continued success and growth of our Club into future years. Our Club is full of vast talents; we ask that you please share those talents with us!

If you are interested in learning where your skills can provide the most benefit, please email the Club at [diamondedgefsc@gmail.com](mailto:diamondedgefsc@gmail.com). Specific volunteer opportunities for both the Competition and Annual Show will be made available two months prior to the event. Volunteer needs specific to those events will be posted using the platform *Sign Up Genius*.

Please remember that DEFSC is a non-profit organization. Throughout the skate season the Club will host a variety of fundraisers. Your skater's participation is a great way to build interpersonal skills, teamwork with other skaters and allows the club to reach their fundraising goals set forth by the Board of Directors. The Club also has a sponsorship program to allow area persons/businesses to donate and support the club with acknowledgement during our Annual Show.

## **Annual Show**

Our Annual Ice Show is scheduled for late February. All DEFSC skaters are invited and encouraged to perform in the show; however, involvement is not required. It is a great time for skaters of all levels to showcase what they have learned and be involved in a wonderful skating production. Registration for the show will take place annually in November. Skaters must participate in the skate session prior to the show production (ex. Winter Session or a 6-week LTS session). Freeskiate 3 and above skaters, at the time of show registration, will be eligible for a

specialty number. Specialty numbers will be selected by the Show Committee per the [guidelines](#).

## **Lakes Area Classic & Central MN Compete USA Series Competition(s)**

Compete USA competitions are designed to promote a positive competition experience at the grassroots level and are meant to provide an enjoyable, introductory competitive experience for the beginning skater while developing their skills.

Diamond Edge will be hosting the Lakes Area Classic on January 13<sup>th</sup>, 2024. Participation in this is completely voluntary and sign-up is done individually. Information regarding sign-up will be shared via DEFSC monthly newsletters and on the DEFSC website.

DEFSC is part of the Central Minnesota Compete USA Competition Series. The Compete USA Series is sponsored equally by the St. Cloud Figure Skating Club, Diamond Edge Figure Skating Club, Alexandria Figure Skating Club, Vacationland Figure Skating Club, and the Fergus Falls Skating Club. This is a Learn to Skate USA approved competition which is meant to give skaters a chance to develop their skills in a fun competitive environment. During the competition season, skaters will have the chance to compete at different clubs/arenas with the opportunity to earn individual placements awards. Competitors can pay the Series Entry Fee to have their points accumulate for a final standing. Series awards are presented to skaters with the highest point totals at the last competition of the series. At the end of the Series, club point totals are calculated to award the Central MN Compete USA Traveling Team Trophy.

Participation in the Lakes Area Classic and Series are optional, you can choose to participate in one, some or all competitions as an individual or series registrant. For more information on the Lakes Area Classic and/or Central MN Compete USA Competition Series please connect with a representative from the Competition Committee or send DEFSC an email. The series website is <http://www.centralminnesotaseries.org/> For financial assistance to participate in the Lakes Area Classic please complete the following form: [Competition Scholarship Application](#)

If you have questions regarding competitions, please email DEFSC at [diamondedgefsc@gmail.com](mailto:diamondedgefsc@gmail.com). We would be happy to guide you through this process!

Costume Closet: DEFSC is fortunate to have a selection of skating costumes/dresses available for rental for competitions. Costumes can be viewed and rented by requesting access to the closet through our club closet organizers. The rental cost will cover your costume choice for the series. Failure to return a rental dress will result in a fee for the item, which will be posted to your account.

## **Private Lessons**

Instructors are screened for their availability to provide private lessons on club ice. While we strive to provide all the necessary instruction during the regular class lessons to allow your child to be successful in the skating program, sometimes a student will need some individual attention to master a particular skill that may be challenging. If your skater is planning to compete this season, it is recommended that you sign up at the beginning of the skating season for Private Lessons. Instructors are assigned lessons by the Skate Director.

## Practice Ice (Low/High Ice)

DEFSC encourages skaters to utilize extra access to ice time to practice what they have been learning in group and/or private lessons. Low and High Ice time allows for our Basic 4 and above skaters to spend time independently working on their skills. These times are for DEFSC members only because of insurance liability. The Skate Director and ice monitor will work together to establish traffic patterns during lessons and practice ice. We ask skaters to honor these patterns for the safety of all skaters. High and Low Practice ice is offered on Sundays, Mondays and Thursdays throughout the season, you will have indicated your skater's participation in this time during registration. Practice Ice is the perfect opportunity to sharpen your skills with or without a private lesson.

### Ice Monitors and Rules of Engagement on the Ice:

Ice monitors are volunteers who help ensure our skate lessons run smoothly. They provide reminders for lesson transition times, guide the use of ice and traffic patterns, connect skaters with their private lesson instructors, etc. During Club ice times the ice monitors and/or Skate Director are in charge at all times. The ice monitor, Skate Director and/or instructors have the right to reprimand and redirect any skater, at any time, if the following rules are not adhered to:

- o Chasing or horsing around will not be allowed
- o Standing around and talking with friends in groups or one-on-one on the ice is not allowed. Do this off ice or in a side box. Watch other skaters from the side of the rink or side box. Do not gather on the ice unless in a lesson.
- o Lying on the ice is not permitted. If you have fallen and are ok, provide a thumbs up and get up as quickly as possible to avoid being in the way of another skater or getting hurt because another skater did not see you. IF YOU ARE HURT, don't move; call to another skater or coach to assist you.
- o GUM, FOOD and DRINKS are not permitted on the ice. Water may be kept at the rink side only.

### Music and Right-of-Way Rules for Practice Ice:

Music players are volunteers who help play both competition and show music during the skate season. Having a volunteer in this role helps us remain mindful of ice time usage.

- o Your music can be played at any time if there is no line
- o If there are several skaters wanting to play music, ask the music volunteer to add your name to the list. The skater's song will be played in the order in which it was put in line.
- o Instructors giving lessons ALWAYS have the right to their student's music while giving their student a lesson whether they are in the music line or not.
- o The skater with their music playing ALWAYS has the right-of-way on the ice. These skaters will be indicated by wearing neon colored gear. All other skaters are expected to watch out for this skater and be mindful to stay out of their way. If a skater disrupts the right-of-way multiple times, even unintentionally, the skater will be reminded of this rule. Following skaters with their music playing, the next right-of-way is skaters in lessons and those working on Skate Skills.
- o Other music may be played during practice but must be in good taste. If an instructor, music player or board member feels that the music is inappropriate, it will be turned off.

- o Traffic Issues need to be brought to the ice monitor and/or Skate Director's attention to be resolved.

Codes of Conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events. The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord).

### **Values Skaters can Learn from Skating**

Your child can benefit greatly by participating in skating, but those benefits are not guaranteed. They are the result of a cooperative effort among local skating clubs, instructors, officials, and parents. Those benefits come more readily when adults put the interests of skaters first and leave their own egos and desires about winning at home.

#### The Diamond Edge Figure Skating Club Holds 5 Club Values:

- 1) Respect Yourself- be timely and productive, encourage yourself
- 2) Respect Others- be kind and encourage others
- 3) Respect the Sport- skate fairly, within your skill set and show good sportsmanship
- 4) Respect the Venue- keep our Club areas clean and use ice time wisely
- 5) Respect the Club- volunteer and engage with Club activities and represent Diamond Edge in a positive light within the community

### **Skater's Code of Conduct**

As a member of DEFSC I agree to abide by the following guidelines on and off the ice:

- o Skaters will always use the 5 respects/values. Skate by the rules and do the right thing. Cooperate and be respectful to instructors, parents, board members, Skate Director, volunteers, Civic Center employees and fellow skaters. Without these people it would not be possible for you to skate. Be courteous both on and off the ice, treat all skaters the way you would like to be treated.
- o Instructors may reprimand, redirect and remind (in a courteous and non-threatening manner) any skater that is not abiding by the rules presented in this handbook.
- o All skaters will participate during lessons and/or show practice and follow the instructors' directions.
- o Skate for fun. Skate for yourself. Set goals for your own improvement.
- o Honest efforts are as important as victories. Winning is doing your best!
- o Using the Civic Center locker room is a privilege; treat it with respect and always keep it organized and clean.
- o Keep your emotions in check: negative or bad comments/behavior detracts from the sport and is a poor reflection of your sportsmanship
- o Set a good example for younger, less experienced skaters. They are looking up to you. Set a good example to your family who has dedicated time and money to ensure you have time on the ice, use it wisely.

- o Remember that the goal of any sport is to have fun, build skills, and improve mental and physical conditioning and discipline.
- o Maintain a positive attitude and outlook. Help shine a light on others and their strengths.

## **Parent's Code of Conduct**

As a parent of a member of DEFSC I agree to abide by the following guidelines on and off the ice:

- o Parents will conduct themselves with good sportsmanship and instill in their skaters the desire to reflect such sportsmanship. Parental pressure disguised as love and concern can quickly destroy a skater's desire to participate. Once the priorities are misplaced and the activity is no longer skater oriented, but parent oriented, we have lost the purpose and the ultimate objectives of figure skating.
- o Parents will assist in seeing that proper care of all equipment and facilities are maintained. All facilities should be left in a clean and orderly manner. If skates are being rented from the club, parents will ensure that proper care instructions are being followed to ensure the integrity of the skate for future skaters.
- o Parents will understand that DEFSC encourages skaters to enjoy skating as a sport and to have fun.
- o Parents will provide whatever reasonable assistance that may be asked of them. DEFSC is a volunteer run organization, and as such, many volunteers are needed to make the skate seasons run smoothly.
- o Parents will remain current on their skaters programming costs/fees. DEFSC billing is completed through *WAVE* and will be received via email listed on the skater's registration. *WAVE* invoicing indicates the deadline for payments each session. Skaters with unpaid fees will not be able to participate in DEFSC programs or events until those fees are paid or arrangements are made with the Club Treasurer and/or Skate Director. It is the parents' responsibility to know when the payments are due and are responsible for timely remittance of all costs/fees.
- o Parents will assume the responsibility for the safety of their child. If the parent fears injury or witnesses' poor sportsmanship, they have the right and responsibility to remove their child from skating under this condition. In the same respect, any parent observing a situation within the rinks which creates a high probability of harm to any skater should immediately bring it to the attention of the Skate Director or Board Member for immediate correction.
- o Parents will agree to pay for any damages assessed to DEFSC by any facility if their skater/skaters are found responsible for causing the damage.
- o Parent's conduct that at any time reflects negatively on DEFSC will be referred to the Board of Directors for review. No parent should use threatening, abusive and/or obscene language or behavior toward any DEFSC coach, Board Member, skater (including their own child), volunteer, employee, or arena staff. The penalty for any of the above actions may include immediate removal from the arena, an appearance before the Board of Directors and possible expulsion and/or suspension of skating privileges from the club for a period of time to be set by the Board of Directors.



- o Parents will refrain from approaching instructors with comments and requests pressuring them to advance their child. A parent who believes their skater is inappropriately placed should request to meet/connect with the Skate Director.
- o Parents will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from mistakes. They will model and encourage their skater to resolve conflicts without resorting to hostility or violence.
- o Parents agree that problems between the instructors, coaches, skaters and parents should be handled as follows:
  - ☐ Parents will not confront an instructor/coach during lessons, practice times or an event. If there are questions, concerns, or needs an email must be sent to DEFSC. These emails will be responded to after a 24-hour cooling-off period. This will allow the Skate Director and/or President to review the concern and prepare to provide support appropriately.
  - ☐ Parents, Skate Director, President (or stand in Board Member) and instructor/coach will meet. If this meeting cannot resolve the problem the parents, Skate Director and instructor/coach will request a meeting with the Board of Directors.
  - ☐ A final meeting, if needed, would be with the parents, Skate Director, instructor/coach, and Board of Directors.

### **Courtesies of the Rink**

These rules apply to all skaters, parents, instructor/coaches, and rink visitors. Because this is a lot for young skaters to remember, we ask that all parents connect with their skaters about these courtesies. If you see a rule being broken, please remind them again of the rule. They will learn in time, and we will all be patient, kind and encouraging.

- o Please do not talk with instructor/coaches during someone else's lessons. You are using valuable ice time that someone else is paying for.
- o Your role as a skating parent is to encourage your skater to practice and use their time wisely.
- o Encourage your skater to support other skaters as a team, as we are all skating for and representing DEFSC. Never make fun of someone for falling or not quite mastering something they are working on; all skaters start somewhere and improve at their own pace. Never tell another skater that they aren't any good, that you are better than them or that your instructor/Coach is better than theirs. Encourage one another to feel good about themselves and their time on the ice.
- o Most importantly, do not spread rumors or gossip about skaters, instructors/coaches, or other parents. If you think there is room for improvement, which there always is, please let one of the Board Members and/or Skate Director know immediately.

Do all these things and your Club spirit will grow and be passed on to others and the community which you represent.

### **Tips for Success on the Ice**

- o Please arrive 10-15 minutes early to put on skates and stretch. If you are renting skates, please come 20-25 minutes early to your first lesson to get properly fitted.

- o If your child is unsteady or uneasy it is recommended to wear a helmet, concussion band or other protective gear.
- o Parents or a responsible adult should stay on-site in case your child needs assistance. Our instructors cannot leave the ice during classes/lessons to assist skaters with needs. Should your child get hurt, an adult should be available to assume care for them or authorize advanced emergency medical system activation, as only basic first aid can be provided by the ice monitor. If it is necessary for a parent to leave the arena during practice, you may agree for another parent to assume supervision responsibility for your skater. Please ensure that your skater and other parent is fully aware of this relationship/plan. This is especially important during High/Low Ice times when instructors may not be actively working with the skater.
- o The best place to watch your skater work on their skills is from a healthy distance. When parents, friends or family are watching from the ice level of the rinks it becomes a distraction for the skaters and others on the ice. For your viewing pleasure we have seating areas for both arenas. In the Cardinal Arena you are welcome to sit in the bleachers or stand in the mezzanine. For the Blue Line Arena, you are welcome to sit in the upstairs warming room or stand on the mezzanine. When arriving at the rink you are welcome to help your skater prep and lace up for lessons wherever they are most comfortable. Skaters can enter/exit the sheet of ice through the rink door and parents may help them to the ice. During lessons you may see the Skate Director and/or Board Members in the hockey box area to connect with instructors, help with testing or attending to class matters. Hockey boxes should otherwise remain clear of traffic and clutter. During lessons and High/Low Ice times, parents are not permitted to stand at the rink doors or in hockey boxes. Thank you in advance for your cooperation.
- o Keep in mind the Willmar Civic Centers rink's temperature is usually 45-50 degrees. We recommend that skaters wear warm but lightweight jackets, hats, gloves, and warm pants/leggings. Wearing jeans while skating greatly restricts needed movement and does not provide warmth. Pants should not extend below the skate boot; they should not interfere with the skate blade contacting the ice or impede the instructor's ability to view the blade. Skaters may also wear a skating dress/attire and tights if it is preferred.

## **What is my Skater Working On?**

What do the different levels mean? What should I expect my child to learn during their session? These are common questions for parents of club skaters.

Learn to Skate and USFSA programs are designed to be the best ice skating program that serves the needs of both the recreational and competitive skater. The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether it is to skate at a competitive level or simply enjoy the recreational benefits of skating, the Learn to Skate USA Program is the place to start. Each level includes different skills which build on one another to provide success in future skills. To see examples of the skills skaters learn for each skating level please download the Learn to Skate (LTS) USA app available on most providers app stores- you will log in with your skaters LTS # and password. You can also view them on the Learn to Skate website- <https://www.learntoskateusa.com>:

### **Snow Plow Sam Levels-** [LTS Snow Plow Sam Skills Level Information](#)

- o The Snow Plow Sam levels are designed to help our youngest skaters develop preliminary coordination and strength necessary to maneuver on the ice. Working through Snow Plow Sam will allow children to become comfortable on the ice.

### **Basic Skills Levels-** [LTS Basic Skills Level Information](#)

- o Basic Skill levels are designed to allow skaters to learn the fundamentals of skating. These fundamentals include forward and backward skating, stops, edges, crossovers, three turns and mohawks. Upon completion of the Basic Skills Levels skaters will have the basic knowledge of the sport which will enable them to advance to more specialized areas of skating.

### **Free Skate Skill Levels-** [LTS Free Skate Skills Level Information](#)

- o Free skate levels are designed to give skaters a chance to build on their strong foundation of skills. This is the point where skaters can choose whether to continue skating at a recreational or competitive level. At the Free skate level all skaters will be able to pursue testing in Skate Skills, Spins and Jumps.

### **Adult Skills Levels-** [LTS Adult Skills Level Information](#)

- o The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

### **Hockey Skills Levels-** [Hockey Skills Level Information](#)

- o The Hockey curriculum is designed to teach the fundamentals of hockey skating. Skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

## **Making Your Child a Champion for Life**

What is success? Success is the easily measured distance between your origin and your final achievement. Athletic participation and competition in ice skating allows your child the opportunity to develop and excel. While pursuing self-improvement and achievement, athletes transcend themselves and become better people or champions for life. All members of DEFSC are charged with building this Club to its fullest potential and building the skaters up to be the best they can be. Let's continue with our positive efforts into the next skating season.

# CLUB RESOURCES

P.O. Box 204 - Willmar, MN 56201

Email: [diamondedgefsc@gmail.com](mailto:diamondedgefsc@gmail.com)

Website: [www.diamondedgeskating.com](http://www.diamondedgeskating.com)

Facebook- Public Page: <https://www.facebook.com/DiamondEdgeFigureSkating>

Member Page: <https://www.facebook.com/groups/120480335146/>

\*\*will need to request addition to Member Page

US Figure Skating: <https://www.usfigureskating.org/>

Learn To Skate: <https://www.learntoskateusa.com/>

\*\* you can download the LTS app in most app stores



Central Minnesota Compete USA Competition Series: <http://www.centralminnesotaseries.org/>

DEFSC Skating Lesson Scholarship Application: <https://forms.gle/HLz4cCgNqUo2nj6t6>

Competition Scholarship Application: <https://forms.gle/9TvSZVVXoXwdiJNn6>

Skate Safe: [Skate Safe Handbook](#)

## YEAR AT A GLANCE

**January:** Lakes Area Classic Competition (Willmar), Granite City Competition (St. Cloud), Winter Ice

**February:** DEFSC Annual Show, show pictures/practice, Vacationland Competition (Brainerd)

**March:** Fergus Falls Competition, Battle of the Blades Competition (Alexandria)

**June:** Summer Ice, Parades

**July:** Summer Ice, Parades

## What are the 5 respects?

**Respect Yourself:** be timely and productive, encourage yourself.

**Respect Others:** be kind and build others up by encouraging them.

**Respect the Sport:** skate fair and show good sportsmanship.

**Respect the Venue:** keep our club areas clean and when it is time for being on the ice, use it wisely.

**Respect the Club:** volunteer and engage with club activities, represent Diamond Edge in a positive light within the community.

### **Skate Fitting and Care 101**

**SKATES:** This is the most important equipment a skater uses. We cannot over emphasize the importance of good quality skates. Two-Bladed skates are not appropriate for use. Skate types are dependent on your skaters level. Beginners should avoid expensive, stiffer skates with an advanced toe pick on the blade. More advanced skaters should avoid skates that do not provide strong ankle support and have less intense of a toe pick. The DEFSC had a skate rental closet to support families that skate with us. There are many different types of boots, blades, styles and sizes in the closet. Upon renting skates you will receive a bag with all the needed supplies to use your skates. This includes a dry cloth, cloth guards and hard guards.

**FITTING TIPS:** Skates must fit properly! Skates that are uncomfortable or too big will become a frustration to the skater. Many people quit skating before they give it a chance because "it hurts my feet/ankles". This is a sign of improper fit. Skates should provide adequate ankle support. When they do not provide the needed support you spend a lot of muscle energy to stand upright and risk injury when working on skills. When purchasing/fitting skates check for wrinkles in the ankle area which indicates the skates have broken down and will not provide that important support. Your skate size is not always the same as your shoe size; usually the skate is sized down from a skaters shoe size. Wear socks you intend to wear on the ice when fitting a skate. Socks should rise above the ankles and not be too thick. Keep trying skates on until you find a pair that fits. Your feet should not move around in your boot, especially the heel. Your heel should be as far back into the boot as possible and should feel snug without pinching your toes. You should be able to fit one finger behind the heel, with the laces open and your foot slid forward, for a proper fit. A proper fit equals more control on the ice. Fitting Tutorial- <https://youtu.be/dh-SU4qUg8>

**LACING TIPS:** 1) tap your heel back in the boot as far as possible 2) pull the tongue completely up, ensure it is straight and tuck it on each side of your foot 3) starting with the 2nd or 3rd set of lacings from the bottom, begin to pull the laces tightly, one pair at a time, so the boots closed well over the front of your foot. The laces should be most snug in the middle section of laces-watch for slipping. The top two hooks can be a bit looser to allow for some flexibility. If there is extra lace remaining, try to cross it over the hooks neatly, laces that hang or drag can cause injury. If your skate doesn't feel right or hurts, spend time relacing for better comfort. Lacing Tutorial- <https://youtu.be/p9mpKDn-Kul>

**BREAKING IN NEW SKATES:** There are a few proven methods that help break new skates in. 1) WEAR THEM- the more you wear them the faster they will form to your feet. You can even wear them around the house, with guards on. 2) when the skater is wearing the skates use a blow dryer to blow onto the skates- when the skater feels the warmth from the blow dryer you can stop and allow to cool with feet in the boots. Repeat as needed (not recommended for heat molded boots) 3) Try alternative ways of lacing to allow for best fit. If a skater is needing more help breaking in their skates connect with the Skate Director for recommendations on places to heat-mold skates.

**GUARDS/SOAKERS:** You will need hard plastic guards for your skates to use when walking to and from the ice. You should keep the guards on the blades until right before you get on the ice, and put them back on whenever you leave the ice. BE SURE TO REMOVE THEM BEFORE STEPPING ON THE ICE. If you do not use guards, dirt from the floor will make your blades dull. Do Not walk on cement as it will damage the blades quickly. When you are done skating you should dry off the blades with a cloth or a towel- this will prevent the blade from rusting and losing its edge. You can use cloth guards "soakers" to transport your skates. It is very important to keep your blades maintained and sharp. It is not recommended to store your skates in your skating bag for extended periods of time.

**BLADE SHARPEING AND CARE:** Each skate blade has two narrow edges which touch the ice, with a hollow ground between them. The goal of sharpening is to remove just enough metal from the bottom of the blade to renew the edges and keep the hollow grind. Skates should be sharpened when they need it. This is dependent on how much you skate and what level you are skating at. Skaters need sharpening when they start to slide sideways too easily or if the ice feels 'slippery'. Try to remember that nice feeling of freshly sharpened skates, when they no longer feel that way it is time to sharpen again. DEFSC is fortunate to have an inhouse sharpening machine. Skates rented from the club receive free sharpening, personal skates are sharpened for a small cost. When skating on public or private outdoor ice you run the risk of dulling your blades.