

Coaching Policies 2022

Dear Parents and skaters,

Welcome to the wonderful world of ice skating. Sports are a wonderful way to enrich our lives and achieve incredible goals. Ice skating had been my life-long passion and I enjoy passing my knowledge down to each generation of skaters after me.

In case we are newly acquainted, I would like to give you a little background information. I was raised in a small southern town where my father taught in a medical school and my mother taught French. I started skating in Junior high school. When I was 13 years old, I decided to leave home to attend a Lake Placid, N.Y. boarding school, to benefit from their high-level training environment, as my small town's seasonal rink did not provide the level of excellence that I desired in my skating. When I was sixteen years old, my coach moved to the world class and Olympic training environment of the University of Delaware, where I was able to start my university studies early while continuing my training. After several years in the pre-med program, I switched to their world-renowned Physical education (now called Kinesiology) department, where we specialized in biomechanics, sports psychology, strength and conditioning and Figure Skating Science. I observed and assisted three Olympic coaches as part of my training. I loved every minute of my academics and apply their scientific approach every day to my coaching.

I have been both a U.S. national competitor and national coach. My students and former students have won medals at the U.S. Nationals, International competitions and several have even gone on to compete in Olympics. Their achievements make me proud to be part of their skating journey.

My coaching philosophy focuses on each skater's and their family's individualized needs. While there is correct technique, there are many ways to be athletes, champions and students and each family should feel be empowered to make the decisions that best suit their needs. I do not do cookie cutter coaching, where all skaters are treated as clones. I coach individuals and advise athletes and their families as to what I feel are their best options to reach their goals. This is a partnership.

Please read the following information, as the fee structure, billing, cancellation policy and other information may have changed since you came onboard with me.

Private lessons are a reserved time, payable at the time of the lesson. If it is necessary to cancel a lesson, please do so 24 hours in advance, to avoid being charged the full cost of the lesson. The 24-hour cancelation policy is an industry wide standard, which allows me to fill in your time with another student or makeup lesson. This courtesy extended by others also will allow your skater to makeup his or her lessons when necessary.

Lesson fees to be paid directly to me, separately from the ice time purchased from the rink.

Rates are as follows:

20 minutes	\$35
30 Minutes	\$50
45 minutes	\$75
60 minutes	\$100

Competition and testing fees should be paid directly to me. For out-of-town events, additional travel expenses will be split evenly between all students at the event. I do not charge travel fees for local (OC, Paramount, Artesia, El Segundo) competitions.

USFS Competition and Testing=\$100 event fee

Competition Practice=Same day, close-proximity timed, official ice included in fee, non-official ice depends on the circumstances of the competition

Testing practice=included in fee

Music fees for cutting music will vary by length of program. The first minute of required program length will be \$35. Each additional 30 seconds to minute will be \$15. You will receive a digital copy of the music.

Additional Notes

I am looking forward to a great year with all my skaters. Please support their dreams, by making sure that your skater arrives ready to skate and is practicing on their own.

- **Try to arrive 15 minutes early** (or more) for your lesson to warm up.
- **Dress appropriately for skating:** warm, skating appropriate attire, jacket, gloves, hair must be pulled back neatly (preferably in a bun for figure skaters but I do not want practice time to be sacrificed for a hairdo. No one won or lost the Olympics because of their practice hair)...etc
- **TAKE CARE OF YOUR SKATES!!!!!!!** Keep them sharp, check for loose screws and signs of excessive wear (breakdown/creases) and outgrowing of boots. Skates should fit the foot and be appropriate for your level. Skaters...Just because your friend wears a particular brand or model skate or it looks cool does not mean its right for you.
- Bring all necessary items to the ice before the lesson: MUSIC, tissues, water...etc
- **STAY ON THE ICE!** In order to master our skills and learn new ones, we must practice consistently. It is ok to have fun and play a bit, after a skater has

practiced everything. It is not acceptable to leave the ice during practice time any more than one can leave math class for a snack and conversation.

- **Coaching from the door or stands is prohibited by The Rinks** and discouraged in general for safety of all skaters on the ice. Please reserve conversations for emergencies only. Sit back and enjoy watching your skater and your friends in the rink. Parents and guardians, think of your skater's practice time as time off for you. If you must briefly leave the rink, please check with me to be sure that I will be there the whole time and have a way to reach you in case of emergency. Very young children should never be left alone at the rink.
- **Eat a healthy snack** before skating and keep water on the ice for dry mouths!

Lessons are scheduled on a specific session, not at specific time. You may have noticed that I have said that your lesson is on the (x) session. While at some point we may have said that your lesson is at a certain time, that is not how they are actually scheduled. Your skater is expected to be on the ice at the start of the session (or at the time when you have said that they can be there) and stay to complete the session after their lesson. I may arrive to the ice later than the start of the session, due to other obligations, driving from other rinks, having a meal and I may leave before the session ends. Your skater will get the scheduled length of lesson. They are expected to be on the ice working hard when I arrive and continue after I leave. Please let me know in advance, not on the day of the lesson, if you must leave early or arrive late, so that I can plan to make sure that your skater has their full lesson.

Most important, enjoy watching your athlete grow and learn. The self-discipline and preparation learned on the ice now will lead to success down the road both on and off the ice. Learning how to set goals and plan for achievement of those goals is part of their process. If they are not practicing or taking enough lessons to meet a goal, the goal and expectations must be adjusted according to the circumstances. Your child will not be an A student if they only go to school two days a week and skip their homework. When I recommend training such as a ballet class, additional practice, group classes or off-ice, that is what is necessary to meet their goals and the family's responsibility to attend. **I would like to schedule a meeting with you, when your figure skater is not present, in order to the plan for 2022**, set goals, discuss ice maintenance and vacations which may interrupt the season, competition schedules, testing, training and learning. I am here to help you as well as your skater. **Now let's have some serious fun on the ice!**