Responsibilities of a Skating Parent

- Encourage don't pressure
- Choose the right coach
- Keep winning in perspective
- Help set realistic goals
- Discipline your child when necessary
- Turn your child over to the coach

- Be a Good Role Model
  - Encourage all skaters
  - Control your emotions
  - Respect & accept judges' decisions
  - Congratulate others when they win

Choosing a Coach

- Observe Coaches & their range of students
  - Look for the right teaching style & level for your skater
- Talk to other parents. Ask the rink for input.
- Be clear on your skater's goals
- Be familiar with coach training and professional certification
  - Minimum requirements for coaches
    - includes PSA & USFS membership, coaches insurance; CERs, background check
  - PSA Certification & Ranking
- Talk to several coaches
  - Schedule an 'exploratory' lesson with a few coaches
- Remember – you are the customer!

Changing Coaches

- Parents:
  - Contact your current coach to discuss your plans
  - Clear your account balance
  - Discuss the change with your skater
  - Schedule with new coach after this is done
- Future Coach:
  - Ethically bound by PSA to contact former coach
    - Ensure they are aware
    - Review teaching level, any payments due
- Skater:
  - Above will minimize any awkwardness
  - Do not encourage others to switch
  - Treat all skaters & coaches with respect

Equipment 1: Boots

Basic

- Less cost
- Comfort
- Blade often included

Advanced

- Firmness: greater support
- Lightweight: cork/leather layered sole
- Dance: lower cut ankles

Always:

- Have a pro fit your child for skates
  Manufacturer sizing charts vary and do not match shoe sizing.
- Heat fit boot on purchase
- Waterproof the base prior to use
  - Water damaged boots soften & lead to loose blades!

Consider:

- Footbeds
- Punch outs

Equipment 2: Blades

- Figure skate blades are curved:
  - Toe to tail: "rocker"

    Less curvy
    Stable: good for jump landings & turns

    More curvy
    Less stable: good for spins

  - Side to side: "hollow"

    Shallow Hollow
    Less grip: helps speed

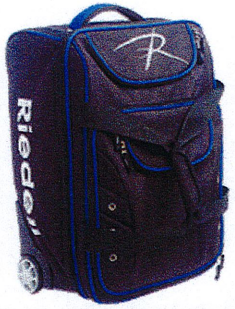
    Deep Hollow
    Strong grip: deeper edges attained

- Specialization for the more advanced skater:
  - Larger Toe Picks: more boost on toe jumps (doubles).
  - Ice Dance blade: shorter for tighter footwork
  - Tapered sides
  - Parabolics (unique curvature to center skater's weight)
  - Lightweight

- Maintainence
  - Splints: placed under edges of blade base to tilt foot to proper alignment
  - Sharpening: go to a figure skating professional only! Re-sharpen every xxhrs of skating.
  - Check screw tightness regularly.

Equipment 3: Clothing & Protection

- Practice Wear
  - Warm yet flexible
- Test Wear
  - Skating dress/boys skate pants
  - Simple design of dark color
    - Allows judges to focus on skater's form
  - Practice jacket/gloves OK
- Competition
- Skate bags



- Bunga Pads

- Headgear
  - Crasche