

UPCOMING
EVENTS:

- **August 4th:**
Last day to
Register for
LTS without a
15% increase
- **Week of Au-
gust 11th:** LTS
and specialty
classes begin
- **No LTS the
week of August
25th due to
Labor Day
holiday**
- **September 13-
14:** Springfield,
IL Competition
- **Week on Octo-
ber 20th:** Win-
ter LTS begins

INSIDE
THIS ISSUE:

- Finding the **2**
right Coach...
- Specialty **2**
Classes
- Terms of the **2**
Month
- Summer **3**
Camp
- Parents Cor- **4**
ner
- Skater of the **5**
Month
- LTS Remind- **6**
ers

Learn-to-Skate News

VOLUME 1, ISSUE 1

AUGUST 1ST, 2008

Fall back into Skating

The fall session of learn-to-skate will begin the week of August 11th. We will be offering classes on both Monday evenings (4:30-5:30 p.m.) and Saturday mornings (11:45-12:45 p.m.). The cost is \$80 per 30 minute class, plus enrollment in either the ISI or USFSA. Please be sure to register by AUGUST 4th to avoid a 15% price increase.

The East Alton Skating Academy will be offering classes for all ages this session (Snowflakes 3-5; Snowballs 6-16; Adults 16+).

Snowflake classes are designed for the younger beginner skaters. It allows younger skaters to learn with those their own age. Helmets are strongly recommended for this age group!

Snowball classes are for those children 6 years old and above.

Children will be placed in classes with their peers of the same skating level. Certain elements are taught in each level; after the skater has completed the re-



quired elements they will progress to the next level.

Adult classes will be offered for those 16 years old and above. While the skaters will learn the same skills as the younger skaters, these classes will be geared more toward adults.

Freestyle classes will also be

offered during the LTS time. These skaters must have passed the Delta and/or pasic 8 level. The focus will be on the jumps, spins, and other essential elements. Once a skater reaches the freestyle level, it is recommended that they receive supplemental instruction from a private coach. Please note that when testing the skaters, they will only be tested on the compulsory elements. Please see a private coach for further testing.

We do our best to place skaters in the appropriate class. In some cases, if you do not remember what level your child has completed, one of our coaches will be glad to evaluate them.

Please pick up a brochure to sign-up today!

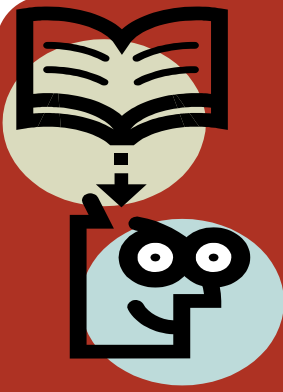
Finding the Right Coach

Taken from "The skating Parents' Survival Guide Vol. 1"

There are many factors involved in selecting a coach. Things to consider are personality, learning and teaching styles, experience and technical know how. You know your child and have the best idea of who might make a good fit. Keep your child's personality in mind when interviewing and selecting a coach. Here are some helpful questions to

consider.

- Will the coach be a good role model and instill healthy character traits?
- Will the coach treat my child politely and with enthusiasm?
- Does the coach possess and demonstrate a standard of ethics?
- Does the coach understand and adhere to safety conditions at all times?
- Is the coach a member of the U.S. Figure Skating and the Professional Skaters Association (PSA)?
- Does the coach have a PSA ranking or he/she attended a recent PSA/U.S. Figure Skating instructor workshop?

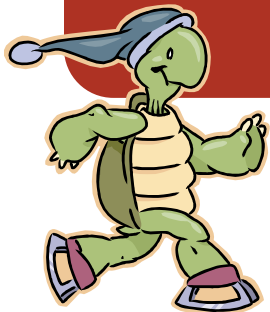


Congratulations to the following girls who competed at the St.

Peter's Summer Fling

Competition:

- **Jessica Cooper Gamma Solo 2nd**
- **Kaitlyn Depping Alpha Solo 4th place; Stroking 4th place; Surprise 3rd place**
- **Betsy Fischer Alpha Solo 3rd place; Stroking 2nd place; Surprise 1st place**
- **Stephanie Shady FS2 Compulsory 1st place; FS2 Solo 2nd place; FS2 Interpretive 1st place**
- **Crista Stover Delta Solo 3rd place**



Finding the Right Coach...

- Does the coach have a specific plan to teach the appropriate technical skills?
- Do you know the coach's philosophy?

Many people think that if you're qualified to teach it. Wrong! If this were true, all actors would make good directors, and all students would make good teachers.

A good coach...

- Knows the sport— and

kids. He or she must know about the physical development of boys and girls— what children are and are not capable of doing.

- Knows about the differences in personality— what is right for one child is not necessarily right for another.
- Understands each child's motivation for skating. Some kids are very serious about competing;

others are there because a good friend is skating.

- Understands and can deal with differences in physical and emotional maturity and appreciates each child for her or his individuality.

Please see "The Skating Parents' Survival Guide Vol. I" for more information on finding the right coach.

Specialty Classes

The East Alton Skating Academy will be offering specialty skating classes starting this fall. These classes are designed to enhance a skater's skills in a particular area. They are most beneficial when taken in addition to a LTS class or private lessons. Specialty classes will be offered August 11th—October 11th. Each class will be a half-hour.

Due to lack of interest the basic Jumps/spins class will be cancelled and the power stroking class will now be offered at

that time.

Power stroking class will be offered on Mondays 4-4:30 p.m. during the public session. This class is open to anyone Snowball 3 and higher who is looking to improve their power skating skills. This class is ideal for hockey players also. We will be focusing on stroking patterns, crossovers, and endurance.

The Moves-in-the-field class will be offered Saturday mornings 11:15-11:45 a.m. during

the freestyle session. This class is for those skaters who are interested in learning the USFSA moves-in-the-field. Skaters Snowball 5 and above are welcome to join this class.

The cost of the specialty class is \$80 per class, unless enrolled in a LTS class, then it is \$70.

Terms of the Month

- **Edges:** The two sides of the skate blade on either side of the grooved center. There is an inside edge — the edge on the inner side

of the leg— and an outside edge— that on the outer side of the leg. There is a forward and backward edge, equaling a total of four different edges.

- **Spiral:** A move in

which a skater demonstrates flexibility and a fluid line by extending their non-skating leg behind them into the air during a long glide.



Summer Camp Success



This summer the East Alton Skating Academy hosted its first summer skating camp and it was a huge success. Thirteen girls, ages 7 to 17 participated in camp this year. For many of the girls it was the most time that they have spent on the ice in one week.

The girls participated in many activities including power stroking classes, moves-in-the-field classes, off-ice conditioning classes, ballet, gymnastics, and many freestyle sessions. The camp also touched

on goal setting and why a skater should warm-up and cool-down before and after skating.



Each of the girls learned a one minute program during the week, that they then performed at the conclusion of camp for their family and friends. After they performed their programs, we then showed the guests our spirals, lunges, shoot-the-ducks, spins, and a few jumps.

All of the girls seemed to have a great time and said they were ready to come back for another camp! They all worked very hard!

Congratulations Camp participants: Kinely Brown, Meredith Buller, Emma Noto, Marlee Couatre, Jessica Cooper, Courtney Dorsey, Autumn Dyer, Betsy Fisher, Maddy Miller, Stephanie Shady, Crista Stover, Kirsten Tompkins, and Megan Veit.



Parent's Corner

This section of the news letter will feature an article from "The Skating Parents' Survival Guide" put out by the USFSA. If you would like a copy of any of the volumes, please let the skating director know.

Outfitting your Skater:

Remember that most ice rinks are cold. Prepare your child with the following tips in mind.

- Dress in layers of clothing
- Clothes should not restrict movements

- Gloves or mittens should always be worn (have a spare pair)
- Helmets are recommended for children under six
- Thin socks should be worn

Skates need to fit properly and firmly around the ankles to provide good support. This support helps to keep the ankles upright, but allows the toes to wiggle a bit. When you are ready to purchase a

pair of skater be sure to go to a reputable dealer*.

Lacing tips:

- Tap your heel back into the skate
- Pull the tongue completely up and then tuck it in
- Pull the laces tightly-one pair at a time
- Laces should be snug through the ankle area and bottom two sets of hooks.
- Allow for some ankle flexibility

Skater of the Month

This month's skater of the month is **Lauren Mulvihill!** Lauren is eight years old and attends Columbus Elementary School in Edwardsville. She is currently at the Snowball 4 level in the East Alton Skating Academy. Lauren says she likes to skate because it is fun! Her favorite skating move that she has learned so far is backward crossovers. Lauren has been skating for about

one year. Her goal in skating is to "Continue skating for a long time and get to higher levels." Other than ice skating Lauren enjoys playing with her dog, drawing and doing other art projects, playing in her tree house and in the creek.

Four your chance to be skater of the month, sign-up for LTS today!





East Alton Ice Arena

631 Lewis and Clark Blvd
East Alton, IL 62024

Phone: 618-254-7465

Fax: 618-254-7479

E-mail: skating@charter.net

The East Alton Ice Arena and the Skaters Edge Pro Shop are managed by a not-for-profit corporation. The Arena offers a wide variety of skating activities and services for the residents of the East Alton and surrounding communities. Some of these include: Public skating sessions, Birthday parties, Freestyle sessions, and Hockey games.

Please remember to periodically check the bulletin board outside the office and the website for more information.

Please stop by the skaters Edge Pro Shop for all of your skating needs.



Reminders For LTS

1. Begin with our Fall LTS session, there will be a 15% increase the price of lessons for anyone not registered by the pre-set date. Please make sure to register by this date. It aids us in placing students in the correct classes before the start of LTS.
2. Also beginning with our Fall LTS session, we will be changing the way the skaters get on and off the ice for LTS classes. Students will enter the ice from the front doorway (like in the past). They will exit the ice from the side door (opposite the bleachers). This traffic pattern will help our instructors in getting skaters on and off the ice, as well as starting classes on time.
3. Each skater will be given a name-tag on the first week of class. It is up to the skaters to keep track of these nametags. Some instructors may collect the name tags to ensure that the skater will have it each week.
4. Please arrive 15 minutes before your scheduled class time. This allows time to get your



skates on and be ready for your class. Your instructor or a helper will meet you by the door

a few minutes prior to the start of your class.

5. Please check the bulletin board and website for new information.
6. Skaters classes will be listed on the bulletin board, should you forget the time or instructor of the class.
7. Remember, skating is fun!! We are here to make the skaters experience one of the best. If there is anything we can do to assist you, please let us know.

