

## Welcome to Jr Club!

Hello!

I'd like to personally welcome you and your skater to Jr. Club! My name is Savannah Winkler and I am here to answer any questions you have about the process, classes, competitions, testing and schedules. The jump from Learn to Skate to Junior Club can seem a little overwhelming so please don't hesitate to ask me or your new coach any questions.

First thing you need to know is that Jr club offers more room for growth and passion. Jr club is split into two major sections: Skating Skills and Freestyle. These are the focus areas that help create well rounded skaters. I will dive into each area so you, as a parent, can learn more about what this means.

Skating Skills ((SS) Previously known as Moves in the Field (MIF)): This is where skaters learn edges, 3-turns, spiral patterns, brackets, and fancy specific patterns across the ice. This is usually where skaters learn core strength, correct arm and foot positions while moving across the ice doing footwork patterns. Eventually a skater can skate across the entire sheet of ice on one foot while gaining speed. That is quite crazy if you think of it!

Freestyle (FS): This is what most skaters LOVE to do, spins, jumps, music programs. A skater can learn hundreds of spins and variations, and can work from half jumps to double, triple and even quadruple jumps. What that means is simply how many revolutions they can spin in the air before landing on one foot. It's quite fun to do and gives a freeing feeling that kids love!

In Jr club, coaches like to start the skaters learning how to warm up on the ice and practice this all on their own. Each Jr club skater receives a minimum of 1 lesson per week and in that lesson, the coach will usually start the skater off at the first level of SS and FS which is called Pre-Preliminary. This is the start of what we call "test track". Test track is optional for skaters to partake in, however a coach will see when a skater is ready to "test" and will sit down with you and discuss what that means. *\*A skater can ONLY pass a test if qualified judges from USFSA passes them. This can ONLY be done with the permission of the skaters coach and the Test chair of the club. All Freeskate tests are contingent on the passing of the Skating Skills test.\**

### Registration:

Each year as the director of Jr/Sr club, it's my goal to keep your kids and our students interested in skating, wanting more of it and making it as affordable as possible. So, on the registration you will notice that there are several options to pick from. Here's what the non FS session are:

Moves in the Field: This is a designated 15-30 minute ice time for your skater to focus on skating skills only. It's a chance for each skater to learn patterns to move out of a skaters way if they are in the middle of one (Safety), a way to focus on the quality of the moves, and to

understand the importance of what SS has to offer. Because SS is a test that is required to be taken first, the designated time really helps develop the skills in order to do so.

**Power Class:** This class is designed to instill power in each skater. Freestyle often requires a lot of strength for jumping and even spinning and the power it takes to push off the ice to get your jump or flying spin is more than people think. This class is 15 minutes of working on power on ice. Typically, skaters must have passed Pre-Preliminary SS to register for the class.

**Edge Class:** This class is designed to work on the quality of edges and getting comfortable with putting together movement and new patterns. This class is 15 minutes of edges, twizzles, and more to really test the quality of your edges. The class is beneficial because judges look for quality in your overall skating at competitions & testing. Typically, skaters must have passed Preliminary SS to register for the class.

**Off-ice Class:** This class is designed to build endurance, flexibility, and strength. Off ice sessions are really beneficial to a skaters overall performance and growth. Each week there is a different lesson plan/focus for the class. There will be classes around endurance, jumping skills, strength skills, yoga, and flexibility. It should be fun and challenging for the individual skater. (Modifications will be provided if something is too challenging or not challenging enough)

*Each class has their benefit to a skater as well as the normal FS sessions. It's important to discuss with your skater and coach as to what is going to be best for the skater and if they are at the appropriate level to take the class.*

### **Joining Jr Club & Finding a Coach**

Each coach offers different ways of coaching, different expectations and skill sets all while aiming for the skaters success. A coaching selection is a big choice as usually a skater sticks with the same coach for many years.

The process we have in place is that any new Jr club skater must contact and meet with the Jr/Sr Director (Me!) prior to having approval to join Jr Club. Once approval is met, the skater has the option of having a 5 minute trial lesson with coaches that have room for a new skater(s). This is a billable 5 minute lesson time with discretion of the coach. After the trial lessons, skaters should discuss with the parent who they enjoyed working with the most and the parent should then inform the Jr/Sr Director. The director will then reach out to the coach to see if the coach has the availability to take them on as a student. A skater/coach relationship is important, so it should be a mutual decision (Please see the *Starting Jr Club & Waitlist Protocol document for more information*).

Each coach has their own private lesson hourly rate as they are an independent contractor for the club. It's important to get that information before committing to a coach. The lesson fee is separate from the registration as all coaches have their own contract.

VFSC allows new Jr Club skaters to begin at the start of the Fall Season. Please refer to the *VFSC Handbook & Starting Jr Club & Waitlist Protocol* for more information.

## **Questions???**

You will have questions throughout the season, I am here to answer any and all questions that come about. Testing, competition, holiday show, VFSC annual show, ice time, make up ice- You name it. There will be points where I'll advise you to ask your coach if I feel the question is better suited for them to answer.

### **Contact Information:**

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