



# **Center State Skating Academy**

## **Getting Started in Learn To Skate**



### **Before Class:**

#### **Name Badges:**

- Each week name badges will be located on a table near the entrance to the rink.
- Each tag will have a color and time indicating the group they will be in and at what time.
- At the end of each session return your tags to the table for the next week.

#### **What to wear?**

- Dress warmly, but allow for freedom of movement.
- Mittens or gloves should be worn.
- Pants should not be excessively long or have a wide flare.
- Helmets are strongly recommended for all skaters.

#### **Where do I get skates?**

- Rental skate may be obtained from the IcePlex free of charge
- Skates should fit snug. It is the correct size when you can fit one fingertip down the inside of the skate between the back of your foot and the boot.
- Tie your skates from the toes up and slowly get looser as you progress to the top hooks to provide for enough circulation and appropriate ankle flexibility.

#### **Where to meet?**

- Colored boards will be lined up against the wall of the arena; children should proceed to their class color indicated on their nametags.

#### **During Class**

- Parents are asked to watch from the stands or from the outside lobby.
- Parents are asked to not stand in the arena by the door.
- Parents are not permitted in the player's benches.

#### **Instruction/Practice**

- Practice ice is available for LTS participants only. Parents or siblings are not allowed on the ice.
- Skaters must be able to skate on their own to utilize their practice. Practice ice will be monitored by a staff member.

#### **Evaluations**

- Skaters are evaluated on the second to last week of each session. They will receive an evaluation form marking their performance.
- When a skater completes a level, badges will be given out for the level that they passed.
- It is not unusual for a skater to repeat a class two or more times. Skills taught build upon each other, and to move a skater up before they master a skill only makes skating more difficult.
- After they have been evaluated, skaters will be given the option to re-register for the next semester.
- If a child misses the second to last class they will be evaluated the last week of the session.

**HAVE FUN AND SKATE SAFE!!**