



LEARN TO SKATE PARENT EDUCATION:
LEVEL A

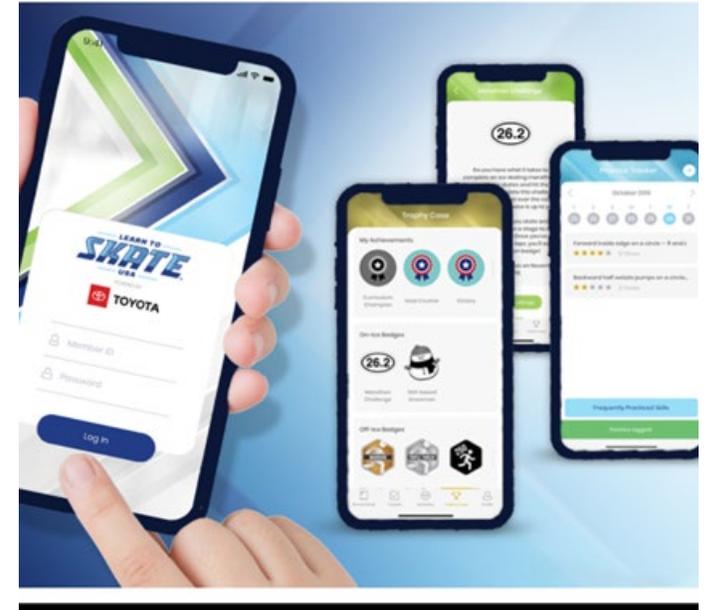
Ice Den Chandler is a member of the U.S. Figure Skating Association. All skating lessons follow the Learn to Skate USA program curriculum.

A current Learn to Skate USA membership* is mandatory for all participants.

Learn to Skate USA Members receive the following benefits:

- Eligibility to participate in lessons, recitals, shows, exhibitions, competitions and all activities associated with Learn to Skate USA
- Skaters will receive a Welcome Packet in the mail, which includes a subscription to Learn to Skate USA Magazine
- Receive secondary sport accident insurance
- Parent Handbook
- Instruction from certified and Safesport compliant coaches
- Standardized curriculum
- Access to the Learn to Skate App
- And best of all, you'll be a member of the best skating program endorsed by U.S. Figure Skating, USA Hockey and US Speedskating

**Membership fees expire annually on June 30 - regardless of when a skater's most recent membership was purchased.*



LEARN TO
SKATE
USA



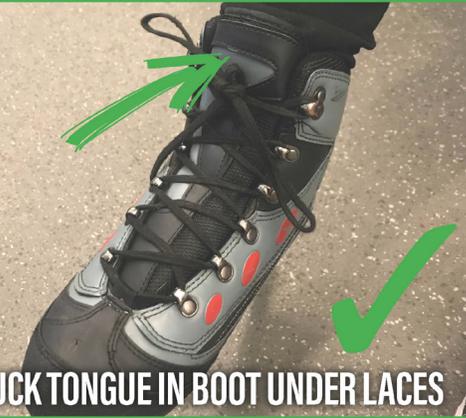
PROGRAM DETAILS

- Sessions are six (6) weeks long unless otherwise advertised.
- A welcome newsletter is sent via e-mail prior to the start of each session. This contains specific class dates, special events and other information.
- All classes (after Week #1) consist of 10 minutes organized group warm-up, 30 minutes of instruction and 5 minutes of free time.
- Evaluations are e-mailed within 24-48 hours of the last class. Do not wait for evaluations to register for the following session. Skater profiles/enrollments will be updated prior to the next session.
- No make-up classes or skating passes are offered for missed classes.
- Returning members must register before 10:00 a.m. Monday of Week #1 (regardless of class day/time) to avoid late registration fee.

RIGHT WAY TO LACE YOUR SKATE



TIGHTLY LACE TO TOP OF SKATE



TUCK TONGUE IN BOOT UNDER LACES

WRONG WAY TO LACE YOUR SKATE



LOOSE SKATES OFFER NO ANKLE SUPPORT



DON'T LET LACES DRAG

FIRST DAY OF CLASS

- Please arrive 20 minutes early to prepare for class.
- Check-in at the designated area to receive your name tag. You must wear your current session name tag to every class. If you misplace it, Admin will make you a new one. Skaters will not be permitted on the ice without a tag.
- For any new participants, a coach will gather skaters for a brief off ice safety lesson 5 minutes before scheduled ice time.
- Coaches will be in the lobby to assist with skate tying and sizing. (Rental hockey skates run large. Please size down 1-2 sizes for a correct fit. Standard skates are true to size.)
- Skaters will go directly to the assigned level coach to review safety protocols and be evaluated to ensure they are placed in the correct group skill level.
- Watch the [LTS Orientation Video Online](#) (3:30)

THE ICE DEN OFFERS TWO TYPES OF RENTAL SKATES:

1. Figure/Standard Skates*
2. Hockey Skates

**Standard skates are recommended for beginners as they have longer/flatter blades making them easier to balance on.*

- The Ice Den staff will assist you in selecting a pair of skates when you provide your shoe size and skate preference. Tall, fitted socks are strongly recommended.
- Please note that rental skates are not available in 1/2 sizes. If you are in-between sizes we recommend you go up a size in the standard skate and down two sizes in the hockey skate.
- Skates are made to be stiff and supportive, but in order to get full support from the boot you must lace them up properly.

FITTING & LACING YOUR SKATES:

1. Loosen the laces as much as possible all the way down the boot of the skate
2. Pull the tongue out and slide your foot down the back of the boot, tapping your heel for best fit
3. The boot should feel snug but not too tight, your ankles should be secure in the boots with minimal side-to-side wiggle room
4. Once the boot is on your toes should graze the tip of the boot and your heel should not easily slide up and down (this will help prevent blisters)
5. Once both skates are on, tighten the laces starting from the toe area and pulling tightly up to the ankle area
6. Laces should not be wrapped around the leg or hanging down near the blade
7. If you notice any issues with the skate (i.e. broken lace) please notify an Ice Den team member



ICE SAFETY

- Helmets are strongly recommended. Please come prepared as helmet rentals are not available.
- Additional personal safety equipment/pads is up to parent discretion.
- All ice doors will remain closed when not attended by a coach. **DO NOT OPEN THE ICE ACCESS DOORS.** For the safety of all skaters, please alert a coach for access on and off the ice.
- **NO GUM**
- All Parent & Pup participants must check in at Admin Office prior to each class to receive your pass. The Pup's skates must remain on/be worn on the ice at all times. For the safety of all participants, **DO NOT** pick up/carry skaters while on the ice surface.

WHAT TO WEAR

Please note, the average temperature inside the rink is 56 degrees. The Ice Den Chandler encourages skaters and spectators to dress accordingly for warmth and safety.

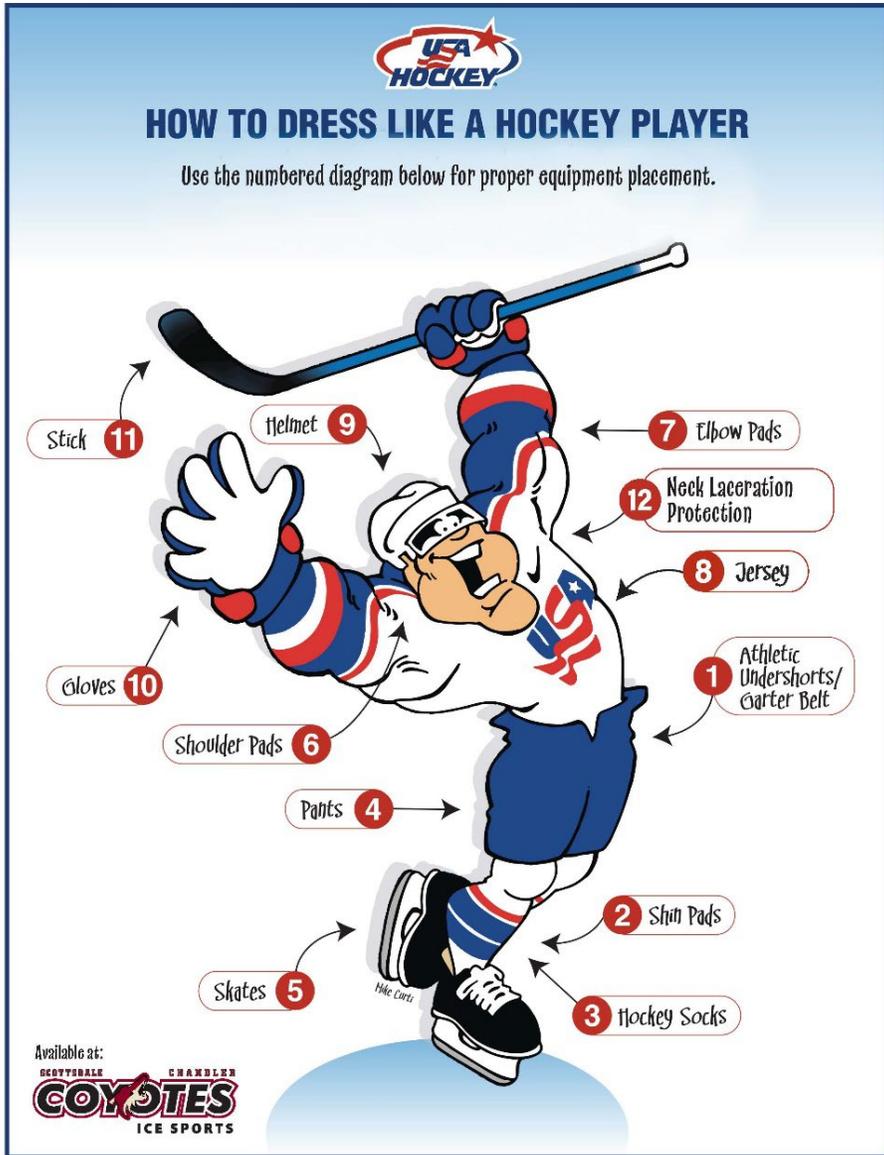
- Please dress in layers including pants that allow movement, no shorts or denim.
- Gloves are recommended.
- Wear thin socks that come above the ankle, ensuring skates fit comfortable and snug.
- Rental skates are included with registration and serve as a great introduction. It is recommended skaters own skates by the time they enroll in Pre-Hockey 3 or Basic 4. Wearing your own skates is more beneficial to skill development and skater progress as levels are completed.

Stop by our on-site pro shop, Coyotes Ice Sports to speak with a member of our team for information on skate fitting and purchases, required equipment, and skating attire.



Ice Den Community members earn Pro Points with every pre-tax pro shop purchase at either Ice Den location.





PRE-HOCKEY: BEFORE YOU CAN SCORE... YOU HAVE TO LEARN TO SKATE!

Pre-Hockey(PH-1)Prerequisite:

- *Skaters must be able to skate across the ice unassisted in hockey skates both forward and backward, and glide on one (1) foot.*

Upon enrollment in Pre-Hockey 3, players are invited to participate in the CDP Chandler Initiation Program (IP). IP serves as the bridge between Learn To Skate and house/recreational hockey.

LEVEL A

- lightweight socks
- warm up suit, sweater or sweatshirt
- gloves required for all skaters
- helmet (not mandatory but strongly recommended), bicycle helmet are acceptable except for Pre-Hockey
- no jeans or shorts

PRE-HOCKEY 1

All Level A items noted above plus:

- hockey skates (rental or own)
- hockey helmet with full cage/bubble (no half visors)
- gloves (hockey or regular) required

PRE-HOCKEY 2

All Level A items noted above plus:

- hockey skates (rental or own)
- hockey helmet with full cage/bubble (no half visors)
- hockey gloves

PRE-HOCKEY 3

All Level A items noted above plus:

- hockey skates (rental or own)
- hockey helmet with full cage/bubble (no half visors)
- hockey gloves
- hockey stick
- hockey pants/breezers

Neck laceration Protection Strongly Recommended at PH-3.

*Per USA Hockey as of 8/1/24, NLP is mandatory upon becoming a member of USA Hockey for all youth players under 18 years old.

EVALUATIONS

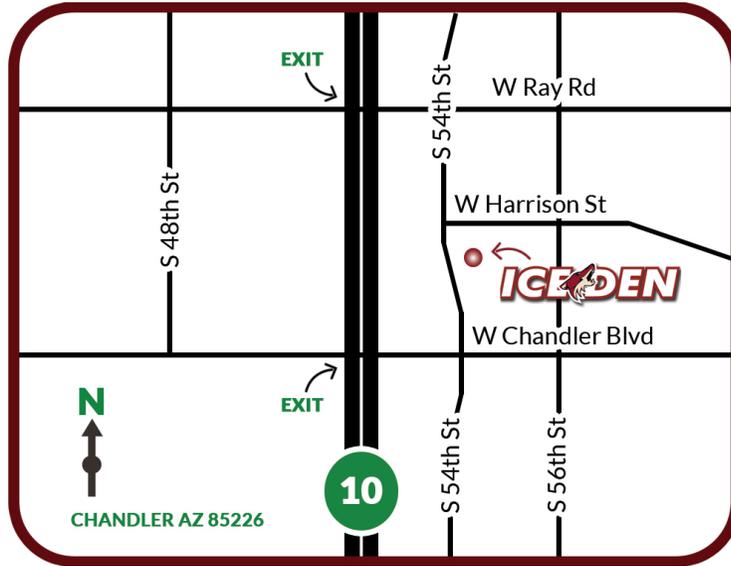


- Evaluations are emailed within 24-48 hours of the conclusion of the last class. You do not need to wait for the evaluation to sign up for the next session as enrollments will be updated automatically.
- Skaters are evaluated throughout the session and may be moved ahead prior to the end of the session based on progress.
- Curriculum for each level is posted online at learntoskateusa.com or accessed via LTS USA app. The required curriculum, and associated skills, must be completed before advancing to the next level. A skater will be required to repeat a level until the compulsory skills are properly demonstrated.
- As skaters complete levels they are eligible to purchase an Achievement Badge for \$2 at the Administration Desk.

PRIVATE LESSONS

- Private lessons are the perfect way to gain extra practice one-on-one with a coach. These “booster lessons” help focus on elements needing extra attention leading up to evaluation day.
- Interested skaters can submit a private lesson request form online via the Skating: Private Lessons [webpage](#) or at the Admin Office.
- PLEASE BE ADVISED:
To participate in private booster lessons, skaters MUST OWN a pair of skates. Rental skates are not available for private lesson use.





Thank you for taking the time to review the Learn to Skate Parent Education document.

For More Information Please Contact:

Tammy Jimenez
Director of Learn to Skate Chandler

E: tjimenez@coyotesice.com

P: (480) 598-9400 ext. 114

E-MAIL COMMUNICATIONS:

Throughout the session the Ice Den Chandler Skating Department will send updates and reminders to the e-mail address used during registration.

Please be sure to whitelist adminchandler@coyotesice.com and check your Junk/Spam folder for messages for @coyotesice.com. We encourage you to follow us on Instagram @icedenaz and Facebook @icedenchandler for real time news and special event updates.



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