

Welcome to



Welcome

The Olympia Figure Skating Committee would like to welcome you as a new member of our club.

If you have not yet received an Olympia Membership Form please contact one of our committee members from the table below who will be more than happy to assist and guide you.

COMMITTEE MEMBERS

Our committee is made up of volunteers who meet approximately once a month.

<u>Name</u>	<u>Post</u>
Pamela Ronald	Chairperson
Fiona Mitchell-Knight	Vice Chair /Secretary
Susan Treanor	Treasurer
Carol Sweeney	Website updates
Lorraine Ronald	Communications
Elaine Wilkie	Membership
Trish Connelly	Merchandising
Lesley Donaldson	Fund raising
Debbie Carlin	Fund raising
Angi Fox	Fund raising
Leanne Mullen	Coach
Lorraine Allison	Coach
Leanne Whiteside	Coach
Ashley Sweeney	Junior Representatives
Samantha Sweeney	

Ashley and Samantha Sweeney are the Junior Representatives of the Committee. They will be able to help and advise all new members about most things but if not please speak to any of the Committee Members listed above.

Parents of new members will also be introduced to and welcomed by the members of the committee.

CLUB GUIDANCE / RULES

There are a number of areas for you to familiarise yourself with when you are new to the skating world and the club.

- The process of booking patch ice sessions and the club's patch ice etiquette (see attachment 1 below).
- The club's competition guidance (see attachment 2 below)
- Look at the Club's notice board which is located on the rink side where the skaters put their boots on.
- The olympiafsc.co.uk website and the noticeboard are the key sources of information on the club's activities please review them from time to time. It is your responsibility to do this to keep up to date on what is happening in the club.
- The club has a child protection policy which can be found on the website
- The club's constitution can be found on the website.

Some other club rules

- Any press releases should always be discussed with your coach, they will be able to advise of appropriate content.
- The club logo can only be used on official club merchandise

HANDY TIPS FOR NEW SKATERS

- Remember to wrap up warmly in thin layers
- You will be moving your body a lot so we recommend that you wear stretchy clothes that will allow you to move about freely.
- Some things to remember for your bag may include;
 - ✚ Gloves
 - ✚ Skate Guards
 - ✚ Face towel (to dry blades)
 - ✚ Soakies for your blades when your are finished your skate
 - ✚ Elastoplasts in the event of you getting a blister-Ouch!
 - ✚ Screwdriver (there may be wobbly blades)
 - ✚ Notebook and pen to record your skate and to note anything new that you may have learned
- When on the ice you must comply with the patch ice etiquette (see attachment 1 below).

You must have an awareness of other skaters and try to avoid accidents by moving out of the way of another skater as quickly as you can, especially when a skater is in a lesson or is performing their programme.

If you are in a lesson or programme other skaters must try to move out your way. Remember that they might not see so you should call out or shout “**Excuse me please**” but **ONLY** if you are in a lesson or programme.

YOUR SKATING MUSIC

Once you have completed the required level of skating your coach will talk to you about having a ‘programme’ that you will skate to at competitions. This will require a short piece of music that either you or your coach will suggest and can be edited either by your coach or yourself to the required time (usually 1min 30secs for beginners). If you would prefer your coach to do this for you there will be a fee of approx £10 depending on the time spent to achieve the best cut.

COMPETITIONS

Your coach will talk to you when they feel you are ready for competitions.
See the club's guidance for parents on competitions , attachment 2 below

CLUB ACTIVITIES

The coaches and committee organise and support the Olympia members in enjoying and improving in their skating. We also believe that the club benefits from the members being involved in occasional social events e.g. the Christmas celebrations. We hope you will enjoy being involved in these events. We will also ask for your support in fund raising for such activities, as the annual club subscription pays for only part of the clubs costs to fund all of these activities.

COMPLAINTS

Should you feel it necessary to make a complaint about any issue regarding the club please speak in the first instance to your coach and or/ then to a committee member.

The Club hopes that you have many happy hours of Skating !!





PATCH ICE ETIQUETTE

This information has been put together to allow you to understand priorities during patch ice time.

- The basic rule to remember is that the skater whose music is playing has right of way over all other skaters. Skaters in a lesson with a coach have right of way over those practising on their own. Please look out for and move out of the way of the skater whose music is playing.
- In addition to observing Patch Ice Etiquette, skaters must respect all coaches at all times. Any coach has the right to ask you to leave the ice when your ice session is finished.
- Patch ice is for those who are working and is not the time for chatting on the ice with friends.
- Please remember that higher level skaters may be travelling very fast and attempting doubles and triples which cover a lot of ice. For your own safety you must stay aware of skaters around you and watch out for skaters committed to a jump or spin.
- We recommend that you check with your coach before booking patch ice, as some patches may be unsuitable for beginners.

Booking Patch ice

Patch ice must be booked at the reception by 1pm on the Sunday PRIOR to the week you are booking for. **If you forget to book, you will have no ice time for the following week.**

Should you need to cancel a session for any reason, please remember to **inform the office within 24 hours of your patch session** so that the patch ice can be credited to the next week. Failure to do this within 24 hours will result in you losing your ice session.

If you have booked and cannot attend, you must phone your coach to inform her of your absence **at least 48 hours before your lesson otherwise you may be charged for the lesson if the coach is unable to fill your slot.**

Your coach will inform you what patch ice sessions are to be booked for the week ahead.



PARENTS GUIDE FOR COMPETITIONS

Please find below important information for every competition.....

Please bring:

1. Music both master copy and spare
2. Club tracksuit for warm ups
3. Yoga mat for off ice warm up
4. (If possible) I-pod with competition music (for off ice warm up)
5. Water
6. Banana (aids hydration and energy)
7. Guards (for walking on hard surfaces)
8. Competition Attire (including dress, jacket, tights & spares, hair accessories, make up, hairspray etc....)

Please remember:

Competitors should arrive at the ice rink at least one hour before their event starts. On arrival skaters should have competition dresses on and hair and make-up finished.

The hour before the event starts is for the competitor to familiarise themselves with the ice rink and begin their warm up, this time should not be used to get ready.

Finally, your coach will give you a meeting time and place to begin warm up etc. It would be helpful if parents could kindly leave their children with the coach at this point, until the competitor has finished their programme. Parents should not enter the warm up areas or rink side official areas.

If children need help tying their boots then of course parents can help, but otherwise coach and competitor should be left alone. Parents can trust that if there were any problems then you will be the first person your coach will contact.

Many thanks
Lorraine and Leanne