

FIGURE SKATING

Parents Guide



Volume 2

The tips and tricks
to being a supportive
figure skating parent





LESSONS IN SKATING ARE LESSONS LEARNED IN LIFE

As your skater progresses through the levels of U.S. Figure Skating, the tips in this parent guide will help lead you and your child to success. This guide book is for parents of children who have found an interest — perhaps even a passion — in skating and who are skating recreationally or beginning to enter competitive skating.

Your child can benefit greatly by participating in skating and will learn a variety of skills that will help on the ice and beyond. Through skating, your child can:

- Acquire an appreciation for an active lifestyle
- Develop self-esteem, self-confidence, self-discipline and self-reliance
- Learn how to manage stress and perform under pressure
- Learn about managing success and disappointment
- Develop sportsmanship
- Learn respect for others

This guide will help parents support their children so they can grow in positive ways, develop a strong sense of themselves and find their passion in life.

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ABOUT U.S. FIGURE SKATING

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States and a member of the U.S. Olympic & Paralympic Committee and the International Skating Union, the international federation for figure skating.

When the association was formed in 1921, there were seven charter member clubs. To date, U.S. Figure Skating has more than 203,000 members in more than 750 clubs.

OUR MISSION:

We create and cultivate opportunities for participation and achievement in figure skating.

OUR VISION:

Together, we foster fun and inspire a life-long passion for skating, while developing champions on and off the ice.

OUR VALUES:

- **Excellence:** highest standards in all endeavors
- **Integrity:** honesty and openness in all we do
- **Respect:** we value each other's voices, contributions and well-being
- **Resilience:** we get up and adapt to challenges on and off the ice
- **Community:** we nurture connections throughout the skating community

In carrying out our mission, U.S. Figure Skating provides programs to develop and support athletes in reaching their potential, trains and appoints officials, sanctions events and establishes the rules by which the sport is governed.



MEMBER
International
Skating Union



MEMBER
United States Olympic &
Paralympic Committee

THE DISCIPLINES OF FIGURE SKATING

LADIES AND MEN'S SINGLES

Form, style, technique, concentration and the ability to perform under pressure are key components in ladies and men's singles skating, and the rules are similar for both disciplines. In singles skating, male and female skaters compete individually. Both are Olympic disciplines, along with pairs and ice dance.

PAIRS

Pairs skating is performed in unison by partners, with the addition of difficult overhead lifts, throw jumps, pairs spins and side-by-side jump and spin elements.

ICE DANCE

Ice dance is based on the different aspects of dance, including rhythm, interpretation of the music and precise steps. Unlike pairs skating, no overhead lifts or jumps of more than one revolution are allowed.

SYNCHRONIZED SKATING

Synchronized skating is a highly technical form of team skating characterized by speed, accuracy, intricate formations and transitions. Teams of 8-20 skaters perform side-by-side on the ice. Synchronized skating is not yet an Olympic sport, but a World Synchronized Skating Championships has been held annually since 2000.



U.S. FIGURE SKATING ASPIRE PROGRAM

The next step after group lessons is to seek out a club in your community and learn about the benefits offered through an introductory membership. As your child transitions from Learn to Skate USA, the U.S. Figure Skating Aspire Program provides a solid foundation in figure skating through the development of athleticism and artistry, empowering skaters to be successful on and off the ice. This program takes the anxiety away from switching to private lessons and offers a cost-effective way to continue group lessons as the skater makes that transition to full membership. Aspire provides:

- An affordable, comprehensive package program
- A safe and supportive group training environment
- An introduction to a wide variety of skating disciplines
- A focus on proper skill development and training techniques
- Resources for new skaters and their parents to support their love of skating
- An opportunity for skaters to reach their goals by fostering and nurturing their true potential

The program focuses on skaters from the Learn to Skate USA pre-free skate level through U.S. Figure Skating's preliminary level and adult beginner-bronze levels. Skaters are introduced to a variety of on- and off-ice group classes to hone their skills.

Local Aspire programs are run differently by each club or rink and offer different packages. Check with your local skating club or ice facility for more information on its Aspire program.

On-ice classes

CORE ON-ICE CLASSES

- Skating skills (including edges and power skating)
- Jumps and spins
- Introduction to moves in the field

ON-ICE ENHANCEMENT CLASSES

- Learn to compete
- Beginning ice dancing
- Introduction to synchro skills
- Artistry in Motion: choreography and movement
- Introduction to Theatre On Ice

Off-ice classes

CORE OFF-ICE CLASSES

- Dynamic warm-up
- Physical literacy
- Agility, balance and coordination
- Functional strength training
- Flexibility
- Plyometrics and off-ice jumps
- Movement and musical interpretation

OFF-ICE HEALTH AND WELLNESS CLASSES

- Long-term athlete development
- Proper nutrition and hydration
- Practice planning/tracking
- Goal-setting
- Sportsmanship
- Self-confidence and perseverance
- Mental preparation
- SafeSport Education
- Social activities

SKATING AS A TEAM: EXPLORING PAIRS, DANCE, SYNCHRONIZED SKATING AND THEATRE ON ICE

Figure skating is known as an individual sport, but a parent's role increases when a skater decides to skate on a team, whether that's finding a partner in pairs or ice dance or joining a synchronized skating or Theatre On Ice team. Team skating provides a variety of benefits, and skaters learn the value of skating as a team, working toward a common goal, compromise, cooperation and much more.

A parent's role changes as a child begins team skating. There are now other parents also rooting on your child's progress and success, and it's important for all parents to work together to help their team of skaters achieve success.

PAIRS AND ICE DANCE

After your skater decides to start pairs or ice dance, don't rush into selecting a partner. Take the time to go on partner tryouts before making a commitment. The two skaters should possess approximately the same level of skating and be able to contribute their best abilities to the team. Camaraderie and ability to get along are also important factors in team skating. If two skaters don't get along from the start, the partnership most likely will not work out.

Before making the commitment, parents, skaters and the coach(es) need to discuss goals and time/monetary commitment. Similar goals and work ethic set skaters up for success. All factors should be



clearly discussed and agreed upon before beginning the new partnership.

Learning from each other makes skating as a team a wonderful growth experience. There are now more people who care just as much as you do about your child's skating. The parents need to believe in the team just as the team needs to believe in themselves.

Skating together as a pairs or ice dance team is an amazing experience, but the team's success relies on everyone working together and supporting each other.



SYNCHRONIZED SKATING AND THEATRE ON ICE

Synchronized skating is a team sport in which eight to 20 skaters perform a program together. The focus of the team is on its development, training and performance. The focus of the skater is on participation, contribution and individual training. The focus of the parent is supporting the child's participation and providing opportunity for and supporting individual skill development.

Theatre On Ice is a team sport characterized by artistry and theatrical skating. Known as Ballet on Ice in Europe, teams of eight to 30 skaters come together to tell a story on the ice. Programs are evaluated on technical merit and presentation with emphasis on originality, costuming, artistry and musicality.

Joining a skating team is a mutual commitment by the skater and the team. The skater must commit to the expectations of a team member — participation, engagement and financial commitment. When a skater begins skating on a team, the communication process between parents and coaches becomes significantly different from singles skating. In team skating, the parents typically communicate with the team manager rather than the coach for specific needs. The coach needs to focus on the development of the team, not individual skaters.

Tips for Team Skating Parents

- Encourage your children to skate, but don't pressure them. Encourage them to commit to the team during the current season; they can decide not to return the following season.
- Help your children set challenging but realistic performance goals.
- Help your children meet responsibilities to their coach and teammates.
- Support your children's teammates and coaches, even when your children are unable to or haven't been chosen to compete in a competition.
- Recognize what's in the best interest of the team, but focus on your children's individual skill development. Integrate it with the development of the team.
- Become involved. There are many volunteer opportunities for synchronized skating and Theatre On Ice parents to support the team.

FINDING A TEAM

If your child has chosen to pursue team skating, you can research the teams in your area. Contact the rink or club to express interest in its synchronized or Theatre On Ice skating program. Keep your child's personality and needs in mind when selecting a team. Some topics to discuss to find the right fit include:

- Practice and competition schedule
- Costs
- Team goals
- Process for making the team
- Expectations for skaters and parents
- Skating skills and test level requirements

PREPARE FOR THE ICE WITH THIS DYNAMIC WARM-UP

Created by Melissa Vriner, National S.T.A.R.S. Program Coordinator

Warming up prepares the body for the upcoming training session by increasing the body's temperature and waking up the central nervous system. This dynamic warm-up takes less than 10 minutes and will have your skater feeling ready to hit the ice.

STEP 1: WARM UP

A 1-to-2-minute cardiorespiratory warm-up consists of continuous movements to increase heart rate and blood flow and awaken the central nervous system. Movements can include jogging, jump rope, jumping jacks, skipping, dancing, etc.

STEP 2: LENGTHEN AND MOBILIZE

A series of purposeful movements will increase range of motion in key joints and lengthen muscle groups used on the ice. Key joints include ankles, hips, back and shoulders. Hold these dynamic stretches for 2-5 seconds with multiple repetitions:

- Walking Quad Stretch
- Walking Leg Cradles
- Walking Toe Touch
- Lateral Lunge
- Runner's Lunge with Twist
- Inchworm
- Arm Swings
- Cross Body Shoulder Stretch
- Ankle Circles
- Standing Calf and Ankle Stretch

STEP 3: ACTIVATE

Activate the central nervous system to use key muscle groups in reactive movements that can replicate on-ice skills. Key groups include ankles, hips, glutes, hamstrings, core and upper body.

These exercises will activate your muscles and prepare you for the ice:

- Basic Squat
- Basic Glute Bridge
- Single Leg Deadlift
- Jump Squats
- Broad Jump
- Power Skips
- Two-foot jump rotations (optional)



U.S. FIGURE SKATING TESTS AND COMPETITIONS

COMPETITIONS

The level skaters enter in competitions (qualifying and nonqualifying) is determined by their highest test passed.

Skaters can choose to compete in nonqualifying or qualifying competitions. Nonqualifying competitions include all levels and ages, from Learn to Skate USA to senior, and different events from free skating (well-balanced and excel) and pattern dance to artistic, showcase and collegiate competitions.

QUALIFYING COMPETITIONS

National Qualifying Series

The qualifying structure kicks off in June with the National Qualifying Series (NQS). Launched in the 2019-20 season, NQS is a series of official U.S. Figure Skating-approved competitions in which athletes can earn official scores toward a sectional and national rank. Held June–September of each year, the series serves juvenile-senior competitors in singles, ice dance and pairs.

NQS Highlights

- Athletes must register for NQS with U.S. Figure Skating by the end of May
- Athletes can enter as many or as few official competitions they choose, in any location
- Only the athlete or team's highest total score counts
- The top six ranking singles athletes in each section earn a bye to the Sectional Singles Final
- The top three ranking dance or pairs teams nationwide earn a bye to the U.S. Pairs or U.S. Dance Final

Qualifying Season

- If athletes don't earn a bye to a Sectional or U.S. Final, there's another chance to advance by competing at a Regional Singles Challenge or Sectional Pairs/Dance Challenge in their region or section.

Singles

The top four singles in each region will advance to the Sectional Singles Final, and the top five teams at the Sectional Pairs and Sectional Ice Dance Challenges advance to the U.S. Pairs/Ice Dance Finals.

From the Sectional Singles Final, the top four skaters per section advance. Junior- and senior-level skaters advance to the U.S. Figure Skating Championships, while skaters at the juvenile-novice levels advance to the National High Performance Development Team.

Pairs/Ice Dance

The top 12 junior and senior pairs teams and ice dance teams advance to the U.S. Figure Skating Championships. The top nine juvenile, intermediate and novice teams for pairs and ice dance advance to the National High Performance Development Team.

National High Performance Development Team and National Development Camp

Debuted for the 2019-20 season, the National High Performance Development Team (NHPDT) serves as a program for the top U.S. skaters at the juvenile, intermediate and novice levels. The NHPDT commences with a training camp immediately following the U.S. Figure Skating Championships.

Athletes attend a competitive group training program to accelerate their exposure to high performance programs and Team USA. High-performing athletes from this camp can also be selected for advanced novice and junior international competitions and other high performance programs and competitions.

Learn more about competitions and the different opportunities available at usfigureskating.org.

TESTING

Known as “foundation of U.S. Figure Skating,” testing defines where skaters are in their journey. Test levels determine which events skaters can enter at a competition, which group they are assigned to at camps and clinics and even which sessions they can skate on at some rinks.

Moves in the field is a basic skating skills progression. Each test level has several set patterns of turns, edges, spirals and more that get progressively more difficult. Free skating and pairs tests require skaters to perform a program with jumps, spins and step sequences. Skaters must pass the corresponding moves in the field test first.

The ice dance and solo dance structures require skaters to perform three to four set pattern dances per level. The free dance and solo free dance tracks require a free dance performance.

As skaters progress through the levels and pass their senior or gold test, they receive the title “U.S. Figure Skating Gold Medalist.” This accomplishment marks many years of hard work and dedication, and skaters can use it on skating resumes and college or job applications.

On average, it takes skaters 6 years to pass their senior moves in the field test and 8 years to pass the senior freestyle test. While this timeline varies with each skater, every test passed is another accomplishment and something to be celebrated.

There are five different disciplines in which skaters test:

Moves in the field and free skating
Pre-preliminary
Preliminary
Pre-juvenile
Juvenile
Intermediate
Novice
Junior
Senior

Pattern dance (solo or partnered)
Preliminary
Pre-bronze
Bronze
Pre-silver
Silver
Pre-gold
Gold
International
Free dance and solo free dance
Juvenile
Intermediate
Novice
Junior
Senior
Pairs
Pre-juvenile
Juvenile
Intermediate
Novice
Junior
Senior





ALL ABOUT JUDGING

Figure skating judges are volunteers who donate their time because of a love for skating and a desire to give back to the sport. Although judging is a rewarding activity, it's also a big time commitment. Judges spend countless hours dedicated to their craft — studying, judging tests and competitions and giving feedback to skaters.

THE 6.0 JUDGING SYSTEM

The 6.0 system has been the long-standing judging system for figure skating. It's used for Compete USA events and many nonqualifying competitions, particularly pre-juvenile and below.

The basic principle of the 6.0 system is a “majority” system. Each event is judged by an odd number of judges, and the winner of the event is the skater placed

highest by a majority of these judges.

For all singles and pairs events and the free dance, judges award two marks: for technical merit and for program presentation. The technical merit mark expresses a judge's evaluation of the quality of the required elements skated. The presentation mark reflects a judge's assessment of the program as a whole — its composition, originality, use of ice, skater's style and expression of the music.

INTERNATIONAL JUDGING SYSTEM (IJS)

In IJS, competitors accumulate points based on the degree of difficulty (base value) of each technical element and how well each element is executed (grade of execution, or GOE). Skaters also earn

points based on their overall skating ability and performance level through program component scores.

The IJS is used for the national qualifying structure, including all U.S. Championships, as well as at many local competitions at the juvenile-senior levels, including excel. To learn more about IJS, go to usfigureskating.org.

HOW IJS AND 6.0 DIFFER

IJS is based on cumulative points rather than the 6.0 standard of marks and placement. IJS focuses on each skater individually, and judges don't have to use their memory to compare all aspects of every skater and figure out where to place them. They simply evaluate the qualities of each performance.

What if I don't agree with the results?

As a parent, remember that you have chosen the role of spectator at the event. Recognize that judges are experts in their field and work very hard at it. If you have concerns about the results of your child's event, discuss them with your coach. Oftentimes, the coach is welcome to seek further information from the panel of judges. Whether or not to ask the judges for feedback, and whom to ask, is a decision for the coach to make. It is not appropriate for a parent to question a judge directly about a test session or competition.





TEACHING SPORTSMANSHIP

Sportsmanship starts outside of sports. While the word “sportsmanship” involves sport, the definition involves behavior and communication in any context. The behavior children learn at home translates to the way they interact with teammates, opponents, coaches and others at the rink. Raising a good sport on the ice starts by showing kids what being a good sport looks like off the ice.

PLAY BY THE RULES

Society is run by a set of rules the same way a sport is. As a parent, if you behave

in the world as if the rules don't apply to you, your young skater will likely behave the same way at the rink.

OWN YOUR MISTAKES

Mistakes happen, and when they do, it's not the end of the world. Being able to accept responsibility for your own mistakes is an important lesson learned in skating and in life.

Parents who consistently blame others for their own errors or try to shield their children from accepting ownership of

their mistakes contribute to an athlete's sense of being faultless at the rink.

AVOID TRASH TALK

Trash talking includes snarky comments about other parents and the coach. Outside sports, it consists of expression of frustration, yelling at the television during games, etc. Avoid these negative comments around your children and teach them to respect others and talk politely.

SAY THANK YOU

Appreciate the services and efforts of others and teach your children to do the same. When parents are dismissive of service providers or helpful volunteers, it teaches children they don't need to be polite or appreciative either. This can lead to a sense of entitlement and lack of gratefulness or recognition toward coaches and judges who are there for the athletes.

DISAGREE RESPECTFULLY

The way parents handle disagreements with friends, coaches, other parents and others and the way they conduct them-

selves provides children an example of how they will handle their own disagreements with coaches, friends and other skaters.

It's important to show children they can disagree and advocate for their own opinion, but to keep the conversation respectful and avoid impolite words and behavior toward others.

BE A TEAM PLAYER

Teamwork is a skill that progresses along with children's stages of development. While skating is mainly an individual sport, skaters still learn teamwork by working with coaches, representing their country or skating on a team.

While your child will experience the value of teamwork at the rink, he/she also needs to see it outside of competition. Teamwork is used in all aspects of life, including work and school. Make an effort to show your child that working together is a more effective and efficient way to complete a task and achieve a desired goal.

"Sportsmanship Starts Outside of Sports." TrueSport, 2018.



PARENTS' RESPONSIBILITY TO THEIR SKATERS

A parent's job is to raise his/her children to become well-rounded, productive and respectful members of society. This job doesn't change when children become athletes. Whether they are competitive or recreational, individual or team athletes, our final goal is for them to be good people as well as good athletes. Here are a few ideas to keep in mind when approaching your child's skating.

BALANCE

Make sure there is balance in your skater's life. Few skaters make skating their life career. If that is their path, they'll focus on it. Here are some tips for keeping your child's skating in balance with the rest of the family:

1. **Encourage sport sampling.** Playing multiple sports throughout the year allows kids to become a more well-rounded athlete, reduces risk of overuse injury and minimizes sports burnout.
2. **Prioritize.** Skating is a privilege, not a right. Skating, schoolwork and family life should be given equal billing.
3. **Make a realistic schedule.** Help your child make a list of all activities and include time for travel. Then draw up a schedule you can all manage.
4. **Make time for homework.** Dedicate a certain amount of time each night to homework.
5. **Get your kids to help.** Depending on their age, skaters can help by keeping their own equipment, music, etc. clean and organized.
6. **Keep track of your budget.** Skating is an expensive sport. If costs are getting out of hand, let your children know that they will have to make choices or contribute to the expenses.

LEARN

Take the time to educate yourself on the ins and outs of figure skating. Not all parents will understand the elements of skating, but it's important to your skaters to be involved in some way because it's important to them. The best way to learn about skating is to join your skater's club and participate in club events as a participant and volunteer. The U.S. Figure Skating Rulebook is also online and a great resource to help you understand the rules important to your child and the sport.

SUPPORT YOUR COACH

Listen to the coach's advice and instructions, and ensure your skater is following through with those instructions. Let the coach be the coach, and don't try to second-guess the approach he/she is taking with teaching. If you have an issue with the coach, bring it to his/her attention privately and never in front of the skater or with other parents. Pay your child's lesson bills on time. Get your skater to the rink on time, and when you can't be there, make sure to tell the coach in advance.

SUPPORT THE CLUB

Help with club activities. Clubs are run by volunteers, and they always need all the help they can get. Be willing to work on committees or serve on the board if needed. Help with jobs like ice monitoring, music, etc. at competitions.

WATCH

Stay and watch your skater at the rink and show your interest. Often, skaters whose parents never watch in practice feel self-conscious or pressured to do well when their parents finally do show up to watch. If competition is the only time you watch your child skate, you may be hurting more than helping.

PLANNING FOR SUCCESS: SETTING AND ACHIEVING GOALS

Goals are designed to help athletes get to where they want to go. They are the road map to dreams, helping skaters remain focused on the destination. Setting goals drives motivation and a desire to keep practicing.

Good goal setting gives a skater an “edge” in three areas:

1. **Direction:** goals tell the skaters where they need to go and how to get there
2. **Feedback:** goals tell the skaters when they are making progress
3. **Support:** goals keep the skaters going when they might otherwise give up

Sit down with your child and write down a few goals, keeping in mind the following types:

1. **Daily goals:** assist with daily and weekly routine
2. **Short-term goals:** set for a shorter period of time, such as less than a year
3. **Long-term goals:** set for a longer period of time, such as more than a year, and supported by short-term goals
4. **S.M.A.R.T. goals:** specific, measurable, attainable, relevant, timely

Goals can be:

- **Outcome-oriented:** related to winning and final result
- **Performance-oriented:** related to various statistics that can improve performance
- **Process-oriented:** related to performance goals and what the athlete should focus on while practicing a skill

The most effective goals are process-oriented. They focus on how to accomplish something rather than outcome goals, which focus solely on the final result. Help your skater develop a goal for the season and a goal for each practice. If your children develop goals with the coach, encourage them to keep working toward them each day.

Goal Setting Tips

- Write down the goals and keep them nearby as a reminder
- Outcome goals are seldom appropriate because there are many factors about the outcome that you are unable to control
- Daily goals should be process-oriented
- Use detail and action words with goals
- Ensure goals are challenging but attainable
- Encourage your skaters to own their goals and celebrate successes



"7 Ways to Help Your Athlete Be Confident." TrueSport, 2018.

CREATING CONFIDENCE: ENCOURAGING YOUR SKATER ON THE ICE AND BEYOND

Skating (and youth sports in general) plays an important role in developing confidence as a child grows. Sports give children the chance to overcome obstacles while further developing their interpersonal skills. While coaches and parents can't make young athletes confident, there are ways you can help them develop their own confidence and self-esteem.

Support

Young athletes need many different types of support — emotional, financial and transportation being the top few. Support your children with any decision they make, including if they decide to stop skating.

Unconditional Love

You love your children regardless of how they perform, so be sure to demonstrate that love disregarding performance outcomes.

Communicate

When skaters experience fear and self-doubt, parents and coaches can be great resources. The more comfortable kids are confiding in parents and coaches, the sooner they will talk about their fears and doubts.

Encouragement

Let your children know how proud you are of them. Cheer for the effort displayed, not the end result. And while being humble has its place, it's healthy to be proud of accomplishments through hard work and practice. Help your child express pride without being boastful.

Praise Effort and Notice Improvements

Be there for practices and tell your child when you notice improvements. Praise hard work and encourage your child to keep working.

Redirect Negative Thoughts

All athletes experience self-doubt. The key is identifying those negative thoughts and replacing them with positive affirmations. Instead of saying, "I can't," encourage your child to say, "I can if I work hard."

Focus on Positives

Failure will happen, but instead of focusing on the negatives, use it as a learning opportunity. Work with your child and the coach to think critically about failures. What did your child do right? What can be improved?



MENTAL PREPARATION

Successful and consistent sports performance is a combination of technical, physical and mental skills. While the technical and physical aspect of performance is practiced on the ice each day, sometimes the mental preparation related to the ability to perform well is put aside.

Mental toughness is a requirement for consistent performance and is a skill learned through a solid mental training program. Without mental training, skaters often miss opportunities to succeed because they are not mentally or emotionally ready, even if they're physically ready.

Skaters who make the effort to mentally prepare for performing find that it takes time, effort and persistence, but the reward can be great.

MENTAL THINKING SKILLS NECESSARY TO BE SUCCESSFUL

Relaxation Skills — Techniques for reducing tension and anxiety that could interfere with successful performances

Visualization or Mental Imagery — The idea of using imagination as another way to practice mastering a technical skill or correcting errors; also helps to build confidence as a skater sees and feels themselves successfully executing technical elements

Positive Self-Talk — Specific and random thoughts that skaters say to themselves both silently and out loud; thoughts need to be positive, precise and focused on specific things known to improve performance

Concentration— The ability to focus on the right things at the right time; includes knowing how to redirect focus and concentrating on what needs to be done rather than outcome or results



WHAT MAKES A GOOD COACH

A coach's role is to help his/her athletes improve performance and reach their full potential by teaching, monitoring and motivating them. Good coaches are made, not born. Whether they are at the elite or beginner level, it takes time, education, dedication and training to become a successful coach. The best coach is one who is knowledgeable about his/her sport, listens to his/her athletes, understands and responds to their needs, gives them a sense of self-worth and helps them develop and enjoy the sport.

You can expect a good figure skating coach to:

- Support, guide and develop the skater and teach necessary technical skills
- Communicate with the skater and parent and give objective feedback
- Help skater set realistic goals and a yearly schedule of events (competitions and tests)
- Establish a training plan and help keep the skater on track
- Structure training to maximize skater potential
- Advise appropriate equipment purchases
- Help parents and skaters understand the complexities of figure skating
- Display a positive attitude, a professional demeanor and emotional maturity
- Promote confidence, self-esteem and character development above all else
- Celebrate success and counsel through setbacks
- Alert a parent if there are any concerns regarding the child

COACHING COMPLIANCE

U.S. Figure Skating has implemented a series of coach requirements to ensure that the environment in all U.S. Figure Skating programs is as safe as possible for all participants. Coach compliance gives parents the highest degree of con-

fidence that their children are not only receiving good care and proper instruction, but are safe from improper conduct.

U.S. FIGURE SKATING COACH REQUIREMENTS

- U.S. Figure Skating Full Membership
- Completion of SafeSport training
- Successfully pass the background screen
- Verification of coach liability insurance
- Completion of CER courses
- Professional Skaters Association (PSA) Membership (only if coaching in qualifying competitions)

Noncompliant coaches who attempt to coach at a test session or competition are subject to disciplinary action by U.S. Figure Skating and/or the PSA.

PROFESSIONAL SKATERS ASSOCIATION (PSA)

The PSA is the official figure skating coaches' education, training and accreditation program for U.S. Figure Skating. It's the largest and most recognized of all figure skating coaches' organizations in the world.

PSA is dedicated to providing continuing education and accreditation to ice skating professionals in a safe and ethical environment. PSA and U.S. Figure Skating collaborate on dozens of educational opportunities for coaches, including oral ratings exams, rankings, conferences, seminars and more.

Continuing Education Requirement (CER) Courses

In cooperation with the PSA, U.S. Figure Skating requires all coaches who are coaching at nonqualifying, qualifying and/or test sessions to fulfill a CER beginning each year. This requirement is designed to set a standard of education for coaches.

U.S. FIGURE SKATING SAFESPORT PROGRAM

U.S. Figure Skating strives to provide a safe environment for its members that is free of abuse and harassment. The association will not tolerate or condone any form of abuse or misconduct of any of its members or any persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of abuse and misconduct are unacceptable and in direct conflict with U.S. Figure Skating's SafeSport Handbook. The U.S. Figure Skating SafeSport program provides resources for all members to identify abuse and misconduct, steps to reduce it and response procedures.

The U.S. Figure Skating SafeSport program addresses the following types of abuse misconduct:

- Sexual misconduct
- Physical misconduct
- Emotional misconduct
- Bullying, threats and harassment
- Hazing
- Willfully tolerating misconduct

To find resources, helpful links, online training or how to make a report, visit usfigureskating.org/safesport or email safesport@usfigureskating.org.

Great friends have each other's back

Your voice can silence a bully or bring a problem to light.

**YOUR
VOICE**
IS POWERFUL

US FIGURE SKATING
SAFESPORT



U.S. FIGURE SKATING PARENT CODE OF CONDUCT

U.S. Figure Skating and its clubs are committed to creating a safe and positive environment for its members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

As a sport parent, it's important to recognize and follow the six essential elements of character-building and ethics in sports: respect, responsibility, fairness, caring, trustworthiness and good citizenship.

As a figure skating parent, you should:

- 1** Encourage sportsmanship by demonstrating positive support for all skaters, coaches, officials and parents at every practice, competition and test session.
- 2** Place the emotional and physical well-being of your child and others ahead of desire to win.
- 3** Maintain a respectful and courteous attitude toward others.
- 4** Teach your child that doing his/her best is more important than winning.
- 5** Do your best not to ridicule, bully, blame or yell at your child or other skaters, parents, coaches or officials for any reason.
- 6** Do your best to make skating fun and remember that your children participate for their own enjoyment.
- 7** Teach your child to treat other skaters, coaches, fans, volunteers, parents, officials and rink staff with respect, regardless of race, color, ability, etc.
- 8** Take action to report any acts of bullying, harassment or misconduct to the appropriate parties.
- 9** Applaud any effort in both victory and defeat, emphasizing positive accomplishments and learning from mistakes.
- 10** Teach your child to resolve conflicts calmly and peacefully.
- 11** Be a positive role model for your child and for others.
- 12** Demand a figure skating environment for your child that is free of drug or alcohol abuse and agree that you will not use or provide to a third-party any illegal drug prohibited by applicable federal, state or municipal law.
- 13** Do not assist or condone any athlete's use of banned substance as described by the International Olympic Committee, ISU, USOPC or U.S. Figure Skating, the PSA and other accredited organizations.
- 14** Expect your child's coach to be in compliance with all requirements set by U.S. Figure Skating and the PSA.
- 15** Respect your child's coach and refrain from "side-line" coaching your child or other skaters.
- 16** Agree to educate yourself regarding the proper procedures to follow when establishing or terminating a coaching relationship.
- 17** Respect officials, their authority and decisions during competitions and test sessions and teach your child to do the same.
- 18** Become familiar with the rules of U.S. Figure Skating and teach your child to do the same.
- 19** Support and respect all skaters and their right to participate.

TRUESPORT

TrueSport is a resource for athletes, parents and coaches to promote a positive youth experience. The organization provides tools for young athletes to be leaders in life. Its resources focus on three cornerstones: sportsmanship, character building and healthy performance.

You can find a variety of resources on their website: www.truesport.org.

U.S. FIGURE SKATING HEADQUARTERS

The team at U.S. Figure Skating's headquarters is here to support you and your skater and is always willing to answer any questions you might have. Email us at memberservices@usfigureskating.org or call 719.635.5200.

PARENT RESOURCES

As your child becomes more involved in skating, U.S. Figure Skating, is here to help you. From the very first steps to achieving Olympic dreams, we are there every step of the way for whatever you need. The following resources are available to help you on your journey.

PARENT GUIDES

The U.S. Figure Skating Parent Guides are your best resource for everything you need as a figure skating parent. As your child becomes more involved in figure skating, Volume 3 will give you tips on helping your skater with nutrition, off-ice training, budgeting and more.



SKATING COMMUNITY AND CLUB

Your local skating community and club are the best resource for tips and advice from other parents going through the same journey as you.

SKATING DIRECTOR AND COACHES

Your rink's skating director and your child's coach(es) will become one of your strongest support systems while your child develops in figure skating. Though their main responsibility is shaping your child's skating experience, they are there to answer any questions you might have.

SKATE COACH APP

The Skate Coach App Series, from Rink Tank Interactive, was developed to help skaters, parents and instructors understand the standards set in elements from the Learn to Skate USA curriculum. The app is available on Android and IOS.

IN- PERSON SEMINARS

Many clubs hold regular parent meetings to communicate pertinent information. If you're also a board member of your figure skating club, you can attend U.S. Figure Skating Club Education Seminars, which present the best practices for running a figure skating club.

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U.S. FIGURE SKATING

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