



August 2014 Freestyle Calendar



Freestyle Pricing:
 Single Session \$5
 10 Punch Pass \$45
 Visiting Coach \$5
 per single session

“The Rules”
 Freestyle Session Etiquette is listed on the back of this schedule and must be followed by all.

Skate School News
 Learn to Skate Start Dates:
 Beginner s - August 5th
 Intermediate & Advanced -
 August 12th & 14th

Learn to Compete - Tentative start date is August 14th for Fall Challenge on September 27th

Learn to Perform Start Date - September 25th for Holiday Ice Show December 5th & 6th

Oval FSC News
 Club Ice starts August 18th!

Upcoming Events
 Fire, Water & Ice
 August 9th

Utah Olympic Oval
 5662 South Cougar Lane
 Kearns, Utah 84118

801-968-6825
 utaholympiclegacy.com

MON	TUE	WED	THU	FRI	SAT	SUN
www.utaholympiclegacy.com				1 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	2 North Sheet: 11:15 - 12:15 PM 12:15 - 1:15 PM	3 CLOSED
4 South Sheet: 8:00 - 9:00 AM 9:00 - 10:00 AM North Sheet: 5:45 - 6:45 PM	5 South Sheet: 8:00 - 9:00 AM North Sheet: 8:00 - 9:00 PM	6 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	7 South Sheet: 8:00 - 9:00 AM 9:00 - 10:00 AM North Sheet: 11:15 - 12:15 PM	8 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	9 North Sheet: 11:15 - 12:15 PM	10 CLOSED
11 South Sheet: 8:00 - 9:00 AM 9:00 - 10:00 AM North Sheet: 5:45 - 6:45 PM	12 South Sheet: 8:00 - 9:00 AM 9:00 - 10:00 AM North Sheet: 8:00 - 9:00 PM	13 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	14 North Sheet: 11:15 - 12:15 PM	15 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	16 South Sheet: 8:15 - 9:15 AM 9:15 - 10:15 AM	17 CLOSED
18 North Sheet Club Ice - 5:45 - 6:45 PM	19 North Sheet: 8:00 - 9:00 PM	20 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	21 North Sheet: 11:15 - 12:15 PM	22 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	23 No Freestyle Today - Hockey Camp	24 CLOSED
25 North Sheet: Club Ice - 5:45 - 6:45 PM Freestyle - 6:45 - 7:45 PM	26 North Sheet: 8:00 - 9:00 PM	27 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	28 South Sheet: 8:00 - 9:00 AM 9:00 - 10:00 AM North Sheet: 11:15 - 12:15 PM	29 North Sheet: 4:45 - 5:45 PM 5:45 - 6:45 PM	30 North Sheet: 11:15 - 12:15 PM 12:15 - 1:15 PM	

Freestyle Session Etiquette (Revised March 27, 2014)

What is a Freestyle Session?

Freestyle sessions are available for use by Figure Skaters and Learn-to-Skate Students who have passed the Basic Skills Level 4 Test or those taking any level of private lessons. Skaters are allowed to execute figure skating maneuvers including test patterns, jumps, spins and spirals. Skaters may play personal music for enjoyment and perform their skating routines to recorded program music.

Check-In, Payments and Other Requirements –

All skaters and coaches must check-in at the front desk to sign in and pay or present a pass to the cashier before skating. Wrist bands must be worn at all times. When skating or coaching back-to-back sessions we suggest you pay for both sessions in advance to avoid being called off the ice. If you use ANY part of a session, you must pay for the entire session. Skaters are required to have a signed “Agreement to Use Utah Olympic Oval” on file at guest services.

Getting On and Off the Ice –

UOO staff will let you know when you may get on the ice. Don’t open the door until they have closed the Zamboni doors. At the end of a session, skaters must exit the ice immediately when the Zamboni doors open. Do not linger by the boards talking or attempt one extra jump/spin. Gather your things and exit quickly. Personal items must be removed at the end of each session; the arena is not responsible for lost or stolen items.

Safety Rules –

- Do not step on or cross the 400m Oval at any time unless there is a designated session on it.
- No food, gum or drink other than water is allowed on the ice or in the player boxes.
- Please put tissues and other trash in the proper receptacles.
- Wearing of headphones is not allowed.** Coaches working on choreography are the only exception.
- Skaters should wear appropriate skating attire, with their hair and all jewelry or costuming secured.
- Socializing on the ice should be kept to a minimum, please move to the boards or off of the ice to socialize.
- Spins should be practiced in the center of the ice, leaving the corners open for jumps.
- Low-test skaters must be cautious and aware of high-test skaters and their jumping patterns.
- High-test skaters must be cautious and aware of the low-test skaters.
- Please fill any 1” or larger jump divots/holes you make in the ice ASAP.
- There is zero tolerance for swearing, temper tantrums, kicking the ice, or other disruptive behavior. Coaches may ask a skater to leave the ice if they are being disruptive, undisciplined, or are not complying with freestyle etiquette. No refund is given if a skater is asked to leave the ice.

Coaching / Harness Policy –

Private coaching and use of training harness is restricted to UOO approved professionals who have met the requirements of the U.S. Figure Skating Coaches Registration process. Visiting professionals are welcome and may use the training harness after presenting a valid U.S. Figure Skating Coaches Registration Card and paying for the sessions they are coaching on regardless of where they are coaching from, on or off the ice. Coaching should be done from along the sides of the rink except in the case of dance, choreography, demonstrating jumps or spins or when a coach must monitor the safety of a beginner.

Right of Way and Right of Play (Music) Policy –

Skaters will be conscientious, and courteous in their practice. If a fellow skater is in your program or pattern path, say “Excuse me” to alert them of your presence. Right-of-Way is given first to the skater who is skating their program to music, then to skaters in a lesson, next to skaters skating regular test patterns, and finally all other skaters.

Skaters will be conscientious and courteous when using the music equipment. The music volume must be kept at a reasonable level. Right-of-Play is given first to skaters in a lesson playing their music for the first time, then to other skaters playing their music for the first time, next is skaters in a lesson playing their music for the second time, and final right of play is to skaters playing their music for the second time, etc. A coach may bump the music play order at any time.

Figure Skaters on Public Sessions –

Figure skaters must yield right of way to public skaters at all times. **Spins and jumps are not permitted during public sessions.** UOO Management reserves the right to restrict private lessons, freestyle maneuvers, and the use of cones at its sole discretion for the safety and enjoyment of all skaters. If a UOO Skate Guard asks you to refrain from any activity which management has deemed unsafe during a session, you are to consider this as a direct request from management. Any skater failing to comply with safety rules risks losing their skating privileges.

We hope you enjoy your time and thank you for skating at Utah Olympic Oval!