

2022- 2023

Potsdam Figure Skating Club



Handbook

Skater's Name \_\_\_\_\_

USFS # \_\_\_\_\_

Potsdam Figure Skating Club  
PO Box 334  
Potsdam, NY 13676

Website: [www.potsdamfsc.org](http://www.potsdamfsc.org)  
Email: [potsdamfsc@gmail.com](mailto:potsdamfsc@gmail.com)

### **Learn To Skate (LTS) - Chairpersons:**

Bamby Frank-Cooper

[Potsdamlearntoskate@gmail.com](mailto:Potsdamlearntoskate@gmail.com)

Badra Rouhi

[Badra.rouhi@me.com](mailto:Badra.rouhi@me.com)

### **PFSC Board of Directors:**

Lisa Cardinal	President
Bamby Frank-Cooper	Vice President
Cassie Hayes	Treasurer
Cara Adams	Secretary
Badra Rouhi	SkateSafe Chair
Susan Barrett	
Stephanie Barstow	
Christy Scheening	
Carolyn Zanta	

### **Learn to Skate Staff Coaches:**

Rylee Cooper	Kennedy Hayes
Jessica Donnelly	Mary Russell



### **Learn To Skate A (LTS-A)**

Skaters will have a 15 minute group lesson with a certified coach and 15 minutes free time. Group lessons will be either at 6:00 pm or 6:15 pm. Group assignments are posted on the bulletin board.

Lessons are grouped by skill level.

Parents are welcome to skate with their child (if needed); however they must be registered with Learn to Skate in order to participate. (\$17.00)

### **Learn To Skate B (LTS-B)**

Skaters will have a 15 minute group lesson with a certified coach, and 30 minutes free time.

Group lessons will be either at 6:30 pm, 6:45 pm, or 7pm. Lessons are grouped by skill level.

### **Pre-Junior**

Skaters will have a 15 minute group lesson with a certified coach, and 30 minutes free time on Monday evenings. On Friday evenings skaters will have 15 minute group lesson with a certificate coach and 45 minutes free time. Group lessons will be either at 6:30pm, 6:45pm, or 7pm. Lessons are grouped by skill level.

## **Name Tags**

Skaters in Learn to Skate A will receive a name tag or sticker for their helmets. This will help our aides identify the skater and their group time and assist them to get to their group lesson on time

## **Aides**

Aides are available to help the skaters. We usually try to have the same aides with the same groups so young skaters become familiar with them. We also have aides that will float to help skaters that are not in a group lesson with a certified coach. The aides are our junior and senior skaters who volunteer their time.

## **Badge Testing**

Skaters will be tested on the badges they are working on twice during the season. As a new skater, you will receive a Learn to Skate book which will list the different elements on each badge. If you are a returning skater and do not have a book, you should contact the LTS Chairperson. Feel free to bring these books to badge testing so they can be updated with the results. Badge testing is conducted in December and February. If you miss a test date or do not pass a badge and request a separate test session, there will be a \$10.00 fee attached. Certificates will be awarded for the completion of a badge shortly after the test session. Groups are adjusted accordingly after the December badge testing. Badges are awarded at the end of the year at our annual Banquet.

## **Compete USA - "Junior Snowflake"**

Potsdam Figure Skating Club (PFSC) hosts a competition for badge skaters and lower level junior skaters typically in February. We encourage all skaters to participate. Cost is minimal.

It is very low key and every participant receives a medal or a ribbon. Information will be posted when available.

## **Ice Show**

PFSC hosts an annual ice show at Cheel Arena at the end of the skating year (typically mid-March).

Historically skaters begin to practice after the February school break.

We assume that all skaters will participate, but it is not mandatory. If you wish NOT to have your child participate, please notify the LTS Chair.

Most costumes are provided by the Club, however you may be asked to make a minimal purchase.

Skaters are placed in groups based on their Badge level. Volunteers are needed prior to and during the Ice Show.

## **Annual Meeting/Banquet**

We invite all of our skaters and their families to a pizza party at the end of the year. This is also our Annual Meeting where new board members are elected and skaters will receive any badges they have earned during the year. Skaters are admitted free and there is a fee for non-skating family members.

## **Shooting Stars**

The Shooting Stars is a beginner-level synchronized skating team sponsored by the PFSC for skaters working on Basic 4 and above. This is a great opportunity to get some extra ice, learn and perfect your skating skills, and make new friends at a reasonable price. If you are interested or have any questions, please contact coach Lisa Cardinal at Phone #315-265-3254, cell #315-212-9155 or email: skatecoach723@gmail.com.

## **Board Meetings**

Board Meetings are held the first Sunday of the month during our winter season (November - April) at Pine Street Arena with a 6:00pm start time.

Meetings the months of May - October are held monthly and the dates, time & location may be found on our website. Please feel free to attend a meeting.

## **Ice Rules**

NO gum, food or drink (except plastic water bottles containing water) on the ice.

Skaters in group or private lessons have right of way. Please do not interrupt a group or private lesson.

No horseplay, racing or playing tag on the ice. If this continues you will be asked to leave the ice.

Skate only on the ice times you have purchased.

For safety purposes, please keep all doors closed.

## **Arena Rules**

No Running in the building.

If you eat or drink anywhere in the arena, please do NOT leave a mess. Put everything away or in the trash.

## **Bulletin Board/White Board & Check-In Desk**

Please check-in at the front desk as soon as you enter the building. Someone will be there to take attendance, share any group lesson changes due to a coach being absent, or provide you with any important information.

A bulletin board is outside the club office for any announcements. Please check this regularly.

A whiteboard is also used for any additional or last minute announcements. If you see it when you walk in the door, please read!

Any sudden cancellation of skating (i.e. weather, ice issues) will be posted on our club website ([www.potsdamfsc.org](http://www.potsdamfsc.org)), facebook and you should receive an email to the address you submitted on your application.

## **Locker Room Policy**

According to SkateSafe Locker Room policies Locker rooms will be designated as male and female same sex locker rooms. Parents with skaters over the age of 11 are not allowed in the locker rooms. Locker rooms are labeled for Male LTS, and Female LTS. If a parent is not of the same sex of their child you may use the chairs outside of the locker rooms or the bleachers to change skates.

A separate locker room is available for adult skaters (age 18 or older)

The Coach's Room is for coaches only.



## **Disclosure**

The Potsdam Figure Skating Club, its Board of Directors, Instructors, Town & Village of Potsdam are neither responsible nor liable for injuries or loss of property which might occur during club activities.

Updated  
11/2022