



Information – USK:s Ice skating school

Uppsala Ice skating Club is an ideal sport organization which has a focus on ice and figure skating!

The ice skating school has a goal to teach ice skaters the basic techniques in ice skating using simple exercises. The program suits for all, regardless if one wants to be a hockey player, a bandy player, figure skater or if one only wants to learn how to ice skate. Additionally, one develops important basic skills such as balance, coordination, agility, body perception, and concentration. Not least it is important that all should have fun on the ice together with other skaters and the trainers.

The groups include both boys/men and girls/women which are composed after age and knowledge level, from 4 years and up to adult ages. In ice skating school there are children, adolescent and adult groups.

THE TERM

Registration to a course and membership application is made on the club's website. Both registration and application are required for participation. The registration to a course applies to one term. If one desires to continue in ice skating school for the next term, one is required to register again. In contrast, membership application applies for both the fall and the spring terms.

The term includes 10 skating lessons and a final show, a Christmas show (fall term) or a Spring show (spring term). Those days are found on the USK calendar on the USK homepage. (www.uppsalask.se)

Attendance is taken in the ice hall.

SCHOOL BREAKS

Ice skating school continues over the school breaks; training sessions continue as normally.

DEVELOPMENT AWARD TESTING

Development award testing takes place at the end of the term. There are 8 ice skating development awards, you can read more about them on the club homepage. The Swedish Figure Skating Association decides which skills one needs to be ready to take the development tests. Ice skating development awards are given out in conjunction with development award testing as well as at the term ends. The first award is included in the cost of the course but the following awards cost 50kr each which is paid by the skater.

COST

The current cost, see further Charges on homepage. If you desires to quit we would like you to “de-register” so that we can take in others who want to learn to ice skate. If your child does not want to continue, you must “de-register” by sending an email to “registration” and “treasurer”. Current email addresses to registration and treasurer are found on the club’s home page under the tab “contact”.

INFORMATION is given on our home page. We update the site continuously so we ask that you watch the USK calendar and the tab “Schedule” and visit it at least once the week before training sessions to see if there are changes or news. www.uppsalask.se
Questions can be sent to anmalan.uppsalask@gmail.com

FIGURE SKATING SCHOOL

The stage after ice skating school is our figure skating school. There one trains several times per week. In the beginning of every term we usually offer for interested children the opportunity to begin in the figure skating school.

EQUIPMENT FOR ICE SKATING SCHOOL

Ice skates. The skater’s progress is largely dependent on the quality of the ice skates. Ice skates should not be purchased too big, they should fit the foot and sit firmly. It is very important that ice skates are firm quality so that the ankle has proper support. The ice skates should be tied or fastened so that they “feel good” on the foot, neither too loose nor too tight. It is important that the skates are properly sharpened. How long the blades last depends on how often one skates, the weight of the skater, and mostly the care of the blade. Ask your trainer if you are unsure about sharpening. Never allow the skater to go off the ice without using protection for the ice skates. The blades will be dulled already after a “walk”. Use the ice skating protectors of hard plastic to protect the blade. After you have taken off the skates, then dry the blade with a terry cloth, otherwise the blades will rust. Then place the skates, not in the protects you have just used, for then the skates will be damp again. Allow the skates to dry properly at home, never allow the skates to remain in the closed bag.

You can have either figure skating skates (with spikes) or hockey skates in the ice skating school. If you buy “figure skates” in a general sports shop, ensure that you choose a model which is firm, not soft, in the boot. If you continue in our figure skating school, you will need to buy real figure skates which you buy in a figure skating boutique.

Clothing should be warm and both fitting as well as allowing full movement. Often skaters are too warmly dressed and get sweaty. You can use, for example, lined outdoor pants or skiing bib or fleece pants and a fitted skirt in combinations with a thin jacket. For the younger children even a winter overall works well. Don’t forget gloves! Avoid jeans because they often sit too tight and get too cold. Also don’t wear a scarf which hangs.

Helmet is as important as the skates in the beginning, and it is obligatory to have until one reaches a certain development stage. You must count on the fact that you fall often and the

head must be protected from injury. A good helmet must not be too big to sit firmly. If you are cold you can use a thin hat under the helmet but it is often not needed. Mark the helmet with the child's name; this makes it easier for the trainer's to learn the names of the children.

OTHER THINGS TO THINK ABOUT

Come in good time before the training session.

Visits to the toilet should be avoided during the training session. See that the skater has been to the toilet before the training session. Toilets are found in both A- and C- halls.

It is not allowed to eat during the training session, for reasons of safety it is not allowed to eat/suck candy or to chew gum on the ice.

Questions? Please ask questions to the trainers if you are wondering about anything, but please try to ask them after the training session. You should ask the trainer first. If she/he cannot answer your question, please direct it to: anmalan.uppsalask@gmail.com

If the child decides to quit, the trainer should be informed. This is so that any skaters in the queue may be offered the spot in the club.

If you as a parent would like to remain at the ice hall during the session, we would like that you stand along the wall.

Often the club will organise a "fika table" during the training sessions, there you can buy a warming cup of coffee or tea and some cake/cookies.

Let us know if you have other questions!

Welcome!

***Bästa hälsningar/ Best regards
Uppsala Skridskoklubbs skridskoskola***