

FREESTYLE ETIQUETTE

1. Always be polite and courteous to fellow skaters and coaches.
2. Please do not interrupt your coaches during someone else's lesson time.
3. Program skater has right of way, however, all skaters are expected to be courteous at all times, and due to safety issues, pairs and ice dance teams always have first right of way.
4. No yelling—ex. "heads up" or "excuse me"
5. Practice jumps on ends (blue lines to end walls).
6. Practice spins in middle (between blue lines)
7. Be aware of traffic patterns.
8. Always keep moving. There is no standing or chatting allowed on ice surface or walls.
9. For everyone's safety, there is absolutely no use of ipods with earphones permitted on freestyle sessions.
10. Parents do not speak to your children from the stands, doors or boards. Conversations need to take place off of the ice.
11. Parents are allowed (except during TTW) to watch sessions from the bleachers or the lobby. No parent is allowed in doorways or coaches boxes.
12. Please remember to patch jump holes at end of sessions and remember your tissues, water bottles, etc.

Skating at The Rinx is a privilege. The Skating Director has the authority to discontinue any skater's privileges based on their or their parents' actions.

The Rinx Skating School
Hidden Pond Park
660 Terry Road
Hauppauge, NY 11788

FIGURE SKATING

**Total
Training
Week**

Parents Guide

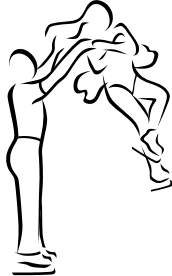
SUMMER

at



Hauppauge: 631-232-3222 ext 209 or 0
Bethpage: 516-797-4126

SUMMER FIGURE SKATING—PARENTS GUIDE



Training for success

Dear Parents and Skaters:

As you all know, summer is quickly approaching, and like you, here at The Rinx Total Skating Program Training Week, we are all anticipating an exciting summer. This handbook will assist you in your preparation for a productive and fun summer of training and at the same time answer any questions that you may have.

To insure a safe and happy daily experience for your children, please follow the procedures that have been established..

CONTACT US

Hauppauge: (631) 232-3222 ext. 209
Bethpage: (516) 797-4126
Email: Cathryns@therinx.com
Front Office: (631) 232-3222 ext. 0

There will be **NO** make-ups, credits or refunds for days missed due to illness, family matters, homesickness or injury.

ARRIVAL

Please be aware that **weeks #1 – 10** are freestyle and off-ice programs. They are not all-inclusive programs and therefore no supervision is provided. Your skater must check in prior to each session and pay with punch card or payment, if not already contracted for that session. All punchcard and session to session payments are space available only.

Drop off for **Total Training Weeks (TTW)** participants will be at 8:30 a.m. each day. Please escort your child to the check-in table located in the lobby on Monday and at your child's assigned locker room Tuesday—Friday. There is no parking curbside.

DISMISSAL

Dismissal for **TTW** will be at 3:30 p.m. Your child will be required to stay with his/her group until he/she is signed out. Team leaders will have a sign-out sheet each day. A skater will not be released to anyone other than his/her parent without advanced written permission. Dismissal will be in your child's assigned locker room.

SKATING BANK

TTW : For your convenience we allow the skaters to set up a bank account with us for any additional expenses they might have, such as skate sharpening or any additional snack etc. This account will be set up on Monday the first day of TTW. We discourage skaters from keeping money or valuables in their bags at any time. Any money left over should be picked up on Friday the last day of camp.

LUNCH

TTW: The Time Out Café & Center Ice Café offers skaters a choice each day for lunch. This includes a choice of hot lunch, deli sandwiches, or peanut butter & jelly sandwiches. A salad, fruit, drink and dessert is also included daily.

LOST AND FOUND

TTW: At the end of each day the Team leaders will check each locker room for lost items. They will then place all items found in a container, which will be located at the front desk.

KEY ITEMS FOR SKATING

TTW: Your child must bring the following items to the rink each day. No items may be left overnight at the rink.

1 Bathing Suit (Hauppauge)	Proper skating attire
Towel	Gloves
Zip lock bag for wet suit	Guards
Ballet shoes	Skates
Cross Training Sneakers	Tissues
Socks	Program Music
Additional tee shirt and shorts	

PROPER SKATING ATTIRE

Please have your child wear an appropriate skating dress or leggings, T-shirt, and warm, fitted sweater, tights and gloves. A helmet is recommended for beginners.

SKATES

TTW: Your own skates are recommended. For those in Group 1, skate rentals are available at \$5.50 per day, paid in advance on Monday.

PRIVATE LESSONS

TTW: We offer Team Training Clinics during our **Total Training Week**. Private lessons are also available at an additional charge, scheduled and paid directly with private lesson coach. If you are new to private lessons, we can assist you through the skating school.