



# Parent/Skater Information

Watch for club emails from [cpscboard@gmail.com](mailto:cpscboard@gmail.com)

Check our Facebook page for updates as well!

## Gear:

- |  |   |
|--|---|
| <input type="checkbox"/> Masks- For all in the building! | <input type="checkbox"/> Water bottle                         |
| <input type="checkbox"/> Properly fitted skates          | <input type="checkbox"/> Skate Soakers (terry cloth is best!) |
| <input type="checkbox"/> Dress in layers                 | <input type="checkbox"/> Hard Guards                          |
| <input type="checkbox"/> Gloves (preferably not fuzzy)   | <input type="checkbox"/> Towel for blades                     |
| <input type="checkbox"/> Hat                             | <input type="checkbox"/> Tall thin socks                      |



## Things to remember:

- Take skates out of bag when you get home.
- Take soakers off of blades when storing.
- Put soakers back on before traveling.
- Do not store blades in hard guards.
- Do not store skates in extreme/everchanging temperatures.
- Put hard guards on when walking around.

## Group Lesson Info

- Arrive 15 minutes early & sign in @ check-in table.
- Lessons are 30 minutes until January
- 20 minutes lessons from January-March for choreographing show programs.
- Testing in group lesson is done by coaches & happens around January 1.
- Skater may pass more than 1 level.
- *Due to show costume availability- level movement will not occur during the season... however- a group coach may instruct skaters on elements in higher levels.*

## Where to sharpen/buy skates:

- Robyn Bentley- Ice Hot Concepts
  - 315-685-1678
  - <http://www.icehotconcepts.com>
  - 2388 E Lake Rd. Skaneateles, NY
- Lisa Mirabito- M&M Skatewear
  - 315-672-5750
  - <http://www.mmskatewear.com/>
  - 109 Munro Dr. Camillus, NY
- Dale- Skate Haus
  - 585-317-8869
  - Fairport, NY
- McKie Sports-
  - 315-487-2010
  - Camillus, NY
  - **SPECIFY FIGURE SKATING**

## When to sharpen skates:

- You can check w/group or private coach
- Basic 1-5 every 10-12 weeks
- Basic 6-FS 2- every 8-10 weeks
- FS 3+- every 4-6 weeks

\*\*\*Dependent upon hours skated as well!\*\*\*

## Skating Levels:

### Learn to Skate (Group Lessons)

- Basic Skills 1-6
- Pre-Freeskate
- Freeskate 1-6
- Hockey Skills

### Who can take private lessons?

- Skaters at any level can take private lessons.
- Lesson time and cost are determined between coach and skater.
- Skaters, at any level, in private lessons can enter competitions.
- The club can provide contact information for private coaches.
- Skaters must be club members and purchase an ice package to take private lessons.

### What is open skate?

- **CFSC skaters'** time to practice or take private lessons.
- Open skate is available on Thursdays, Saturdays & Sundays.
- **Low Open Skate:** Beginner skaters, skaters who have **not** passed Preliminary Moves in the Field, & skaters in private lessons.
- **High Open Skate:** Skaters who have passed Preliminary Moves in the Field & skaters in private lessons.
- **Mixed High & Low Open Skate:** Skaters of any level

## Testing Disciplines:

- Dance
- Moves in the Field
- Freestyle

### Testing Levels For MIF/Freestyle

- Pre-Preliminary
- Preliminary
- Pre-Juvenile
- Juvenile
- Intermediate
- Junior
- Senior

### About USFS Testing

- Preparation is with a private coach
- Probably will not hear about testing until skater is in Pre-Freeskate or higher
- Test sessions are all over the area
- Skater is watched by professional judges and they will decide Pass/Fail.

### Other Opportunities & Events!

- Snack Bar open on Thursdays staffed by CFSC parent volunteers
- Open Skate time on some school days off – TBA
- Halloween Night – Thursday, October 28
- Holiday Night – Thursday, December 23
- Picture Night – TBA
- Valentine's Night – Thursday, February 10
- Annual Ice Show – Sunday, March 6 at 2:00pm
- Banquet – TBA end of season
- *The Cutting Edge Synchronized Skating Teams – Open to all ages and levels. Tryouts for next season will be in March 2022.*
- Junior Professionals – For Home Club skaters age 16 and up who would like to gain coaching experience and instructional skills through mentoring with a CFSC Staff Pro.