



Star City Figure Skating  
Club

2019-2020



# Welcome to the 2019 - 2020 skating season!!

Whether you are a first-time member and new to the skating community or a seasoned veteran with your share of stories to tell, this information booklet will introduce you to all the fun things being a member of the Star City Figure Skating Club can provide.

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## Star City Figure Skating Club

For the last three decades, the Star City FSC's purpose has been to provide access to facilities and programs that offer persons of all ages the chance to participate in ice skating at a level that meets their needs. The club exists to encourage the instruction, practice and advancement of any figure skating discipline, to encourage a spirit of friendship among ice skaters, and to carry out the general policies and objectives of U.S. Figure Skating.

We are an officially recognized member of the United States Figure Skating Association (USFSA) which is the governing body for amateur figure skating in the United States. Star City FSC promotes USFSA's program, Learn to Skate USA, as the primary way of entering the sport and becoming proficient in basic skills.

Learn to Skate USA (aka Skate School or LTS) is currently provided in Lincoln through the John Breslow Ice Hockey Center. Many of our club coaches are the instructors for those classes. If you haven't participated in that already, you can reach them at [www.breslowhockeycenter.com](http://www.breslowhockeycenter.com) or by phone at 402-472-2758.

The Breslow Center is also our home ice. It's where we hang our skates, so to speak.

## Code of Conduct and Safe Sport Policy

When you applied to join the Club you signed an agreement stating that you would adhere to a code of conduct that keeps skating fun and safe for all participants. That Code of Conduct and Safe Sport Policy is as follows:

## Code of Conduct

The Star City Figure Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

The following code of conduct applies to all participants in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating and Star City FSC including but not limited to competitions, exhibitions, training camps and local rink activities.

Participation in all the activities associated with U.S. Figure Skating and Star City FSC is an honor and privilege that carries certain responsibilities. Members agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents.

### U.S. Figure Skating Member Code of Conduct

As a precondition to participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, I will adhere to the following tenets in good faith:

A. I will exhibit the highest standards of fairness, ethical behavior and genuine good sportsmanship in all of my relations with others.

B. I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by U.S. Figure Skating.

C. I will not use or possess illegal drugs, and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any activity hosted, supported, sponsored or engaged in by U.S. Figure Skating, I may be subject to criminal penalties as well as penalties imposed by U.S. Figure Skating.

D. I will adhere to the rules of U.S. Figure Skating and the host organization at all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.

E. I will comply with all applicable anti-doping rules including, but not limited to, International Skating Union and U.S. Anti-Doping Agency rules.

F. I will conduct myself in a manner not detrimental to the welfare of figure skating. I understand that my actions reflect on U.S. Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by U.S. Figure Skating.

G. I understand that the penalties that may be imposed may include, but are not limited to, loss of future international selections, loss of financial support from U.S. Figure Skating and its Memorial Fund, and loss of participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.

H. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 3, of the U.S. Figure Skating bylaws, and that my rights and remedies are derived therefrom.

### **Safe Sport Policy**

Star City Figure Skating Club strives to provide a safe environment for its members and to protect the opportunity of its members to participate in the sport in an atmosphere that is free of harassment and abusive practices. The club will not tolerate or condone any form of harassment or abuse of any of its members including athletes, coaches, officials, directors, employees, parents/guardians, and volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of Star City Figure Skating Club.

There are many positive reasons to participate in figure skating but, like all sports, it can also be a high-risk environment for misconduct: emotional, physical and sexual, as well as bullying, harassment and hazing. All forms of misconduct are unacceptable and in direct conflict with Star City Figure Skating Club and U.S. Figure Skating Association values and ideals.

Misconduct may damage an athlete's psychological well-being. Athletes who have been mistreated experience social embarrassment, emotional turmoil, psychological scars, and loss of self-esteem. Misconduct also may have a negative impact on family, friends and the sport. Misconduct often hurts an athlete's competitive performance and may cause him or her to drop out of the sport entirely.

More information on Safe Sport, along with parent guides and toolkits can be found at <http://www.athletesafety.org> and [resources.safesport.org/toolkits/library.html](http://resources.safesport.org/toolkits/library.html)

### Club Rules:

1. Enter the ice only after the Zamboni has left the ice. Leave the ice immediately when the Zamboni enters the ice.
2. Look before entering and exiting the ice. Do not stand in the entry/exit door.
3. Skaters, including ice dancers, practicing their programs with music have the right of way.
4. If no one is performing a program, skaters working privately with coaches have the right of way.
5. Pay attention to your surroundings to avoid collisions.
6. Please do not use ear buds with more than ten skaters on the ice. Volume should be low enough to hear other skaters approaching.
7. If you fall and are not injured, get up immediately and make your way to the side.
8. If there is an injury during club ice that requires medical intervention, a board member will complete a US Figure Skating Report of Accident.
9. Skaters shall not sit or lay on the ice unless instructed to do so.
10. No horseplay on the ice. Racing, playing tag, yelling, etc. are examples of horseplay.
11. No parent can be on club ice with a young skater unless they are members of the club and are covered by club insurance.
12. Items such as hockey sticks, pucks, balls, and other sports equipment will not be allowed on the ice during club ice time unless used as a prop for a program.
13. Following any skating session, no skater under the age of 18 shall be left alone at the rink. An adult will stay with the skater until the skater is picked up.
14. Any suspicious activity or person will be reported to the rink management.
15. Recording and photographing of skaters may only take place with permission of skater and/or parents as recorded on membership and LTS forms

All individuals, regardless of membership with Star City Figure Skating Club or U.S. Figure Skating, are encouraged to report suspected violations of SafeSport to the club SafeSport Director or to any member of the Star City Figure Skating Club Board of Directors. (see Page 10 for contacts)

Once an infraction has been reported the following will take place

1. A board member will speak privately with the person who has broken a rule and communicate that her/his actions are a rules violation.
2. Skater or parent will be told that this is the only warning.
3. Skater and/or parents will be asked to leave the ice for that session.
4. As stated in the club bylaws, by vote of a majority of the board, an individual's membership may be suspended or terminated for actions or conduct damaging to the club, its members or its good standing with U.S. Figure Skating and the community the club serves. The board shall give notice of its vote to the individual within 15 days. The individual shall have 12 months from the date of the notice to challenge the suspension or termination of membership.

Star City FSC is committed to creating a safe and positive environment for participants physical, emotional and social development. The Club promotes an environment free of misconduct. By joining the Club, you agree that you will conduct yourself in a manner not detrimental to the welfare of figure skating and have agreed to abide by all rules, policies and guidelines set forth by US Figure Skating, the Star City Figure Skating Club, the John Breslow Ice Hockey Center and all other designated agents.



## What you will need

To fully enjoy the sport of figure skating there are a few simple items you will need to have.

**Skates:** Single blade figure skates with toe picks. Rental skates are available from the Breslow Ice Center for a small fee. If you plan to skate more than once a week or anticipate doing more than just recreational skating, you will want to invest in a good pair of your own skates. Once you own them, keep the blades dry and sharp. Skates should be sharpened about every 40 hours of skate time depending upon your level. We have a couple of excellent resources for sharpening skates. One, for beginners, will run about \$5.00 and a second, for more advanced skaters, will cost about \$20.00. When you need to get your skates sharpened just talk to your coach or any Board Member and they can give you the details.

**Warm clothes:** Wear warm clothes that are loose enough to allow good movement and yet fit well enough not to interfere with your skates. Gloves or mittens are recommended as well.

**Blade guards:** If you purchase your own pair of skates a good set of blade guards are a must. They protect your skates when you are not on the ice from getting chipped and becoming dull.

A great place to start getting "geared up" is at iSkate in Omaha.

iSkate Omaha  
11011 Elm Street (in Rockbrook Village)  
Omaha, NE 68144  
712-314-4813

Star City FSC also maintains a Facebook group where members can purchase and sell gently used equipment. <https://www.facebook.com/groups/SCFSCBuyandSell/>

You can also find excellent skates, clothing and other necessary equipment online at places like [amazon.com](https://www.amazon.com), [mondor.com](https://www.mondor.com), [jacksonskates.com](https://www.jacksonskates.com) and many others. Check with other club members or coaches for suggestions.

## Dues

The skating season runs from July 1st through June 30th of every year. Memberships must be renewed each year. Dues will vary from year to year depending on USFS rates. For the current 2019- 2020 season they are:

- Introductory (first time members) - \$45
- Associate (members of another club) - \$25
- Individual and first family member - \$80
- Additional family members - \$35

## Board of Directors

The Star City Figure Skating Club is managed by a group of volunteers made up of parents, skaters and coaches. Feel free to contact any member at any time for any reason. If you are interested in joining the Board, elections are held every year in May. Just speak to a current Board Member and they will help you get involved.

For 2019/2020 the SCFSC Board of Directors are

President:	Iryna Bohovych	<a href="mailto:ibohovych@starcityfsc.org">ibohovych@starcityfsc.org</a>
Treasurer:	Fern Coon	<a href="mailto:fcoon@starcityfsc.org">fcoon@starcityfsc.org</a>
Secretary:	Ashley Hecht	<a href="mailto:ahecht@starcityfsc.org">ahecht@starcityfsc.org</a>
Membership:	Lisha Yue	<a href="mailto:lyue@starcityfsc.org">lyue@starcityfsc.org</a>
SafeSport Director:	Tracy Hoelt-Hoffman	<a href="mailto:thoffman@starcityfsc.org">thoffman@starcityfsc.org</a>
Technology Director:	Jeff Dwerlkotte	<a href="mailto:jdwerlkotte@starcityfsc.org">jdwerlkotte@starcityfsc.org</a>
Members at Large:	Andrea Huebner	<a href="mailto:ahuebner@starcityfsc.org">ahuebner@starcityfsc.org</a>
	Han-Wei Wang	<a href="mailto:hwang@starcityfsc.org">hwang@starcityfsc.org</a>

The positions of Social Director and Test Chair will be filled by Ashley Hecht

## Private Lessons, Synchronized Skating and Theater on Ice

After you've been in Learn-To-Skate classes for awhile, you may find yourself wondering "What's next?"

The answer to that question is: Private skating lessons, synchronized skating or Theatre on Ice. Maybe even all three!

**Synchro:** Synchronized skating is a program where a group of skaters skate together in unison concentrating on footwork and precision. Like any other discipline of figure skating, there are many different levels at which synchronized skaters can participate. Currently we have available to us an Adult Synchro group. The program is administered through the Learn to Skate program in conjunction with the Breslow Ice Center.

**Theatre On Ice:** Theatre on Ice is a little bit of everything. Basic skills, jumps, spins, synchro, ice dancing and theatrical presentation all go into a successful TOI performance. Theater on Ice is perhaps one of the most excellent ways for skaters to stay involved at whatever level they are at. TOI teams can be made up of the littlest Snowplow Sam all the way up to the most advanced skater in the Club. There is a role for everyone. Watch for Theatre on Ice to be made available sometime in the near future.

**Private lessons:** Private lessons are available to any skater, at any age and at any level of ability. With these lessons you can choose to try your hand at a sanctioned competition, a solo in one of our Ice Shows, or simply use them to get more enjoyment out of your time on the ice.

Either way, taking lessons from one of our skilled figure skating instructors allows you to improve your skills faster and at your own rate of learning.

The first step towards private lessons is to find a coach that you are comfortable with and who best represents the goals you have set for yourself.

All the Star City Figure Skating Club coaches are skilled professionals with years of experience and knowledge. All are insured by, and registered with, the US Figure Skating Association. Each coach handles their own scheduling and pricing so you will want to talk to each of them and discover which works best for you.

## Meet the Coaches



**Linda Loker** started skating as an adult and has earned a U.S. Figure Skating Gold Medal for completing the adult Moves in the Field. She has also passed the Adult Bronze Free Skate test and the Bronze Ice Dance tests. She competed at the Adult Bronze level, including earning a silver medal at the State Games of America in 2003.

Linda began coaching 18 years ago. She is a member of the Professional Skaters Association and a PSA Certified Group Instructor. In 2013, she completed a PSA Apprentice Program and continues her coaching education by attending USFS and PSA educational conferences.

In her off-ice life, Linda is a Nurse Practitioner–Certified Registered Nurse Anesthetist at the Lincoln Surgical Hospital. Contact Linda in person at the rink, by phone at 402-730-5405, or by email at [nequilter@neb.rr.com](mailto:nequilter@neb.rr.com)



**Beth Bruss** began her skating career at age 7 and has 20 years of coaching experience with the Star City FSC, FSC of Omaha and at the World Skating Academy in Indianapolis where she completed her PSA apprenticeship under Sergei Zaitsev. Beth competed and medaled at six Regional Championships (a triple gold medalist) and two Sectional Championships as well as many other sanctioned competitions across the U.S. in Freeskate, Moves in the

Field, Dance and Figures. A portion of her training took place at the Ice Castle Int'l Training Center in Lake Arrowhead, CA where she trained alongside Michele Kwan and under Olympic icons, Irina Rodnina, Peter Oppegard and Evelyn Kramer. Test accomplishments include Gold Dance, Senior Moves in the Field, Novice Freestyle, Novice Free Dance and 5th Figures Test. Beth was also a five-time Schroeder Award winner for most medaled club skater.

A PSA-rated coach since 2005, Beth has passed her Basic Accreditation Exam and Registered Sports Science accreditation. She has successfully coached both private and group lessons for children and adults at all levels in Freestyle, MIF, Dance, Choreography, Show Exhibition and tailors her coaching style to the individual goals of each student.

Contact Beth in person at the rink, by phone at 402-212-3579 or by email at [coachbethbruss@gmail.com](mailto:coachbethbruss@gmail.com)



**Iryna Bohovych** was born and raised in Ivano-Frankivsk, a town in the west part of Ukraine. She started skating in 2011 while working on her PhD in Aberdeen, Scotland. There she trained under British Junior National (Dance) qualifying coach Alexander Mackie. In 2012 she moved to the United States and continued working with local coaches. Iryna has earned a US Figure Skating gold medal for completing Adult Moves in the Field and a pewter medal at the Adult Bronze level during the 2015 Adult National Championships in Salt Lake City, Utah. She has also passed test for Adult Free Skate Silver, Pre Silver for Ice Dancing and Pre-Juvenile Moves in the Field at the standard track. She is a registered Basic Skills Instructor and has volunteered at Learn-to-Skate classes for four years teaching all skill levels. Iryna also coaches groups, duets and individual skaters for show performances. Her skating goal is to pass her love for the sport to as many people as possible - children and adults alike.

Off-ice, Iryna is a Senior Research Associate in the Biochemistry department at UNL. Her research is directed towards understanding fundamental biological processes related to aging and disease.

Iryna can be contacted for private lessons by emailing her at [ira.bohovych@gmail.com](mailto:ira.bohovych@gmail.com) or by phone at 402-601-7223



**Anna Gulzow** is one of Star City Figure Skating Club's youngest coaches. She began skating when she was 8 years old by attending Learn to Skate classes at the Ice Box in Lincoln and soon followed that with competitions. She has earned gold, silver and bronze medals in freestyle, dramatic, light entertainment and compulsories. Anna is also a long-time member of the synchronized skating team at Breslow. In 2017 she earned one silver and two gold medals at the State Games of America. She has passed her Preliminary Moves in the Field and Freestyle tests and continues to advance under the direction of her coaches. In early 2018 Anna became certified with US Figure Skating to coach private and group lessons. She is available to coach students in competitions, ice shows, private or group lessons.

Off-ice, Anna is a dual student and attends classes at Lincoln Southwest High School as well as Southeast Community College. She is studying to become an educator and hopes to someday teach middle or high school classes.

Anna can be reached in person at the rink, by phone or text at 402-432-8259 or by email at [annagulzow@gmail.com](mailto:annagulzow@gmail.com)



**Brenda Bader** is from Omaha, Nebraska and started coaching skating in 1991. In addition to a Bachelors Degree in Accounting from UNO, she is also a member of USFS and a rated member of PSA.

Throughout her career, she has coached athletes at the Regional, Sectional, and National levels. She has also coached athletes through Senior/ Gold levels of Free Skate, Ice Dance and Moves in the Field.

Her students are from all levels and disciplines of skating, from Basic Skills to Senior Competitors. Brenda specializes in teaching Free Skate, Ice Dance/ Free Dance, Moves in the Field, Figures, Synchro, Pairs, Hockey Skills, and Adult Skating.



Brenda currently holds four Master Ratings through the Professional Skaters Association (PSA) in Free Skate, Dance, Moves in the Field, and Group. She also has a Senior Rating in Figures and holds a Ranking Level III.

Brenda can be reached by email at [sk8tome@cox.net](mailto:sk8tome@cox.net) or by phone at 402-301-3292



**Ashley Hecht** began skating in 2016 with Learn to Skate classes at the Breslow Ice Center and soon followed that with private lessons. Ashley has passed the Adult Bronze Moves in the Field and Free Skate tests. She performs and competes locally at the Adult Bronze level.

In 2018 Ashley began coaching Learn to Skate classes for Breslow and group classes for the Star City FSC ice shows. Ashley continues to expand her coaching education under the direction of her own coaches and she hopes to share her love of skating with others and help them realize their potential.

Off-ice Ashley taught first grade for seven years in Crete, NE and is now in her first year of teaching the same grade level at St. Patrick's in Lincoln. Her experience in elementary education continues to be an asset when coaching young children.

Ashley is available for private lessons with adults or children and can be reached in person at the rink, by phone or text at 402-394-8132 or by email at [ashley.b.hecht@gmail.com](mailto:ashley.b.hecht@gmail.com)



**Dorothy Szto** is originally from Omaha, Nebraska and is now a sophomore at the University of Nebraska-Lincoln. She is currently teaching Learn to Skate for the Breslow Ice Center. She started skating when she was four and grew up skating with Moylan Premier Figure Skating Club in Omaha. She skated under Alexei Mantsorov and Irene Harm. Dorothy skated competitively until her junior



year of high school and attended many competitions in the Midwest, including Regionals, as well as competitions in California. She is a Novice level skater and enjoys part-time coaching as a hobby outside of school.

Dorothy can be reached for private lessons by phone at 402-452-8693 or by email at [sztodorothy@gmail.com](mailto:sztodorothy@gmail.com)



**Serenity Scarle** began her skating career at age 11 and has been competing for the past 13 years. She currently competes at the Regional level. Serenity is a double Gold medalist in both Freestyle and Moves in the Fields. She also has passed the Bronze level in dance. Serenity has participated in various local ice shows, had a featured act in Aunt Molly & Friends on Ice, and did a skating number in the 2016 Westside Christmas Pageant.

Serenity has successfully completed the Professional Skaters Association Basic Accreditation. She has been coaching Learn to Skate in Omaha for the past three years and has been teaching private lessons for the last year.

Serenity can be reached by email at [threeriversice@gmail.com](mailto:threeriversice@gmail.com) or by phone at 402-740-2264

## Ice Shows

Who hasn't heard of Disney on Ice, the Ice Capades, or Stars on Ice? Well, the SCFSC has its own version of those performance shows and, in them, you can grab your very own moment in the spotlight.

Our ice shows are made up of a perfect blend of group performances, solo acts and team exhibitions from every level of skating abilities. In our shows you'll see Snowplow Sam kids teetering across the ice, LTS students showing off the skills they've learned over the year, Synchro teams moving in perfect unison, Ice

dancers gliding gracefully to the music and soloists spinning and jumping with amazing ability which means that every level and every age of skater is encouraged to participate.

When show time nears we will send out information and registration forms that provide all the details. It will detail practice schedules which are typically 6-8 weeks prior to the show, costume information, pricing and dress rehearsal times. There will also be promotional materials around the rink and on our social media pages to announce them.

There are two shows annually, the Holiday Show in December and the Spring Show in April.

## Competitions

Figure Skating competitions can be confusing. There are all kinds of competition levels to enter, dozens of local and regional events to register for, music to choose, costumes to select and the list can go on and on. Fortunately we have many coaches and skaters who have lots of experience and can guide you through the process making it simple, easy and, most importantly, fun.

### Choosing a competition

There are literally dozens of competitions available to all levels of skaters in and around our area. Some right here in Lincoln, many in Omaha and even more within two to three hours driving distance. Some of them include; Capital City Figure Skating Competition, Winterfest, Spring Fling, Summer's Edge, Heart of America, Pony Express Championships, Mid-Continent Classic and the list goes on. Your coach can help you choose the best fit for you and your skating level and style.

## EntryEeze and Choosing an Event

Once you have chosen a competition to participate in, you will need to register. Registration deadlines vary so watch them carefully. EntryEeze is the website that most, if not all, competitions use for getting signed up. Once you start a free account you'll be asked to create a profile. This profile details things like your name, age, skating level and home club. It will be used to make sure you are entered into the correct events.

Figuring out which event to enter is probably the most confusing part of competitions so here is basic breakdown of what you will see with most competitions

### Levels

Snowplow Sam	Pre Free Skate
Basic 1 - 6	Free Skate
Adult 1 - 6	

The following levels are divided into two categories: Excel and Well Balanced. Your coach can help you decide which road is best for you or you can find more information at [www.usfsa.org/programs?id=83973](http://www.usfsa.org/programs?id=83973)

Beginner	Juvenile
High Beginner	Intermediate
Pre Preliminary	Novice
Preliminary	Junior
Pre Juvenile	Senior

## Events

Now that you're familiar with the levels, here are the events within each of those levels. Skaters only compete against other skaters currently at the same level.

Basic Elements (no music) Each skater will perform each element when directed by a judge or referee or have the option to perform one element at a time in a certain order. Conducted on a half sheet of ice this event has no music and is a display of a skaters grasp of the moves they have learned.

*Snowplow Sam through Basic 6 levels.*

Basic Program (with music) The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified. This event is held on a full sheet of ice, is set to music and highlights the skills they have learned up to their current level. *Snowplow Sam through Basic 6 levels.*

Compulsory Moves (no music) Essentially the same thing as Basic Elements (no music) skaters demonstrate their ability to perform the moves necessary to pass their current level. Like Basic Elements it is held on a half sheet of ice with no music. *Pre Free Skate, Free Skate 1 - 6, Beginner, High Beginner, Pre Preliminary and Preliminary levels*

Program Event Set to music, skaters perform on a full sheet if ice and highlight the moves they have learned up to this point. Similar to Basic Program (with music) *Pre Free Skate, Free Skate 1 - 6, Beginner, High Beginner, Pre Preliminary, Preliminary and Adult levels*

Interpretive The Organizing Committee will pre-select and edit musical choices appropriate for these events. During the warm-up, skaters will hear the selection of music twice. Following the warm-up, all skaters except for the first skater will be escorted to a soundproof locker room or another area of the arena. The first skater will hear the music one more time and then perform a program to the music. As each skater performs, the next skater in line will be allowed to hear the music for the third time before they perform to the music. The listening skater will not be allowed to view the performing skater. Each skater will choreograph their own performance with no involvement from a coach. *Pre Free Skate, Free Skate 1 - 6, Beginner, High Beginner, Pre Preliminary, Preliminary and Adult levels*

Spins Challenge Skaters will perform a series of spins appropriate to their level and display their mastery of those spins. *Beginner, High Beginner, Pre Preliminary, Preliminary and Adult levels*

Jumps Challenge Skaters will perform a series of jumps appropriate to their level and display their mastery of those jumps. *Beginner, High Beginner, Pre Preliminary, Preliminary and Adult levels*

Light Entertainment Showcase Set to music, Light Entertainment Showcase events emphasize choreographic expressive qualities such as comedy, love and mime while incorporating skating skills. Props and costumes are allowed.

Dramatic Entertainment Showcase Set to music and often with costumes or props, this event utilizes intense emotional skating quality to depict choreographic theme.

This isn't a complete list of competition events but it is fairly representative of what you will see at most competitions. The point is that there is something for everyone!

## Tips for the day of your competition

Your first competition can be a little intimidating. The lobbies and waiting areas will be packed with skaters, coaches and parents. Here are a few tips to help you fit in and make the day a successful one.

- Arrive at least 90 minutes prior to your event. You'll need time to familiarize yourself with the venue, talk to your coach, warm up and get in the right frame of mind
- Check in at the registration table. They'll ask your name and confirm your events. Sometimes you will turn in a backup copy of your music on CD. There may even be a "goody bag" with your name on it.
- Find your coach and let them know you are there.
- Usually rinks will have locker rooms available to change in. Get changed into your competition clothes and then start your pre-competition routine. Stretch, warm up off-ice and mentally go through your program. About 45 minutes before your event lace up your skates and get ready to go.
- When the time is right, find the Ice Monitor and check in. They will tell you how long until your event and when you can take the ice for your on-ice warm up.
- Right before the event starts you will get a 3-5 minute warm up on the ice. Talk to your coach about how best to use that time.
- When it's your turn to compete, take the ice with confidence, give everything your best effort and take each element of your program one at a time. Most importantly, have fun and don't forget to SMILE.
- When you are done, skate off the ice and meet your coach.
- Keep your skates on even if you only have one event. If you earn a medal or ribbon there will be a small presentation and you may be asked to step onto the award platform.
- Win or lose, keep good sportsmanship in mind and be gracious to your fellow skaters.

## Stipends

The Star City Figure Skating Club will be offering travel stipends to Club members that choose to participate in competitions outside of Lincoln. This program is designed to assist skaters in paying for entry fees, hotel, gas and other costs associated with out of town competitions. A maximum annual stipend of either \$50 or \$100 is available to any Club member that meets the following criteria between July 1 and June 30:

1. Must be an current full member with dues paid in full (associate members are not eligible)
2. Skater or guardian must volunteer at least eight hours during the current skating season. Volunteer opportunities will be sent out via email once the program gets underway
3. The volunteer hours must be for the benefit of Star City FSC, be submitted via the online form and be approved by the Board of Directors in advance
4. Cannot be used for any competition in which SCFSC is host or co-host

Once volunteer hours are met, a skater will turn in receipts for travel expenses or registration fees and will be reimbursed up to \$50.00 annually if they stay inside of Nebraska or up to \$100.00 if they travel outside the State.

## Skater Recognition Banquet

At the end of every skating season, SCFSC hosts a Skater Recognition Banquet where we gather together to share stories, enjoy great food, to celebrate and recognize all levels of skating talent. Club members are free and families are invited to attend as well for a small fee. At this event Star City FSC will present awards to club skaters that excel in select areas. Those categories are:

1. Most U.S. Figure Skating tests passed between July 1 and the time of our annual banquet
2. Most Basic Skills levels passed starting with the first Learn-To-Skate session after the annual recognition dinner through the time of our next annual skater recognition dinner.
3. Highest number of points for medals earned in competitive events between July 1 and the time of our annual skater recognition dinner. (5 points for gold, 3 points for silver, 1 point for bronze.)

In addition to those skill based categories we will also be offering up two additional awards that will only be awarded based upon circumstance

1. The “Get Up” Award, for a club member(s) who had to overcome a significant challenge during the season. The circumstances may or may not directly involve skating. You’re encouraged to nominate individuals for this award. We will provide a nomination form. The board will review nominations and select a winner or winners.
2. The “Above and Beyond” Award, presented to an individual or organization who has made a significant contribution to the club’s success. The club’s board of directors will select the recipient of this award

## Power Class

At some point in your skating career you will reach a point where you can only advance by being a more powerful skater. The Star City FSC has found a solution for that in the Power Class. Once a week one of our Club coaches teaches a 60 minute class (30 minute on ice and 30 minutes off) that focuses on skills such as using your edges, stride lengthening, stops/starts, crossovers, balance, agility and, of course, speed. This is an extremely valuable class for any skater that wishes to become more proficient. The class is open to anyone that has passed Basic 5 skills or any hockey player that is classified as a Squirt, Peewee or Bantam. Currently the class is held on Thursday evenings from 5:30 -



6:30. You can find registration forms on our Facebook page, in the lobby of the Rink or at the Club Table during most LTS sessions.

## Social Events

SCFSC is more than just a group of skaters. We are a group of friends. To that end we try to have fun both on and off the ice by hosting periodic social events for members and their families. During past seasons we went to movies, roasted hot dogs over a bonfire, played miniature golf, went bowling and ate s'mores at the Roca Berry Farm just to name a few. There are a lot of great plans in the works for this season and, as a member, you are invited to all of them. Members in good standing are free to all events and family members are welcome to join for a small fee.

Watch your email, our social media feeds and the bulletin board at the rink for details of upcoming events.

## Apparel

You won't be able to walk through the rink on a Saturday morning without spotting at least a dozen SCFSC Club jackets. All club members can purchase and wear a Club jacket. They are available to order four times per year at <https://scfsapparel/itemorder.com>. Also available are T-shirts, sweatshirts and other great club items.

## Volunteering and Fundraising

You knew it was coming. The never ending request for help.

Fundraising: At the present time we do not do much fundraising. We have

been fortunate that our Ice Shows and Competitions have been self sustaining. That need may change in the future and, if it does, we will seek help in raising funds so that we can continue to provide all the great benefits being a member allows. That doesn't mean the Club won't accept donations. We are a 501c3 nonprofit so any donation you may wish to make is tax deductible as a charitable donation. 100% of every dollar the Club takes in goes to promoting skating and providing a better experience for our members.

Volunteering: SCFSC volunteers literally make our world go round. Without them there would be no Club. Fortunately we have a good supply of opportunities for club members and guardians to step in and help so there is never a dull moment.

Ice Shows: Dozens of volunteers are needed to help make our shows a success

Competitions: When SCFSC hosts a competition, parents and skaters of all levels are needed

Community outreach: Occasionally we direct our efforts at assisting others in need. We have worked with programs like "Stuff the Bus" and "Meals on Wheels" in the past and anticipate continuing to do so in the future.

Learn to Skate: From time to time skaters and/or parents are asked to help with Learn to Skate as well as operate the Club information table

Board of Directors: The Board is made up entirely of volunteers so serving a term there is also a great way to help the Club grow.

## Communication and Social Media

The Star City Figure Skating Club uses as many resources as possible to communicate with our members and the community at large as well as promote our Club and generate growth.

Our primary method of contact with skaters is via email so it is vital that we have a valid email for you. *Please check your email regularly.* We will send out information regarding Ice Shows, Competitions, Social Events, Apparel Orders and other Club news. What we will never do is share your contact information with anyone outside of the Club.

Information will also be posted on the Club Board. That bulletin board is located in the lobby at Breslow Ice Center next to the concession stand.

If the web is more your style then you can find us in a number of places:

Website: [www.starcityfsc.org](http://www.starcityfsc.org)

Facebook: [www.facebook.com/StarCityFSC](https://www.facebook.com/StarCityFSC)

Twitter: @starcityfsc

YouTube: Search "Star City Figure Skating Club"

E-mail: [info@starcityfsc.org](mailto:info@starcityfsc.org)

## Online Registration Forms and Purchasing

SCFSC has a number of online forms for a variety of uses. All the forms can be found on our Facebook page at <https://www.facebook.com/notes/star-city-figure-skating-club/online-registration-and-purchasing-options/1774889462524301/>

Many of them will also be found on the Club website at [www.starcityfsc.org](http://www.starcityfsc.org)

A few of the forms available are:

#### **ICE SHOWS AND COMPETITIONS:**

- Show Registration Form - Register for Spring and Holiday Ice Shows
- Holiday Ice Show tickets - Purchase tickets for the Holiday Ice Show
- Spring Ice Show tickets - Purchase tickets for the Spring Ice Show
- Ice Show DVD orders - Buy a DVD of the current ice show
- Ice Show picture orders - Purchase the professional photos taken at the last ice show
- Music upload - Upload your program music for ice shows

#### **CLASS REGISTRATION:**

- Power Class - Register and pay for Power Class. Both full session and drop-in options are available

#### **MEMBERSHIP:**

- Club Membership - Join or renew your membership with the Star City Figure Skating Club

#### **MISCELLANEOUS:**

- Donations - Star City Figure Skating is a 501(c)3 organization and accepts donations to help promote the sport of skating to people of all ages
- RSVP - Use this link to RSVP for club member social events
- Miscellaneous payments - Use this form for paying any extra costs such as costumes or late fees
- Stipend Request - This form is used for reimbursement requests for those that have earned a competition stipend
- Exhibition registration - Occasionally SCFSC holds exhibition performances where we can show off our skills to the general public. Use this form to register.
- Board of Directors - This form is used to volunteer for a term on the SCFSC Board

Watch your email for announcements when new forms come available.

So that's it - your introduction to the Star City Figure Skating Club. If you have questions please do not hesitate to ask us. We look forward to getting to know you better and watching you progress in your skating skills

**Good luck and we will see you on the ice!!**

