



Skating school info letter Spring 2019

Welcome to HyTL's skating school! In our skating school skaters learn basic skills in a happy, supportive and positive atmosphere. The trainers in charge have been trained by the Finnish Figure Skating Association and most of them are club's own competing figure skaters.

Skating school autumn season lasts until 15th of April 2019. LK1-group (once per week) is on Mondays or Thursdays and LK2-group (twice per week) on Mondays and Thursdays.

Groups according to skill level:

After registration in the skating school's first practice, all skaters will be given a name tag, on which the trainer attaches the color code of the skater's group. Remember to keep your name tag always with you during the practices. Every group has a dedicated responsible trainer. Group colors from beginners to more advanced are green, yellow, blue and red. Skating School trainers follow the children's development. In order to transfer to a more advanced group a child needs to learn certain predefined skills. These skills are practiced in a supportive - not competitive - atmosphere. Transfers are decided by the skating school's responsible trainers Ida Ritamies and Elina Oksanen.

Children enjoy skating when they have correct equipment:

Regular ice skates or hockey skates that you can buy from markets or sports shops are good for beginners. If you want to invest more and proceed more quickly into real figure skating, you can buy figure skates from specialized figure skating shops. Actual figure skates are rigid to support the foot and ankle and the blade has hollow ground; a groove on the bottom of the blade that creates two distinct edges, inside and outside. With figure skates it is a lot easier to succeed in glides and lobes. You can find the contact information of figure skating shops on the club's info board of google the internet. Some shops also sell used figure skates, which are more comfortable to wear since used skates are often softer than new ones.

For all kinds of skates it is important that the blades are sharp. You can find the contact information of figure skating sharpeners on the club's info board. It is also important that the boots are not broken down. You can recognize a breakdown if you can see clearly creasing or blumps in the boot. In a broken down boot skater's ankle is not in the correct position which can cause pain and makes it difficult to rehearse. Ask the trainers for more information on skates!

For as long as the little skater is mostly just getting used to wearing skates and standing on the ice, the clothing needs to be warm enough, for example a light winter overall or jacket and trousers with adequate layers of insulating clothing underneath. But as soon as

the child begins to move on the ice, remember to check the clothing. The most common mistakes are to either dress the child in too warm clothes – it is seldom below zero in Finnish ice rinks! – or in too thick and stiff outer wear that make even bending difficult, let alone moves such as the little man dip eagerly practiced in the skating school.

The child's skating socks are one of the most important items to check. The socks in the boots must be of the right size and fit very well, and keep warmth and let moisture out. A bad sock gets crumpled up in the boot. With a blister on one's foot it is difficult to enjoy skating.

Fitting gloves are better than mittens for example for games with picking things from the ice. For the beginners water resistant gloves are recommended.

A helmet is not compulsory but recommended. Also check that the long hair is tied up.

Please use the toilet before the practice. Coming to skating school is not a good idea if the child is hungry, tired or sick.

Instructions for parents:

Wait inside the dressing room for the beginning of the practice. Trainers will come to get the children when the training starts.

The child must be allowed to fully concentrate on learning in the practices, and parents should therefore learn to watch practice from the stands or you can also go out for a walk or a run. Please don't stay on the side of the ice rink because that might disturb the practice.

Please go from the dressing room to the stands via the lobby and don't walk with sandy shoes on the rubber mats between dressing room and the ice rink. This order is given by the ice rink's manager in order to avoid sand and other dirt on the rubber mats.

Spring show:

The highlight of spring season is the Spring show on Sunday the 14th of April 2019. All club's skaters participate in the show. The programs are rehearsed during the skating practices. Parents help will be needed to prepare needed costumes to the show. More detailed instructions will be given closer to the show.

How to continue figure skating as a hobby:

If your child has enthusiasm for skating and wants to continue the hobby in our more advanced figure skating groups, please contact the trainer to discuss the transfer.

Hyvinkään Taitoluistelijat ry
www.hytl.fi