

Rotations

Newsletter of the Wagon
Wheel Figure Skating Club



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Wagon Wheel and Skating Council Prepare to Host Adult Nationals in April

The 2007 U.S. Adult National Figure Skating Championships is being held at the EDGE Ice Arena, in Bensenville, IL, from April 10th through April 14th! Wagon Wheel encourages all WWFSC members to come on out and be a part of it!

Wagon Wheel, along with other clubs in the Skating Council of Illinois, will host the event, and organizers are eager to welcome over 450 adult skaters to the Midwest! This is the first time U.S. Figure Skating has brought the Adult National Championship to Illinois and we're thrilled it's here!

WWFSC is looking for volunteers and fans to come on out and support the club and its many adult competitive skaters. We need people to help out as ice monitors, runners, announcers, practice ice monitors, and just about anywhere else one can jump in and lend a hand.

It's important for club members to participate, as Wagon Wheel will receive a portion of the competition's proceeds based upon our volunteer participation. So, while helping the club tremendously, you'll also get to witness and participate in a unique, fun, and great figure skating event!

There will be events of all kinds, from artistic to Championship Masters and Gold singles, pairs, and dance!

If you are interested and able to help, please call Jenny Needham-Wall at 847-669-2408.

Learn About Competitive Skating at Wagon Wheel's Basic Skills Competition

On Sunday, April 22, figure skaters from Tots (Snowplow Sam) up through USFS Preliminary levels will participate in the seventh annual Wagon Wheel FSC Basic Skills Competition at the Crystal Ice House.

Skaters may register for one or both of:

- Compulsory Moves events for Free Skate Level 1 through 6 and USFS's test ratings of Limited Beginner through Preliminary
- Freestyle events from Basic Level 1 through Free Skate Level 6 and USFS's test ratings of Beginner through Preliminary.

The cost is \$25 for the first event entered, and \$10 for a second event. Participants may be either taking group classes through any USFS Learn-to-Skate Program or a member of a USFS club such as Wagon Wheel.

Our club sponsors this event so younger or newer skaters "learn the ropes" of how to compete in the sport. As the registration packet describes it:

This competition is to encourage and reward skaters as they become proficient in the basics of figure skating, and to be better prepared for learning the advanced skating elements.

Forms are available from Crystal Ice House staff coaches or the skating office. Enter now! Registrations postmarked after March 20 are subject to a \$10 late fee.

Skating (N)ice

By Cynthia Crouse; Photos: Stacy Jantz

The sport of skating is challenging, athletic, and downright FUN. Whether you are a skater, coach, or skateparent, for the most part the rink provides an enriching and supportive community.

However, even in the most collegial circumstances, maintaining solid relationships between and among the three groups can be slippery as ice. Each of us has an obligation to behave in ways that enhance the overall skating experience.

Let's look at some of the ways you can improve your relationships with others, based on the top complaints received in my recent poll.

Coaches

- **Be on time for lessons and end lessons on time** so they don't run over into the next lesson time. Be sure the student receives the complete lesson time, or suggest that he/she be charged less. Call in advance if you will miss a lesson entirely. If this isn't possible, call soon after with an explanation and apology.
- **Devote the ENTIRE lesson time to teaching.** The number one complaint parents and skaters (especially adult skaters) have about coaches is time wasted chatting. In addition to the high cost of lesson and ice time, skaters become distracted and cold when a coach loses focus or talks to others in the middle of a lesson. Stories about personal activities, other skaters, or any conversation other than instruction should occur off-ice and possibly off the payroll clock.
- **Develop a set schedule of lesson times and keep to it.** Students plan their warmups and practices around their lesson time, and they want to count on having a lesson on a regular basis. They may be able to be flexible, but still require advance notice in order to plan.



Coach Deirdre Kelly focused during lesson with Amber Rosen.



While a skater runs through her program to music, like myself here, that skater has priority and others should not block her way.

- **Teach your students proper ice etiquette regarding "right of way" and be aware of your own position if you are teaching from the ice.** Show courtesy by adjusting your lesson patterns to allow other students to complete program run throughs or moves in the field patterns. Skaters doing their programs to their music take priority!
- **Keep up with your training.** Understand the latest changes from PSA, USFSA, and ISI, know what competitions are being held in your area, and learn the difference between standard and adult testing tracks and requirements. Be open to new training methods and supportive of the sport in general.
- **Bill consistently and fairly to ensure prompt payment.**
- **Remain positive to encourage your students.** Speak positively and be supportive of other skaters and coaches.
- **Be confident enough in your abilities to allow your students to seek help from other coaches** (as a team effort). Recognize when a student may be better off with another coach.
- **Treat all levels (and sizes!) of skaters with the same respect and consideration.**

Skaters and/or Skateparents

- **Be on time for lessons.** Call in advance if you will miss a lesson entirely. If this isn't possible, call soon after with an explanation and apology. Your coach has lost revenue, so expect that you may have to pay for a missed lesson, depending on the circumstances.
- **Be realistic about your skating.** The only way to improve is to practice and work hard. Expect to compete at your skating level, not above or below. Expect to test only after having practiced the elements to your coach's satisfaction.
- **Trust in the expertise of your coach.** You are paying him/her to look after the skater's best interests. Be aware that too much interference

can have a negative impact on the skater's performance. The number one complaint of coaches was parents who undermine the coach's teachings. Coaches enjoy teaching children whose parents let them do their jobs. They welcome questions and a discussion of goals, but coaches expect they will be trusted to do what gets results.

- **Communicate with your coach.** Give him/her positive and constructive feedback, and if you are unhappy about something, be sure to give him/her a chance to correct it. Meetings of coach, skater, and skateparent are helpful to have twice a year or before a new skating season so everyone stays on the same page.

- **Practice proper ice etiquette.** Usually skaters in lessons and doing program run throughs have the right of way. However, all skaters have paid for their practice time, and you should show proper courtesy even if it is you who is receiving a lesson. Apologize for close calls and any infractions, no matter who is at fault.

- **Develop good training habits.** Give 100% during your lessons and practices. Save play and chatting for off-ice. Make sure skates are tied properly, hair is pulled back, and gum is disposed of prior to stepping on the ice.



Jiana Toben has learned good preparation and a strong work ethic to maximize her icetime.

- **Pay promptly and ensure all checks issued have sufficient funds.**

- **Stop gossip and rumors in their tracks.** Be aware of the negative impact half-truths or untruths can have on others.

- **Parents who drop off children should pick them up on time.** The coach does not need to worry about leaving previous skaters unattended as she/he is teaching another skater.

Everyone

- **Ask before copying the same music someone is currently using.**

- **Beware of playing music too many times on one session.**

- **Temper tantrums, yelling, and intentionally being rude or intimidating are never appropriate.**

- **Let's keep the ice a friendly place.** A smile and a quick hello to other skaters, coaches, and skate parents can go a long way!

We all like to think we are behaving cooperatively at the rink, but it's easy to slip up. Review this list from time to time and ensure your relationships remain (n)ice and not frosty.

Adults Only

Here are the results for the Wagon Wheel skaters from the recent 2007 Deborah Burgoyne North American Adult Invitational competition which was held in Wyandotte, MI on February 17:

Cindy Crouse took 1st place in Gold FS Level 4 and 2nd place in Masters Ladies/Men's Interpretive Levels 4 & 5.

Maureen Linhardt placed 1st in Gold FS Level 2 and 3rd place in Masters Ladies Interpretive Levels 1, 2 & 3.

Allison Manley placed 1st in Masters FS Level 2.



Adult skaters pose at Burgoyne: Lisa Fitzmaurice, left (DuPage Club), Cindy, and Allison

Wagon Wheel Figure Skating Club

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Club Event Calendar

April 10–15, 2007: Wagon Wheel as member of Skating Council of Illinois hosts 2007 U.S. Adult Championships, Edge Ice Arena, Bensenville, Illinois

Sunday, April 22: 7th Annual Wagon Wheel Basic Skills Competition at Crystal Ice House

Thursdays: Wagon Wheel icetimes continue at Crystal Ice House, 5 to 6 p.m. and 6 to 7 p.m.

Saturdays: Wagon Wheel icetimes continue at Crystal Ice House, 6:30 to 7:30 a.m. and 7:30 to 8:30 a.m., followed by Lars Jensen's power class; contracts downloadable from www.wwfsc.com or available at the rink

Sundays: Wagon Wheel icetimes at Northbrook West Sports Center, 10 to 11 a.m. (for skaters who have at least an axel jump) and 11 a.m. to 12 noon (skaters must have double jumps); contracts downloadable from www.wwfsc.com or available at the rink

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