



New to WCFSC

We have heard your feedback, and we are listening! We have a few new things coming your way in our 2024-2025 season!

Outreach

SportsEngine and Facebook is what we primarily use to let you know when practice is cancelled or changed. www.WCFSC.com will also be upkept to show upcoming events/practices.

Clustered Practice

Practices are now broken into two, 5:00-5:45, 5:30-6:15. This helps alleviate cluster on the ice giving more space to practice as well as more one on one time with coaches. Although it isn't 1 hour, it is specialized to each individual.

Skate Rental/Sign Up

Skate Rentals are only allowed through Christmas Break. After you must buy your own, this is a free perk from the RRC. Sign up is closed after January 1, 2025. This allows groups to practice their routines for the ice show!

Understanding Figure Skating

Parent feedback was given on games, standing around, and skating around. Understand the terms of skating; stroking, elements, edges, jumps. Once you know these terms, it is easier to understand how a class is structured. **NEW!** Our LTS coaches must meet weekly to put together Lesson Plans for their group. USFSA and Learn To Skate has great parent guidelines on learning the basics to skating. It can be overwhelming. If you have questions, always know you can reach out to a coach or board member.

PARENT HANDBOOK

Keep Things in Perspective

Do's

- Focus on effort, participation, skill building, & FUN.
- Practice good sportsmanship.
- Keep emotions in check.
- Support your child and other skaters with enthusiasm.

Dont's

- Be the coach. Just be the best parent you can be.
- Compare your child to others.
- Focus on winning.
- Make negative comments to skaters, coaches, or parents.

Rule of thumb: The closer the fit, the more control. Find comfortable skates that allows wiggle room for their toes. Solid support is needed. When lacing skates they should be snug. There should be enough room to stick a finger between the boot and the leg.

NEVER walk on hard surfaces or concrete with uncovered blades. Wear HARD guards to protect them. Dry blades with a towel after every use to avoid rusting. Soakers can be left on the skates until the next practice, but do not put hard guards back on.

Recognize class expectations

Games: Not all students learn the same, incorporating games always each sense of style to be used.

Ask Questions: If you don't know where to get skates, how to lace up skates, or what to do; ask a board member!

Student Coaches: Student Coaches are qualified and LTS approved to coach. They have lesson plans for the year. Just because they are young does not mean they don't have the knowledge! If you see one, thank one! That could be your kid one day!

Stroking: laps, also known as warming up

TIPS FOR PARENTS

FIRST DAY OF FIGURE SKATING

1

Arrive Early

Show up a good 20 minutes before practice. Check in at the registration desk. Make sure your child is warm and has gone to the bathroom or gotten a drink.



2

Wear the right attire

Plenty of layers should be worn. Sweatpants/leggings preferred. Jeans make it harder for students to do tricks. Wear gloves, mittens and socks. NO CROP TOPS.



3

Be patient and polite

All skaters are different types of learners; visual, auditory, tactile, etc. Be patient as a group is learning new skills. Coaches give skaters the foundation for their future. Skaters and parents are encouraged to speak up with questions, politely.

4

Recognize class expectations

Parents can observe classes, but do not interrupt the session. Stay in your designated areas and away from doorways or players benches. Some skills are picked up easily, some are not. Repeating a class is not unusual. All skills ladder up to another in order to move skaters up to the next level, so mastering skills first is necessary. Stroking, laps, are important to warming up as a group. Kids aren't "skating around" they are stroking around the rink. It is a fundamental to figure skating as a whole.

