



Coach David Trumble
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www.skate-well.org

Club Practice:

- **Sundays 11:00 a.m. - 2:00 p.m.**
 - 11:00-12:00: figures
 - 12:00-1:00: dance
 - 1:00-2:00: freestyle
- **Wednesdays 5:00 p.m. - 8:00 p.m.**
 - 5:00-6:00: figures
 - 6:00-7:00: dance
 - 7:00-8:00: freestyle
- **Saturdays 9:00 a.m. - 1:00 p.m.**
 - 9:00-10:00: figures
 - 10:00-11:00: dance
 - 11:00-1:00: freestyle/creative

Expectations:

- Skate-Well skaters practice dance, figures, and freestyle. We specialize not only in one single discipline, but practice all three.
- **Come to practice on time.** Be ready to skate **at the start of practice.** Arrive early to ensure time to put on skates. Aim to be on the floor in the first fifteen minutes of practice.
- Remain focused and put forth your best effort while on the rink floor. Save socializing for break times.
- Skate-Well is a **competitive skating club.** We expect you to practice with the intent of competing at contests.
- Skate-Well skaters must take notes for each lesson. These notes must be done on paper.
- Skate with a “can-do” attitude.
- Intermediate-advanced skaters assist with teaching public lessons (personal schedule permitting)
- **Notify Skate-Well if you will not attend practice, will be late to practice, etc.**

Bring to Practice:

- Water bottle(s) + snack(s)
- Notebook and pen.
- Dance patterns
- Skates, toolkit, and extra parts

Dress Code:

- Form-fitting attire
 - Preferred: skating dress + tights, leotard or bodysuit + leggings or skating pants, unitard
 - Snug-fitting shirt (no loose hanging fabric) is okay
 - Close fitting layers are okay while warming up
- Long hair pulled back, off the face and neck

Commitments:

- **Fee Schedule:** (lessons are per skater per day)
 - \$30 drop-in fee
 - \$25 Prepaid in lots of 4, 6, 8 or 12
 - \$100 for 4 prepaid lessons package
 - \$150 for 6 prepaid lessons package
 - \$200 for 8 prepaid lessons package
 - \$300 for 12 prepaid lessons package
 - Prepaid lessons packages are good for 90 days from date of payment and are **not refundable nor transferable.**
 - Skate-Well accepts payments in cash and checks payable to “Skate-Well”.
- **USARS registration** - you must be registered with USARS to attend the Skate-Well club practices. Skaters must re-register each season in September.
 - \$50 for limited membership (local contests only)
 - \$90 for full membership (local, Regionals, + Nationals)
USARS registration prices are approximate and may change

Commitments (cont'd):

- **Competition:**
 - Locations (local contests):
Sacramento, Rohnert Park, Chico
 - Entry Fees (local contests):
About \$20 for 1st event, \$10 for each additional event
 - Entry Fees (Regionals):
About \$60 for 1st event, \$55 for each additional event
 - Entry Fees (Nationals):
About \$85 for 1st event, \$80 for each additional event
 - Travel Fees:
 - Local - \$50.00 per day
 - * Regionals - \$100.00 per day
 - ** Nationals - \$300.00 per day
 - Attire: must align with current rules. If skaters plan to design, sew, or purchase a costume, consult Coach David at least 8 weeks prior to the event to allow time for alterations.

Learning Outcomes:

- Skate-Well skaters learn not just how to skate, but how to **present themselves** and how to utilize **observational thinking** to better understand new skills.
- Learn body control and build stamina.
- Count beats of music and skate on time to it.
- Learn to explain how they perform certain skills.

Extenuating Circumstances:

- For any condition where the skater will not be able to attend practice for an extended duration (sickness/injury, vacation, etc.), notify Skate-Well both in person and via email.

Outside of Practice:

- **Exercise** outside of skating practice. Strength-building, balancing, and stretching exercises are beneficial to skating.
- Print out and study dance patterns. Write your name on your printed copies, bring them to practice, and take them home with you.
Skate-Well is not responsible for any dance patterns left behind after practices.
Practice dance steps/mechanics in stocking feet with music, if possible.

* Regional travel fees are a flat rate and per participant.

** National travel fees will be divided by the number of Skate-Well participants registered into the events.
All fees include idle and travel days.

THESE GUIDELINES ARE SUBJECT TO CHANGE.

Thanks to Marisa Kahn for formatting these guidelines and designing the Skate-Well arabesque logo.

Thank you, Leslie Kahn and Marisa Kahn, for additional input. - David Trumble