

**THEISEN'S<sup>®</sup>**  
***Learn To Skate Program***

New Student Information Booklet

# Thanks for Joining Us!

For more than 30 years in Dubuque, figure skating was something that other people did.

Not anymore!

The Theisen Learn to Skate Program and Butler Figure Skating Academy at the Mystique Community Ice Center have introduced this character building sport back to the Dubuque community. As a non-profit venture, our goal is to take skaters through their first tentative steps on the ice and into competitive skating.

We're in the business of making dreams come true, and we are glad you and your child have taken the opportunity to join us on this journey!

# Letter to the Parents

Thank you for joining the Theisen Learn to Skate program! We look forward to spending this time with your children. The goal of our program is to teach your child the techniques they need to grow into stronger and more confident skaters. It all starts with the basics!

Here are some tips to insure your child has an enjoyable and fulfilling experience.

- **Arrive 10-15 minutes before the start of class to avoid rushing.** We have only 45 minutes of instruction time to spend with your children and we want to offer the most in that limited time.
- **Dress your child properly for this class.** Include gloves or mittens and socks that come to at least mid-calf. Snowsuits can be too bulky for a child to move comfortably, so consider a heavy fleece sweatshirt or sweater. A winter coat is also another option.
- **HOCKEY GEAR IS NOT ALLOWED DURING INSTRUCTION TIME.** We have learned hockey pants and padding can be cumbersome for the beginner skater and hinders his/her skill development. A helmet is recommended, particularly for tots and adult skaters. A standard bicycle helmet is sufficient. If your child is wearing a hockey helmet or a bike helmet, **please be sure it fits properly.**
- **Practice, practice, practice.** As with any sport, practice makes for a better skater. Take advantage of Mystique's public ice skating session to allow your skater time to practice his or her new skills.

If you have concerns regarding your child's progress, please bring it to the attention of your child's instructor as soon as possible. Most importantly, please understand this sport is unlike other sports in that it is played on *ice* and kids will go through a natural adjustment period. Your patience and understanding is appreciated during this adjustment time.

Thank you again for choosing to spend your Saturday mornings or Tuesday evenings with us. We hope your children come to love skating as much as we do!

Sincerely,

Tammy Remakel-Ryan

Jocelyn Theisen

Program Directors

# Information for Parents

## **Your responsibilities as a skating parent.**

1. Encourage your child to skate but don't pressure. Let your child choose to skate.
2. Understand what your child wants from skating and provide a supportive atmosphere for achieving these goals.
3. Put your child's participation in perspective. Don't make skating everything in your child's life; make it a part of life.
4. Make sure the coach is qualified to guide your child through the skating experience.
5. Keep winning in perspective and help your child do the same.
6. Help your child establish a challenging but realistic performance goals rather than focusing only on "winning."
7. Help your child understand the lessons skating can teach.
8. Help your child meet responsibilities to the coach.
9. Turn your child over to the coach at practices and competitions—don't meddle or coach from the sidelines.

## **How to help your child enjoy skating.**

1. Develop a winning perspective
2. Build your child's self-esteem
3. Emphasize fun, skill development and striving to do his or her best.
4. Help your child set realistic performance goals

## **Values kids learn through skating**

Through skating your child can:

1. Acquire an appreciation for an active lifestyle
2. Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills
3. Learn to manage stress, perform under pressure and test emotional and physical balance
4. Develop social skills with other children and adults
5. Learn about managing success and disappointment
6. Learn about fair play and being a good sport
7. Learn respect for others

**For more information, visit [www.usfigureskating.org](http://www.usfigureskating.org)**

*\*Information adapted from an article in SKATING magazine by Pam Dawson, chair of the Parent's Committee*



# Skate Buying Guide

**What to look for:** Strong, supported ankles. If you can bend over the side of the skate with your hand, it is too flimsy and will prevent your skater from doing his or her best. Look for a stiff boot with some cushioning inside.

**What to avoid:** Skates that have adjustable straps or that are designed to “grow with your child.”

**How skates should fit:** Toes should wiggle but not be able to slide around. There are wonderful videos and tips at: <http://shoprainbo.com/skate-fitting>.

**How to care for new skates:** Wipe off the blades after each use. A good investment is a pair of “soakers,” which are cloth covers for the blades. These are not meant to walk around in – rubber guards are recommended for that – but for keeping the blade dry and protected when not in use.

**Cost:** A good beginner skate will run \$70 to \$150 new. If it costs considerably less than that, it could make skating more difficult for your child than rental skates would. If it costs considerably more, you are probably buying too advanced of a skate and risking injury.

**Buying used:** There are a lot of opportunities to buy quality skates online at a used rate. Kids grow so fast that you often can get a practically-new pair at a fraction of the cost. As always with used online purchases, however, buyer beware on these deals.

## Suggested brands and models.

Jackson Artiste

Jackson Classique

Jackson Mystique

Riedell 33 TS

Riedell 121 RS

Riedell 15 RS

Riedell 10 RS

GAM Fantasia

GAM Horizon





# Dubuque

FIGURE SKATING

would like to thank our sponsors:



# BUTLER

*Figure Skating Academy*



Once you've mastered the basics. Join us in the Butler Figure Skating Academy to take your skills to the next level! Students in the academy learn advanced spins and jumps while preparing for ice shows and regional competitions.

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