

*Rochester Figure Skating Club  
Handbook*



*Rochester, MN*

**Updated:** 2008

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# Forward

The Rochester Figure Skating Club (RFSC) offers many programs with opportunities to test, compete, exhibit, earn a high school letter, skate in ice shows, and participate in a teaching internship. Skaters may choose to train in one or more of the following disciplines: freestyle, dance, synchronized team, moves-in-the-field, or pairs. Skating is a complex sport requiring balance, coordination, strength, speed, flexibility, grace and the ability to perform to music. These many aspects of the sport and the intricacies of the club can overwhelm parents and skaters at first. This handbook breaks down the various components of the sport and the club in order to help you understand the “big picture”.

This handbook has been prepared to help familiarize you with the sport of figure skating and the RFSC. In addition, we hope it answers many of your questions as we share our knowledge and the love of the sport with you. It includes essential information plus many useful resources to help you make skating decisions. As a figure skating club we strive to be informative and to offer the best skating programs possible. The board of directors, the professional coaching staff, and the office staff are committed to helping each skater reach their goals.

As a skater advances in skating, it may become confusing to know which avenues to pursue. At such time, they should consult with their coach. Coaches have years of experience that cannot be captured in this handbook and they will help you evaluate options with respect to cost, time commitment, and goals. Evaluating options and establishing goals with your coach is the foundation for success in this sport.

The RFSC is committed to making your skating experience the very best possible. We welcome suggestions and encourage you to learn more about the club by volunteering.

# The Rochester Figure Skating Club (RFSC)

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## About the club

The Rochester Figure Skating Club (RFSC) was founded in 1938 and is the third oldest skating club in the United States. The club has a long-standing tradition of excellence, teaching skaters of all ages and levels including beginners through national and international competitors. The trophy case in the lower lobby of the Rochester Recreation Center (Rec. Center) highlights many of the club's outstanding skaters from past to present.

The RFSC is a 503C non-profit, tax exempt, educational organization, and is incorporated in the State of Minnesota. It is a member club of a national governing body, US Figure Skating (USFS). US Figure Skating promotes uniform standards, specific rules, and guidelines that clubs must follow. However, they do allow many decisions to be made locally. The RFSC chooses to offer a wide array of programs from beginning group lessons through advanced competitive training.

Meeting the communities skating needs is reflected in our mission statement as follows: "The purpose of the Rochester Figure Skating Club is to foster, promote, improve and encourage the sport of figure skating among youth under 18 years of age in the State of Minnesota. The RFSC will encourage and facilitate youth participation in regional, sectional, national and international figure skating competitions. The RFSC does not discriminate on the basis of race, religion, sex, age, gender or national origin." With only one skating club in the community, it is essential that we offer varied programs.

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## Board of directors

The RFSC is administered and operated by the Board of Directors, consisting of 12 members who serve three-year terms. Four new members are elected each year at the annual meeting held in late May. Each year the board selects the president, vice-president, secretary, and treasurer.

The board meets monthly at the Rec. Center (usually in the Bob Fick Room). Upcoming meeting dates are posted on the RFSC web-site and in the club office to allow items to be added to the agenda. Board minutes are posted in the club office on the bulletin board for review. Meetings are open to the public and members are welcome to attend unless a closed session is posted to discuss personnel issues. Questions, concerns, or comments from members are addressed in the first 10 to 15 minutes of each meeting.

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## Committees

In addition to the board of directors, there are many committees that report to the board. Names of the people chairing these committees are available in the RFSC

office or on the RFSC web site. Club members are welcome to contact these committee members if they have questions or suggestions.

Following is a list of the committees and their functions:

**Ice and Rules**

Establishes the contract, skating schedule, and rules for ice safety and conduct.

**Policies/Procedures**

Archives the policies established by the board and its committees.

**Long-Range Planning**

Establishes long-range goals for the club and makes recommendations about the future programs and general direction of the club.

**Hospitality/Social Functions**

Ensures hospitality needs are met for testing and competitions. Hosts several social functions during the year such as the Holiday Exhibition, Summer Party, and others.

**Testing- Dance**

Hosts ice dance test sessions.

**Testing- Freestyle/Moves in the Field**

Hosts MIF and freestyle test sessions.

**Insurance**

Reviews all the insurance issues for the club.

**Information, Publicity, and Public Relations**

Oversees advertising and releasing news stories to the press.

**Volunteers**

Administers the volunteer program.

**Fund-raising**

Oversees the fund-raising efforts for the club.

**Hiawathaland**

Manages the annual club skating competition.

**Show**

Manages the annual ice show.

**Lettering**

Oversees the high school lettering program.

**Education**

Establishes educational programs for the members and staff.

**Web-page**

Maintains and updates the RFSC web-site.

**Equipment/Computer**

Maintains all club equipment and computers.

**Membership**

Ensures that all members are current with US Figure Skating.

**TCFSA**

Attends Twin Cities Figure Skating Association meetings (the RFSC is a member).

**Competitions and Sanctions**

Ensures that all required paperwork is accurate to host competitions, exhibitions, and the ice show.

**Junior Board**

Allows skaters the opportunity to influence club policy.

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## Finances

The RFSC is a non-profit organization whose fiscal year begins on September 1st and ends on August 31st. Financial statements are distributed at the annual meeting in May. Although the club is non-profit, it has financial assets to be prepared in the event of an economic downturn. There have been years when the club has run a deficit, however in most years the fiscal year ends with a small surplus.

Monthly billing statements are generated from the office, and Accounting and Tax Associates (ATA) processes most other accounting functions. Billing or financial questions should be directed to the RFSC office.

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## Staff

The RFSC relies on volunteers, including the board of directors, junior board, and the committees to perform many club operations as well as some paid staff members. Background checks are mandatory for all staff members, and all coaches are members of the Professional Skaters Association (PSA). The paid staff positions and their responsibilities are as follows:

**Skating Director**

The skating director represents the club in negotiations with the Rec. Center, teaches safety and other seminars, sends club e-mails, reserves ice for rental, serves on multiple committees, attends board meetings, addresses concerns or suggestions from members, and assists in the office.

**Coach Liaison**

The coach liaison conducts staff meetings, coordinates communication between the board and the coaches, attends board meetings, and oversees staff participation.

### **Junior Club Director**

The junior club director staffs and organizes Pre-school, Junior Club, Advanced Junior Club, and JPSK programs.

### **Office Coordinator**

The office coordinator is responsible for the monthly bills, attendance sheets, e-mails, telephone messages, cancel/make-ups, filing, oversight of office equipment, and coordination with the accounting firm.

### **Synchronized Team Director**

The synchronized team director is responsible for all aspects of the the synchronized skating teams including scheduling, overseeing team parents, competitions, costumes, and exhibitions

### **Coaches**

All coaches teaching at the RFSC are employees, including the full-time coaches, second-year interns, and coaches on the substitute list.

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## **Membership**

Membership in the RFSC occurs when you purchase contract freestyle ice. A detailed explanation of contract ice is available in the next section. Since the RFSC is a member club of US Figure Skating, your membership to the club includes joining US Figure Skating and designating that the RFSC is your "home club". The US Figure Skating membership application will be provided to you when you complete the paperwork for purchasing contract freestyle ice. All skaters must have a current US Figure Skating membership. As of 2007, the annual membership fee is \$30 for the first family member and \$10 for each additional family member. The US Figure Skating membership year runs July 1st through June 30th. The RFSC office will renew the registration for you after your first application is filled out. The registration fee will appear on the first RFSC statement you receive after becoming a member.

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## **Facilities**

The RFSC uses many facilities at the Rochester Recreation Center. Following is a list of these facilities:

### **Office/Coaches' room**

The RFSC office is located in the lower lobby of the Rec. Center. Office hours are posted on the office window, the web-site, and on the telephone answering machine message. The back room of the office is used as a break room for the coaches. Ice packs and a first-aid kit are also located in this room in the event of an injury.

### **Locker room**

Currently there are no locker facilities for boys. The girl's locker room is located in the lower lobby next to the RFSC office. The locker room is secured with a combination lock. Only skaters who have graduated from Advanced Junior Club or JSPE are eligible to receive a locker. Skaters wanting a locker must ask at the RFSC office, and

will then be placed on a waiting list. After receiving a locker assignment, a small fee will be added to your monthly bill. The RFSC office has a lock cutting tool in the event a lock cannot be opened. Skaters are to never give out the combination to the secured door.

### **Off-ice room**

The RFSC converts a large locker room into an off-ice room from April through August. The remainder of the year it is used by hockey. This room is located at the end of the hallway of hockey locker rooms. It has a cushioned floor, mirrors, ballet bars, and other equipment. Sign up for off-ice classes is part of the ice contract.

### **Gym**

The gym is located through the doors at the west end of the North Rink. The club uses the gym for off-ice synchro practices, large meetings, and skating competitions.

### **Meeting rooms**

There are three meeting rooms located on the west side of the South Rink's upper level. The largest room is the Bob Fick Room and is the meeting room furthest south. The smaller meeting rooms are Activity Room II and Activity Room III. A kitchen is located between the Bob Fick Room and Activity Room II. The RFSC owns the equipment in this kitchen, and uses it to serve the judges during test sessions and competitions.

### **Rochester Recreation Center office**

The Rec. Center office is located next to the Bob Fick Room. Rec. Center passes may be purchased there. In the event a skater is not picked up and the RFSC office is locked, the Rec. Center will allow skaters use of the telephone.

### **Storage areas**

The club has two storage areas under the South rink bleachers. One in the lower lobby and one in the hockey locker room hallway.

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## **Equipment**

The RFSC owns various pieces of equipment. Following is a list of the equipment owned by the club:

### **Spotlights**

The club owns eight spotlights. These lights are located in the South Rink and are used for the ice show, holiday exhibition, and other special events.

### **Lighting**

The club has various additional lighting. Some of the lighting is mounted on the South Rink ceiling, and other lights are portable.

### **Show staging**

The club has show staging equipment including curtains, mirror ball, large US flag, fog machine, door curtains, etc.

### **Mirrors**

The mirrors on the east-end of the North Rink.

**Training harness**

A jump-training harness is located on the ceiling of the North Rink. In addition, the club has a hand-held jump harness.

**Sound equipment**

The club has sound equipment in both rinks to operate cassette and CD music. A portable system is also available for test sessions. Fund-raising money was used to help purchase a new sound system in the South Rink. Since we assisted in its purchase, the Rec. Center does not charge us a usage fee for this system.

**Video equipment**

Video equipment is available in both rinks allowing coaches to video tape their students.

**Off-ice equipment**

Off-ice equipment is available to skaters taking off-ice classes. If equipment is not provided the class description in the contract will specify equipment needed.

**Copy machine**

The RFSC office has a copy machine that collates and staples. Ask at the office if copies are needed for club activities.

**Office equipment**

The RFSC office has four computers, cable internet, copy machine, fax machine, and supplies. Ask at the office if you need supplies or access to the internet for club related activities.

# Freestyle Ice

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## Understanding the contracts for freestyle ice

After completing the Basic 8 level in Junior Club, skaters graduate to a higher level of instruction and training. They have two options; skaters may continue group instruction supplemented with private lessons or skaters may choose private lessons without any group instruction. With either option the skater will be taking private lessons that are taught on contract freestyle ice (also referred to as freestyle ice or contract ice).

For skaters who choose to continue with group instruction, the class options are Advanced Junior Club and/or JPSE. These programs feature one-hour lessons on full ice. Since the entire ice surface is utilized, private lessons are not taught during these classes.

Graduating Basic 8 skaters contracting for freestyle sessions may sign up for any NT- (P, PJ, Juv., Int, or SR) sessions. The NT stands for “no test” because the skater has not passed any US Figure Skating tests that are a higher level than the testing done in group lessons.

### Why a contract?

The contract is a way for the club to budget for its largest expense, ice rental. The club rents ice by the hour. Based on the hourly rental rate, the Ice and Rules Committee calculates the number of skaters needed each session to break even. Without a consistent number of skaters on each session it would be impossible to anticipate the revenue and expense for the ice rental each month.

When a new contract is issued, the Ice and Rules Committee evaluates each session and makes changes if needed. These changes ensure the club will not lose damaging amounts of money each month. The club carefully plans its programs and finances around the numbers from the contracts. To avoid costly and overcrowded sessions, the board budgets to lose some money each month on ice rental, and covers the shortfall from other programs.

The rules regarding the contract are somewhat complex, but were established to limit major fluctuations in revenue from month to month. Understanding the budget process will help you understand the many contract rules that are outlined in the following sections.

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## How to contract for freestyle ice

The contract is divided into two parts. The first part is a lengthy narrative outlining the rules, costs, and schedule for the contract. Although this narrative is long, it contains very valuable information. Part two of the contract is the schedule of sessions and classes offered by the club. Included with this schedule is an information and signature page. To complete the contract, the information page must be completed

including required signatures from the skater, the skater's parent, and the skater's coach. The parent signature guarantees that they will purchase the sessions circled on the schedule and that they have read the narrative section (part one) of the contract. The coach is asked to sign the contract to verify they have lesson time available during the sessions requested and that the sessions chosen are the appropriate level for the skater.

The contract is available on the RFSC web-site or in the RFSC office. The contract will not be accepted until the sessions wanted are clearly marked, the personal information section is complete, and it has the three required signatures. The contract is submitted to the RFSC office. No money is due at the time the contract is submitted.

## Units

A unit of freestyle ice 15 minutes. Contract sessions are often different lengths. A 30 minute session is two units, a 45 minute session is three units, and a 60 minute session is four units. Units are used for cancel/make-up calculations and billing. For more information, see "[Cancel/Make-ups](#)" on page 13 and "[Billing](#)" on page 15.

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## Cancel/Make-ups

When you contract for ice, you guarantee the club that you will skate (purchase) a specific number of sessions each week (example three 45 minute sessions- 9 units). The Ice and Rules Committee studies these numbers carefully and adjusts the schedule accordingly to meet skater's needs and cover its costs.

Cancels and make-ups must be scheduled through the office. They are tracked by the office and will appear on your monthly bill in units. Skaters may cancel a session by calling the office prior to that session. For example, if a skater is sick they must call the office informing them which session will not be skated before the time of that session. Despite the cancellation, the skater is still charged for the session, but may skate at a different time to make-up the session missed. Make-ups may be done at any time during the contract. For example, a skater may skate three extra sessions in September for three canceled sessions in December.

A skater making up a session must call the office in advance to verify space availability before skating any sessions. If you reach the answering machine, the office prefers a message such as "Mary Jones would like to make-up a session by skating the 5:00pm session on Thursday, if there is a problem please call me." This way the office must return calls only in the event of a full session, which occurs infrequently. When making up a session, the skater must write in (add) their name at the bottom of the attendance list for that session.

At the end of the contract a final total is calculated for cancel/make-up units and is included with the bill. If there are more cancels than make-ups you will have paid for sessions that were not skated. If you have more make-up units than cancels, you will be billed for the extra skated units. It is important to note that all additional units will be billed in the last month of the contract. Many additional added sessions could result in a bill several hundred dollars higher than expected. It is recommended that you contact the office if your make-up units become too large.

When you schedule a weekly lesson with a coach, you have an implied contract with them. The coach guarantees a lesson slot and you agree to pay for that lesson. Your coach has a written cancellation policy, ask for a copy of this policy before contracting for ice or lessons.

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## **Walk-on ice**

Walk-on rates are posted on the RFSC office window. The walk-on rates apply to skaters who are from other clubs that do not have a RFSC contract. For example, a skater from Austin may want to skate on an RFSC session, but does not have a contract. This skater may skate the session (with approval from the office) but will pay a higher rate. RFSC skaters who add a session are NOT walk-ons and do not have to pay the walk-on rate.

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## **Quantity discount**

If a skater or family contracts for a large number of units per week, they may qualify for a quantity discount. Details for the quantity discount are outlined in the narrative section of the contract and may change from contract to contract. This discount was developed to encourage skaters to practice more and to help families with more than one skater.

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## **Morning Rec. Center ice**

The RFSC and the Rec. Center have an agreement for ice in the mornings during the following times: Monday through Friday 5:30-9:15am during the school year and Monday through Friday 5:30-8:15am in the summer. Normally, these sessions have lower attendance making it difficult for the club to afford to rent the ice. An agreement was reached with the Rec. Center allowing RFSC contracted skaters to skate these sessions if they have a Rec. Center pass. These passes can be purchased at the Rec. Center office. A copy of this pass must be kept on file at the RFSC office. RFSC skaters may skate these sessions without a pass, but will be assessed a higher fee. Revenue collected for these sessions is collected for the Rec. Center minus a small processing fee.

Many of the cancel/make-up rules that apply to the afternoon sessions do not apply to the morning sessions. A cancelled afternoon session can not be made-up with a morning session. If a skater cancels a morning session, they are not required to make-up this session and will not be charged for it. Morning sessions do not count toward the quantity discount. The ice from 5:30-6:00am is free with the Rec. Center pass and the remaining morning ice is charged by the unit according the fees listed in the contract. Skaters may choose to skate 6:00-6:45, 6:15-7:00, 6:30-7:15. However, the skater must skate a minimum of three units each time.

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## Instructional classes

Each contract offers a variety of instructional classes including power, competitive edge, spins, and steps, style, and extension. The fee for these classes is higher than a regular ice session to cover the cost of the instructor. To make up a session, the skater can attend a different class or use the units toward a freestyle session with a loss of the instructional fee (usually a dollar or two).

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## Changing your contract

Sessions may be added to the contract at anytime providing there is space available on the requested session. Contracting for additional sessions ensures that there will be space on that session. Sessions may be changed at anytime provided the number of units per week does not change. For example, a skater is currently skating a 45 minute session Monday and Wednesday (two 45 minute sessions or 6 units). The skater may switch to a 45 minute session on Tuesday and Thursday (two 45 minute sessions or 6 units). This may only be done if there is space on the Tuesday and Thursday and if it works with the coach's schedule. Remember the club must generate enough revenue to rent the ice. In this case the days changed, but the revenue to the club stayed constant.

If a reduction in the number of sessions is requested, a two week penalty is assessed against the skater because the club will lose revenue that was anticipated to cover the ice rental costs. The contract may be changed once in December and once in March without penalties. The summer contract is shorter and may not be reduced without penalty.

All changes to your contract should be verified with your coach and through the RFSC office. If additional information is needed, reference the narrative section of the contract or contact the RFSC office.

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## Interim ice

Interim ice is offered on weeks between contracts and during spring or winter breaks. The weeks designated as interim weeks are listed in the main contract. Skaters choosing not to skate an interim week will not be charged for any sessions. In addition, regular lessons with your coach are cancelled during an interim week.

Skaters who want to skate during an interim week must complete an interim contract that is available on the RFSC web-site or office. If you want lessons during an interim week, you must contact your coach. The interim contract must be turned in on time to receive a lower session price. No cancellations are permitted during interim contracts.

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## Billing

The RFSC will mail you a monthly bill itemizing charges including ice costs, coaching fees, locker rental, monthly dues, membership fees, program ice fees, and any other applicable fees. The office tries to have the bill mailed by the 10th of the month.

Payment for the bill is due at the end of the month. For example, June's bill arrives around the 10th of July and payment for that bill is due July 31st. There is a fee for late payments. Payments may be made with a check or cash. Credit cards are not accepted. If a payment cannot be made on time, contact the office promptly.

# RFSC Programs

The RFSC offers a wide variety of programs. It is recommended that you talk with your coach about which classes will be most beneficial for you. Following is a list of the programs offered including a brief description:

## **Pre-school**

Pre-school classes are for students age five or younger. Skaters as young as two have participated in the program. It is recommended that parents take their child to an open skating session before enrolling them in a class. Skaters may advance to Junior Club before the age of six if they pass the three Snowplow Sam badges and demonstrate reasonable gliding speed on the ice.

## **Junior Club**

Junior Club classes are group lesson classes that teach the US Figure Skating Basic Skills curriculum. Classes are open to students ages six to adult. Testing occurs towards the end of the sessions to promote skaters to the next level. There are eight levels of Basic Skills.

## **Advanced Junior Club**

Advanced Junior Club is open to skaters who have completed the eight Basic Skills levels. These classes follow the Freestyle One through Six levels of the Basic Skills book.

## **JPSE**

Junior Program for Skating Excellence is designed to accelerate skaters in passing the basic skills and freestyle levels.

## **Lettering**

Skaters in grades 7-12 are eligible to participate in a high school lettering program. Skaters seeking additional information should contact their coach.

## **Intern program**

Skaters 16 years of age and completing the Intermediate MIF tests may participate in an intern program designed to help skaters transition into coaching. Skaters interested in this program should contact their coach.

## **Program ice**

Program ice is periodically added to the schedule. It allows skaters to skate a five minute warm-up session followed by a run-through of their program on empty ice. This simulates a competition or testing session. Program ice is usually added before test sessions and competitions. Program ice sessions may not be used as a make-up session. The cost of the sessions will be added to your monthly bill. Session information will be e-mailed to members and posted on the RFSC office door.

**Power**

Power classes are listed on the contract and are usually divided by testing levels. Skaters skate at high speeds in the same direction doing the same skills. This allows skaters to skate continuously without other skaters in the way.

**Competitive edge**

Competitive edge class is designed to teach increasingly harder footwork steps. It also incorporates many aspects of the power class.

**Steps, Style, and Extension**

A class designed to improve the second competition mark (composition and style). This mark emphasizes good execution and appearance of an element.

**Sports psychology**

Classes are offered on-site by a highly qualified sport psychology consultant. The class is designed to enhance the skater's performance.

**Off-ice classes**

A variety of off-ice classes may be offered including strength, conditioning, stretching, jumps, and ballet classes. They are designed to assist the skater's performance and to reduce injuries. The class descriptions are in the contract.

**Synchronized skating**

The RFSC has synchronized skating teams for all ages and levels. Contact your coach for more information.

# Events, activities, and communication

The RFSC hosts numerous events and activities throughout the year. Following is a list of these events and activities:

## **Ice show**

Since the inception of the club, it has produced an annual ice show. This show is traditionally held in late April. Tryouts for features (high-level skaters with at least an axel jump) are held in October. The show letter is made available in September from the RFSC web-site or in the office. The letter contains pertinent information and includes the show application. Show applications are due in October and the show casting is posted around Thanksgiving. Rehearsals begin in early to mid March.

## **Hiawathaland Competition**

The RFSC hosts an annual competition the second weekend in February. The competition has traditionally held dance, freestyle, compulsory, jumps, spins, moves, artistic events, and synchronized skating. A higher level dance test session is held in conjunction with the competition.

## **Test sessions**

The club holds frequent testing sessions in moves and freestyle. Pre-juvenile and higher level test sessions are offered about eight times per year. Lower tests are offered monthly or by demand. Dance tests are held three or four times per year. Test dates are posted on the RFSC office window and on the RFSC web-site.

## **Holiday festival**

A fund-raising event held the second or third Sunday of December in conjunction with the holiday exhibition. The event is open to the public and features an open skating session, rental skates, sleigh rides, a visit from Santa Claus, group lessons, and treats.

## **Holiday exhibition**

The club has a skating exhibition held in December on the South Rink using spotlights. All skaters who have graduated from Advanced Junior Club or JPSE may participate.

## **Annual meeting**

The club has an annual corporate meeting to approve financial statements and elect board members. The club also uses this meeting to recognize the testing and competition accomplishments of its skaters.

## **Parade**

The RFSC often participates in the RochesterFest parade with the entry of a float. The parade is in June.

## **Halloween party**

The club has a skating party for its members (including Junior Club skaters) on the Saturday before Halloween. It features a garage sale, food, and skating in costumes.

### **Star of the North**

The RFSC has frequently hosted the skating portion of the “Star of the North” games. The competition is held in late June.

### **State championships**

The RFSC has hosted several state figure skating championships. The state championships are held in late August and rotate venues every two years.

### **Garage sale**

Several times a year the club will hold a “garage sale” where members can buy or sell used skates and clothing.

### **Training seminars**

The club has received grant money that is designated for competitive training seminars. These seminars feature high level guest coaches who work with our coaching staff and skaters. Your coach will have information on these seminars and details will be posted on the RFSC web-site.

### **Regional competitors party**

A small send-off party is often held each year to wish the regional competitors “good luck”. Regional dates change each year, but are usually in early October.

### **Summer party**

A party is held at the end of the summer contract. Given the varied schedules in the summer, skaters can skate all summer and not see a friend. This party brings all the skaters together before the school year begins.

### **Summer picnic**

The junior board hosts a picnic for the skaters at the end of the summer. The purpose of this picnic is to let the skaters socialize outside the rink.

### **Summer activity**

Most summers an activity is scheduled to let the skaters meet outside the rink. The past several years the skaters have gone to an amusement park in the Cities.

### **Lock-ins**

Occasionally the club hosts a lock-in at the Rec. Center. Notice of this event will be e-mailed and posted at the rink.

### **Safety Seminar**

Each fall the club holds mandatory safety seminars that are conducted by the skating director to review the on and off-ice rules of safety and conduct.

### **Boot and Blade seminars**

Twice a year this seminar is held for parents and skaters to learn more about boots and blades. Topics include sharpening, the correct hollow, proper blade mounting, and maintenance of your skates.

**Ice Crystals**

The club publishes a quarterly magazine called the Ice Crystals. It features articles by the president, a schedule of upcoming events, and spotlights on coaches and skaters.

**Billing newsletter**

Included with your bill each month is a brief newsletter containing important information.

**E-mails**

The office sends frequent e-mails concerning events, fund-raisers, seminars, schedule changes, and other important information. Be sure that your correct e-mail address is registered with the office. If you do not have e-mail, a hard copy of the e-mail is available in the RFSC office.

# The sport of figure skating

The following section gives a quick overview of the sport of figure skating. For more details, see [“Resources”](#) on page 28.

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## US Figure Skating

US Figure Skating is the national governing body for competitive figure skating in the United States. US Figure Skating was formerly known as the United States Figure Skating Association (USFSA) and is a member of the International Skating Union (ISU). The ISU governs both speed skating and figure skating at the international and Olympic level. Although there are other skating organizations (ISI being the largest), national, international, world and Olympic skaters representing the United States are selected from the US Figure Skating competitions and programs.

US Figure Skating publishes a rulebook each year that has the current rules for the sport. The coaches leave a copy of this rulebook by the ice to refer to it as needed. Copies of the rulebook may be ordered through the club office or through US Figure Skating.

Each year, US Figure Skating holds a governing counsel meeting where delegates from all the member clubs meet to vote on rule and organizational changes. This meeting is held in early May and adopted rule changes may go into affect immediately or at the publication date of the new rulebook (September 1st). The RFSC sends delegates to the governing counsel each year, and the coaches closely monitor any changes that effect our club or our programs.

US Figure Skating has information and publications for coaches, skaters, and parents. The US Figure Skating web-site is extensive and it is recommended that parents and skaters explore it thoroughly. In addition, all RFSC club members should receive Skating Magazine, a monthly magazine published by US Figure Skating. Notify the office if you are not receiving Skating Magazine.

The RFSC is a member club of US Figure Skating. It is important to note that RFSC skaters should not participate in any ice show, skating exhibition, skating related media interviews, or competitions that are not sanctioned by US Figure Skating. The skating director or your coach is current with these rules; always err on the cautious side and check before a skating event.

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## Testing

Testing are taken in many different disciplines including moves in the field (MIF), freestyle, dance, freedance, figures, and pairs. The test structure is a national standard mandated by US Figure Skating. All candidates for testing will be judged by certified US Figure Skating judges. These judges are trained to maintain a high and consistent standard. Therefore, a test taken in Minnesota is comparable to a test taken in California or New York. These high standards ensure that a completed test holds great value.

Tests are taken for two main reasons. First, testing is used as a barometer of the skater's ability. Second, testing is used to determine a skater's competition level. The most common testing is in freestyle, MIF, and dance. This section will explain testing in these disciplines.

The MIF were incorporated into the US Figure Skating test structure about fifteen years ago to replace basic skating skills lost when figure testing was no longer required. Without figures (a complex testing structure that the sport is named after), a method was needed to develop higher level skating skills. US Figure Skating responded with the moves testing structure. Moves are a prerequisite test for the freestyle tests, and a prerequisite for competing in synchronized, dance, and pairs.

Moves tests are divided into eight levels: pre-preliminary, preliminary, pre-juvenile, juvenile, intermediate, novice, junior, and senior. In the United States, only a few hundred senior tests are completed each year.

Freestyle tests match the same eight levels as in moves. A freestyle test cannot be taken until the corresponding moves test is completed. For example, a skater must pass their novice moves test to become eligible to test their novice freestyle test. Freestyle tests determine the level at which a skater competes in freestyle. Once a skater has passed a freestyle level they must compete at that level or higher, and may never again compete at a lower level. Skaters are permitted to pass moves at higher levels without affecting their freestyle competition level. Your coach will advise you as to the proper time to take a freestyle test.

Dance tests are different than the moves and freestyle tests. Dance has seven levels: preliminary, pre-bronze, bronze, pre-silver, silver, pre-gold, and gold. The first five levels have three dances each and the pre-gold and gold levels have four dances. These dances may be tested one, two, three, or four at a time, but all the dances on a level must be passed before testing on a higher level.

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## Competitions

The two types of competitions are qualifying and non-qualifying. Non-qualifying competitions are the invitational competitions held by local clubs. Qualifying competitions are ones that qualify skaters to move to a higher level such as sectionals or nationals. Among the many clubs in our area there is an invitational (non-qualifying) competition held almost every month. The office and your coach can provide you with information on these competitions.

Freestyle, dance, and pairs qualifying competitions begin in October and are only open to skaters in the Juvenile, Intermediate, Novice, Junior, and Senior level events. The United States is divided into three sections: Eastern, Midwest, and Pacific. Within each of these sections there are three regions. The RFSC is located in the Upper Great Lakes Region and the Midwest Section. The October competition is Regionals. Skaters placing in the top four places in the Juvenile and Intermediate events qualify for Junior Nationals. This is a national championship that is held in a different location each year. The top four skaters in the Novice, Junior, and Senior events at Regionals qualify for Sectionals. Skaters finishing in the top four at Sectionals move on to the National Championships, usually held in January. The top two or three skaters

finishing in the Senior events advance to the World Championships or to the Olympics.

Skaters participating in invitational competitions do not advance to a higher level of competition if they place in the top placements. Check with your coach when considering to compete. Often a club officer and your coach must sign your competition form before it can be submitted. It is also recommended that you read the entire form and that you watch other events at the competition to help understand the various levels.

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## **Career opportunities**

Skaters may choose a career that involves skating. Skaters can teach, skate in ice shows, or judge. If a skater is considering any of these options, the club offers many programs to help you. Skaters reaching the intermediate level and are sixteen years of age may participate in the RFSC Intern Program. This program begins with skaters shadowing coaches as they teach Junior Club. After proper training, the interns are permitted to teach classes with pay. Also at the age of sixteen, skaters are permitted to trial judge. Trial judges judge alongside the USFS judges until they meet the necessary requirements to become a qualified judge. Qualified judges are volunteers. Skaters participating in the intern program may become a member of the PSA and begin testing for ratings. If your skater is thinking of a career in figure skating, ask your coach or the skating director for additional information.

# Goals

## Start slowly

Most competitive skaters begin with group lessons, and through a series of steps gradually work into a competitive training schedule. First, the skater asks for a second or third day of lessons. Next, the skater begins skating open sessions, and asks for a supplemental private lesson to pass levels quicker. The skater finds that their rate of progress is greatly increased by the private lesson, so a second lesson is added. Eventually, the skater is skating six days a week with a lesson every day. The drive for these increases, should be the love of skating and the desire to improve. This gradual increase in the schedule is a normal progression. Start slow and finish strong.

## Select a coach

Selecting a coach may be the most important decision of your child's skating career. Carefully watch coaches as they teach group lessons, and look for one that your child respects, and matches your values. Ask to meet with the prospective coach, and ask them many questions. Use your common sense, for your intuition will most likely be correct. Also, discretely watch some higher level training sessions, and observe the coaches as they interact with older and more competitive skaters. A pamphlet published by the US Figure Skating called "The Parent's Survival Guide" as well as copies of all the staff coaches resumes are available in the RFSC office. The Professional Skaters Association web-site ([skatepsa.com](http://skatepsa.com)) outlines strict ethical guidelines for coaches (all RFSC coaches are PSA members).

## Acquire information

Selecting a coach, number of training days skated per week, number of lessons per week, and which discipline to pursue are just a few of the difficult decisions facing parents. Good information is the key to making the right decisions. Use this handbook and refer to "[Resources](#)" on page 28 for additional information. Communicate with your coach and respect their knowledge and experience.

## Set goals

Setting goals is the key to success in any endeavor. Work closely with your coach and your skater to establish short and long term goals. Evaluate these goals frequently and modify them if appropriate. Your coach will recommend the needed ice, lessons, and cross- training necessary to fulfill your goals. Short- term goals may include landing the axel, placing higher at the next competition, passing a test, learning a new spin, and learning new footwork. Long- term goals may include making the high synchronized team, lettering, becoming an intern, and competing.

## Attain high competitive levels

Time on the ice is critical to achieving a high level of skating. Common sense would dictate that a student skating two days per week would progress at twice the rate of

one skating once a week. Not skating for a week causes a substantial loss of balance, whereas skating twice per week significantly reduces this issue.

High level competitive skaters skate five or six days per week, may take several lessons each day, and cross-train. To be competitive, skaters must compete frequently. Competitive skating is time consuming and expensive, but can result in a mentally, physically, and academically well-off individual.

## **Evaluate your goals**

As a skater improves, grows, and gets older, their goals may change significantly. Again, it is very important to meet with your coach to discuss these changes. Valuable time may be lost if the skater postpones meeting with the coach. Coaches realize that goals change, and can offer you different ways to continue to enjoy the sport.

## **Utilize your resources**

Careful planning and good information will assist you in reaching your goals. Be proactive and work closely with your coach. The RFSC offers many programs and opportunities. Volunteering in club activities will also assist you in learning more about the club and the sport.

# Miscellaneous

## Reimbursement

Occasionally members purchase an item for the club with personal funds and need reimbursement. Before purchasing anything obtain prior authorization to purchase the item. Purchase items from a merchant that has the club's business ID number registered or with a copy of the ID to present to the store (available in the RFSC office). This ID number is needed to purchase items without paying sales tax. To get reimbursed, obtain a form from the office and submit the completed form with the receipt attached to the office.

## Volunteer program

Each family is required to volunteer 12 hours per year. The year coincides with the USFS membership year, June 1st through May 31st. Each hour is worth \$10. If a family chooses not to volunteer, at the end of the year they will be assessed a \$120 charge. If the family only volunteered six hours, a \$60 charge will be assessed. No charge is assessed if the hours are met. The volunteer form lists options for volunteering.

## Skate sharpening

Skates may be left in the RFSC office to be sharpened. A sharpening schedule is posted on the RFSC window, and the form is available in the wall pockets above the sharpening cart. The form must be completed with payment included. If you do not know which grind you need, ask your coach, or mark "same as", and the skate technician will duplicate the existing sharpening. If the office is locked when you pick up your skates, remember all the coaches have keys and can open the office for you.

## The RFSC phone

The phone number for the RFSC is (507) 288-7536. This number has an answering machine with several options. If you press a numbered option, hold the number for about a second to get the message. If you are adding a session state the time and day of the session you want to add. We will try to call you back if that session is not open. This number will also activate the fax machine. Typically the RFSC phone is not the best way to reach your coach as they often will not get messages on time. Ask your coach the best way to reach them if you need to cancel a lesson.

## Bad-weather cancellation policy

The RFSC does not cancel its program for bad weather unless the Rec. Center closes. The Rec. Center seldom closes for inclement weather.

## Lost and found

Lost and found items may be one of four places:

- In the girl's locker room.
- In the RFSC office.
- In the lost and found box located in the east stairwell.
- In the Rec. Center office.

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## Resources

### Organizations

Rochester Figure Skating Club (RFSC) - [rochesterfsc.org](http://rochesterfsc.org)  
Twins Cities Figure Skating Club Association (TCFSA) - [tcfsa.org](http://tcfsa.org)  
US Figure Skating (USFS) - [usfigureskating.org](http://usfigureskating.org)  
Professional Skaters Association (PSA) - [skatepsa.org](http://skatepsa.org)  
International Skating Union (ISU) - [isu.org](http://isu.org)  
Ice Skating Institute (ISI) - [skateisi.com](http://skateisi.com)

### Publications

Parents Guide to Figure Skating  
USFS Rulebook  
RFSC Handbook

### Periodicals

*Skating Magazine*  
*Blades On Ice*  
*International Figure Skating*

### Videos

PSA Moves In The Field 1 & 2

### Books

PSA Moves In The Field  
PSA Ice Dance Patterns  
Complete Book of Figure Skating by Carole Shulman

### Web sites

Don Korte's Skating Page - [sk8stuff.com](http://sk8stuff.com)  
Skateweb - [frogsonice.com](http://frogsonice.com)

Coaching Science Abstracts - [coachsci.sdsu.edu](http://coachsci.sdsu.edu)

US Swimming (Nutrition and training information) - [testsession.com](http://testsession.com)

Find a rink - [rinkfinder.com](http://rinkfinder.com)

## Retail

Blades To Ballet - [bladestoballet.com](http://bladestoballet.com)

Westwood Sports - [westwoodsports2.com](http://westwoodsports2.com)

Rainbow Sports - [rainbowsports.com](http://rainbowsports.com)

Riedell - [reidellskates.com](http://reidellskates.com)

SP Teri - [spteri.com](http://spteri.com)

Harlick - [harlick.com](http://harlick.com)

Jackson/Ultima - [jacksonskates.com](http://jacksonskates.com)

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## Glossary

### RFSC terms

#### **Advanced Junior Club**

Skaters taking group lessons who have passed the Basic 8 level and have advanced to the freeskate levels.

#### **ATA**

Accounting and Tax Associates. This company does the bookkeeping and payroll for the RFSC.

#### **Basic Skills**

US Figure Skating group lesson program used by the RFSC.

#### **Contract ice**

Ice that skaters sign a contract for, committing them to a long term of ice purchases. The RFSC issues two contracts per year, fall/spring and summer.

#### **Four Seasons Ice Arena**

This rink is located in Kasson and is listed as a satellite location for the RFSC.

#### **Girl's locker room**

The girl's locker room is located on the lower level of the Rec. Center lobby. It is locked by a combination lock. Skaters wishing to get a locker must sign up at the RFSC office.

#### **Junior Club**

Basic Skills classes offered by the RFSC.

#### **Junior Program for Skating Excellence (JPSE)**

A new program of group lessons to help skaters to advance quicker through the Basic Skills and Freeskate levels.

**Lost and found**

Lost and found items may be in one of four places, the RFSC office, the Rec. Center office, the east stairwell, or the girls locker room.

**Off-ice room**

The off-ice room is located at the end of the lower hallway of the South Rink. The RFSC has access to this room April through August, and it is used by the Ice Hawks hockey team the remainder of the year.

**Mail drop**

The RFSC has a slot in the office door for club correspondence, such as payments and test forms etc.

**Meeting rooms**

The RFSC uses three meeting rooms at the Rec. Center. They are the Bob Fick Room, Activity Room II, and Activity Room III. All three rooms are located on the upper level of the west-side of the South Rink.

**Morning ice**

Ice in the weekday mornings that the RFSC does not rent. The club collects money for the Recreation Center. Skaters on this ice usually buy a Rec. Pass because without it the cost of the ice is significantly higher.

**NT**

This is an abbreviation used in the ice contract to designate skaters who have “no tests”. Basic Skills tests do not count, only US Figure Skating freeskate tests apply. If the contract says NT-SR, this means skater from no-test through senior may skate that session.

**North Rink**

The rink that the RFSC uses most often (the rink with no bleachers).

**Office (RFSC)**

The RFSC office is located in the lower lobby of the Recreation Center.

**Office (Rec. Center)**

The Rec. Center office is located on the upper level of the west-side of the South Rink.

**Pre-school**

Group lessons for children ages 5 and under.

**Rec. Center**

The Rochester Recreation Center.

**RFSC**

Rochester Figure Skating Club.

**South Rink**

The large rink at the Rec. Center that has the bleachers.

## Skating terms

### **Accountant**

A competition official who compiles the judges' marks and computes the placements of competitors.

### **Arabesque**

A ballet move that is called a spiral when performed on the ice. See "[Spiral](#)" on page 40.

### **Artistic impression mark**

Most skaters and fans use this outdated term for the second set of marks awarded by judges. The formal name in singles, pairs and the original free dance phases is the presentation mark. In compulsory dance, this is the timing/expression mark.

### **Axel jump**

An edge jump named for its inventor, Axel Paulsen. The Axel is the only jump launched while a competitor skates forward, so it's the easiest for a spectator to recognize. But it's also one of the most difficult jumps because it takes an extra half revolution for the skater to turn around backward for landing. The jump takes off from the forward outside edge and is landed on the back outside edge of the opposite foot.

### **Back flip**

A reverse somersault on ice. This move has been banned from amateur competitions, but may be performed by professionals in ice shows.

### **Biellmann spin**

Denise Biellmann's trademark spin in which the skater reaches back over the shoulders with one or both hands and grasps the blade of the free skate.

### **Blades**

The metal runners attached to the bottom of each boot.

### **Boot**

The leather part of a skate that looks like a high-topped shoe and laces up the front.

### **Broken leg sit spin**

A sit spin in which the free leg is bent at the knee and held out to the side, rather than extended forward as in the classic sit spin.

### **Bye**

Permission for a skater to compete in a higher level competition without having to qualify at a lower level competition usually due to injury.

### **Camel spin**

A spin in which the skating leg is straight and the free leg is extended at a right angle, straight and parallel to the ice. The torso is generally parallel to the ice.

### **Carriage**

A word that is used frequently in skating rules, to a skaters posture.

### **Centering**

Spinning in one spot on the ice without moving or traveling.

**Change of edge**

Gliding on one edge, then the skater shifts their weight and leans to glide on the alternate edge of the same foot.

**Chasse**

A dance step in which the free foot does not pass the skating foot during the push and the new free foot is lifted and returned to the ice beside the skating foot.

**Cheated jump**

A jump where the rotations are completed before the takeoff or after the landing.

**Check**

Stopping the rotation of a jump or spin by extending the arms and free leg.

**Chief referee**

The official in overall charge of a competition.

**Choreography**

The art of composing movements intended to interpret music.

**Clean**

A program with no mistakes. It also describes precise skating without scraping the blade, dragging the toe pick, and so on.

**Closed position**

In this position, ice dancing partners face each other, one skating backward and one skating forward. This is also called the waltz position.

**Coach**

A person who trains and teaches athletes. When choosing a figure skating coach, ask if they have been accredited or rated by the Professional Skaters Association.

**Combination Jumps**

Two or more jumps performed consecutively without a turn or change of foot in between. In other words, the second jump must take off from the landing edge of the first jump.

**Combination Spins**

Spins consisting of a change of foot and/or position (camel, sit, upright).

**Competition judges**

Judges who serve on the panels that judge skating events at sanctioned competitions.

**Compulsory**

Required elements in competition programs.

**Compulsory competition**

Compulsory programs consist of required moves that are performed in a program without music.

**Compulsory dance**

The first phase of ice dancing competition. Two compulsory dances are chosen from a list of set pattern dances. In competition, all skaters perform them to the same music and the same steps.

**Compulsory figures**

Prescribed patterns traced into the ice. Figures are what the sport is named after, however, they are no longer used in competition.

**Connecting moves**

Moves connecting major elements of a program, such as jumps and spins. There are different levels of difficulty under the new judging system.

**Costume**

The clothing worn while skating in a competition.

**Counter-rotation jump**

A jump in which the skater spins against the direction of the entry curve, like a lutz jump.

**Crash Pad**

A pad worn by a skater to protect the hips or tailbone in the event of a fall.

**Crossover**

A power stroke often performed around the ends of the rink to gain speed in which the body's weight is placed over the inside foot while the outside foot crosses over it. Weight is then transferred to the outside foot while the inside foot pushes against the ice and propels the skater forward. (can be done either forward or backward)

**Death drop**

A maneuver in which the skater leaps off the ice with one foot assuming an arabian position in the air and lands in a back sitting position.

**Death spiral**

A pairs movement in which the man, as the pivot holds the woman by one hand and she revolves in a circle around him on one blade with her body parallel to the ice. Depending on her direction and edge, death spirals may be classified as forward inside, backward inside, forward outside, or backward outside.

**Deductions**

Points deducted from a skater's marks because of errors, omission of required elements, or violations of rules.

**Deep edges**

Skating with the edges tilted sharply into the ice and the skater leaning far to one side.

**Disciplines**

Part of a sport limited by unique rules and athletic eligibility. Olympic figure skating consists of four disciplines: men's singles, ladies' singles, pair skating, and ice dancing.

**Division**

Competitive freestyle takes place within either the Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, Senior (Olympic-level), or adult divisions. There are also divisions in dance, pairs, and synchronized skating.

**Double jumps**

Jumps with two rotations or, in the case of a double axel, 2½ revolutions.

**Draw**

The method of choosing the starting order prior to an event.

**Edges**

The sides of a figure skating blade. Every figure skating blade has two edges, an outside and inside with a concave hollow between them. Most figure skating moves are performed on curves with the body leaning on either edge. When both edges touch the ice at the same time, it is called a flat.

**Edge jump**

A jump launched from the edge of the takeoff foot without touching the ice with the other foot. The Axel, loop, Salchow are edge jumps.

**Elements**

Component parts of a program, including jumps, spins, footwork, and lifts (in pairs).

**Eligible skater**

A skater who competes under the rules of the ISU or its various national governing bodies, such as the US Figure Skating, and thus is eligible to compete in the Olympics. Such skaters are commonly called amateur, although they compete for prize money.

**Entry Form**

An informational form that must be filled out and submitted by the skater or their parent which indicates the skater's eligibility to enter a competition.

**Extra elements**

Elements added to the required elements of programs. Extra elements result in mandatory deductions.

**Field Moves**

A series of tests based on figures and consist of set patterns of edges, steps and turns. The patterns and levels are found in the rulebook.

**Figures**

Set geometrical patterns that are skated on one foot by a skater. Traditional compulsory figures are comprised of figure eights (two circles) and serpentine (three circles). Figures are now a separate discipline.

**Final Round**

The round of a competition that takes place following the qualification or initial round, or the last round of competition.

**Flip jump**

A toe pick-assisted jump launched from the back inside edge of one foot and landed on the back outside edge of the opposite foot.

**Flutz**

A slang term to denote when skaters change from the proper takeoff edge, the back outside edge, to a back inside edge just before takeoff. This isn't illegal, but that edge change technically makes the jump a flip. A flip is an easier jump, because the entry edge curves in the direction of the jumps' rotation.

**Flying spin**

A spin begun with a jumping motion.

**Footwork**

A sequence of quick movements of the feet consisting of a variety of edges, directions and turns performed in a straight line, circular, or serpentine (S) pattern.

**Free dance**

The final phase of an ice dancing competition and is relatively unrestricted. The skaters may choose their own tempo and music.

**Free foot**

The foot not in contact with the ice.

**Freeskate or free skating**

A discipline skated as an individual with an emphasis on jumps, spins, and footwork.

**Free skate (Freestyle) program**

A program of jumps, spins, footwork and other linking movements executed, with a minimum of two-footed skating in harmony with music of the skater's choice.

**Full utilization of the ice surface**

A requirement for a well-balanced program, where a skater performs their program utilizing the entire ice surface to perform their program elements.

**Goal**

A specific achievement that a skater sets and strives for; either short or long term.

**Guards (Skate Guards)**

Plastic or rubber strips that fit over the blade to prevent the metal from becoming nicked or damaged as a skater walks off the ice. The guards prolong the time between sharpening and ultimately the life of the blade.

**Harness**

A training device used by a coach to assist the skater during a jump. Skaters are attached to a cable/pulley by strapping on a belt. The cable is then operated and controlled by the coach.

**Hollow**

The concave curvature that extends the length of the blade.

**Honing stone**

A stone used to smooth out small burrs or nicks on the edge of a blade that doesn't require a complete sharpening.

**Hydroplaning or hydroblading**

The skater leans nearly parallel to the ice surface supported by only one blade.

**Ice Dancing**

A form of skating based upon ballroom dancing performed by a couple (a man and a lady). The event is split into two events compulsory dances, and freedancing.

**Ineligible skater**

A skater who competes outside competitions sanctioned by the ISU or its various national governing bodies, such as the US Figure Skating, and as such is ineligible to compete in the Olympics, Nationals, and/or Regionals. The skaters are most commonly called “professionals,” but in reality, the difference between eligible and ineligible skaters involves only competition rules, not money.

**Inside edge**

The edge of a skate blade on the inside of the foot.

**ISI**

Ice Skating Institute

**ISU (International Skating Union)**

The organization that governs figure skating, writing the rules and administering competitions. It stages the World Championships and is in charge of the figure skating and speed skating competitions of the Olympic Winter Games. Nations that are members of the ISU have their own national skating federations that stage various competitions and field teams to send to World and Olympic Competitions.

**Judges**

The competition judges who award marks for each skater’s performance. At National Championships, Worlds and Olympic competitions, there is a panel of five to nine judges for each discipline.

**Jump**

A leap in which both feet leave the ice and the skater rotates at least a half a revolution to four, and lands on one foot.

**Jump sequence**

Two or more jumps separated by a short series of turns or steps. Contrast with combination jump.

**Junior Nationals**

A national competition for juvenile and intermediate competitions that are held in early December. Skater must qualify for this competition through regional competition.

**Landing edge**

The edge of the skate blade on which a skater lands.

**Layback spin**

A spin in which the skater’s back is arched and shoulders and head are held as far back as physically possible.

**Lift**

A pair or dance move in which the man lifts his partner.

**Lobe**

In ice dancing, when a step or step-sequence is long enough that it forms an arc of at least a third of a circle.

**Long program (freeskate program)**

A competition program with set guidelines that is longer in duration than the short program and is worth more in the overall scoring.

**Loop jump**

An edge jump that is launched from a back outside edge and lands on the same back outside edge.

**Lunge**

One leg is bent sharply at the knee and the other leg is extended backward. The skater glides on the bent leg and the other drags behind.

**Lutz jump**

A toe pick-assisted jump named for inventor Alois Lutz. The skater glides backward in a curve, taps the toe pick of the free skate into the ice, and launches the jump from the back outside edge. The skater rotates in the opposite direction of the curve and lands on the back outside edge of the opposite foot.

**Marks**

The point values awarded for a skater's performance on a scale.

**Mirror skating**

When partners skate in such a way that their motions are mirror images.

**Mohawk**

A turn from forward to backward (or vice versa) and from one foot to the other in which the curve of the exit edge continues in same direction as the entry edge.

**Moves in the field**

Basic skating moves that are tested by US Figure Skating with levels from Pre-Preliminary level through Senior.

**Non-qualifying Competition**

A competition open to all registered members of the USFS and sponsored by a local club. Winning skaters do not advance to any higher level competitions.

**Off-ice Training**

Training done off the ice that enhances skating performance. It usually includes flexibility and strength training.

**Officials**

Judges, referees and accountants certified to run figure skating competitions.

**Ordinal**

The number that represents a skater's ranking within the group of skaters.

**Outside edge**

The edge of a skate blade on the outside of the foot.

**Overhead lifts**

The group of pairs lifts in which the man lifts his partner above his head with one or both hands, but in which the woman is not released during the lift.

**Pair skating (pairs)**

The discipline of figure skating in which a man and a woman perform a program of lifts, spins, and jumps together.

**Pair spin**

A spin in which skaters hold onto each other.

**Panel**

The group of judges for a competition. It usually consists of five to nine judges.

**Partner-assisted jumps**

Also known as throw jumps- used mostly in pair skating.

**Pass-and-retry tests**

If you pass a test, you're eligible to compete at that level of skating. If your score is a retry, then you go back to work until you're able to perform all of the skills necessary to advance to the next level.

**Pivot**

When a skater rotates around the toe pick of one skate with the other tracing a circle.

**Popped jump**

Cutting the number of planned rotations of a jump after takeoff by checking out.

**Position**

The body position of a skater during a spin. There are three basic positions: the upright spin, the sit spin; and the camel spin.

**Precision (now called synchronized) skating**

A discipline in which a group of skaters perform in formation. This event has a separate National Championship in the US.

**Presentation mark**

The formal name for the second judge's mark awarded in singles, pairs, and free dance. It may be referred to as the artistic mark. It is based on the choreography and quality of presentation.

**Program**

A program has a predetermined set time for the music and is governed by the rules of the test or competition.

**Progressive**

A step or sequence of steps done in the same direction in which the skater pushes while changing feet in order to progress on the curve.

**PSA (Professional Skaters Association)**

The international headquarters is located in Rochester, Minnesota.

**Public Sessions (open skating)**

Designated times available to the general public where the admission is paid directly to the rink. Beginning level figure skaters who skate on these sessions are usually limited to practicing their skills in a special area in the center of the ice.

**Push off**

The movement of an edge caused by the thrusting action of the non-skating foot.

**Quad**

Any jump with 4 revolutions.

**Qualification Round**

The preliminary round that occurs at a competition when there are a large number of skaters entered in the event.

**Qualifying Competition**

An annual competition sponsored by the USFS in which the top four skaters in each division advance from regional to sectional or to Junior Nationals.

**Quality edges**

Refers to skating that is quiet.

**Radius**

The curve of the bottom of the blade that represents a segment of a circle with a radius of 7 to 8 ½ feet. Thus, an 8-foot radius is flatter than a 7-foot radius, and a 7-foot radius, when placed on an edge, traces a tighter curve on the ice.

**Rating System**

A test system developed by the PSA for evaluating and certifying skating coaches.

**Referee**

An official who is certified to run figure skating competitions and to ensure that rules are followed (Supervises the judges).

**Regional**

The first of two levels of qualifying competition for the US National Championships. There are nine regional competitions. Skaters who finish in the top four at regionals advance to the next level of competition.

**Relative strength**

The strength you need relative to your body weight to do the jumps you need to do on the ice.

**Repeated element**

Skating the same element twice in a program. It is not permitted in most programs.

**Required element**

The elements that must be included in programs. The list of required elements changes each year and is determined by the ISU.

**Required elements mark**

The first of the two judges' marks in the short program. Like the first mark in all programs, it is often called the technical mark.

**Rocker**

The curvature from toe to heel on a blade. Also called the rock of the blade.

**Run of blade (or edge)**

A way of describing how powerful and efficient a skater is at stroking. For example, skaters with good run of edge take fewer pushes to skate around the rink.

**Run-through**

Skating a routine in practice.

**Russian split**

A jump in which you're in a sitting position with your legs spread as wide as possible, knees straight, and toes pointed while you're touching your ankles with your hands.

**Salchow jump**

An edge jump invented by Ulrich Salchow. It is launched from the back inside edge of one foot and lands on the back outside edge of the opposite foot.

**Sanction**

Permission granted by the ISU or US Figure Skating to hold a competition, exhibition or show. Eligible skaters participate only in sanctioned events.

**Scratch**

To withdraw from an event in a competition; also a type of spin.

**Sectional Competition**

The second of two levels of qualifying competitions for the US National Championships. The US is divided into three sections. The top four finishers from the Eastern, Midwestern, and Pacific Coast sections advance to Nationals.

**Shadow skating**

When partners skate apart in unison.

**Short program**

The first phase of singles and pairs competition. It lasts 2 minutes for the Intermediate level, and time is added up through the Senior level of 2 minutes, 40 seconds.

**Side-by-side jumps**

Simultaneous identical jumps by pair or dance partners.

**Sit spin**

A spin in the sitting position on one leg with the free leg fully extended forward.

**Skate guards**

Covers that protect the blades when skaters are walking with their skates on, off the ice.

**“Skate With Us”**

The commercial name used by the US Figure Skating for their Basic Skills Learn-to-Skate program.

**Skating foot (or leg)**

The foot (or leg) that bears the skater’s weight.

**Soakers**

Blade covers (made from absorbent material) placed on the blades for protection while being stored.

**Spin**

Rotational movement in a single spot on the ice done on one or two feet and in a variety of different positions.

**Spiral**

A move in which both the free leg and the upper body are extended up and away from the employed leg and the surface of the ice. The torso remains somewhat upright and

not collapsed downward, and the head maintains an upright position following the natural curve of the rest of the upper body. The free leg will be straight, turned out and extended at the level of the hip or higher. Positioning of the arms is optional.

**Spiral sequence**

A sequence of steps incorporating various spirals across the ice.

**Spread Eagle**

A skating movement in which both feet are fully turned out and the skater is leaning with straight legs on either an outside or inside edge.

**Stag jump**

A variation of the split jump, where in mid-air, the leading leg bends to a 90 degree angle and trailing leg is parallel to the ice.

**Step Down**

A transfer of weight from one foot to the next.

**Step sequence**

A sequence of steps executed in time to the music.

**Stroking**

Alternating steps by pushing off from the inside edge of one skate and then the inside edge of the other skate (forward or backward skating).

**Style**

The gracefulness with which a skater moves.

**Sweet spot**

The spot on your blade that you balance on while spinning. It is right behind the toe pick on the ball of the foot.

**Swing Roll**

A long or short, forward or backward, inside or outside edge held for several beats of music during which the free foot moves past the skating foot before it is placed on the ice.

**Swizzle**

A two-footed scissors movement that may be done forward or backward.

**Synchronicity**

When each partner does exactly the same number of spins at exactly the same speed so that they are always facing the same direction.

**T-stop**

As a skater glides on one foot, she/he places the other foot down on the ice behind and perpendicular in a T position creating a stop.

**Takeoff edge**

The edge from which the skater leaps into a jump.

**Team**

Skating in which groups of 8-24 skaters perform intricate formations such as blocks, circles, lines, pinwheels and steps in unison. Also known as synchronized skating.

**Technical merit mark**

Often called the technical mark, it is the first of the two marks judges award in singles and pairs and in free dance. It is based on the quality of skating technique.

**Test chairman**

The person in charge of administering the skating tests within a club.

**Test judge**

Judges who are qualified to judge US Figure Skating tests.

**Three Turn**

A turn from forward to backward (or vice versa) on one foot on either edge. The tracing on the ice looks like the number three.

**Throws**

Maneuvers performed in pair skating in which the woman is thrown into the air to perform a jump.

**Toe Axel**

A cheated jump where a skater that attempts a double toe loop and pivots a half turn on the ice causing the takeoff to be forward. The jump now resembles an Axel since it takes off forward and rotates 1½ times just like an Axel.

**Toe box**

The forward part of the boot where your toes go.

**Toe loop jump**

A toe pick-assisted jump that takes off and lands on the same back outside edge.

**Toe pick**

The serrated section on the toe end of a blade that looks like spiked picks.

**Tongue**

The leather flap that lies on top of a skater's foot.

**Tracing**

The mark made on the ice by the blade. When performing figures it is necessary to try to superimpose tracings as you go around the circle three times.

**Trial judge**

A judge who sits alongside a regular judging panel. The trial judge's marks don't count in the test session or competition, but are critiqued by the regular judges and referee.

**Tricks**

The word many skaters and coaches use for moves like jumps and spins.

**Triple jump**

Any jump with 3 revolutions or in the case of an Axel, 3 ½ revolutions.

**Two-foot landings**

When the skater comes down on the landing foot and the free foot brushes the ice even slightly as it comes down.

**Unison**

Skating the same movements simultaneously, whether in shadow or mirror image.

**Upright spin**

A spin in which the skating leg is straight and the free leg is optional.

**USFSA**

United States Figure Skating Association renamed to US Figure Skating.

**USOC**

United States Olympic Committee.

**Waltz jump**

A half-rotation jump that takes off on a forward outside edge and lands on a backward outside edge of the opposite foot. Add another rotation to this jump and it becomes an Axel Jump. The waltz jump is usually the first jump most skaters learn.

**Wrapped jump**

When the knee of the skater's free leg is bent and wrapped around the skater's landing leg just above the knee. A wrapped free leg is a technique flaw and is marked as a deduction by the judges.

**Zamboni**

A machine used to resurface the ice by scraping the old layer of ice and applying a layer of water. "Olympia" is another brand of resurfacing machine, but is still often called a Zamboni.