



SKATING CLUB OF CNY

Join The Skating Club of CNY Today!!!

The U. S. Figure Skating Basic Skills membership is an introductory membership in U. S. Figure Skating. That membership allows your skater to participate in learn-to-skate activities sponsored by the program and also in Basic Skills competitions. There is also a different type of membership in U.S. Figure Skating that enables a skater to participate in all U. S. Figure Skating activities. The best way to be a part of U.S. Figure Skating is to be a member of a U.S. Figure Skating affiliated club such as the SC of CNY.

A skater may join a figure skating club at any time. Once your child is ready to take official U.S. Figure Skating tests or compete in competitions beyond the Basic Skills level, it is time to join a figure skating club. In other words, in order to take tests and enter competitions beyond the Basic Skills level, a skater must be a FULL member of U.S. Figure Skating. A skater can become a full member of U. S. Figure Skating by joining a figure skating club or by registering with U.S. Figure Skating as an "Independent". When you become a member of a figure skating club, you are called a "home club member" of that club and you will represent that club when you participate in competitions and tests.

The Skating Club of Central New York (**SC of CNY**) is a member of U.S. Figure Skating (**USFS**) and operates under its rules and bylaws. The club website can be found at www.sccny.org. The SC of CNY skates year round at the Cicero Twin Rinks in Cicero, New York. Throughout the year our club hosts skaters from several surrounding clubs, particularly during the spring, summer and early fall seasons when other rinks in the area are closed. Due to this, our ice packages are sold in "Blocks". By dividing our skating year into "Blocks", the seasonal skaters are accommodated more easily.



Blocks - Our skating season is comprised of eight (8) blocks from September to June. The summer season runs from July through August with two - four (4) week blocks. Each "block" is typically seven (7) weeks long during the regular skating season. Ice is offered Monday - Thursday throughout the year with Fridays being offered from April to June. Skating Club of CNY members, called Home Club members, receive reduced rates on the purchase of ice blocks.

Please see the club website for the current "Ice Schedule" and any changes that may occur periodically.

Sessions – Skating blocks are broken into sessions which are 45 minutes long and 1 ½ hour long. Skaters may purchase as many or few sessions as they wish per day or per week. Most (but not all) days are typically comprised of four (4) sessions. Home Club members must skate at least one session per week to maintain home club status.

Packages - During each block, skaters are encouraged to purchase "Packages". "Packages" can be customized by the skaters by providing the flexibility to determine the total number of days and sessions per day they plan to skate during the block. The purchase of a "Package" provides ice time

at a less expensive rate when compared to the club walk-on fees. Forms may be obtained at the desk or by clicking onto our “Ice Package Forms” link on the club web site.

Walk-On – A “Walk-On” charge occurs when a skater purchases ice time without having purchased a club ice package. The current walk-on fee is \$16 per 45 minute session and \$30 per 1 ½ hour session.

There are several U. S. Figure Skating disciplines offered by the SC of CNY and the clubs Staff Professionals. The disciplines offered are:

Freestyle - Freestyle is the most often recognized discipline of our sport. Freestyle is the practice of jumps, spins, footwork and artistry within a skating “program” that is set to music.

Moves in the Field – Moves in the field consists of elements of turns, edges, and spirals while demonstrating form, control, balance and speed. These elements are taught to help skaters with their overall skating ability. Moves in the field are a required discipline and a pre-requisite to testing the freestyle levels.

Ice Dancing – Ice Dancing consists of 33 set pattern dances organized into seven Dance levels. The dances have set music, steps and patterns which are practiced and tested both individually and with a dance partner. Ice Dance music is provided by the SC of CNY and dance partners are among the clubs staff professionals.

Synchronized Team Skating – Synchronized skating teams are generally comprised of between 8-24 skaters on a team. The teams are categorized into different levels determined by minimum skating test level requirements. A synchronized skating team skates as one unit, demonstrating unison and artistry while performing complex moves to music in a “program”. The required elements in a synchronized skating “program” increase in difficulty as the skating levels increase in difficulty.



Group Lessons - U.S. Figure Skating sponsors the “Basic Skills” group lesson program, offering group instruction for all ability levels and ages. Group lessons at the SC of CNY are offered year round on Wednesday evenings and Saturday mornings by skilled, certified USFS instructors. Group lessons consist of 4-12 skaters and are categorized by ability levels set by USFS. Lesson times are approximately 30 minutes long and a proficiency test is conducted at the end of each semester to determine if the skater can move forward to the next higher level.

Group lessons provide enjoyable and safe skating experiences, as well as social relationships. Coaches teach the correct technique for the basic elements as the students develop a finer degree of coordination, balance and physical fitness. Students are “tested” periodically to determine their proficiency in the basic elements and that they have demonstrated and achieved the skills necessary for their level.

Purchasing “sessions” within the SC of CNY is highly recommended for extra practice to help your skater move forward confidently. Private lessons are available and can be arranged with our staff professionals during these club sessions.



Initiation Program - The SC of CNY has developed an “Initiation Program” to help skaters “bridge” from the group “Basic Skills” membership to full U. S. Figure Skating club membership. This program introduces skaters to skating on club ice time and private lessons for 6

months at a further discounted rate from the club package rate. The purpose of this program is to help spark the skater's interest in figure skating as a sport in which they want to become more involved.

Testing (U.S. Figure Skating) – SC of CNY offers four USFS testing sessions each year (November, March, June, and August). The U. S. Figure Skating test structure makes it possible for a skater to be eligible to compete in certain competitions beyond the Basic Skills competitions. At test sessions, advanced skaters present their skills in front of a panel of judges for evaluation. The tests are taken at an official test session where a skater may be the only one on the ice and is being judged by qualified judges appointed by U. S. Figure Skating. Passing of such tests moves a skater on to the next higher level. Most skaters begin as a singles skater and do his or her skating practice and performances alone. The tests required for singles skating are moves in the field and freestyle tests.

The SC of CNY sponsors several events throughout the skating season. The annual events include the “Skate Challenge Competition” and our Annual Ice Show.

Skate Challenge Competition - The SC of CNY hosts a 2 day open invitational competition in March where skaters from all over Central New York and Canada come to compete. An extensive range of levels and disciplines are offered for freestyle, dance, compulsory skills, synchronized skating and basic skills. All levels and ages are welcome, from beginner through advanced as well as tots through adults. The purpose of the competition is to promote a fun and competitive skating experience for all skaters.



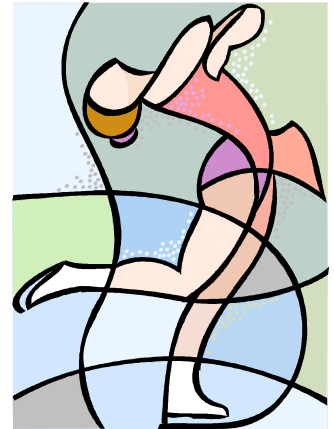
Annual Ice Show - Each year the SC of CNY hosts an ice show. The show gives our club members and Basic Skills students the opportunity to show off their skills and achievements to their families, as well as the general public. The theme of the show changes each year and the skaters wear costumes and skate to music choreographed by the club staff professionals.



Skating Club of CNY Skating Professionals

There are currently 13 Skating Club of CNY Staff Professional coaches. Any of the staff coaches are available for private lessons. Your "pro" is your skating instructor. Some often asked questions by Basic Skills students and parents as well as new club members are "How do you get a coach When do you need one? What should you expect from your pro?"

Your relationship with skating instructors usually begins when you take your first group lesson in a Learn-to-Skate program. Group lessons are generally taught by several of the instructors at any given rink, and during your time in these programs you will have the opportunity to meet and work with several different instructors. Use this time to observe them -- their techniques, their personality, their teaching and interpersonal skills, and their compatibility with your interests. When you are ready to advance beyond the group lesson environment, you will select a pro to become your teacher. Be aware that there is a limited amount of ice time and an instructor's schedule will fill up. You may not be able to make arrangements with your first choice. At almost all rinks however, the "business relationship" between a pro and student is a personal contract. You deal directly with the pro, not the club or rink to make your arrangements. You will be billed by, and pay, the pro directly, not the rink or club. So when you have made your decisions, talk directly to the pro involved to see if you can "get together". Provided below is a listing of the SC of CNY staff Professionals, their contact information and, in some cases, their rates for private lessons.



What should you expect from your Pro

Your pro will become your personal instructor. When you first contract with a pro, you should have a long talk about your goals and expectations in skating. Working together, you should build a general plan for how you will achieve those goals. But then you should trust the pro to work out the day-to-day lesson plans and "order of attack". They know best how to teach the elements and in what order they should be learned. Don't be afraid to revisit the "goals and expectations" discussion once in a while, but don't try to micromanage the pro's method of getting there either. Your pro will help you to establish an appropriate lesson and practice schedule. The pro will help you to balance the appropriate amount of lesson time with practice time. A general guideline is that for each 15 minutes of lesson time, a skater should have at least 30 minutes of practice time to reinforce those lessons. Some skaters will need more, some will need less. Usually, pros give lessons of about 15, 20, or 30 minute's duration. This will vary according to the needs of the skater, demands upon the pro's time, and the length of ice sessions.

Your pro will help you to make decisions about testing and competing. They will prepare you appropriately for these events. When it is time for a "program", they will generally make your tapes ("cut your music"). The pro often will suggest music that they think is appropriate to your skills, level, and interests. Do not be afraid to give them suggestions in this area. Your pro will choreograph your program to suit the music and meet the technical requirements of the event.

When you test, your pro will usually be present at your test session to help you warm up and to provide support / guidance as you need it. Similarly, when you compete, you should expect that the pro will go to the competition with you to guide your warm up and provide any last-minute support you need (they usually call it "putting you on the ice").

Finally, expect to be billed for the pro's time. As mentioned earlier, your business relationship will be directly with the pro. You should make your payments directly to the pro. Rates will vary in different

areas and according to the skill level of the pro. The pro will bill you for cutting music. Expect a bill for time spent with you at a test session or competition. If the test/competition is not at your home rink, you should expect a fee for travel, and room/board if it is an overnight competition (often pros will divide their expenses among the students they have at a competition -- sometimes they just have a fixed fee).



What your pro should expect from you

Your pro should expect your attention and your best effort. No pro expects every student to do everything right the first time, but they do expect the student to TRY every time. Do not waste your pro's time, or your money, through lack of effort. Your pro should expect you to respect them, just as you expect them to respect you. Treat them with courtesy on and off the ice. If you are unable to attend a lesson, they may be able to fit in an extra lesson for someone else in the time you're not there -- but they need to know in advance to make those arrangements. Many pros will charge you a regular lesson fee if you are an unannounced "no-show". Finally, trust your pro. Sometimes they'll ask you to learn things you can't see any need for. They'll want you to wait on some elements until after you've perfected other skills. As long as you've jointly set out your long-term goals, trust them to get you there...

Skating Club of CNY Staff Professionals

Sian Boychek email: siansk8@twcny.rr.com Phone: 638-5389

Sian has been coaching Basic Skills and Private lessons for 18 years. Her rate is \$28/30 minutes.

Christine Chamberlain email: chambce@yahoo.com Phone: 469-1980

Christine has been coaching Basic Skills and Private lessons for 8 years. Her rate is \$20/30 minutes.

Sidney Coulter e-mail: sdny44@hotmail.com Phone: 720-3549

Sidney has been coaching Basic Skills and private lessons for 10 years. Her rate is \$22/30 minutes.

Jennifer Duvall email jduvall2@twcny.rr.com Phone: 387-3537

Jennifer has been coaching Basic Skills and private lessons for 12 years. Her rate is \$24/30 minutes.

Renee Epps email: cproman56@yahoo.com Phone: 559-2322

Renee has been teaching private lessons for 23 years. Her rate is \$22/20 minute lesson and \$33/30 minute lesson.

Janice Fishlock email: jfishlock@earthlink.net Phone: 673-3480

Janice has been coaching Basic Skills and private lessons for 19 years. Her rate is \$26/30 minutes.

Gerin Gagliardi email: gerin75@yahoo.com Phone: 727-7576

Gerin has been coaching Basic Skills and private lessons for 14 years. Her rates are \$20/30 minutes or \$15 for 20 minutes.

Jennifer Glorioso

email: sk8jenn@hotmail.com

Phone: 656-0273

Jennifer has been coaching Basic Skills and private lessons for 8 years. Her rate is \$20/30 minutes.

Gary Jones

email: gjones6@twcny.rr.com

Phone: 455-2840

Gary has been teaching private lessons for 20 years. Contact Gary either by phone or email for his rates.

Kim Kutzer

email: Kkutzer@yahoo.com

Phone: 439-0609

Kim has been teaching private lessons for 25 years. Her rate is \$30/30 minute lesson.

Jenna Thune McKenzie

email: jennaskate12@yahoo.com

Phone: 778-1410

Jenna has been coaching Basic Skills and private lessons for 4 years. Her rate is \$20/30 minutes.

Carolyn Quinn

email: cquinn2@twcny.rr.com

Phone: 468-6908

Carolyn has been coaching Basic Skills and private lessons for 18 years. Her rates are \$24/30 minutes or \$16 for 20 minutes.

Susan Vickers

email: susanvickers@twcny.rr.com

Phone: 632-4761

Susan has been coaching Basic Skills and private lessons for 15 years. Her rate is \$24/30 minute lesson.

