

CFSC Newsletter

September/
October 2023



CFSC Figure Skating Season Starting Date

2023-24 CFSC Season: Session 1 (1st 8-week Session) Begins Sunday, October 1st

Learn to Skate Lessons: Sundays

October 1st: 3-4pm Lessons October 8th: NO LESSONS October 15th: 3-4pm

October 22nd : 3-4pm October 29th: 3-4pm

Friday LTS Open Skate: ●

This is for LTS skaters only and is for skating on your own for additional practice.

October 6th: 6-7pm

Season Jr/Sr Club Evening Ice

Here is the ice times we have for October Ice so far. ** Other nights for Jr/Sr Club are still to be determined. CFSC is waiting on CYHA to inform us of these additional nights. We will let you know when we receive this information as soon as we receive it.

Morning Ice M-F

6-8am

Sunday Oct. 1st:

4-5:30pm South Rink & 7-9pm North Rink

Monday Oct 2nd:

7-9 pm South Rink

Friday, Oct. 6th:

7-9pm North Rink

Sunday, Oct. 8th:

7-9pm

Monday, Oct. 9th

7-9pm

Sunday, Oct. 15th

4-7pm

Monday, Oct. 16th

7:15-9:15pm

Friday, Oct. 20th:

7:15-9:15pm

Sunday, Oct 22nd:

4-7pm

Monday, Oct. 23rd:

7:15-9:15pm

Friday, Oct. 27th

7:15-9:15pm

Sunday, Oct. 29th

4-7pm

Monday, Oct. 30th

7:15-9:15

Wednesdays: TBD

Check the Master Rink Schedule for Updates at:
<https://www.chippewahockey.org/page/show/110857-ice-schedule>

BINGO

-Wednesdays (2nd, 4th, 5th)

-Knights of Columbus Hall

-2 Bingo shifts per family

-2 Pans of bars per worker

-Sign Up @ <https://www.signupgenius.com/go/70a0f4fa8ad2fabfc1-20232024?useFullSite=true#/>

-Sign up for shifts by beginning of February

-Workers on Signup Genius need to be 18 or older to count as a worked slot (Why?: People have to be 18 to sell bingo cards and call back bingos)

-Skaters 14 and older can come to help with concessions

Why Bingo?: This is our main fundraiser just for CFSC to keep costs down, therefore it does not count toward assessment hours. The money is used for FS coaching, additional ice time, the spring show, costumes, special events (such as Skate For a Cause), etc.

Please sign up in the Remind App in order to receive quick communications from the club. The App is free to download in the App Store. To join the CFSC class within remind, you will need the class name and class code below.

Class Name: CFSC

Class Code: @6d933917



Upcoming Competitions List 2022

- Hiawathaland– Rochester, MN:
10/13/23 - 10/15/23
- CFSC Compete USA Competition– Home Club
Comp. 12/10/23
- Northland FS Competition– Duluth, MN 1/18/24-1/21/24
 - Badger State Games 1/24/24-1/28/24



DO NOT SIGN UP FOR A COMPETITION WITHOUT CONSULTING WITH YOUR COACH FIRST

***Competition is a personal choice not a requirement.*



You did it!
Congratulations

CONGRATULATIONS TO THE FOLLOWING SKATERS WHO PASSED THE FOLLOWING USFSA TESTS:

Nadia– Bronze Singles

Elle A.– Preliminary Singles, Pre-Bronze Singles and Bronze Skating Skills

Brynn– Bronze Skating Skills

Dani– Bronze Skating Skills

Kylie– Preliminary Skating Skills

US FIGURE SKATING
TEST SESSION

Learn to Skate Basic Skills and Levels



Basic Skills – FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNdamentals – Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

Basic 1



- Sit on ice and stand up
 - March forward across the ice
 - Forward two-foot glide
 - Dip
 - Forward swizzles – 6-8 in a row
 - Backward wiggles – 6-8 in a row
 - Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2



- Scooter pushes – R and L
 - Forward one-foot glides – R and L
 - Backward two-foot glide – Glide the length of skater's height
 - Rocking Horse (one forward swizzle, one backward swizzle) – Repeat twice
 - Backward swizzles – 6-8 in a row
 - Two-foot turns from forward to backward in place – clockwise and counterclockwise
 - Moving snowplow stop
- ★ Bonus skill: Curves

Basic 3



- Beginning forward stroking showing correct use of blade
 - Forward half swizzle pumps on a circle – 6-8 consecutive clockwise and counterclockwise
 - Moving forward to backward two-foot turns on a circle – clockwise and counterclockwise
 - Beginning backward one-foot glides – focus on balance
 - Backward snowplow stop – R and L
 - Forward slalom
- ★ Bonus skill: Forward pivots - clockwise and counterclockwise

Basic 4



- Forward outside edge on a circle – R and L
 - Forward inside edge on a circle – R and L
 - Forward crossovers – clockwise and counterclockwise
 - Backward half swizzle pumps on a circle – clockwise and counterclockwise
 - Backward one-foot glides – R and L
 - Beginning two-foot spin – Up to two revolutions
- ★ Bonus skill: Forward lunges – both legs

Basic 5



- Backward outside edge on a circle – R and L
 - Backward inside edge on a circle – R and L
 - Backward crossovers – clockwise and counterclockwise
 - Forward outside three-turn – R and L
 - Advanced two-foot spin – 4-6
 - Hockey stop – both directions
- ★ Bonus skill: Side toe hop – R and L

Basic 6



- Forward inside three-turn – R and L
 - Moving backward to forward two-foot turn on a circle – clockwise and counterclockwise
 - Backward stroking
 - Beginning one-foot spin – 2-4 revolutions, optional free leg position and entry
 - T-stops – R and L
 - Bunny hop
 - Forward spiral on a straight line – R or L
- ★ Bonus skill: Shoot the duck – R or L

To provide a fun and positive experience that will instill a lifelong love of skating.



Junior Club Requirements

PRE-FREE SKATE

PRE-FREE SKATE (COMBINATION OF BASIC 7 AND 8)

SKATING SKILLS

- Forward inside open mohawk from a standstill position (R to L and L to R)
- Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

SPINS

- One-foot upright spin, optional entry and free-foot position (minimum three revolutions)

JUMPS

- Mazurka (R or L)
- Waltz jump

★ Bonus Skill: Backward inside pivots, clockwise and counterclockwise

Pre-Preliminary Skating Skills

- Forward Perimeter Stroking
- Basic Consecutive Edges
- Forward Right & Left Foot Spirals
- Waltz Eight

FREE 1 SKATE

FREE SKATE 1

SKATING SKILLS

- Forward power stroking, clockwise and counterclockwise
- Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- Backward outside three-turns (R and L)

SPINS

- Upright spin, entry from back crossovers (min. four to six revolutions)

JUMPS

- Half flip
- Toe loop

★ Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump-ballet jump-triple inn sequence

FREE 2 SKATE

FREE SKATE 2

SKATING SKILLS

- Alternating forward outside and inside spirals on a continuous axis (two sets)
- Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- Backward inside three-turns (R and L)

SPINS

- Beginning back spin (one to two revolutions)

JUMPS

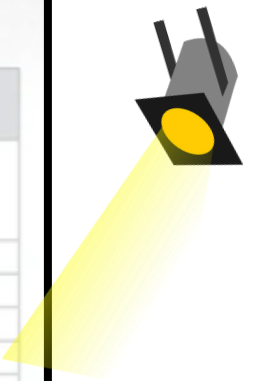
- Half Lutz
- Salchow

★ Bonus Skill: Variation of a forward spiral, skater's choice

US FIGURE SKATING TESTING STRUCTURE: SENIOR CLUB & ADULT TESTING

U.S. Figure Skating Tests

SKATING SKILLS	SINGLES	PATTERN DANCE <i>Partnered - Lead or Follow Solo - Lead or Follow</i>	FREE DANCE <i>Partnered or Solo</i>	PAIRS
Pre-preliminary	Pre-preliminary			
Preliminary	Preliminary	Preliminary		
Pre-Bronze	Pre-Bronze	Pre-Bronze		
Bronze	Bronze	Bronze	Bronze	Bronze
Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver	Pre-Silver
Silver	Silver	Silver	Silver	Silver
Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold	Pre-Gold
Gold	Gold	Gold	Gold	Gold
		International		



U.S. Figure Skating Adult Tests

ADULT SKATING SKILLS <i>21+ or 50+</i>	ADULT SINGLES <i>21+ or 50+</i>	ADULT PATTERN DANCE <i>Partnered - Lead or Follow Solo - Lead or Follow; 21+ or 50+</i>	ADULT FREE DANCE <i>21+ or 50+</i>	ADULT SOLO FREE DANCE <i>21+ or 50+</i>	ADULT PAIRS
Pre-Bronze	Pre-Bronze	Preliminary	Pre-Bronze	Juvenile	
Bronze	Bronze	Pre-Bronze	Bronze	Intermediate	Bronze
Silver	Silver	Bronze	Silver	Novice	Silver
Gold	Gold	Pre-Silver	Gold	Junior	Gold
Intermediate	Intermediate	Silver		Senior	
Novice	Novice	Pre-Gold			
Junior	Junior	Gold			
Senior	Senior	International			



HAPPY BIRTHDAY

- | | | | |
|-----------|---------|---------|------------|
| Marian | Laney | Easton | Jessica W. |
| Jason | Evelyn | Kiana | Jessica S. |
| David | Jade | Emilu | |
| Paityn | Lloyd | Leonard | |
| Olivia E. | Cecilia | Tricia | |

ASSESSMENT HOURS INFORMATION

How to Submit Your Assessment Hours



WORK ASSESSMENT HOURS

**To submit your hours go to
the Chippewa Hockey
website at**

[https://
www.chippewahockey.org/](https://www.chippewahockey.org/)

**Click on the blue icon (see
above) on the page to get to
the google form for hours
submission.**

Steel Game Workers

Concessions and Beer Sales



Slots for Sept. and Oct. are
open to sign up on Dibs. Anything
you sign up for on this platform will
automatically submit your hours with-
out needing to fill out the google
form.

[https://www.chippewahockey.org/
dib_sessions/show/46131](https://www.chippewahockey.org/dib_sessions/show/46131)

The specific allotment of assessment hours must include: 50% of the hours in rink operations and the other 50% in task operations. This 50% stipulation pertains to all of the CFSC levels and their allotted assessment hour requirements.

Sr Club.: 50 assessment hours

Jr Club and LTS 5+: 30 assessment hours

LTS 3-4 Years: 20 assessment hours

LTS 1-2 Years: 0 assessment hours

****Hours need to be competed by August 15th, 2024**

Buy Out Option at Registration @ \$20/assessment hour

Hours Not Worked by 8/15 /24 @ \$30/assessment hour

Rink Operations (50% of Assessment Hours):

- Team Rep/Manager
- Coach
- Learn to Skate / GOAL
- Ice Maintenance / Zamboni
- Steel Game Concessions
- Concessions
- Tournaments
- State Tournaments
- Pro-Shop
- Open Skate
- Chuck-A-Puck at Steel Game

Task Operations (50% of Assessment Hours):

- Board Member
- Board Approved Committee
- Board Approved Organizational Position
- Golf Outing
- Beer Fest
- Festivals (Jam, State Fair, etc)

Have a question?... Ask a board member

President: Amy Bauman

Board Members:

Vice President: Holli Kloss

Dawn Prince

Katy Miland

Secretary: Jessica Walczak

Jodi Ash

Jessica Samb

Treasurer: Tricia Tambornino

Kayla Brown

Amanda Goetti

September Board Meeting Minutes

1. General Meeting:
2. Called to Order: 6:07pm
3. Consent agenda **A motion was made by Jodi to approve the consent agenda and 2nd Amanda – motion carried**
 - a. Secretary's Report (Jessica) – Minutes to the July meeting
 - b. Treasurer's Report (Tricia) – Income statement through July
 - c. Hockey Report (Katy)- from the August 16, 2023 hockey board meeting
4. President's Report (Amy): See attached document – Elsa additional – interview. Google drive: additional – NA. Transition documents: additional – see sheet. Morning ice: additional – Two on the ice or you can't skate without a supervising adult. Twelve and under need a supervising adult. Tax exempt: no changes, Coaches training reimbursement: no additional, Kayla with emails – Kayla will keep and text questions if needed to other board members. Learn to Skate logo: no additional
5. Vice President's Report (Holli): watched a skate safe webinar on conflicts.
6. Committee Reports:
 - a. Registration (Jodi/Kayla): Sent survey, 42 responses. Confirmed skaters can have the primary and secondary coach as the same coach. The coaches will use this information for scheduling: In person is Sept 10th for learn to skate.
 - b. Competition (Katy/Holli): 3 judges; accountant & Ref – Tricia gave them prices and metal information
 - c. Testing (Dawn): Elsa passed her gold moves; Dani, Ellie, Brynn, Kylie & Nadia passed levels at Eau Claire test session; Oct 1st test session in Black River Falls, Bronze panel for our test session for Skating Skills and Singles & Dance
 - d. Hockey Report (Katy): See above
 - e. Spring Show (Jessica, Tricia & Mackenzie): Jessica, Tricia and Mackenzie met to go over coaches show contracts and possible theme ideas to be voted on by the coaches and high school senior skaters. A meeting with all coaches will be in September.
 - f. Learn to Skate (Jodi/Amanda): See above registration: Oct 1st is learn to Skate start date for fall season
 - g. Bingo (Holli): What we currently have in bingo concessions, the weekly deposit and attendance at the bingo. Bingo requirements: Need to be 18 years or older to count as a bingo slot due to selling cards and calling numbers. **A motion was made by Jodi bingo workers need to be 18 years or older to count as a bingo slot due to selling cards and calling numbers and 2nd Holli – motion carried**
 - h. Events (Jessica S.): National night out was a success. Jessica S is looking for event ideas, possibly Halloween or Christmas parties.
 - i. Problem solving/Grievance (Jodi/Holli): nothing
 - j. Marketing (Kayla): I have been making updates to website and Facebook to the best of my ability. If Coaches need me to update their rates to the website, they need to email me- NOT TEXT or word of mouth. Currently I am emailing communications but if someone else wants to do that I would appreciate it. Kayla will look into the scammers the coaches are getting from having their numbers on the website
7. Old Business:
 - a. Meet the coaches meeting: September 10th from 3pm to 5pm; a flyer will also be created and emailed to club as well as at registration with all the coaches bios.
 - b. Updating CFSC documents: Skating club handbook, Mission, vision and endeavors, etc. and these would be uploaded to our website – covered in presidents report
 - c. Discuss Bylaws being updated – emailed updated copy to board members – for discussion – look at the bylaws and reply to Amy by September 10th with any questions or changes.
 - d. Mirrors – on Rita's to do list to get a quote from Derek Post
8. New Business:
 - a. September ice – fees – **A motion was made by Jodi to charge Jr. & Sr. Club skater either a flat rate of \$60 per month or \$15/hour of ice and Learn to Skate will need to have a coach giving a lesson and a fee of \$5 per 30 mins and 2nd Tricia – motion carried**
 - b. Webinars – should each board member take a webinar; August 31st is the next webinar – Amanda will watch this.
 - c. High School Team – fee for outside skaters will be \$10 per hour. Brittney assistant coach
 - d. Reimbursement to Mackenzie for webinar – Holli paid for this webinar. We will talk about this at the next meeting about budget for reimbursement to coaches for education
 - e. Safe Skate compliant – needs to be done by next meeting. Add Synchro to next meeting

Adjourned to Closed Session – Needed
Meeting Adjourned 7:56pm

Next Board Meeting: Monday, October 23, 2023 at 6:00pm