



General Membership

Manual

2017-2018

# **Bozeman Figure Skating Club**

The Bozeman Figure Skating Club (BFSC) is a non-profit organization. BFSC is also a member of United States Figure Skating (USFSA) and as such, carries out the general policies and testing procedures of USFSA. The BFSC has a volunteer Board made up of adult members and consists of a president, vice president, secretary, treasurer, membership chair, coach, immediate past president and two general membership representatives. General membership meetings are held regularly in June. Other meetings are held periodically in conjunction with major events being planned throughout the year.

## **Mission Statement/Purpose**

To promote awareness and encourage people of all ages to participate in the sport of figure skating.

Serve as a liaison between the BFSC, USFSA, and our home ice facility promoting ice shows, Learn-To-Skate classes, testing, competitions, clinics, and workshops.

## **United States Figure Skating (USFSA)**

U.S. Figure Skating is the national governing body for skating on ice in the United States as designed by the United States Olympic Committee (USOC) and the International Skating Union (ISU). U.S. Figure Skating is responsible for selecting the teams that represent the United States in the Olympic Winter Games, the World Championships and other major national and international figure skating events. Founded in 1921, it has established itself as a leader in the world of figure skating. Its athletes have earned numerous Olympic and World titles.

The role of U.S. Figure Skating is not only to develop elite athletes for top-level competition, but to introduce people of all ages to the sport of figure skating.

The U.S. Figure Skating Basic Skills Program has a mission to provide a goal-oriented program that encourages ice skating at all levels and to enhance the quality of skating skills at these levels. One of the main intentions is to implement a program that provides a consistent and progressive method of teaching the fundamentals of the sport of skating. To achieve this task, U.S. Figure Skating has enlisted the assistance of skating instructors to help formulate the Basic Skills program curriculum. Their expertise is invaluable and their contributions have helped make this program an enormous success.

As more and more people are drawn into figure skating through the popular appeal of televised competitions and ice shows, U.S. Figure Skating was repeatedly asked to produce a learning program for the beginner in the sport.

For many years, U.S. Figure Skating has encouraged the increase in figure skating skills and knowledge by administering a series of tests to measure the accomplishment of figure skaters in all branches of the sport. It should be kept in mind that figure skating is a general term that encompasses free skating, pairs skating, ice dancing, and synchronized skating. Progressing from the levels of the pre-preliminary tests to the gold medal tests, this system of tests has acted as an incentive to learn and progress. It is also used as a basis for qualification in the various levels of regional, sectional and national competitions sponsored by the USFS and is thus, the official path that leads to a possible place on a national team representing the United States in the World Championships and Olympic Winter Games.

The objectives of the program are to provide a fun and safe skating experience for the beginner as well as the more advanced skater, teach correct technique of the fundamental basic elements, develop a finer degree of coordination and balance, promote physical fitness and enable all to achieve the skills necessary to be able to skate for fun the rest of their lives or to move into U.S. Figure Skating advanced testing and/or competitive levels.

Hockey enthusiasts as well can benefit from the U.S. Figure Skating Basic Skills Program. A particular section has been enhanced to have a beginning for young skaters who are interested in learning hockey skills. This section will help teach the necessary skating techniques to young hockey enthusiasts so that they can be successful in game situations.

### **Objectives of the U.S. Figure Skating Basic Skills Program**

Provide an enjoyable and safe skating experience  
Teach correct technique of basic elements  
Provide incentive rewards  
Promote health and physical fitness  
Develop social relationships through group instruction  
Encourage skating as a lifelong sport

### **Current Program Structure**

Snowplow Sam 1-3  
Basic 1-8  
Hockey 1-4  
Adult 1-6  
Freeskate 1-6  
Synchronized 1-4  
Dance 1-6  
Artistry in Motion 1-4  
Theater on Ice 1-4  
Special Olympics 1-12

The Bozeman Figure Skating Club is proudly, an official member of U.S. Figure Skating.

# The Sport of Figure Skating -- Basic Information

## ***How to get started...***

Skaters interested in figure skating typically enroll in the Learn-To-Skate program. After passing Basic Skills 1 through 8, students generally move into the Freestyle classes. BFSC offers the opportunity of combining advanced group lessons with private instruction.

## ***Recreational Figure Skating***

- Full or Associate BFSC/USFSA membership
- Group lessons
- Weekly practices during BFSC freestyle sessions
- BFSC activities - ice show, ice theater, synchronized team
- Beginner competitions - private lessons for preparation
- Stroking classes

Quality figure skates are essential. Please discuss this with your coach who can provide guidance with proper fit and selection.

## ***Competitive/Test Figure Skating***

- Full or Associate BFSC/USFSA membership
- Private lessons (multiple lessons weekly)
- Advanced group lessons, including off ice training, flexibility, specialty skills and stroking
- Summer training camps
- Weekly practices during BFSC freestyle sessions
- BFSC activities - ice show, ice theater, synchronized team
- USFS functions including competitions (local as well as regional qualifying competitions) and skills achievement tests (standardized tests with certified judges)

Skills Achievement Tests are similar to the different belt levels associated with martial arts. The USFS recommends testing as a means to measure achievement in the sport and provide motivation. Testing levels consist of a Moves-In-The-Field test and a Freestyle Test prior to moving to the next level. The Moves-In-The-Field test must be passed for each level prior to taking the Freestyle test. A skater's freestyle test level determines their competition level.

### ***Moves-In-The-Field***

- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

### ***Freestyle Testing Levels***

- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Novice
- Junior
- Senior

### ***Private Instruction***

Generally students start working with a private coach after basic spins and jumps have been introduced (after passing Basic Skills 1-8). Difficult elements are best coached in a one-on-one setting. It is recommended that skaters wishing to compete or begin taking the series of USFS tests, start working with a private coach. Coaching fees are in addition to ice time fees and are generally determined by the coaches credentials and teaching experience. Coaches associated with the BFSC are all independent coaches and set their own coaching fees.

## **Why Join the Bozeman Figure Skating Club**

- To learn more about the sport.
- Provides an opportunity for your child to participate in U.S. Figure Skating competitions, test sessions, and seminars.
- Ice time limited to figure skaters only.
- More opportunity for private lessons.
- Increased opportunity for rapid advancement and achievement.
- A fun environment allowing the development of friendships and camaraderie while learning sportsmanship.
- Support of the Bozeman Figure Skating Club as well as all skaters that represent the USA in international skating events around the world.
- For the love of figure skating and appreciation of the sport. Non-skaters are also encouraged to obtain membership.
- Information about upcoming events in Montana and the surrounding states.
- Free subscription to “*Skating*” magazine.

## Membership

Membership in the BFSC and the USFS runs from July 1<sup>st</sup> through June 30<sup>th</sup> annually. Annual BFSC membership dues are outlined on the BFSC membership enrollment form and includes annual membership in the USFS.

### ***Types of Membership...***

***Basic Skills USFS*** -- All Learn-To-Skate members are automatically registered. Benefits include insurance, patches, and skills booklets.

***Full USFSA/BFSC Membership*** -- Membership is offered to those who reside in Montana and meet other BFSC criteria including volunteer requirements. This membership allows skaters to perform in all BFSC events and Club ice including ice shows, competitions, skills tests, perform on skating teams, performances, and partake in activities at BFSC Full Member fees.

***Associate USFSA/BFSC Membership*** -- Membership is offered to those who currently hold USFSA membership through another club or individually and who reside outside a 90 mile radius of the BFSC's official home. Associate membership allows skaters to utilize the BFSC club ice (ice fee required) and partake in other activities at BFSC Associate Member fees.

## BFSC Membership Fees

All memberships run from July 1<sup>st</sup> through June 30<sup>th</sup> each year and with the exception of Associate membership, include BFSC dues, USFS dues, and subscription to *Skating* magazine.

### **Introductory Member- First Year Only (Club jacket included)-- \$100.00**

Skating member. Considered to be the first family member. Any member less than 18 years of age must also have an adult family member (18 years of age or older) join the BFSC. An Introductory Member is not eligible to serve on the Board of Directors of the Club and is not entitled to vote on Club issues.

### **Full Member -- \$100.00**

Skating or non-skating member. Considered to be the first family member. Any member less than 18 years of age must also have an adult family member (18 years of age or older) join the BFSC. A full member is defined as a member who has designated the Bozeman Figure Skating Club, as his/her principal home club. A Full Home-Club member will have full privileges of membership and has all rights afforded to them by the Bozeman Figure Skating Club and US Figure Skating.

**Non-Skating Full Member--\$40.00**- A non-skating member is a member that wishes to support the club by their membership but is not eligible to skate or serve on the Board of Directors of the Club and is not entitled to vote on Club issues.

**Additional Family Member -- \$30.00**- Additional family members are not eligible to serve on the Board of Directors of the Club and are not entitled to vote on Club issues.

Associate Member -- \$40.00-An Associate Member is a member who has designated another club as his/her principal home club. An Associate Member will have full privileges of membership with the Club but will not be registered by the club with US Figure Skating, is not entitled to serve on the Board of Directors of the Club and is not entitled to vote on Club issues

Coach Member -- \$60.00-A coach member will either be a Home Club or associate member of the Bozeman Figure Skating Club, Inc. Any coach utilizing Club ice for the conduct of coaching must be approved by the Club Board of Directors and be a Club member.

Collegiate Member --\$100.00 (4 years, 1 per lifetime)- A member who is a student at a university or college. A collegiate member shall be a full home club or associate member of BFSC with the corresponding rights and privileges.

**Membership late fee for all renewing members if renewing after June 30<sup>th</sup> is \$25.00 per family.**

## **Volunteer Program**

The Bozeman Figure Skating Club consists of volunteer parents and members who pride themselves and pour their heart and soul into helping provide the greatest opportunities for Bozeman area figure skaters.

The volunteer program is the backbone of our club. Without our volunteers and their talents, we would never be able to accomplish such great opportunities for our skaters. Volunteers give of themselves and also realize the benefits of the friendships and camaraderie that comes with volunteering. Volunteering not only helps the Club as a whole, but also benefits all Club skaters through offsetting the cost of ice that is passed along to skaters.

Each member of the Bozeman Figure Skating Club (14 years and older) is asked to contribute; every family has requirements to meet.

The Bozeman Figure Skating Club conducts three (3) major fundraising events each year and we count on all families to fulfill their requirement of volunteering at least one (1) time per year. In addition to our major fundraisers we manage a large Learn to Skate Program that relies on volunteers for registration, skate rental, and events.

## **Club Activities**

- Weekly practice ice time for BFSC members only (walk-on or package fee required)
- Off-ice conditioning classes
- Ice shows with professional skaters
- Synchronized or theater skating team (a performing group of club skaters)
- Ice clinics
- Basic Skills Competition
- Competitions
- USFSA Skills Achievement test

# Parent Guidelines

## **Do's**

- Be supportive of your skater...physically, emotionally, spiritually, and financially.
- Be firm. Children look to us (parents and coaches) for discipline and guidance.
- Give positive reinforcement and praise. Reward successes. Cheer for your child...it's a good motivator. Clapping and cheering during practice is encouraged.
- Both parent/coach and skater/coach meetings are necessary to set goals and review progress.
- Assist skater with off-ice training. Various conditioning exercises, ballet, pilates, etc. are encouraged outside of class time.
- Skaters must sign in and pay for all open freestyle, stroking, and specialty classes prior to entering the ice.
- Volunteer for club and rink functions. Be active in community functions as a representative of your skater and the BFSC.

## **Don'ts**

- Do not coach from the bleachers. *Parents are not allowed in the hockey player's box during ice time.*
- Do not spread gossip. This only causes trouble and hard feelings. Any issues resulting in a skater/skater conflict should be resolved by the skaters. If the issue continues after the skaters have discussed it, it should then be directed to a board member or a coach. Accurate communication and knowing that there are often many perspectives to the issue is key.
- Please do not disturb coaches during a lesson. Ice time is precious. Talk with your coach before or after skating.



# **SAFESPORT PROGRAM**

U.S. Figure Skating strives to provide a safe environment for its members that is free of misconduct and harassment. The association will not tolerate or condone any form of harassment or abuse of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of abuse and harassment are unacceptable and in direct conflict with U.S. Figure Skating rules.

The U.S. Figure Skating SafeSport Program addresses the following types of abuse, harassment and misconduct:

- Sexual abuse and misconduct
- Physical abuse and misconduct
- Emotional abuse and misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct

All individuals, regardless of membership with U.S. Figure Skating, are encouraged to report suspected violations of SafeSport.

## **SafeSport Statement for Membership Renewal**

The Bozeman Figure Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

The following code of conduct applies to all participants in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating and the Bozeman Figure Skating Club including but not limited to competitions, exhibitions, training camps and local rink activities.

I recognize that my participation or my child's in all the activities associated with U.S. Figure Skating and the Bozeman Figure Skating Club is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents.

## **U.S. Figure Skating Member Code of Conduct GR 1.02**

I recognize that my participation in all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, including but not limited to competitions, exhibitions and training camps, is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents. As a precondition to participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, I will adhere to the following tenets in good faith:

- A. I will exhibit the highest standards of fairness, ethical behavior and genuine good sportsmanship in all of my relations with others.
- B. I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by U.S. Figure Skating.
- C. I will not use or possess illegal drugs, and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any activity hosted, supported, sponsored or engaged in by U.S. Figure Skating, I may be subject to criminal penalties as well as penalties imposed by U.S. Figure Skating.
- D. I will adhere to the rules of U.S. Figure Skating and the host organization at all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.
- E. I will comply with all applicable anti-doping rules including, but not limited to, ISU and USADA anti-doping rules.
- F. I will conduct myself in a manner not detrimental to the welfare of figure skating. I understand that my actions reflect on U.S. Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by U.S. Figure Skating pursuant to GR 1.04.
- G. I understand that the penalties that may be imposed may include, but are not limited to, loss of future international selections, loss of financial support from U.S. Figure Skating and its Memorial Fund, and loss of participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.
- H. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 3, of the U.S. Figure Skating bylaws, and that my rights and remedies are derived therefrom.

*All members must apply for membership in the Bozeman Figure Skating Club, For and in consideration of the acceptance by BFSC of my application for membership, and waive any right to claim damages against the Club, its officers, directors, and members, and release any and all of them from any liability, which may arise out of my membership therein. On July 1, 2013, U.S. Figure Skating implemented the Safe Sport program, which seeks to ensure that its members can participate in figure skating in a safe and harassment free environment. By joining the Bozeman Figure Skating Club, members agree to adhere to the Safe Sport policies. Detailed information on Safe Sport can be found on the USFS website.*

# **Skater Rules**

## **General & During Freestyle Sessions**

***These rules are expected to be followed...regardless of age or level!***

Talking and socializing should be done before or after ice time...not while on the ice. Skaters are allowed to work in groups only if they are productive and not disruptive to other skaters.

Do not "hang out" in the "Lutz Corners". Keep in mind that skaters are jumping in both directions...all 4 corners are "lutz corners".

Be polite to and considerate of your fellow skaters. Everyone pays for their ice time. "Right-Of-Way" goes in the following order: (1) Skaters in lessons, (2) Skaters performing their program with music, (3) Higher level skaters, (4) Adults, (5) All others.

No tantrums on the ice.

No foul language, vulgar gestures, or negativity toward coaches, skaters, or others. Coaches and/or Board members reserve the right to expel a skater from the ice.

Spins should be done in the center of the ice unless being performed during a program or lesson.

Programs -- Each skater may play their CD one time by placing it in line with other skaters' CD. If there is not a line, the skater may play their music again. Higher level skaters preparing for Regionals will be required to do back-to-back run-throughs. Guest skaters must check with the BFSC coaches on the ice prior to double run-throughs of their music. If a skater has more than one program (i.e. short program, showcase, etc.), the skater must place the CD at the end of the CD line. No more than two (2) program CD can be in line at a time.

Be aware of the others skaters' patterns. Remember the "Golden Rule"...treat others how you would like to be treated.

Gossiping is not tolerated. Should conflicts arise with other skaters, it is expected that the skaters involved will discuss and resolve their conflicts with each other. If a facilitator is necessary, contact a Board member or coach.

A good work ethic and positive training environment is strongly encouraged.

*Questions regarding these rules should be directed the Director or a Board member.*

## Proper Procedures for Changing Coaches

Making the decision to change coaches and actually going through the process can be stressful. One thing to remember is that skating coaches are professionals and understand that changing of coaches does occur from time to time. This is something that may be uncomfortable to the parent and skater but coaches have gone through this type of change and accept it as part of skating. The *Professional Skating* magazine has offered the following suggestions for making this transition less stressful.

### *Parents*

Contact your current coach and express your reasons for wanting to switch to another coach. There may be a way to correct the situation and the need to switch could be resolved before a change is necessary.

Make sure that you have paid your account balance in full with your current coach.

Discuss this change with your child. Make sure that he/she is comfortable with the changes you are about to make.

### *Future Coach*

Direct the client to first make contact with the current coach.

When this has been done, contact the current coach. Make sure there is no possible resolution to the situation.

Confirm that all outstanding balances are paid in full with the current coach prior to scheduling any lessons. No lessons should be given prior to receiving confirmation of account status.

There are often exceptions and discrepancies. These need to be handled on a case by case basis.

Respect what the former coach has done for the skater. If technique changes need to be made, do so without degrading the former coach's method.

Support your fellow coaches. Staff meetings are helpful to discuss these procedures and numerous other topics related to a happy and successful environment within the rink.

### *Skaters*

Switching coaches, if the above procedures are followed, should not affect the skater's relationship with other skaters.

Do not isolate or make an outcast of a skater who has switched from your coach to another coach.

Do not encourage others to switch from their current coach.

Treat all skaters and coaches with equal respect.

While on the ice everyone must follow the same set of rules.

# Equipment

Always consult your coach before purchasing skates.

Skates can be purchased through many sources which your coach can assist you with, along with information on blade mounting, sharpening, etc.

## *Breaking In New Skates*

- o Many new skates may be heated in a pro shop to break them in (do not try this at home); they can also punch-out spots.
- o Wet hot socks may be worn in skates to soften the leather at home (this is not suggested during skating).
- o If you experience a sore spot, place a band-aid on it immediately.
- o Always “pad” a sore spot.
- o Blister pads and Bunga Gel Pads can be purchased that can be put inside socks. These are very helpful on the ankle bones, as well. Bunga pads can be found on line at [www.bungapads.com](http://www.bungapads.com)

## *Guards*

- o Purchasing and wearing rubber guards on your skate blades when walking off the ice are essential to protect and extend the life of your blades.
- o Do not leave your guards on your blades for storage because they trap water and your blades will rust. Instead, always dry your skate blades after skating and store them in absorbent soakers. Soakers also protect your blades from nicks in your skate bag.
- o Guards may be kept by the ice entry gate while skating, allowing easy access to them as you exit the ice. It's a good idea to put your name on your guards with a permanent marker (fingernail polish also works).

## *Waterproofing*

- o Most skates will come with a waterproofing package in the box. Only the bottom of the sole needs to be waterproofed (the brown part).
- o Waterproofing must be reapplied if the sole looks like it is not repelling water.
- o Consult your coach as to the preferred method of waterproofing.

# Clothing

## Practice Clothes

- Tights, unitards, yoga-type pants, and skating dresses are all suitable.
- Jeans are discouraged.
- Close fitting clothes will help the coach see your body position better.
- Fleece pants and jackets are nice in the winter.
- Light, stretchy gloves work the best, mittens are not desirable.
- Hair must be tied up away from the face.

## Obtaining Clothing

- Do not use special competition dresses for practice; they will get snagged and ruined.
- Expensive and decorated dresses are not necessary for competition. Simple and elegant dresses accentuate the skater.
- Ask your coach for advice on the appropriate dress and tights for your age, program, body type, building lighting, etc.
- Periodically, other skaters have slightly used dresses and skates for resale.
- There are several Websites that handle skating apparel. A few are listed below.
  - [www.satinspirals.com](http://www.satinspirals.com)
  - [www.sk8gr8.com](http://www.sk8gr8.com)
  - [www.iceangel.com](http://www.iceangel.com)
  - [www.4skate.com](http://www.4skate.com)
  - [www.skateworks.net](http://www.skateworks.net)
  - [www.shareneskatewear.com](http://www.shareneskatewear.com)
  - [www.rainbosports.com](http://www.rainbosports.com)

Remember to ask about return policies when ordering online.

## What Can I Do With My Skating?

- First and foremost...*HAVE FUN!*
- Meet different kids and adults at the rink who also have a passion for skating.
- Exercise while having fun.
- Join the United Skates Figure Skating Association (USFS). Membership includes “*Skating*” magazine, insurance, testing and competition information.
- Join the Bozeman Figure Skating Club (BFSC), a non-profit organization.
- Skills Testing - National Standards set by the USFS
  - *Moves-In-The-Field* -- A series of skating skills, edges and footwork patterns that get progressively more difficult as you advance through the different levels. A *Moves-In-The-Field* test must be passed prior to taking the *Freestyle* test for each level.
  - *Freestyle* -- Jumps, spins, and footwork set to music in a program (with the exception of the pre-preliminary test which is not done to music).
  - *Ice Dancing* – Specific dance and footwork sequences done to specific music, with or without a partner.
  - *Pairs* -- Programs set to music and done with a partner, including jumps, spins, and footwork.
- Competitions
  - Local in Montana.
  - Regional throughout the Nation.
  - Qualifying Regional, Sectional, and U.S. Nationals, Championships and Winter Olympic Games.
  - Ice Theater and Synchronized skating teams.
- Performances/Demonstrations
  - Hockey Games
  - Ice Shows
  - Special Events
- Earn Money
  - Be a Skate Guard during public skating.
  - Work at the skate rental booth during public skating.
  - Assist with Learn-To-Skate.

## What Can I Do With My Skating After High School?

- Keep skating and stay in shape through your adult years.
- Teach skating as a career or as extra income, i.e. through college.
- Compete as part of a collegiate program. Some colleges offer full scholarships.
- Skate professionally in many of the professional shows in the U.S. and overseas. This is a very attainable goal for many students. It is not necessary to be an elite skater to work in the ice show business. Strong skating skills, good work ethic, and presentation are important in this type of work.
- Continue to compete as an adult.
- Earn judging credentials -- travel and judge figure skating competitions and testing sessions.

## 2017-2018 BFSC Board Members

<b>President</b>	<b>Kelli Javing</b>	<b>599-1407</b>
<b>Vice President</b>	<b>Kari Barbo</b>	<b>218-349-4920</b>
<b>Treasurer</b>	<b>Amy Malachowski</b>	<b>581-1248</b>
<b>Secretary</b>	<b>Beth Govers</b>	<b>451-9808</b>
<b>Membership</b>	<b>Alyssa Smith</b>	<b>640-0475</b>



