

Lacombe Figure Skating Club

PRIMARY TEST PROGRAM – AN OVERVIEW

The Primary Test Program introduces skaters to the 3 main disciplines of Figure Skating – **Freeskate** (jumps and spins), **Dance** (specific steps and patterns skated to music), and **Skating Skills** (patterns that develop edges and turns). Skaters are at a new level of figure skating – and it is an exciting and sometimes overwhelming experience.

Each session, one of our professional coaches – Sue Reykdal, Lisa Armstrong, or Taylor Horlock (with assistance from Angela Zieffle) – will work with skaters in 30-minute lesson blocks. Following that is a practice time. If desired, skaters can also get extra private or semi-private lessons; the cost for those lessons is in addition to the membership fee and will be billed directly to the skater(s) by the coach(es).

The program is being used as a gradual stepping stone from the Canskate Program to the STARSkate Figure Skating Program. It provides an excellent opportunity for skaters to achieve personal growth and development in a group setting.

Our ultimate goal is to help skaters gain the skill and confidence necessary to take Preliminary level skating tests and/or to compete in the Fun Meet competition during the season. And, we encourage fun, teamwork, focus, and discipline along the way!

The Primary Test Program is designed to last only one season. However, depending upon the skill level and interest of the skaters, group lessons in the regular STARSkate program may continue into the following season.

APPEARANCE AND ICE ETIQUETTE

Appearance: Hair must be tied back from the face. On the ice, a skirt or skating dress with leotards is preferred. Although stretchy pants are acceptable, we strongly encourage skaters to wear skating dresses/skirts. No blue jeans or long scarves.

Etiquette: Simple rules for on-ice sessions:

1. Get up immediately after a fall. Lying around can be very dangerous.
2. Be aware of skaters around you; some of the older skaters move very quickly and accidents can happen. Do your best to move out of the way of skaters as they are going into a jumps or spins.
3. Although it can be very exciting to watch the older girls skate, please don't stand in the middle of the ice. If you want to watch for a few minutes, please move to the boards.

Thanks to all of you for your continued support of the Lacombe Figure Skating Club.

Our website is up and running, so please have a look.

www.skatelacombe.ca