



Welcome!

Dells/Delton Figure Skating Club

Parents Survival Guide

Dells/Delton Figure Skating Club is dedicated to teaching each individual the fundamentals of figure skating.

Each can choose how they would like to use these skills. Whether it be for recreational purposes only, or to take it to the next level and work towards competitions. There are so many options in the skating world. You may be surprised!

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Frequently Asked Questions

What type of skates should I get for my skater? A good quality skate is needed for success. One with support in the ankle. Your typical department store skate does not support the foot and ankle as needed.

Where can I find this type of skate? Play It Again Sports in Lake Delton, Middleton Cycle in Middleton or any reputable figure skating shop. Please don't buy off of e-bay! If in doubt, please speak with an instructor.

How shall I dress my child for lessons? The skater needs to be able to move freely. Warm clothes of course, but ones where they can move. Big bulky snowsuits restrict movement, yet hats and gloves are of great importance. Helmets are highly suggested for the beginner skater. Please no knee and elbow pads.

What is the importance of being ready to go 10 minutes before class? Being a first time skater, can be very intimidating. Have your child ready to go so he/she can get use to their surroundings. A bathroom break before hand is a GREAT

idea. If a skater comes into a class after it has started, they miss VALUABLE information and lesson. This is true whether you are a beginner or advance skater. A lot of instruction goes into a half hour lesson. Every piece of information is valuable. It is important for the class as a whole to be on time.

What should I be looking for in my child's lessons? Most important is to make sure your child is enjoying their class time. Their instructor should be addressing the class as a whole and each individually. Is your child coming off the ice happy, with a positive attitude? If you have concerns, please speak with their teacher.

Why didn't my child pass? In order to succeed in the next level, each element must be mastered. There is a method to our madness! Each step is needed to move to the next. If the first step is not mastered and your skater moves to the next level, they will be frustrated and lost. We strive for success not a quick advancement.

Other Information

What is competition all about? If your skater is ready for the next level, they can take it on the road! Competition can be great if handled correctly. First step is hiring a coach that will work well with your skater. Check each coach out. See who fits your child best. Don't be afraid to talk with a coach and tell them you would like to try them on a trial basis. When a decision is made, your skaters coach will work on a competition piece with them. This takes time and dedication. When the coach feels your child is ready, you can choose several competitions or just one to get started.

Our goal is to take a group of skaters to the Badger State Games in February. Talk to a coach today! Let's get started! (All our coaches are registered members of USFSA and carry liability insurance)

What is this volunteer time they are asking of me or buy out? The Dells/Delton Figure Skating runs the Public/Open Skate Sessions on Wednesday and Sunday evenings and your help is needed! We volunteer to do this in return to get our ice time for a very reasonable price. This savings is passed on to you and reflects in the cost of Learn To Skate fees. This also gives us ice to use on Saturday mornings for private lessons or more group lessons if needed. Most rinks, if a skater has private lessons with a coach, pay the coach AND an ice fee anywhere from \$10 to \$15 an hour. There is no ice fee cost to you here at our rink!



The Ten Commandments for Figure Skating Parents

I. Thou shalt not impose your ambitions on thy child. Remember that figure skating is your child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes, and don't push them based on what you think they should be doing.

II. Thou shalt be supportive no matter what. There is only one question to ask your child - "Did you have fun?" If competitions, shows, and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach your child. You have taken your child to a professional coach - do not undermine that performance by trying to coach your child on the side. Your job is to support and love your child no matter what, and the coach is responsible for the technical part of the job.

IV. Thou shalt only have positive things to say at a competition. If you are going to show up at a competition, you should cheer and applaud, but never criticize your child, other children, the judges, coaches, or officials. Always strive to set a good example for your child.

V. Thou shalt acknowledge thy child's fears. A first competition (or every competition) can be a stressful situation. It is totally appropriate for your child to be anxious. Don't yell or belittle, just assure your child they are ready for it.

VI. Thou shalt not criticize the judges. If you complain about the judging or results, don't be surprised when your child models your behavior and acts out against other authority figures in his life. He learned it from you.

VII. Honor thy child's coach. The bond between coach and skater is a special one and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. The child shall have goals besides winning. Giving an honest effort, regardless of the outcome, is much more important than winning. An Olympic swimmer once said, "My goal was to set a world record. Well, I did that but someone did it too, just a little faster than I did. I achieved my goal and lost. That does not make me a failure. In fact, I am very proud of that race."

IX. Thou shalt place your child first above everything. Ask yourself this question - Are your child's goals more important to you than they are to your child? Remember that the focus of youth sports should be fun. Children are constantly changing, and their goals, interests and participation in activities will change as well. Parents should remain flexible, patient and always supportive while their children strive to find their niche in life.

X. Thou shalt not expect thy child to become an Olympian. There are more than 100,000 skaters registered with ISI and US Figure Skating. The odds of your child making the Olympic team are less than one in 33,000. Figure Skating is much more than just the Olympics. Ask your coach why he coaches. Chances are he or she was not an Olympic skater but still got enough out of skating that they want to pass that love for the sport on to others. Figure Skating teaches self-discipline and sportsmanship. It builds self-esteem and fitness.

It provides lifelong friendships and much more. Figure Skating builds good people and you should be happy that your child wants to participate

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