

# WHAT IS FREESTYLE?

- Freestyle skating is where skaters learn “real” figure skating as these levels involve learning complex footwork, jumps, and spins. These levels progress in much the same fashion as the basic Learn to Skate levels but require more practice and instruction in order to fully master the skills.
- Skaters in these levels may also wish to become involved in shows, testing, competitions, and specialty clinics and classes; Freestyle sessions offer the practice and private lesson time that help skaters succeed in these ventures.
- Freestyle sessions are practice sessions for all skaters who have passed Basic 6, or have passed Adult 4. (Skaters who have taken the Kinesiology 104 class would be considered appropriately placed in Adult 3. It is required for these skaters to enroll and pass Adult 4 through the Basic Skills program in order to participate on freestyle sessions.)

## HOW OFTEN SHOULD I PRACTICE ON FREESTYLE?

- Many beginners skate 2-3 sessions per week. This decision also depends on whether the skater is a recreational skater, or wants to begin entering competitions. A competitive skater typically skates three or more sessions per week. High level competitive skaters should be skating everyday.
- If you cannot make it to a Freestyle session everyday, you can also try specialty classes such as Ice Dance, Power, Jumps and Spins, Synchronized Skating, and Off-Ice. These classes may or may not be offered every semester. Check out the registration form for more information.



# RULES, REGULATIONS & PROCEDURES

1. Each skater and coach must sign in and pay the freestyle fee before getting on the ice. Colored bracelets must be worn to indicate that you have paid. Skaters and Coaches should also sign a waiver before their very first session. If the skater is 17 or under, the parent/guardian should sign in their place.
2. Freestyle sessions are for Figure skaters that have passed Basic 6 and above or Adult 4.
3. Skaters under 15 **MUST** be accompanied by an adult at all times.
4. The Golden Rule is always in effect!!
5. Higher-level skaters must watch out for lower level skaters. However, everyone is expected to be aware of other skaters around them at all times.
6. If a person is skating their program, they receive the first priority over the ice surface.
7. If a person is in a lesson they receive second priority over the ice surface.
8. A music box is provided in the rink area for skaters to play their own music. No tapes please.
9. There may be a program monitor for crowded sessions to play music. Skaters should give their music to the monitor at the beginning of the session; the monitor will determine when it can be played.
10. If there is need for a program monitor, each person's name will be announced before the program is played. Once the music starts, you must finish your program (no stopping and restarting). Please watch out for the person skating their program. If you don't know whose tape/CD is being played, ask the program monitor.
11. If a skater wishes to have their music played during a session and there is no program monitor, they can play their music themselves as long as another skater's music is not playing. For assistance with the music box, skaters can ask the Customer Service Assistant.
12. No food or drinks (except water) allowed on the ice.
13. Sitting on the boards is not allowed.
14. Good manners towards other skaters and coaches is an expectation. Ice Arena staff reserve the right to ask someone to leave the ice if their behavior is inappropriate.
15. Spins must be practiced between the blue hockey lines, unless in a program.
16. Jumps must be practiced outside the blue hockey lines, unless in a program.

*The information provided in this brochure is relevant to the University of Illinois Ice Arena only.*

# FREESTYLE SKATING

AT THE UNIVERSITY OF ILLINOIS  
URBANA-CHAMPAIGN  
ICE ARENA

Figure Skating is a wonderful sport that provides many fun and exciting opportunities for skaters of all ages.

## COST

### *Session Fees Paid to the Ice Arena by the Skater/Parent:*

**FREESTYLE** \$7/ session for members  
\$10/ session for non-members  
10 session freestyle punch cards may be purchased for.  
\$60 member/ \$90 non-member.

### *Private Coaching Fees Paid to the Coach by the Skater/Parent:*

**PRIVATE COACHING** Ranges from \$25-60/ hr depending on the private coach selected. Private coaches may also charge additional fees for music cutting, testing and competitions. Private coaches are also required to pay a coaching fee to the Ice Arena per session.

**OTHER** If skaters choose to participate in testing, competitions or shows, there may be entry fees as well as a required United States Figure Skating Basic Skills (USFS) membership fee of \$12/year. For more information on USFS, visit [www.usfs.org](http://www.usfs.org)

**EQUIPMENT** Freestyle skating requires flexibility and a free range of movement. Therefore, we recommend the skaters wear either sweat pants, stretchy work out pants, or skating tights and a skating dress. Jeans and other restricting pants are not recommended

## PRIVATE COACHING INFORMATION

Qualified skaters may begin taking private lessons at any time. There is a list of qualified private coaches available at the Customer Service Office.

The main reasons for taking private lessons are:

1. To help skaters progress at a faster rate
2. To receive the benefits from individualized instruction geared toward the skater's learning style and personality
3. If skaters think they would like to participate in freestyle testing or competitions
4. To create a team involving the skater, coach, and parents

### HOW DO I CHOOSE A PRIVATE COACH?

#### **Determine Your Needs and Wants**

- Does your skater want to be competitive/recreational?
- Do they want to test?
- Which group teachers work best with your child?

#### **Compare Options**

- There is a private coaches list available at the Customer Service Office. Once you have narrowed down what you are looking for in a coach, you can check to see who meets your needs.

#### **Some important questions you may want to ask a coach are:**

- What is your coaching philosophy?
- What are your greatest coaching accomplishments?

- Are you PSA (Professional Skaters Association) rated or ranked? For more information on PSA, visit [www.skatepsa.com](http://www.skatepsa.com)
- What are your rates for lessons, competitions, cutting program music, etc.? How often do you bill for charges? When do you expect to be paid?
- What is your policy if we have to cancel a planned lesson?
- Are there any other policies that we should be aware of in advance?
- Do you have a skater-coach contract? You should have a contract; examples are available through the Learn To Skate Office.

#### **Follow Up**

- After you have selected a coach, you should observe some of the lessons. It is important to make sure that the coach/skater relationship you have invested in is what you expected.
- Take the time to communicate with the coach to help create a solid team bond between the three of you. A skater's coach plays a large role in all of this, so take the time to find the coach that is right for your child.
- A skater may bring an outside coach to freestyle session if they so choose. The coach must provide proof of insurance, sign in and pay before taking the ice.

*Note: The relationship between the coach and the skater/parents is just that – the UI Ice Arena does not involve itself in this relationship except to provide information on facility policies, procedures and available coaches and skating opportunities.*

In general, we recommend that freestyle skaters invest in their own skates simply due to the need for a better fit and support for your feet when practicing and performing these higher-level skills.

There are a few options when considering buying skates. We recommend going to a pro-shop to be fitted properly and to try out several brands of skates before buying them. Many pro-shops sell used skates and blades, which can be a good option for growing feet. However, it is most important to get a good, comfortable fit, which sometimes means buying new boots. We do not recommend buying boots a size larger to "grow into" as this is not a proper fit and will inhibit skating ability. Instead, stick to lower end models of new and used skates and purchase from an established pro-shop. A list of recommended pro-shops is available through the Learn To Skate Office.

### A FEW THINGS TO CONSIDER:

- What type of skating do you need the skates for (recreational, competitive, ice dancing, etc.)?
- Are your feet still growing?
- What is your total price range (skates can run from \$100-\$3,000)? On average you can expect to spend a total of \$200-\$400 on new, beginner and intermediate level skates.
- Though some pro-shops offer package deals, be prepared to purchase boots and blades separately
- Often your private coach will be willing to go with you if you ask them.