

Vacationland

Figure

Skating

Club

Handbook

est. 1975

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MISSION

The purpose of Vacationland Figure Skating Club (VFSC) is to serve as a center of recreational and excellence in figure skating. VFSC is a nonprofit organization organized for charitable and educational purposes. VFSC will carry out its objectives using the highest ethical standards and uphold its principles in all activities. VFSC will be an asset to those interested in learning how to skate and specifically in the sport of figure skating.

INTRODUCTION

Welcome to VFSC! We would like to introduce our new members to the club. VFSC is a member of U.S. Figure Skating (USFS). Our club was formed in 1975 and is located in the heart of the Vacationland (Brainerd Lakes Area) with skaters from all the surrounding communities. VFSC home ice is located at 502 Jackson St. Brainerd, MN 56401 and is recognized as a not-for-profit, 501(c)(3) organization.

MEMBERSHIP

Annual USFS membership fees and Learn To Skate USA membership fees are required to be a member of VFSC and are paid through your home club.

- Learn to Skate skaters membership fees will be included in your registration.
- USFS membership fees will be paid through the club and must be reimbursed by the skaters.

Annual memberships run from July 1 - June 30. USFS will provide each member with a membership card and number, a yearly subscription to “Skating” Magazine (1st Family Member), the right to test and compete at U.S. Figure Skating sanctioned events, and insurance programs. For information on insurance, contact USFS. The USFS annually publishes the U.S. Figure Skating Rulebook that is an essential reference for anyone involved in figure skating. It is available online at www.usfigureskating.org.

CLUB COMMUNICATION

All information regarding the club is available on the VFSC website www.vacationlandfigureskatingclub.com. IT IS EACH FAMILY’S RESPONSIBILITY TO STAY UP TO DATE WITH CLUB HAPPENINGS AND PROCEDURES using the clubs website and the TeamReach app. Occasionally, emails may be sent from the Board Members or club

directors regarding important details. VFSC club members or parents may NOT send emails to the membership without authorization from the VFSC President or Head Pros. Failure to abide by this policy may result in termination of membership.

VFSC MEMBERSHIP OPTIONS

Learn to Skate: Please see the Learn to Skate Parent Handbook on page 18 for membership and class options. *Page 1-18 are primarily Jr/Sr Club Members guide*

Jr Club: Jr Club is designed for when a skater who has completed the Learn to Skate USA Program and has a desire to pursue competitive figure skating, or desires to achieve a higher level of skating. VFSC requires skaters to be on level 6 in the Learn to Skate program before becoming eligible for Jr Club. Jr Club skaters must skate at least 1 session per week and have private lessons from a VFSC coach. VFSC encourages new Jr Club skaters to schedule a trial lesson with the coaches so they can find the right one-on-one fit. Please refer to the Criteria section of the handbook for further details.

Sr Club: Sr Club consists of the highest level skaters in the club. Sr Club skaters must have passed USFS Pre-Bronze Skating Skills and Singles test to be eligible. Sr Club skaters must show a love for skating, adequate strength, balance, coordination and a desire to achieve. VFSC requires Sr Club skaters to contract a minimum of 2 sessions per week year-round, including summer. Please refer to the Criteria section of the handbook for further details.

Home Club Member: This level of membership allows a skater to work towards his/her skating goals with a home club. As a member of VFSC, you may take USFS standardized tests (see Testing and Testing Procedure), compete at USFS sanctioned competitions, participate in the VFSC holiday show, Annual Ice Show and other events. Club membership also allows you contracting and buy-on priorities for the club ice that is purchased by VFSC. Each skater must pay a \$100 annual membership fee to VFSC- usually included in your main season membership registration.

Associate Member: Many skaters from other clubs become Associate Members to skate on contracted ice. VFSC allows associate members to contract VFSC ice for \$2 more per hour and testing sessions. Associate members must pay a \$50 annual membership fee.

Associate Member PLUS: Many skaters from other clubs become Associate Members to skate on contracted ice. VFSC allows associate member PLUS to do the following: contract VFSC Ice for \$2 more per hour, testing sessions, participate in the Holiday Show and Annual ice show if skaters meet the following requirements. 1) Meet the Fundraising and Volunteer Requirements for Jr/Sr Club stated in the VFSC Handbook. 2) Meet the VFSC Criteria per respected level to participate in the Annual Ice Show. Associate Member PLUS members must pay a \$50 annual membership fee.

Collegiate: For members over 18 years in age and not enrolled in school full time.

BOARD OF DIRECTORS

VFSC is governed by a board of directors of up to 9 members. The board is elected at the Annual Meeting. All of the board positions are volunteer positions. The board of directors elects a President, Vice-President, Secretary and Treasurer, and appoints other chair positions and responsibilities as needed. The board is responsible for setting policies and procedures that ensure the harmonious operation and the financial health of the club. (Please refer to VFSC’s Bylaws for more information about eligibility). Please speak directly to a current board member to express interest. Feel free to contact any of the board members at any time with questions. All approved meeting minutes, board, and financial reports are available on our website or upon request.

Volunteer Policy

This policy outlines the expectations of all members in contributing to the success and growth of VFSC. VFSC operates primarily through the volunteer hours of its members. It is required and essential that all home club families contribute their time/skills to the club as per the table below.

There are many fun ways to become involved in the club, not only to contribute to the club but to meet other parents and members. Opportunities are listed on the VFSC website under volunteer and fundraising.

Subject	Description
Annual Hour Responsibility per home club member & associate member PLUS family	<ul style="list-style-type: none"> Annual volunteer hours requirement per family between May 1 and April 30.

	<ul style="list-style-type: none"> ○ 5 hours for LTS Families ○ 10 hours for Aspire Families ○ 20 hours for Jr/Sr Families <p>If your skater participates in more than one group - your family requirement is the higher of the two. Example: Skater is in Aspire & Jr Club - your family must meet the Jr Club Requirements for the skating season.</p>
Unmet Hours Jr/Sr Club	<ul style="list-style-type: none"> ● A \$300 invoice will be billed at the end of the main season if hours are not met. Skaters will be ineligible to register for the next available session until this is paid. ● Options for time spent: <ul style="list-style-type: none"> ○ VFSC Hosted Competitions ○ Spooktacular Event ○ VFSC Annual Ice Show ○ VFSC Holiday Show ○ Etc.
Unmet Hours Aspire	<ul style="list-style-type: none"> ● A \$200 invoice will be billed at the end of the main season if hours are not met. Skaters will be ineligible to register for the next available session until this is paid. ● Options for time spent: <ul style="list-style-type: none"> ○ VFSC hosted competitions ○ Spooktacular Event ○ VFSC Annual Ice Show ○ VFSC Holiday Show ○ Etc.

Board Of Directors	<ul style="list-style-type: none"> ● Volunteer requirement fulfilled if signed Board Requirements are met.
Learn to Skate Director / Head Pro	<ul style="list-style-type: none"> ● Exempt from requirements regardless if they have a skater in the club
Jr/Sr Director / Head Pro	<ul style="list-style-type: none"> ● Exempt from requirements regardless if they have a skater in

	the club
Learn to Skate / Aspire Coaches	<ul style="list-style-type: none"> Exempt from volunteer requirements when coaching year round pending Summer needs based on LTS Head Pro discretion.
How to sign up	<ul style="list-style-type: none"> Event chair will set up a sign-up online for volunteers Email skatevacationland@gmail.com for other opportunities not listed on the online sign up.

*The above is only for Jr/Sr Club, Aspire, and LTS members of VFSC. See Learn to Skate Handbook and Associate Member page for more information regarding Learn to Skate volunteer and fundraising.

REPORTING SERVICE HOURS

It is the parents responsibility to track their own volunteer hours and report them to skatevacationland@gmail.com with the following:

- Subject line of “Volunteer Hours - *Your Skaters Name*
- Date of Activity
- Volunteer(s) name - Description of Activity - total number of hours

Failure to report your hours may result in your hours not being counted.

FUNDRAISING POLICY

The Annual Fundraising Requirement (May 1 - April 30)

Learn to Skate: \$50 per family
 Aspire: \$100 per family
 Jr/Sr Club: \$200 per family
 (Reviewed annually by Board of Directors)

If you have a skater in both Learn to Skate, Aspire, and Jr/Sr Club you will be required to complete the Jr/Sr Club fundraising requirement or whichever is higher.

- * A sponsorship does not count towards your skaters annual fundraising requirement.
- * Any missed sessions of skating cannot be used towards fundraising costs.

The Board selects fundraising events each year for the club to participate in. This will be updated on the VFSC website yearly and part of your Fall contract.

SAFE SPORT

Vacationland Figure Skating Club will remain fully compliant with all U.S. Figure Skating Safe Sport compliance mandates as per the latest version of the U.S. Figure Skating Safe Sport Handbook. The U.S. Figure Skating SafeSport Program addresses sexual, physical, and emotional misconduct, bullying, threats and harassment, hazing, and willfully tolerating such misconduct. All forms of abuse or harassment directed at any individual or groups of individuals as part of or associated with VFSC is unacceptable and will not be tolerated.

- 1) All violations must be reported to the Safe Sport Chair and U.S. Figure Skating.
- 2) Individuals required to complete Safe Sport training (valid 1 year) and a background check (valid 1 year) are as follows:
 - a) All volunteers in any sanctioned events or club activities who have regular contact with Athletes.
 - b) Team Managers / Team Service personnel for synchronized skating and theater on ice teams
 - c) Locker room volunteers for all competitions, ice shows, club events, programs, etc.
 - d) Club SafeSport Compliance Chairs
 - e) All coaches who are U.S Figure Skating Members / Learn to Skate instructors and members
 - f) Adult partners assisting in pair or dance tests with Minor Athletes
 - g) Any professional service provider (i.e., sport psychologist, nutritionist, choreographer, etc) wishing to obtain a credential for U.S. Figure Skating sanctioned event.
 - h) Adult skaters who are covered individuals
 - i) VFSC Board of Directors
- 3) VFSC Recommends every parent or guardian of a skater complete Safe Sport Parent training and background check. For those without a U.S. Figure Skating Membership account go to U.S. Figure Skating members only visit the site and click the “Non-Member” “Create Account” link. Follow the instructions then click on the Safe Sport icon to take the training and/or background check. Keep in mind both the full Safe Sport training and background check are required for many of our volunteer positions throughout the year.

GRIEVANCE AND CONFLICT PROCEDURE

Most of the time conflict arises, miscommunication has played a role. The VFSC Board of Directors is committed to helping with conflict. In the event of a conflict the VFSC President will assign two board members who are reasonably neutral parties to make up the grievance committee.

The grievance committee resources are available to skaters, coaches, parents and any individual who is in direct contact with club happenings. The committee will be comprised of 2 board members. The committee may also appoint individuals to assist

based on a particular situation.

Following the US Figure Skating Code of Conduct, all skaters/parents and coaches must agree and sign a contract each year to be respectful, professional and supportive of all members/families involved with VFSC. When a situation arises, the parties involved work together to resolve the problem directly affecting them.

A party should not solicit help from another parent, coach or skater unless that person is directly involved in the conflict. Doing so could result in miscommunication and further harm in rectifying reasonable solutions for all involved and is not the direction nor mission of the VFSC Grievance Committee. If a skater, coach, parent or other party feels they are unable to resolve a conflict, a formal written grievance may be submitted to the VFSC President or Vice President.

The VFSC Grievance Form can be found on our website.

SELECTING A SKATING COACH

VFSC is proud to have excellent and experienced home club coaches. A list of home club coaches is available on the VFSC's Coaches page on our website. Parents and skaters are encouraged to come to the club sessions to observe the sessions. Any skater looking to move to private lessons must contact the Jr/Sr Head pro prior to signing up for a Jr Club session, to see coach openings, and set up trial lessons. New Jr Club skaters are eligible to begin Jr Club starting in the Fall season. If coaching isn't available, a waitlist will be started. Please refer to the *Starting Jr Club & Waitlist Protocol* for the full process (available upon request and located on our website).

All Jr/Sr club skaters must select a private home club coach upon becoming a home club member to remain within criteria (see Criteria). The coach will assist in suggesting appropriate equipment and suitable music for the skater when necessary. Our professional skating coaches are independent contractors. Arrangements for lessons, schedule changes and coaching payments are made directly with the coach, not with VFSC directors or Board of Directors.

SKATING CLUB ICE

The club offers all Jr/Sr Club members the opportunity to buy, or "contract" club ice. Unlike public skating sessions, only USFS skaters may skate on club sessions. The ice is purchased on a contract basis several times throughout the year. VFSC purchases ice from Essentia Health Sports Center through the management staff. Please coordinate with your coach before contracting to ensure the coach's availability to coach on the session you have selected.

During freestyle sessions, skaters may skate freely over the entire sheet of ice and practice, jumps spins, footwork, and general skating skills. Check with your coach for designated areas for spins and jumps. Skaters skating their programs with music, in a lesson with their coach, or using the harness with their coach, have the “right of way.” Please be careful and aware of others to avoid injuries. Sessions may be restricted to higher level skaters and the minimum level required to contract would be indicated on the contract. Check with your coach for details on the on-ice policies and procedures.

CONTRACTING ICE TIME

Ice time is purchased from the club via an ice contract. Typically, there are two (2) contracts during the calendar year (Fall & Summer). These ice contracts are completely separate from the lesson time and fees you would pay your coach. Ice contracts are for the ice time only and paid directly to VFSC.

Contracts and instructions are posted online on our webpage via Sports Engine.

VFSC reserves the right to limit the number of skaters per ice session. A skater with an unpaid balance or missed payment is not allowed on the ice.

ABSENCES

If your skater will not attend their scheduled session, please notify your coach of the absence with as much notice as possible. Each coach has individual guidelines for advance notifications and policies for charges for missed lessons. Contact your coach directly for details.

If your skater misses a session, it can be made up on any other VFSC scheduled session permitting there is room available and you must check with the Jr/Sr Head Pro prior to making up a missed session to see if space is available. You will not be reimbursed for missed sessions.

SWITCHING SESSIONS

Skaters that sign up for a Thursday OR a Saturday session have the flexibility to skate up to half of the sessions on the other day. This must be set up and approved by the Jr/Sr Head Pro (This does not apply to VFSC Sunday or Monday sessions). As always, your coach should be notified that you will be skating a different session than contracted.

INJURY GUIDELINES

If a skater falls during a club ice session and hits their head, VFSC policy is that the

skater shall leave the ice immediately. For more information on risk of concussions see: <http://www.usfigureskating.org/content/ConcussionEducationInformation.pdf>

Skaters will need to write an official request to the Board of Directors with doctor's order and coaches' confirmation to be eligible for up to 75% refund on their contracted sessions if skaters are unable to skate for extended period of time.

PROPER ATTIRE

Proper attire when on ice is a must to maintain proper safety.

Skating dress with tights or skating pants/shorts/tights with top
Tops should be in good taste, providing coverage of midriff and not low cut
Close fitting jacket or sweater - NO hooded sweatshirts
Gloves, not mittens
No skimpy tank tops
No hair claw clips
No scarves or bandanas
No items with inappropriate language or images
Hair pulled back from face
No baseball hats, beanies, winter hats, earmuffs etc.

ON-ICE BEHAVIOR

Safety is priority!!

Skaters taking private lessons or performing their programs have the "right of way" on the ice.

Please be aware of who is performing and move out of the way to allow them to perform a complete program.

Please be aware of your surroundings and who is skating around you to avoid accidents.

- No social talking on the ice or standing around the boards
- No kicking of the ice or gouging with toe picks
- No holding onto the board and swinging leg behind
- No food or gum on the ice
- No ear buds or phones on the ice (phones may be used with approval of the skaters coach and only to be used for video review purposes).

Be encouraging, supportive and respectful of all skaters and coaches. Any coach has the right to speak to skaters if they are misbehaving or breaking any of the rules. If the problem continues, the skater will be asked to leave the ice.

Prior to the start of a new session, all parents & skaters are invited to an ice etiquette meeting prior to their first session back on the ice. All skaters are required to attend and parents must sign stating they understand on-ice behavior expectations.

RULES/GUIDELINES FOR PRACTICING PROGRAMS ON CLUB ICE

Each skater is allowed to play music for their programs during each session. If time permits and everyone has had a chance to play their program, skaters may put theirs in line again. Please be aware of which skater's program is being played.

Each skater must wear the yellow vest when skating to their music program to help prevent injuries and help other skaters identify who is skating.

Don't wait until the end of the session to put your music in line.

If you are having a lesson, check with your coach to see if you should wait to have your music played during your lesson.

Coaches giving a lesson have priority and have priority to "bump" in front of another skater. A skater may only be "bumped" 3 times. Only Home Club Coaches may "bump" someone in line. Home Club skaters have priority over nonmembers.

PARENT/SPECTATOR BEHAVIOR

Parents and spectators may watch and encourage their skaters from either the warm area upstairs or from the bleachers. Parents should not coach or talk to their skaters from the sidelines. This is very distracting to the other skaters and coaches. Please leave the coaching to the coaches as they know what's best for their skaters and the elements they are practicing.

Please be encouraging and supportive of all skaters, coaches and other parents as laid out in the *parent code of conduct*, which is agreed upon at the time of registration. If you are accompanied by small children, please keep them quiet during club sessions. No parents or spectators are allowed in the coaches box unless you are volunteering to play music.

CLUB APPAREL

Each year VFSC will host a club apparel to wear at test sessions, competitions, and practice. You will be informed of the order via email.

If you decide to leave VFSC as a home club member prior to graduation from high

school - you cannot 'represent' Vacationland Figure Skating Club at any sanctioned event (i.e., competitions, test sessions, shows etc.)

SKATES & BLADE SHARPENING

Each skater will need to secure fitted, quality boots and blades as well as skate guards and skate bag. Check with your coach prior to making your purchase.

Skating equipment and blade sharpening is available and encouraged to take place at:

Fred Batrick : EDEA skate sales, skate fitting/purchase/accessories/blade sharpening and skate assembly

5508 W 107th ST, Bloomington, MN 55437

952-884-5345

bartick16@juno.com

Westwood Sports (See Mike or Dirk)

14805 Granada Ave S, Apple Valley, MN 55124

952-431-5590

Pierce Skate & Ski (see Ted Petrosky): Skate fitting/purchase/sharpening

208 W 98th St, Bloomington, MN 55420

952-884-1990

General Sports

7505 Ikola Way Suite 203, Edina, MN 55439

Check with your coach regarding the need for skate sharpening and where he/she recommends you take them. Generally, skates will need sharpening every 4-6 months.

TESTING

VFSC aims to conduct a test session at least 1 time per year. Test sessions are usually held in conjunction with the annual competition. See the dates and information on our website under Testing.

A skater must be a USFS member and a member in good standing with VFSC in order to test. This includes contracting the required sessions, having all outstanding bills paid (including but not limited to fundraising & volunteering balances), including coaching fees and ice fees.

A skater who would like to take a test must first complete a test application. Speak with your coach before doing this with any test session.

No fees will be refunded if you withdraw from the test after the deadline. Test fees included USFS, fees as well as the cost for hospitality and ice.

A VFSC member may test at another club and a non-VFSC member may test at VFSC but a letter of permission to test must be obtained from the home club test chairperson at least 3 days prior to the test date. All test fees are paid to the host club according to their procedures.

USFS rules state that any skater wishing to retry a failed test must wait at least 14 days between Skating Skills test dates and 1 day between Singles Tests.

VIRTUAL TESTING

USFS introduced virtual testing in 2020 to encourage skaters to progress through the pandemic. Virtual testing has become more prevalent in a skater's journey. VFSC allows virtual testing to happen on club ice, however, skaters and coaches must follow the following:

- Must obtain approval of testing prior to a session by the Jr/Sr Head pro.
- Skaters will receive up to 2 opportunities during the session to complete their test. If the skater does not achieve the desired video outcome, you must request another day.
- Skaters must wear the yellow vest for visibility for the video and to earn the right of way on the ice.

It is the coach of the testing skaters job to inform the other coaching staff of their skaters test and it is the coaching staff's job to inform their skater(s) to be mindful and move out of the way while the test is being recorded.

COMPETITION PROCEDURE

Competition registration instruction is available online through the host club competition website or USFSA. Please make note of competition entry deadlines; some competitions do not allow late entries. Once you have registered online for the competition your home club will be notified of your intent to compete. The Test Chair will approve the skater to compete. All skaters must be in good standing to compete or test.

After registering to compete in an event, you will be notified via email of your practice time, although this notification usually is one week or less before competition. Sometimes, you are also sent information on a group in which you will compete and the times of the events.

DAY OF COMPETITIONS:

When you arrive at the arena to compete, check in at the registration desk. Lists of events with group names and starting orders will either be posted in the arena or available via a QR code. This tells you what the order you will skate in the event (i.e.; first, second, last etc.). After everyone in your group has skated, another sheet will be posted or uploaded to let you know where you placed in your event.

Be sure to bring a spare CD of your music and have it available on a mobile device with an adaptor (please see your coach for what they recommend) with you when you are competing.

Most competitions have an award ceremony for those who place and win an award. VFSC encourages all skaters who attend to get their photos taken regardless of placement. It speaks highly of our club and supports all other skaters who are on the podium. Purchasing photos is optional from the photographer at the event. Some competitions have action photos available and most also have a professional videotaping the competition. Videos can be purchased directly from them as well.

There is an additional fee from your coach when you participate in a competition, and this amount varies from coach to coach. Some coaches charge a flat fee and others charge for practice time at the competing rink and for the actual competition. If the competition is held out of town, you are expected to pay for your share of the coach's travel expenses.

What to Bring to Competitions:

- Skates - clean, polished with laces
- Music
- Competition outfit: for each event (an extra just in case)
- Tights - 2 pair
- Warm up club jacket and gloves
- Skate guards
- Extra pair of laces
- Make-up
- Hairspray/gel
- Hair clips/bobby pins

- Needle & thread - you never know
- Safety pins
- Healthy snacks
- Water

EXHIBITIONS

Another great opportunity for display of your skills is to participate in an exhibition. VFSC hold the Holiday Show as an exhibition for skaters to run through their competition programs.

MUSIC

A skater must have music to compete in USFS or ISI competitions and to skate in exhibitions or shows. Music is also required for singles tests. When you have mastered the required spins, jumps and connecting steps that comprise a freestyle program, you and your coach will select music that is suitable for your skating style, ability and taste. The coach will arrange to have this music cut and sent to you via MP3 version.

The length of music varies with the test level of the skater. Penalties are assessed against the skater if the music is too long or too short. The time requirements are listed in the USFS Rulebook.

SANCTIONS

USFS requires that every skater or event receives a sanction prior to performing. If a sanction has not been granted, performing in the event may jeopardize the skater's amateur status. Contact the board of directors to have a sanction issued.

MEDIA

VFSC may wish to use your child's photograph or name for social media / educational reasons in brochures or newsletters, on the VFSC website or in local reports. No home address or telephone number will appear in any media or our website, except for password-protected web pages and in our memberships directory. Photos that include multiple, unidentified skaters may be included on the VFSC website without prior written permission. You will see the Media Release form in the fall registration giving the club permission or not.

ICE SHOW

The annual ice show is usually held in early March each year. The annual ice show is an important opportunity for VFSC to celebrate and showcase the skill development of our skaters for families and our community. All VFSC Home Club Members and Associate Member Plus are encouraged and eligible to participate in the annual show.

Learn to Skate: Please refer to the Learn to Skate parent handbook for details.

Jr/Sr Club: Please refer to Criteria for features and extra numbers awarded in the shows.

Each family in VFSC is required to sell a certain number of tickets each show season determined by the VFSC Board of Directors. If you do not sell the tickets you will need to cover the balance. VFSC Board of Directors has put a ticket requirement on each family in place of charging for a show registration fee.

Jr/Sr club skaters will be required to pay for costumes. Costume fees are determined by the show committee and approved by the Board of Directors.

All show groups are put together by the show pros (LTS Director and JR/SR Director) and coaches are assigned groups to choreograph numbers by the Jr/Sr Director.

Show details will be updated on the website as they become available each year and a “show week packet” will be provided in person and PDF available upon request.

*Any show sponsorship earned for the year is used primarily to pay for ice time for show week, advertising, props/decorations, and coaching fees.

ANNUAL BANQUET

A banquet is held every year for the skaters and their parents at a local venue. This banquet may be combined with voting for and meeting the new board of directors. Skaters are recognized for the tests they have passed during the year as well as other accomplishments.

Learn To Skate Parent Handbook Section

Welcome

Welcome to the Learn To Skate Family!! We are so excited that you have made the choice to enroll your skater in our program. We focus on teaching the fundamentals of skating to participants of all ages and abilities. The following handbook will highlight key components to our program. All of the classes are endorsed by Learn To Skate USA through US Figure Skating. All of our coaches are certified through Learn To Skate USA, complete annual background checks, complete annual training through Learn To Skate and complete Safe Sport Training. Please reach out with any further questions you may have about their certifications.

Programs

Our Learn To Skate (LTS) Classes take place on Sunday evenings. All classes are held at the Essentia Health Sport Center in Brainerd in MN. We have two testing days throughout the season. Usually this happens right before holiday break in December and at the end of the season in February. We will move skaters up at different times during the season if they are exceeding the skills in their level. Your skater will receive an evaluation page after each test session and will be awarded badges for each level competed at the end of the season in March.

Snow Plow Sam - Our Snow Plow Sam program is for preschool aged skaters ages 3-5 years old. In this program we focus on getting skaters comfortable on the ice and teaching beginning skills through games and skill building. See attached sheet of specific skills for each level.

Learn To Skate Levels 1-6 - The Learn to Skate program focuses on skaters of all ages and levels. All skaters will start in Basic 1 and work their way through the different skill levels. This class is appropriate for all skaters who want to learn the basic skills of skating and would be appropriate for skaters interested in Figure Skating or Hockey skills. See attached sheet of specific skills for each level. Please feel free to reach out with any questions you may have regarding your skaters level.

ASPIRE Levels - ASPIRE class comes after skaters have completed all the fundamental skating skills offered in Levels 1-4. This class will focus more on skaters who would like to learn more Figure Skating skills including jumps, spins, and footwork.

Adult Classes - The adult class focuses on the fundamentals of skating for beginning adults. We look at how each skater learns and accommodate classes to fit needs.

Aspire Class - The U.S. Figure Skating Aspire program is the bridge between learn to skate group classes and U.S. Figure Skating membership. Through the development of athleticism and artistry, skaters build a solid skill foundation that drives success on and off the ice.

Aspire offers skaters an affordable, comprehensive package program in a safe and supportive group training environment. Skaters will learn proper skill development and training techniques while sampling different skating opportunities and fine-tuning their fundamental skating skills. Programs are designed to help skaters learn to train like a figure skater. From edge classes to spin pyramids, you'll learn how to warm-up like a champion, navigate freestyle sessions and practice on your own.

All skaters who participate in the class are eligible to compete at our Skate Vacationland Compete USA Competition. Skaters must have passed basic level 3 to be eligible to join the Aspire class.

Private Lesson Opportunities

We offer private lesson opportunities for skaters in our Learn To Skate Program. These lessons are offered as an extra to our program when ice time permits.

Volunteer Hours

Our program depends on help from our members. There are many different ways you can volunteer to help our club and enhance your skater's time in lessons. VFSC requires that each LTS family complete 5 hours of volunteer time throughout the season. If you do not complete your hours you will not be able to register for the following season of LTS until these hours are completed.

ASPIRE class: Aspire class parents will need to complete a total of 10 hours of volunteer time. If you do not complete your hours you will not be allowed to register for the next season. VFSC has some large events that you can volunteer at throughout the year. Example, if you have skaters in more than one group your family requirement will be the higher numbers of required hours. If you have a skater in LTS and Aspire you will be required to complete 10 hours.

When you have completed Volunteer hours please email skatevacationland@gmail.com with the number of hours you have completed. Please include Volunteer Hours in the subject line. Make sure you put your skater name in the body of the email so we are able to track hours. Below are some events you will have an opportunity to complete volunteer hours.

- **Holiday Show** - Usually last Sunday in December before holiday break.
- **Skate Vacationland Compete USA** - this usually happens on President's Day weekend.
- **Annual Ice Show** - This happens in early March at the end of the season.
- **Board of Directors** - Monthly meetings on the 2nd Tuesday of every month. VFSC is always looking for new members to help with running the day to day club operations.
- **Show Committee** - Are you creative? Do you love putting on productions? Have ideas for show themes or decoration? This is the place for you!!! Every year we need help planning and executing our annual show. Please consider joining our team to make it a fun and memorable experience for our skaters.

Fundraising

The Annual Fundraising Requirement (May 1 - April 30)

All Learn To Skate families are required to complete \$50 in fundraising per season. Aspire class students are required to complete \$100 in fundraising per season.

We offer multiple chances for fundraising each year. This helps keep the cost of lessons affordable to all skaters. *If you have multiple skaters in the program you are only required to complete \$50 (LTS) or \$100 (Aspire) for the entire family depending on what the highest level of your skaters.* If you have a skater in Jr/Sr Club you will only be responsible for the fundraising requirements for Jr/Sr Club. The Board selects fundraising events each year for the club to participate in. This will be updated on the VFSC website yearly and part of your Fall contract. Some examples of past fundraisers:

- Heggies Pizza
- Spootacular
- Candy Bars
- Raffle Tickets
- Other opportunities may be offered as approved by our Board of Directors.

* A sponsorship does not count towards your skaters annual fundraising requirement.

* Any missed sessions of skating cannot be used towards fundraising costs.

If you do not complete the fundraising requirement or use the buyout option your skater will not be able to register for further sessions.

Spring Ice Show

All skaters who skate the entire season October-March are eligible and encouraged to participate in our annual spring ice show. There is no additional cost for your skater to participate in the ice show. All skaters will get a costume for their group number at no additional cost to the parent. This is a great opportunity for skaters to show off their skating skills and create memories.

Skaters are grouped by the level they are in at the time of costume measuring. [Due to shipping concerns we are not able to switch groups after costumes are ordered. This will not affect your skater's ability to switch levels in the classes for the season.]

Below is a timeline for preparing for your spring ice show.

- October - we are in the planning stages of our spring show, skaters will be measured for their costumes and placed into show groups.
- November - Costumes are ordered for the show, we do this early to ensure we can get the costumes and make size exchanges if needed.
- January - Costumes are distributed and pictures happen towards the mid-end of the month.
- March - Show week begins!! The weekend of the show is set by October and can vary from year to year depending on when the ice is out of the arena.
- **Show Week** - this is an example of the schedule the week before the show.
 - Sunday thru Wednesday - Skaters will have a 30 minute practice daily between 4:45 pm-7:00 pm
 - Thursday - Full Dress Rehearsal at 6pm
 - Friday - Show 7pm
 - Saturday - 1pm show and 6pm show

ALL skaters will participate in all three shows. We encourage you to invite family members and friends to the show. We often will bring a "Guest Skater" to enhance the excitement at the show. **All Families are required to sell pre-sale tickets to the show.** This helps cover the extra ice costs during show week.

Please email any questions to: vfsclearntotskate@gmail.com