



*Star City
Figure Skating Club*

CLUB HANDBOOK

2023-2024



SKATESAFE



WHO ARE WE?

We are a figure skating club chartered by the U.S. Figure Skating Association, abbreviated as USFS. In the United States, they are the governing body for figure skating and it is the organization responsible for:

- Setting the rules for skills progression and competitions in freestyle singles and pairs, dance, and synchronized skating.
- Registering skaters, judges, and other officials as members.
- Selecting athletes for national and international competitions.
- Organizing regional, sectionals, and national championships in our sport through its clubs.
- Helping clubs get and stay organized according to the bylaws and policies of USFS.

WHY JOIN?

The Star City Figure Skating Club has been active in Lincoln since 1988. Our formal mission is to provide members with access to facilities and programs that give them the chance to participate in skating at a level that meets their needs. We encourage instruction, practice, and advancement of the figure skating disciplines. We promote a spirit of friendship among skaters. And we carry out the general policies and objectives of USFS.

In addition, USFS has several programs to involve and recognize skaters at every level from beginner to world-class. When skaters join the Star City Figure Skating Club, they are automatically registered with USFS, and a large portion of the dues they pay to the club is for that membership.

WE SUM IT UP LIKE THIS:

***Have fun. Make friends.
Learn skills. Strut your stuff.***

BOARD OF DIRECTORS

A volunteer board of directors manages the club's business throughout the year. For the 2022-2023 skating season, the following individuals are serving as board members:

Andreia Huebner, President.....andbianchini@yahoo.com.br
Carey Goddard, Vice-President.....carey.l.goddard@gmail.com
Nance Harris, Secretaryharrisnance@gmail.com
Fern Coon, Treasurer / Sanction Officer.....fcoon1@gmail.com
Stacey Skold, Social Events Director.....sskold@yahoo.com
Bryce Pearson, Membership Chair / SkateSafe Officer.....brycepear@aol.com
Iryna Bohovych, Competition Chair.....ira.bohovych@gmail.com
Buzz Herman, Member at Large.....buzzgolfs@yahoo.com
Jennifer Elitzin, Member at Large.....j_elitzin@yahoo.com

The board appoints a nominating committee in the spring of the current season to identify candidates to serve as officers and directors. Our officers are the president, vice-president, treasurer, and secretary, plus five at-large members who may have specific responsibilities such as membership management, event planning, competition coordination, and SkateSafe officer. Members are invited to submit nominees to be placed on the ballot for voting as board members. The nominating committee then presents a slate for members to vote on, with the option to submit write-in candidates. New elected members start their term on the next skating season. Parents of SCFSC members that are younger than 18 may vote on their behalf even if they are not a member.

Members must be 18 or older to serve on the board. Parents or guardians of SCFSC members that have an introductory or primary membership are encouraged to become an "additional family member" for a \$35 investment. The more adult members we have, the greater our resources to support the club.

DUES

The skating season runs from July 1 through June 30 each year. Memberships must be renewed each year. Dues vary from year to year depending on USFS rates, For the current season (2022-2023), they are:

- Introductory (first-time members) \$45
- Individual or first family member \$75
- Additional family members \$35
- Collegiate (a four-year membership) \$80
- Associate members (their primary membership is with another club) \$30

OUR “HOME ICE”

The club’s home ice is the *John Breslow Ice Hockey Center*. At the Breslow Center, the club buys ice time for the exclusive use of our club members for our ice shows, competitions, and other social gatherings. At the rink’s check-in desk, members pay \$10 to access ice during freestyle sessions offered by Breslow.

There are several other organizations that also use Breslow Ice. These include the University of Nebraska-Lincoln’s men’s and women’s hockey teams, several age group divisions of youth hockey organized by the Lincoln Junior Stars, adult hockey leagues, and UNL’s Campus Recreation Department. Always check the Breslow Center’s online schedule, as freestyle sessions are sometimes canceled or rescheduled without notice.

LEARN SKILLS

LEARN TO SKATE

USFSA has established a progression of figure skating skills in a program called Learn To Skate USA (LTS). This program gives skaters the building blocks to grow their skating ability. The John Breslow Ice Hockey Center runs the LTS program at the rink.

At any point in the LTS program, skaters might decide to speed up their skill development by choosing to take one-on-one, private lessons from a figure skating coach. Or skaters may switch to private coaching once they complete the LTS program levels. Our club has affiliated coaches that are qualified coaches in the Lincoln and Omaha area. Skaters or their parents should contact coaches to discuss scheduling and fees for private lessons.

STAR CITY CLUB COACHES

We require that all club coaches complete SkateSafe training and carry their own liability insurance. Please reach out directly to them if interested in private lessons.

Linda Loker.....nequilter@neb.rr.com | 402-730-5404

Iryna Bohovych.....ira.bohovych@gmail.com | 402-304-5553

Anna Gulzow.....annagulzow@gmail.com | 402-432-8259

Kailey Keith.....kaileykeith03@gmail.com | 402-853-2472

Bernice (Bea Trapp).....bernice.trapp@gmail.com | 580-919-1039



STRUT YOUR STUFF

Competitions

There are many competitions available to skaters of all ages and skill levels in and around the Lincoln area. Our club hosts the Capital City Competition/ Cornhusker State Games. Omaha clubs offer Winterfest, Spring Fling, Summer's Edge, and Autumn Classic. Other annual competitions in the area include Heart of America, Pony Express Championship, and the Mid-Continent Classic. These competitions offer a multitude of events for skaters that are just beginning to senior levels. Your coach would help you or your skater choose the event that is the best match for your or their skill level.

Skating Shows

The club periodically organizes skating showcases. These are a chance for individuals and groups of skaters to perform to music to show off their skills. The club provides costumes for skating groups and charges a fee for the costumes as well as an entry fee for being in the show. An individual skater must work with a private coach to perform a solo. Coach and skater usually work together to choose the music.

Axel Club

The axel skating jump is the hardest one to learn. The sooner a skater lands it consistently, the farther they will be able to progress in competitions. USFS has established a national recognition program, the Axel Club, for skaters who are successful with this jump. Our club has established a local process to earn this national recognition. Announcements to club members about upcoming tests are sent via email. Skaters have three chances to land the jump in front of two judges. Successful skaters get local and national recognition for their achievements. For more information, contact Stacey Skold at sskold@yahoo.com, 402-314-1611.

The USFS Test Program

The testing program is the foundation of USFS. In most cases, a skater's test level determines his or her competitive level. Competitive skaters are required to participate in the test program to compete in qualifying competitions. All figure skaters are encouraged to take these tests to challenge themselves and continually improve their skating abilities. You can test moves in the field (required edges, turns, footwork and power stroking), free skating, pairs and ice dance. There are separate tests tracks for those 21 and older. As you or your skater advance, the tests become more difficult. Most Star City club members take USFS tests at Omaha clubs.



HAVE FUN. MAKE FRIENDS.

Many of us have made longtime friendships by being part of the club. There are many smiles, gentle jokes, and lots of peer support as we work on our skills. We also like to have special times to work on those budding friendships by hosting social events during the season for members and our families. We have gone to the movies, roasted hot dogs over a bonfire, played miniature golf, gone bowling, and eaten s'mores at Roca Berry Farm, just to name a few of the social events that our club has offered to members. Additionally, an annual recognition event is hosted by the club to celebrate our skaters' successes and recognize those that have contributed to our club in ways that are "Above and Beyond".



GEARING UP

You can show off your club affiliation with Club apparel & merchandise! Represent the Star City Figure Skating Club with club jackets, T-shirts, stickers, decals and more! Members receive an email announcing when the store is open for ordering. Make sure the club has your current email address so you receive all club communications and updates.

The ice center rents figure skates, but properly fitted leather skating boots with figure blades will help your skater make faster progress. Some boot brands to look for include Jackson, Riedell, Harlick, EDEA and SP Teri. The nearest figure skating shop iSkateOmaha is in Omaha at Rockbrook Village. Along with boots and blades, the shop also carries skate guards, skate soakers, skate bags, tights, leggings, and other apparel.

Skate guards are the hard plastic covers that allow the skater to walk around off ice without dulling their blades. Soakers are the fabric blade covers that protect the blades from moisture while in the skater's bag. Never leave skate guards on the blades while in the skater's bag. It will cause the blades to rust. Ask any club board member about getting skates sharpened when needed.

iSkateOmaha
YOU CAN TOO! — iskateomaha.com



SKATESAFE

USFS requires all individuals over the age of 18 who have direct contact with skaters to be trained in the SkateSafe program. This includes coaches, officials, directors, parents/guardians, board members and volunteers that share space with skaters (i.e., locker room monitors). Some volunteering positions (i.e., selling show tickets, checking in table) may be waived from this requirement.



The SkateSafe program is intended to prevent emotional, physical, and sexual abuse, bullying, harassment, and hazing. All forms of misconduct such as these are unacceptable and in direct conflict with the ideals of the sport. Each club, including ours, has a board member specifically responsible for ensuring compliance with SkateSafe. Our club's representative is Bryce Pearson. If you have observed or suspect a violation, contact Bryce at brycepear@aol.com, 402-304-5301.

STIPENDS

The club offers stipends to help you or your skater with expenses for travel to out-of-Lincoln USFS-sanctioned competitions. The stipend can be used to help with entry fees, lodging and fuel. A maximum stipend of either \$50 or \$100 is available to any club member who meets these requirements between July 1 and June 30 of a given year:

1. You must be a current club member.
2. Skater or parent/guardian must volunteer at least eight hours for the club's benefit during the current skating season. Volunteer opportunities could include various responsibilities during competitions and shows (locker room monitor, ticket sales, flower sales, set-up crew, etc.). It can also include staffing a club registration/information table in the rink lobby during Learn-To-Skate or club ice.

To qualify, volunteer submits their hours report using the online form available on the club's website. Once volunteer hours requirement are met, skater or parent/guardian submits the stipend request form and presents it to the club treasurer with attached receipts from expenses related to competitions. Receipts for meals, clothing, souvenirs, or equipment purchases are not accepted.

Skaters who travel outside of Lincoln but stay within Nebraska are eligible for one \$50 stipend per skating season. Skaters who travel to other states are eligible for a \$100 stipend per season. You can combine expenses from more than one meet or competition to get to the maximum stipend amount. For example, if you (or your skater) spend \$35 at a competition in Omaha in August and then another \$35 at a second Omaha competition in January, you (or your skater) are eligible for the maximum of \$50 for in-state. If you (or your skater) then go to Kansas City in June and submit additional receipts, you can get up to \$50 more. Each skater can earn one stipend per season.

FUNDRAISERS

The club carries out fundraising activities throughout the year (i.e., coffee sales, silent auction). We encourage every member to participate either selling and/or purchasing items during our fundraising events. Additional opportunities include the donation of gently used skating apparel and/or ice skates to the club for sale. The club is a 501 (c3), so any donation members wish to make is tax deductible as a charitable donation. Every dollar the club receives through donations and fundraising goes to promoting skating and providing a better experience for our club members.

CONTACT

We love hearing from you! Please submit any questions, comments, or general feedback to our *Facebook* or *Instagram messenger*. We will respond to them as soon as possible.

  @starcityfsc

STARCITYFSC.ORG