

FIGURE SKATING

Parents Guide



Volume 1

An introduction to
being a successful
figure skating parent





WELCOME TO U.S. FIGURE SKATING

As a new figure skating family, you're preparing to embark on the journey of a lifetime. From the first steps on the ice to the Olympic podium, U.S. Figure Skating is there every step of the way.

For many parents, it begins with the notion that they want their children to learn how to skate, but where to start? And where does it go from group lessons? As kids develop their skills and want to use them in recreational and competitive activities, parents should know what opportunities are available and what would be a good fit for their own kids.

This guide to being a figure skating parent provides information on figure skating to assist parents as they support their children in their development and participation in this sport. This guide will equip you with the tools to enjoy your child's skating experience while making it fun and valuable for

everyone involved.

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States and is a member of the United States Olympic & Paralympic Committee and the International Skating Union. U.S. Figure Skating's mission is to create and cultivate opportunities for participation and achievement in figure skating. This is achieved through conducting and sanctioning competitions and exhibitions, developing figure skaters at all levels, recruiting and educating judges and officials, and establishing the rules and guidelines by which the sport is governed.

U.S. Figure Skating is comprised of more than 203,000 members in more than 750 member, collegiate and school-affiliated clubs and more than 1,000 Learn to Skate USA programs across the country.



MEMBER
International
Skating Union



MEMBER
United States Olympic &
Paralympic Committee



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Why kids participate in sports

Sports are a primary means of activity for children. Understanding why children participate in sports will help you become a successful sport parent.

According to Amanda J. Visek, author of "The Fun Integration Theory," kids play sports because they want to have fun.

The three most important tenets of sport that increase the aspect for kids are:

- Being a good sport
- Trying hard
- Positive Coaching

RESPONSIBILITIES AS A SKATING PARENT

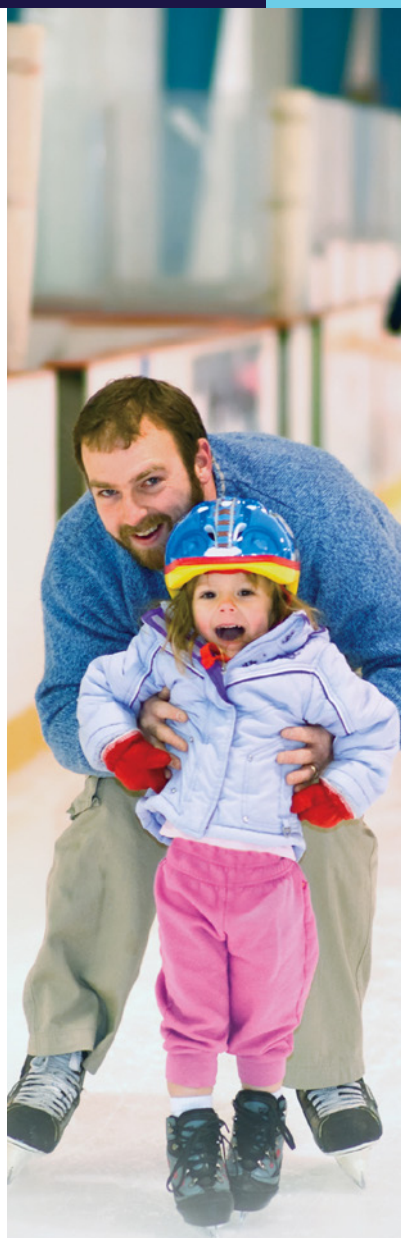
As a parent to a young skater, it's important to keep your actions accountable and encourage your child in his or her endeavors. To make your child's experience fun and rewarding, keep these responsibilities in mind:

- **Encourage your children to skate but don't pressure them.** Let them choose to skate — or quit — if they want.
- **Understand what your children want from skating.** Do they have Olympic dreams, or is a recreational career in mind? Provide a supportive atmosphere for achieving whatever goals they choose.
- **Don't make skating everything in your child's life;** make it a part of life.
- **Make sure the coach is qualified** to guide your child through the skating experience, and you all have the same goals in mind.
- **Winning isn't everything.** Keep winning in perspective, and help your child do the same. Help your child set challenging but realistic performance goals rather than focusing only on winning.
- **You are the parent, and the coach is the coach.** Let your child's instructor teach, and don't coach from the sidelines.

SKATING PARENTS CHECKLIST FOR SUCCESS

Consider these questions as your child begins skating. If you can answer yes to each one, you and your child will be set up for a fun and positive skating experience.

- Can you trust your child's coach to guide his/her skating experience?** The coach will be another authoritative voice in your child's life. He or she will help shape your child's development in skating and in life.
- Can you take responsibilities for your actions?** Sometimes we slip up as parents, and our emotions cause us to speak before we think. There may be a moment during your child's skating journey where you have a lapse in judgment and speak out too hastily before realizing your mistake. It takes character for parents to admit when they make a mistake and discuss it with their children.
- Can you accept your child's disappointments?** Your child isn't going to win every competition, and there will be days when he/she just can't get that skill in practice. Keep your own frustrations in check and guide your child through disappointments so that they will be motivated to go back the next day and try again.
- Can you celebrate your child's triumphs?** Some parents, without realizing, may dwell on minor mistakes when a child skates well or receives considerable recognition. Celebrate every achievement and positively encourage your child to keep practicing.
- Can you dedicate time to your child?** Parents have busy lives too, and it's easy to let your child's skating fall through the cracks even though you are interested and supportive of it. Always ask about skating experiences and make an effort to watch at least some practices.
- Can you let your children make their own decisions?** Decision making is an essential part of any young person's development and can prove a real challenge to parents. Though inclined to decide for their children, parents should offer suggestions and guidance but ultimately let the child make the decision.



ABOUT FIGURE SKATING

FIGURE SKATING DISCIPLINES

In **singles** skating, male and female skaters compete individually with programs featuring jumps, spins and step sequences. These are Olympic disciplines, along with pairs and ice dance.

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 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.

In **synchronized skating**, 8-20 skaters perform intricate formations and transitions 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.

THE FIGURE SKATING COMPETITIVE PIPELINE

1. Learn to Skate USA membership

2. Enter a Compete USA competition to show off what you've learned so far.

3. Join a club's Aspire Program. Aspire is designed to introduce new figure skaters to competitive skating and participation in a club.

4. Join a figure skating club or become an individual member and start testing through the levels in moves in the field, free skating, dance and/or pairs.

5. Participate in non-qualifying competitions. You can also join a synchronized skating team, try pairs or ice dance, continue training for competitive singles or begin to explore some of the additional opportunities offered by U.S. Figure Skating.

U.S. FIGURE SKATING OPPORTUNITIES

COLLEGIATE AND ADULT SKATING - Skating is something your children will be able to enjoy as social and athletic outlets in their college years and beyond. U.S. Figure Skating has thriving collegiate and adult skating programs and supports skaters throughout their entire lifetime.

GRADUATING SENIORS PROGRAM - The U.S. Figure Skating Graduating Seniors Program was developed to recognize skaters graduating from high school who continued their involvement and training in figure skating while maintaining their academic pursuits. Qualified athletes receive a certificate and pin.

HIGH SCHOOL SKATING - High school skating teams encourage skaters to continue skating throughout high school. Teams can have as few as two skaters and can participate in the high school competition series, their individual state championships and the National High School Final.

ICEMEN - Icemen offers a social network for male figure skaters in the U.S. and provides opportunities for athletes to connect with their peers and role models.

SHOWCASE - Showcase fuses artistic creativity with figure skating for singles, duets and ensemble casts that include mini-ensemble and production numbers. Athletes can qualify for the National Showcase by placing first through fourth in a nonqualifying showcase event.

SOLO DANCE COMPETITION SERIES

This program serves as an ice dance development tool and is open to individual skaters across the country. The series provides an avenue for ice dancers at all levels to compete and qualify for the National Solo Dance Series Final.

STATE GAMES OF AMERICA -

State games competitions are open to any eligible skater who is a resident of the respective state in which they are competing. Skaters finishing first through third in the state competition qualify to participate in the State Games of America, held every other year.

EXCEL SERIES - The Excel program encourages singles skaters outside of the traditional qualifying structure to develop their technical ability in a competitive environment. Skaters can compete in Excel levels at any nonqualifying competition, and can also participate in the Excel Competition Series to qualify for the annual Excel National Festival.

THEATRE ON ICE - Theatre On Ice (TOI) combines the grace of figure skating with exciting theater and dance elements. There are several TOI competitions around the country, including the annual National Theatre On Ice competition.

ADAPTIVE SKATING - Adaptive skating emphasizes the importance of physical fitness that focuses on healthful exercise for those with disabilities. The Special Olympics and Therapeutic Skating Learn to Skate USA curricula are offered under the umbrella program of Adaptive Skating. Beyond Learn to Skate USA, individuals have the opportunity to test and compete.

6. Enter the qualifying competition structure.

This is the pipeline for singles, pairs and ice dance to advance to the U.S. Championships, World Championships and Olympic Winter Games. You can also enter qualifying synchronized skating competitions to compete in the U.S. Synchronized Skating Championships and the World Junior and World Synchronized Skating Championships.

7. Join the collegiate skating program.

Continue skating after high school by competing in the U.S. Collegiate Championships or joining an intercollegiate figure skating team to vie for a spot at the National Intercollegiate Final.

8. Continue your passion for skating by becoming a skating official, judge or coach. Get involved behind the scenes and see your contribution from a new perspective.

9. Continue with adult skating. The U.S. Figure Skating adult program has a place for everyone to learn, enjoy and participate through a variety of skating programs, tests and local and international competitions, making skating truly a lifelong sport.



PREPARING FOR YOUR FIRST DAY OF SKATING

BE ON TIME

Arrive at least 15 minutes before class to allow time to check in and get your skates on.

DRESS FOR SUCCESS

Dress warmly by layering your clothing. Athletic jackets paired with sweat pants or warm-up pants are ideal. Bring a heavier jacket you can easily discard as you get warm.

Protective headgear is recommended for all beginner skaters and children under the age of 6. Wear a proper fitting helmet that will protect you in case of injury.

Gloves or mittens are essential! Learning to fall and get up is the first step in learning to skate, and your hands will feel much better if they are covered.

WEAR PROPER FITTING SKATES

Skates should be snug but shouldn't pinch your toes. Find a pair of skates with adequate support and comfortable fitting, and practice walking around in

them before taking the ice. When fitting, your feet, especially the heel, should not move around inside the boot when laced up. A close fit gives you more control and support on the ice. Be aware that skate sizes are not always the same as your shoe size.

Avoid bulky, thick socks and wear lightweight, thin socks inside your skates. Thick socks create uncomfortable bumps and make it difficult to properly lace your skates.

LEARN TO PROPERLY LACE YOUR SKATES

1. Tap your heel as far back into the boot as possible.
2. Pull the tongue up and straighten it before tucking it back inside your boot.
3. Starting with the second or third set of laces at the bottom, pull each tightly one at a time so the boot closes well over the front of your foot. It's important that the laces are snug through the ankle and bottom two sets of hooks.

4. Continue the crisscross pattern up the boot. The top hooks can be looser to allow for greater ankle mobility.
5. Cross extra laces on the top hook. Do not wind the laces around the skates or leave loose bows, which can cause accidents.

TAKE CARE OF YOUR SKATES

Never walk on hard surfaces or concrete with uncovered blades. Wear hard guards whenever walking off the ice, and dry off your blades with a towel before storing them. When your blades need sharpening, ask your coach the best local places to get them sharpened.

BE ATTENTIVE

Try the skill, try it again and ask questions if you don't understand. Coaches should break down the skill into a few easy steps, demonstrate and offer suggestions for mastery.

As a parent, don't hover over the sidelines; let your child learn from the instructor. Ask your children what they learned in class and positively encourage them and celebrate achievements.

BE SMART

Watch where you are going, stay in control and be aware of other skaters on the ice. Maintain a smart, safe distance from other skaters, and stay close to the wall to wait for help and instructions.

Group classes are about building a solid foundation by learning and developing basic skills, so remember to relax, smile and have fun!

When should you buy your own skates?

Rental skates are ideal during the first few weeks of lessons until you have committed to skating. Then, it's time to invest in your own pair. Purchase skates from a rink's pro shop that deals professionally with boots and blades and will work with you to find a good fit.

Beginner skates cost at least \$150-200. Used skates will also work, but check the boot's support and blade for wear and tear. You can also check your local figure skating club for equipment re-sales.





CHEER ON YOUR CHILD: YOUR ROLE AS A SUPPORTIVE SPORT PARENT

Reinforcing positive behavior is integral in shaping your child's skating experience. As the parent to a young skater, your role is an important one and requires positivity, respect and encouragement.

FOCUS ON FUN

Skating is about more than winning the competition. Lessons should provide a fun, participatory environment while teaching children the fundamentals of skating that will help them in the sport and in life. Focus on encouraging the participation and skill-building aspects of the sport.

SHOW YOUR SUPPORT

Whether your child wins a competition or passes a test, support is important in a child's growth as a person. Certain words or body language used in a critical situation has the potential to erase all the praise you give young children — both in the rink and in life.

BE POSITIVE

Positivity goes a long way in shaping a child's sport experience. Avoid using fear and guilt to criticize, and instead focus on helping your child develop through skating using positive reinforcements. Think positively and show empathy.

KNOW YOUR ROLE

Know your role in your child's skating. The coach is there to coach; you are there to be a parent. Discuss any concerns directly with the coach.

RESPECT EVERYONE

Your child looks up to you and follows your behavior, so be mindful of how you treat others at the rink — from the coaches to the other students and parents. Practicing respect and support with others helps instill good sportsmanship in your child.

BEING A GOOD ROLE MODEL

Children learn behavior from many different people — coaches, teachers, other adults and peers — but the people they learn the most from are their parents.

Your children not only soak up what you say; they soak up what you don't say. Non-verbal messages often speak louder than words. Telling your children to respect others is great, but the message is lost if you don't model that respect. You'll have many opportunities as your children skate to model good behavior and attitudes. By putting your children's development and welfare ahead of winning, you'll be better able to display a healthy attitude toward sports and life — as will your children.

MODELING GOOD SPORTSMANSHIP

It's especially critical that you model good sportsmanship for your children.

Being a good sport is much easier said than done — just look at the examples of certain professional and collegiate coaches and athletes who do the opposite. It's crucial that you maintain a cool head and a healthy attitude toward sport if you expect your children to do the same. Here are ways to model appropriate attitudes and behavior when you are at your children's practices and competitions:

- Encourage all skaters
- Control your emotions in frustrating situations
- Respect and accept judges' decisions
- Congratulate other skaters when they win



GET INVOLVED

You are joining your children as they embark on the journey of a lifetime with U.S. Figure Skating. We encourage our parents to get involved with the process in any way they can. There are many ways you can be involved with your children's skating to help them grow and develop in the sport and in life.

DEVELOP A WINNING PERSPECTIVE: ATHLETES FIRST, WINNING SECOND

Every decision for your children's skating should be based on what's best for the children first, then on what may help them win. Sport is not all about winning, and while achieving victory is a great reward of skating, it shouldn't encompass your children's sport experience.

An obsession with winning often produces a fear of failure, resulting in below-

average performances and upset children. Keep a proper perspective, and your children will achieve more than you can imagine.

BUILDING SELF-ESTEEM

As new skating parents, it's your duty to help your young athletes build the self-confidence they need to be successful in sport. Winning merely reflects the outcome of a contest. Neither you nor your children can control the factors that go into winning a competition, such as performances of other skaters and judges' opinions. However, you can find success in focusing on developing and improving skills.

In addition to encouraging your children, building self-esteem involves demonstrating unconditional approval and love,

Setting S.M.A.R.T. Goals

- S – Specific:** state how and when you will achieve the goal
- M – Measureable:** you need to be able to prove that you have reached your goals
- A – Attainable:** you must believe in your heart that you can and will reach the goal
- R – Relevant:** What is the reason, purpose or benefit of accomplishing this goal? How does it relate to your current skating level?
- T – Timely:** Create a deadline to work toward





no matter the outcome of a performance. Don't praise dishonestly, but give your children credit where credit is due.

JOIN YOUR CHILD ON THE ICE

Skating is an activity for people of all ages to partake in with friends and family. Join your child on the ice — take an adult class and learn first-hand about the skills your child is learning.

SETTING PERFORMANCE GOALS

Goals are designed to help skaters 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. Sit down with your child and write down a few long- and short-term goals that are challenging but achievable. Avoid outcome-based goals (such as winning a competition) and focus on performance goals that emphasize skill improvement.

Opportunities Abound for Volunteers!

Figure skating clubs are always looking for volunteers to help out with competitions, ice shows and even representation on the club's board. There are many ways to help out and show your support for your child and your club.

JOIN THE CLUB

Show your support for your child and the club by becoming a member.

COMPETITION VOLUNTEERS

Hosting a competition requires the cooperation and efforts of a committed group of volunteers. Typical roles involve registration, ice monitoring, awards and more. This is a great place to start and gives you a chance to get to know other parents in the club.

ICE SHOW AND FUNDRAISING VOLUNTEERS

Club events wouldn't go on without volunteers behind the scenes! These events require committed volunteers to run the show.

MEMBERSHIP CHAIR

This important club position sees that the club and club members are registered annually with U.S. Figure Skating.

TEST CHAIR

This person coordinates the club test sessions and sees that the appropriate paper work is turned in to U.S. Figure Skating headquarters.

BOARD MEMBER

Most clubs are nonprofit organizations run by a board of directors that are usually selected on an annual basis

TEAM SUPPORT

Parents of synchronized skating and Theatre On Ice team skaters will find many volunteering opportunities that will allow coaches and skaters to focus their energy on training.

For additional volunteering information, check out usfigureskating.org or call 719.635.5200.



WHAT'S NEXT?

YOUR SKATER'S NEXT STEPS AFTER GROUP LESSONS

JOINING A FIGURE SKATING CLUB

Upon completing group lessons, the next step for figure skaters is to join a figure skating club.

When your child is ready to take U.S. Figure Skating tests or compete in competitions beyond Compete USA, he/she will need to join a club or become an independent member of U.S. Figure Skating. Every club offers different membership packages and benefits, including an introductory membership.

Check with your skating director for more information about joining. Many areas also have more than one club to choose from, so get information from all of them before settling on one.

Members of U.S. Figure Skating receive the following benefits:

- Ability to test and compete at U.S. Figure Skating-sanctioned events and test sessions
- Certificates of accomplishment for passing tests and placing at U.S. Figure Skating qualifying events
- Digital membership card
- Subscription to SKATING Magazine
- Coverage under U.S. Figure Skating's sports accident insurance policy
- Special offers and discounts from U.S. Figure Skating corporate partners

For more information on U.S. Figure Skating membership, contact memberservices@usfigureskating.org or call 719.635.5200.

ASPIRE PROGRAM

The U.S. Figure Skating Aspire Program is the bridge between Learn to Skate USA and U.S. Figure Skating membership. As your child makes the transition, Aspire provides a solid foundation in figure skating through the development of athleticism and artistry in a group setting.

This program offers a cost-effective way to continue group lessons as the skater changes to full membership.

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 classes that empower them to be successful on and off the ice.

SYNCHRONIZED SKATING

Synchronized skating is a team sport in which eight to 20 skaters perform a program together. Characterized by teamwork, speed, intricate formations and challenging step sequences, synchronized skating offers an opportunity for individual skaters to learn to work in a team and achieve a common goal.

Clubs across the country offer beginner synchronized skating classes. Contact your local club to find opportunities in your area.

COMPETE USA

Designed specifically for the grassroots level, Compete USA competitions provide a fun, introductory competitive experience for all participants. Competitions are open to all current members of Learn to Skate USA and U.S. Figure Skating. By participating in healthy competition, skaters are encouraged to exit comfort zones, enter new territories and strive to be better than they were yesterday.

Learn more about entry level competitions on page 14.

HIRING A PRIVATE COACH

There are many reasons to hire a private coach, from supplementing group lessons to beginning to compete more seriously.

When it's time to start private lessons, ask your skating director for a list of local coaches at rinks and figure skating clubs in the area. Select a few potential coaches for your child and set up a face-to-face meeting. A meeting gives you a chance to ask important questions and find out how you and your child interact on a personal level with the prospective coach.

Learn more about coaches on page 16.



PREPARING FOR ENTRY-LEVEL COMPETITION

As your young skaters progress, their coach will discuss the right time to start entering competitions. There are competitive opportunities almost every weekend across the nation offering a full range of figure skating events, including all levels and age groups, from the grassroots to the senior level in varying disciplines.

When registering your child for a competition, take a moment to look at the event announcement and explore all of the events offered. Skaters can enter multiple events to make the weekend and the dollars spent more worthwhile. Typical events include free skate levels, compulsory moves, showcase events, solo dance events and more. The competition announcement breaks down each event with program length guidelines and required elements.

When you, your skater and the coach have decided on which events to enter, you will register your child based on the competition's instructions. Application deadlines are strict, so be sure to enter early. Tentative event schedules are sent out to competitors about two weeks prior to the event.

PREPARATION

Preparation for the competition is mostly up to the skater and coach. They need to make sure the program is at the right time length and contains the correct elements. Running a program in practice is important as well, because any time a skater performs in front of a panel of judges and an audience, nerves are bound to interfere.

With proper preparation and confidence, a good result is bound to happen. Regardless of final placements, skaters need to feel that they skated their best and gave 100 percent.

WHAT TO DO WHEN YOU ARRIVE

Plan to arrive at least one hour before your skater's scheduled event, especially because events sometimes run early. This will give you time to check in, turn in a copy of the music, and let the coach know you've arrived. Skaters should be fully dressed in costume and ready to warm up off the ice at least 30 minutes prior to taking the ice.

While your skater is preparing to take the ice, find a seat in the stands to cheer on your child. After skates are on and the skater is checked in, it's the coach's job to put the skater on the ice and calm any nerves from that point on.

POST-PERFORMANCE

After competing, your child's coach will give feedback on the performance and a game plan post-competition. Meanwhile, the accountant will tally the judges' scores, and the final standings will be posted in a designated area.

Awards typically happen shortly after the event, so keep your child in costume. Congratulate the winner and others for good efforts, and encourage your child to do the same. There is only one winner per event, and everyone will have their good days and could-be-better days. Always be proud of your skater's performance and learn from each experience.



Competition Checklist

- Skaters, guards, soakers and extra laces
- Competition costume and back-up costume
- Girls: extra pair of tights, hair accessories and makeup
- Two copies of skater's music
- Competition information (hotel reservations, event times, practice ice, etc.)
- Gloves, warm-up jacket, club outfit, blanket
- Screwdriver, skate polish, nail polish remover, Band-Aids, etc.
- Good luck charms and a smile!



Characteristics of a quality coach

- Makes skating fun by being motivational, positive and encouraging
- Fosters a positive environment with knowledge, professionalism, organization and punctuality
- Understands each child's motivation for skating, ranging from recreational to competitive
- Has more than just winning in sight and helps students set long- and short-term goals to achieve success in areas other than winning
- Is skilled at teaching skating fundamentals

CHOOSING A COACH: FIND THE RIGHT FIT

A figure skating coach is one of the most influential adults in a young skater's life. Coaches are there for every skating practice, good and bad. There are many factors involved in selecting a coach. Things to consider are personality, learning and teaching styles, experience and technical knowledge.

You know your child, and you have the best idea of who might make a good fit for both you and your child. Keep your young skater's personality and needs in mind when interviewing and selecting a coach, and schedule "trial lessons" with several coaches before choosing one.

Consider the following questions when selecting a coach:

- Will the coach be a good role model for my child?
- Is the coach compliant with U.S. Figure Skating's SafeSport and background check guidelines?
- Will the coach treat my child politely, with respect and enthusiasm?
- Does the coach demonstrate a standard of ethics?
- Is the coach a member of U.S. Figure Skating and the Professional Skaters Association (PSA)?
- Does the coach prioritize continuing education by taking courses and attending workshops?
- Does the coach have a specific plan to teach the appropriate technical skills?

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 and 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





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.

PARENT RESOURCES

At U.S. Figure Skating, we are here to help guide you and your child through your journey with skating. 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 for you to refer to when the need arises.

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.

PARENT GUIDES

As your child progresses through the levels of U.S. Figure Skating, continue reading our Parent Guides for tips and tricks on being a successful skating parent. The next edition, Volume 2, discusses your child's progression through the Aspire program and into competitive figure skating.



WEBSITE

Our resource-rich website offers a variety of articles and ideas for skating parents. Visit usfigureskating.org to learn more.

HEADQUARTERS STAFF

Our staff, located in Colorado Springs, Colorado, is here to help. Please email memberservices@usfigureskating.org or call 719.635.5200 with any questions or concerns.

NOTES:

NOTES:



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