



INFORMATION PACK



WELCOME TO SKATE SCHOOL



Having successfully enrolled into Skate School, our coaches look forward to seeing you have some fun developing your skills over the next term (and hopefully longer). This information pack will give you a basic rundown of what to expect throughout your time in Skate School.

Established in 2010, Skate School was created alongside Hockey Academy to offer an avenue for people to enter the world of Ice Sports and Figure Skating. In the last twelve months, Skate School has taught over one thousand students and we aim to deliver world class coaching services.

The school is committed to expanding and evolving our classes to set the benchmark for ice skating classes in Victoria; all for the benefit of our students.



1300 756 699
OBRIENICEHOUSE.COM.AU
105 PEARL RIVER ROAD, DOCKLANDS



OUR PROGRAMS



TOTS As the name suggests, this is focussed for Tots aged 6 & under regardless of their skill level. They start in Tots 1 and move their way up until they're ready for kids' levels.

KIDS Our kids classes are designed for ages 7 to 14 regardless of their skill level. Start at Basic 1 and move your way up and into Freeski level classes.

ADULTS These classes are designed for anyone over the age of 15. The adult course starts at Adult 1 level and runs right through to Freeski 4.



SUPPLEMENTARY CLASSES Add a supplementary class to focus on specific techniques and improve your skills from ice dance to spins to synchro. There are options for all skating abilities.



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INTRO TO SKATING



Tots 1, Basic 1 & Adult 1 classes encourage development by taking participants through a series of skill levels and general skating techniques.

In the final week we hold an evaluation and give you feedback on the components we have covered throughout the term.

Because the course is only for a term, the coaches will progress through each component fairly quickly, so we always encourage questions and feedback. Some students progress more quickly through levels depending on how much practice time you apply outside the classes.

All students are welcome to skate in our public session after class (no pass-outs allowed). This is time for you to practice after your class at no extra cost. Wednesday students don't have a public skating session after class, however, we will load your access card with public skating visits to use instead – one for every week of term.

At Skate School, we do not do make up classes. Instead, each student will receive public skating visits to use instead. Saturday and Sunday students will receive two passes to come back on a different day.

Below is a basic rundown of some components we will cover throughout the term:

- » Falling and recovery
- » Forward marching
- » Two foot glide with dip
- » Two foot turns in place
- » Forward swizzles
- » Snowplow stop
- » Backwards skating (wiggles)
- » Forward one-foot glide, L & R
- » Backward swizzles
- » Forward ½ pumps on a circle

Other skills may be covered depending on students' progress – don't be afraid to ask your coach questions and to gain feedback



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ON THE FIRST DAY

On the day of your first class, be sure to come in at least 30 minutes early. This will give you enough time to get yourself sorted, put your skates on and make sure you know where to go to be on the ice on time. When you arrive, you will be greeted by the ticketing staff who will confirm your registration and issue you with your Access Card (more details in your 'welcome' email).

After this, the ticketing staff will direct you to pick up your skates from skate hire (please ask for the skate school skates) and then head to the Skate School desk to say 'hi', check in and confirm your coach for your class. On Wednesday and Saturday we can be found near Bradbury Rink and on Sunday, we will be near the Henke Rink.



WHAT TO BRING

We provide skates for your class but you are welcome to bring your own along if you have some.

All students taking the Tots, Basic 1 and Adult 1 classes will be required to wear a helmet. You are welcome to borrow one of ours or you can bring your own.

You should also bring some long socks so you are comfortable in your skates, a water bottle to keep you hydrated and wear layers – clothing that you can easily move in and take off once you get warm. A long sleeve top, long pants (no jeans please) and a jacket. Gloves are also recommended.



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INSURANCE



Each skater must register with Aussie Skate via Ice Skating Australia, the governing body of ice skating in Australia who will issue skaters with insurance during classes. This is *compulsory*.

The cost is very affordable at only \$30/year and must be done via the Ice Skating Australia website.

www.isa.org.au/aussie-skate-tm



WHAT TO REMEMBER ON THE ICE



Skating is fun, however, there are some 'un-written' rules to make sure everybody is safe and happy on the ice. These rules not only apply to Skate School students, but also are a general standard in ice skating facilities all around the world.

RULES

- » Do not get on the ice until Ice Technician closes the 'Zamboni' double doors.
- » Do keep helmets on at ALL times (for those classes that require you to wear a helmet).
- » Watch out for other skaters on the ice.
- » Do return your skates to Skate Hire after each session.
- » Do use your ice time wisely! You get a 30-minute lesson a week – make the most of it.
- » Don't take yourself too seriously. Keep it cool & be in it to have fun.



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CONTACT

For all retail enquiries, please contact:

SKATERS NETWORK MELBOURNE

0438 153 821



ARENA PRO SHOP

Although we provide you with skates for each lesson of the term, you will soon want to start putting your own kit together. The friendly Pro Shop team are always happy to look after you by giving expert advice and service.

They might even package a great deal for you!



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