

2024- 2025

Potsdam Figure Skating Club



Handbook

Potsdam Figure Skating Club
PO Box 334
Potsdam, NY 13676

Website: www.potsdamfsc.org
Email: potsdamfsc@gmail.com

Learn To Skate (LTS) - Chairpersons:

Bamby Frank-Cooper
Potsdamlearntoskate@gmail.com

Badra Rouhi
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
Rochelle Bullock	
Emily Decker	
Susan Barrett	
Stephanie Barstow	

Learn to Skate Staff Coaches:

Catherine Barstow	Kelly Bonnar
Rylee Cooper	Kate Ewy
Mary Russell	Christine Sweet

Potsdam Figure Skating Club (PFSC)

Mission Statement:

The Potsdam Figure Skating Club is pleased to have you as a member. The mission of the Potsdam Figure Skating Club is to provide a safe, welcoming, and friendly skating environment to our skaters. Above all, we want to foster, promote, encourage, and offer an environment where all skaters can work hard on their skills and safely enjoy their skating experience in order to achieve their goals.

Learn To Skate Program

Our learn to skate program runs from mid-October through mid-March. Our practices are held at Pine Street Arena through the first week in March and then typically move to Clarkson's Cheel Arena and/or SUNY Potsdam's Maxcy Arena to wrap up the season.

Skaters are grouped by level. We recommend that skaters be at least 3 years old on the preceding July 1st. Coaches will have discretion whether the skater is ready to begin or not.

Skating times are **Monday** and **Friday**:

LTS A - 6:00 pm - 6:30 pm (Snow Plow Sam 1-4)

(Basic 1 and 2)

LTS B - 6:30 pm - 7:15 pm (Basic 3-6 & Adult Basics)

Pre Juniors: 6:30 - 7:15 pm on Mondays

6:30 - 7:30 pm on Friday

(Pre Freeskate & Above)

*PFSC reserves the right to change the levels based on the Club needs.

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 aide their new skater (if needed); however they must be registered with Learn to Skate in order to participate. (\$18.00)

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 certified 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) will host a competition for ALL Learn to Skate skaters and lower level junior skaters on January 25th. 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 the end of the skating year. This year it will be March 23rd. 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.

A costume fee is part of your registration fee. After the ice show skaters may keep their costumes.

Skaters are placed in groups based on their Badge level. Volunteers are needed prior to and during the Ice Show. All help is very much appreciated.

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 cell #315-212-9155 or 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 6:00 pm 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 the 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 facebook, Emailed to the address you submitted on your application and on our club website (www.potsdamfsc.org),

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 as 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.

The Learn to Skate website is a great source of information as well as the Learn to Skate App you can get on your phone.

<https://learntoskateusa.com/>

Updated
10/2024