



INFORMATION PACK



WELCOME TO SKATE SCHOOL



We look forward to seeing you have some fun developing your skills over the next term. This information pack will give you a basic rundown of what to expect for your first time in Skate School.

Established in 2010, Skate School was created alongside the 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. Skate 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
skate.school@obrienicehouse.com.au

CLASS AGE GROUPS



TOTS As the name suggests, this class is for Tots aged **5 to 7**. They start in Tots 1 and move their way up until they're ready for Youth levels.



YOUTH Our youth classes are designed for ages **8 to 15**. Start at Youth Aussie Skate 1+2 and move your way up and into Freeskate level classes.



ADULT These classes are designed for anyone **16 and over**. The adult course starts at level Aussie Skate 1+2 and runs right through to Freeskate 4.

PROGRAM PATHWAYS

START HERE!

Tots 1, 2, 3

Aussie Skate levels 1+2, 3+4 & 5+6

These levels teach beginner skills
for all types of ice skating

Do you want to figure skate?

Yes

No

Hockey Academy

Intro to Hockey program

Speed Skating

Learn to Speed Skate program

Skate School

Aussie Skate levels 7+8 & 9+10

You will learn difficult turns and
other skills foundational to
figure skating

Skate School

Freestyle levels 1, 2, 3 & 4

Jumps, spins, and high level figures

Rising Stars

On + off-ice training program



O'BRIEN ICEHOUSE



1300 756 699

obrienicehouse.com.au

105 Pearl River Road, Docklands

skate.school@obrienicehouse.com.au

SUPPLEMENTARY CLASSES



WHAT IS A SUPPLEMENTARY CLASS? These classes are designed to be supplemental to your core class. You will learn skills that enhance your foundational figure skating skills, and build up strength to make new skills easier to learn in the future.

WHAT CLASSES CAN I TAKE? We are currently running **Edges**: a class for levels Aussie Skate 7 and above that builds figure skating edge mastery, and **Off-Ice Training**: 30- and 45-minute sessions that builds figure-skating specific skills to help your body succeed on the ice.

WHAT AGES CAN DO THESE CLASSES? Classes are split into Youth (8-15) and Adult (16+) groups.


O'BRIEN ICEHOUSE



1300 756 699
obrienicehouse.com.au
105 Pearl River Road, Docklands
skate.school@obrienicehouse.com.au

FIRST DAY

WHAT TO DO UPON ARRIVAL?

On your first day please arrive 30 minutes early.

- Go to the ticketing counter in the foyer to collect your **access card**.
- Go to skate hire and find some **skates** that fit comfortably, and a **helmet** (mandatory for all Tots, and Aussie Skate 1+2 students). If you have your own skates and helmet you can skip this step!
- Go to the Skate School desk to find out who your **coach** is and double-check your **class time**- you don't want to be late!



WHAT TO WEAR?

- Long, thick socks so you are comfortable in your hire skates.
- Warm and/or waterproof **pants** or leggings- please don't wear jeans as they get wet easily and take long to dry.
- A **jacket** and gloves to keep yourself warm. Remember: you can always take them off once you work up a sweat!



1300 756 699
obrienicehouse.com.au
105 Pearl River Road, Docklands
skate.school@obrienicehouse.com.au

FIRST DAY

HOW CAN I FIND MY COACH?

Our coaches are colour coded for your convenience! When you sign in at the Skate School desk, please look at our coach list to see what **colour vest** your coach will be wearing.

WHERE DO I MEET MY COACH?

On your first day of Skate School, all Tots 1 and Aussie Skate 1+2 level students will meet their coach **off the ice**. Your coach will check your skates, make sure you have a helmet, and go over some basic on-ice safety skills with your class before you hop onto the ice.

Every subsequent class you take will begin on the ice.

WHERE CAN I SIT AND WATCH?

Henke Rink- The best place to watch is the stands. The higher it is, the warmer the air gets. Please do not sit in the hockey boxes- these areas are for entry/exit purposes and need to be clear at all times in case of an emergency.

Bradbury Rink- There are numerous seating options around the rink, you are welcome to sit near your child's class, however we ask all parents to respect the “**no sideline coaching**” rule. If you are interrupting a class you will be asked to move.

If your child is under the age of 12 you must remain in the venue at all times.



O'BRIEN ICEHOUSE



1300 756 699
obrienicehouse.com.au
105 Pearl River Road, Docklands
skate.school@obrienicehouse.com.au

PUTTING ON SKATES



UNBUCKLE YOUR SKATES

Press down on the side latches to completely unbuckle your skates. You can then put them on.



CHECK THE TONGUE

Make sure the boot's tongue is tucked between the plastic and fabric sections of your skate.



TIGHTEN THE STRAPS

For the best support, your boot should be tight (but not painful) around your feet and ankles.

SKATE SCHOOL CARD

Why do I have a card?

After the first week you will be able to use your card to **enter the rink** through the entry gates. Scanning your card will also record your attendance.

Can I use my card at other times?

Skate School students have free **Public Skating** on the day of their lesson- you can use these cards to enter the rink at no cost.

Your Skate School card will also have a 5 Public Skate **session passes** loaded onto it. Let reception know you're a Skate School student and you will be able to use a pass to skate for free on days you do not have a lesson. Passes are non-transferrable and expire at the end of the term.



1300 756 699
obrienicehouse.com.au
105 Pearl River Road, Docklands
skate.school@obrienicehouse.com.au

WHAT TO REMEMBER ON-ICE

Skating is fun, however, there are some 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 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 not use designated warm up & training areas to play or chat in large groups.
- Keep helmets on at all times (for classes that require you to wear a helmet).
- Do not kick or gouge the ice, and patch any holes you make accidentally.
- Do not move any cones that have been set out on the ice.
- Return your skates to Skate Hire after each session.
- Watch out for other skaters on the ice.
- Don't take yourself too seriously. Keep it cool & be in it to have fun!



1300 756 699
obrienicehouse.com.au
105 Pearl River Road, Docklands
skate.school@obrienicehouse.com.au



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 \$35/ year and must be done via Ice Skating Australia's Aussie Skate website.

<https://aussieskate.au>



1300 756 699
obrienicehouse.com.au
105 Pearl River Road, Docklands
skate.school@obrienicehouse.com.au

