



*Marathon Figure Skating Club. Box 242 Marathon, On. P0T 2E0 [www.mfsc.ca](http://www.mfsc.ca)*

# **PARENT & SKATER HANDBOOK**

## **MFSC PARENT'S CODE OF CONDUCT**

Parents: You are the most influential people in your child's life. Your job is not only to teach them to win or lose, but to do both graciously. You must also remind them that skating is meant to be FUN. The athletic skills your children learn may only be used for a few years. However, the attitudes they develop toward themselves and others will last a lifetime.

- Promote integrity, fairness, and respect. Treat all other parents and skaters, as you would like to be treated.
- Help your child develop a positive self-image. Encourage your child's participation by promoting good sportsmanship and providing constant positive reinforcement.
- Children learn by example. Promote respect for rules, coaches, judges, evaluators, other parents and skaters.
- Children look at parents as mentors, therefore, lead by example to create a motivating and rewarding environment built on trust and mutual respect between parents, coaches, and fellow skaters.
- Recognize the value and importance of the volunteer. They give their time and resources to provide a Club for your child.
- Be pro-active and informed. Take the initiative to contact the coaches or the Board members to obtain information that pertains to your skater or the Club. Please don't wait for others to inform you.
- If you have any questions, concerns, and/or suggestions, please approach the liaison representative for your skater's group and/or submit them in writing to the Board of Directors.
- When an issue or concern should require the involvement of the Board of Directors, encourage an open and respectful verbal or written dialogue with Club members and/or coaches to promote a healthy resolve.

- Show respect, appreciation and be supportive. Show respect for officials, coaches, and other club members by not publicly questioning their judgment, integrity, and honesty.
- Parents are responsible for ensuring the safety of the skater when off the ice. Please ensure that if you are not at the arena, arrangements are made to meet your skater for drop off and pick up in a safe area.
- Any person, who deliberately deviates from the Code of Conduct by demonstrating poor behavior or disrespect for coaches, board members, club members, or skaters, may have their membership suspended.

## **MFSC SKATER'S CODE OF CONDUCT**

Skaters are asked to follow these guidelines for their enjoyment and to obey the rules for off-ice and on-ice conduct:

- ❖ Skate for the enjoyment of the sport, not to please your parents.
- ❖ Work hard for yourself and with your fellow Club skaters. Your Club results will reflect your efforts.
- ❖ Control your temper and your tongue. Your language is a reflection of yourself as well as your Club.
- ❖ Be a good sport. Cheer for all participants including your competitors.
- ❖ Treat all other skaters, as you would like to be treated by them. Don't interfere, ridicule, bully or take advantage of any other skater.
- ❖ Remember the goals of the sport are to have fun and to improve your skills.
- ❖ Cooperate with your coach, fellow skaters and Club volunteers.
- ❖ Respect the opinions of the judges, evaluators, and other officials. Please remember these people are volunteering their time and energy.
- ❖ Please be considerate of other skaters' belongings in the dressing room. Ask first before borrowing an item (such as a sweater or pair of tights).
- ❖ Clean up after yourself and leave the facility as you found it.
- ❖ Be aware of all on-ice activities and considerate to all skaters on the ice at all times. Socialization should be kept to a minimum while on the ice.
- ❖ Structured ice time activities should be followed, for example, dance time.
- ❖ On the ice during private lesson times:
  - Skaters in a lesson with a coach have priority for use of the ice surface; however, skaters in a lesson will be considerate of a skater practicing his/her program while his/her music is being played.
  - Skater whose music is being played has priority over all other skaters except skaters in a lesson.

## MFSC MUSIC REQUESTS POLICY

1. A skater may request only one program (or dance or skill) at a time. After that selection has been played, the skater may then request another program (or dance or skill). If there is more than one coach on the ice, then a coach may request only one music selection at a time. Coaches' requests have priority over skaters' requests. The order of playing coaches' requests is by first come, first serve.

2. A skater may request to stop a program (or dance or skill) before the music is finished but may not request to restart the program.  
Only a coach may request to have a program (or dance or skill) restarted provided the skater is in a lesson at that time.

3. If a skater is not present on the ice when his/her selection is to be played then that selection moves to the back of the requested music line-up.

## COMMUNICATION CHANNELS

The best person to talk to about your child's progress is your Coach. He/she will know what skills your child is working on and/or striving to achieve. Please ask your Coach questions pertaining to your child's progress during the skating season. Please do not confer with your Coach and/or Program Assistants during on-ice instruction time. Please direct questions concerning the Club's activities and Skate Canada programs to the MFSC Board of Directors. Each program group, namely Canskate, Junior, Intermediate & Senior, has a Board liaison appointed by the Board of Directors to help answer questions and/or help direct your questions to a more informed source. Please seek out your group liaison for information. Most likely the skating parent sitting next to you in the stands is just as unfamiliar with the world of figure skating and has the same questions as yourself.

## LANGUAGE OF FIGURE SKATING

**SKATE CANADA** is the only recognized amateur sport association for figure skating in Canada.

- **SKATE CANADA** is largely self-supporting with revenue coming from membership fees, test days, investments, television rights, competition proceeds as well as government grants.
- **SKATE CANADA'S** role is to develop standardized programs for the development of skating. It is responsible for developing uniform rules of the sport, national programs such as CanSkate, National Coaching Certificate Program, Officials Training Programs, and National Team Programs.
- **SKATE CANADA** also stages the Canadian Championships and International Competitions.
- **SKATE CANADA'S** mission statement: Skate Canada is an association dedicated to the principals of enabling every Canadian to participate in skating throughout their lifetime for fun and/or achievement.

## MORE DEFINITIONS:

**SKATING SKILLS** are exercises containing edges, turns and field movements designed to teach fundamental movements to skaters of all levels. The basic components of all disciplines of figure skating are incorporated into the exercises which are skated to prescribed music. As of July 1, 2001, the Skating Skills have been modified and renamed to correspond with the dance and free skate tests, i.e. Preliminary Skating Skills, Junior Bronze Skating Skills, Senior Bronze Skating Skills, etc. instead of Class 7, Class 6 etc.

**FREE SKATING** is a term applied to such movements in skating as jumps, spins, spirals, etc. With respect to free skating, it isn't only what movements a skater can perform (technical) that counts, but the way the movements are performed (presentation). There are five free skating tests in the StarSkate program: Preliminary, Junior Bronze, Senior Bronze, Junior Silver, Senior Silver and Gold. Each of these tests is divided into two parts with the first part being specific elements and the second part a program which involves the use of those elements set to music. A skater may either try the whole test or only half of a free skate test. If the skater only has half of a free skate test, the other half must be passed before moving on to the next level.

**COMPETITIVE FREE SKATING** involves a distinct route of free skate testing. A skater may test at the Juvenile, Pre-Novice, Novice, Junior and Senior levels. These tests are required for a skater to compete at the Sectionals, Eastern/Western Challenges, Junior Nationals and Canadian Championships. To pass a competitive test, a skater performs his/her long program in front of a panel of one to three judges and is evaluated on both technical and presentation skills.

**STROKING** is a push-off and glide sequence used to build speed and endurance in free skating.

**DANCE** involves a couple skating together in various dance positions. There are 25 dances each with a set pattern to music that has a specified rhythm and tempo. For testing, these dances are divided into seven test levels:

Preliminary Dances: Dutch Waltz, Canasta Tango, Baby Blues

Junior Bronze Dances: Swing, Fiesta Tango, Willow Waltz

Senior Bronze Dances: TenFox, Fourteenstep, European Waltz

Junior Silver Dances: Keat's Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot

Senior Silver Dances: Paso Doble, Starlight Waltz, Blues, Kilian, Cha Cha Congelado

Gold Dances: Viennese Waltz, Westminster Waltz, Quickstep, Argentine Tango, Silver Samba

Diamond Dances: Ravensburger Waltz, Tango Romantica, Yankee Polka, Rhumba, Austrian Waltz, Golden Waltz

Each level must be completely passed before a skater may test at the next higher level. There is also Interpretive (Silver and Gold) Bronze Rhythm, and Variation dance tests for the advanced skaters.

*As of July 1, 2002, the following dances require a partner to be tested: All Senior Bronze dances, the Harris Tango, Rocker Foxtrot (Junior Silver), the Paso Doble, Starlight Waltz, and Cha Cha Congelado (Senior Silver), and the Viennese Waltz, Westminster Waltz, and Argentine Tango (Gold).*

**INTERPRETIVE SKATING** involves skating to a theme and musical interpretations. Emphasis is placed on presentation skills and skating sureness and not on jump/spin technical skills. As of July 1, 2002, Interpretive tests replaced Artistic tests. There are four test levels: Introductory, Bronze, Silver and Gold.

**PAIR SKATING** is performed by a couple skating in unison. They may execute at times dissimilar moves, but they give the impression that they are in harmony with one another. In contrast to Dance, pair skating may include lifts and jumps. There are five Pair Skating competitive tests: Juvenile, PreNovice, Novice, Junior, and Senior. **FOURS** have two couples skating in unison.

**SYNCHRONIZED SKATING** involves a team of twelve or more skaters performing various group maneuvers and formations in a synchronized routine set to music. The skaters may be male or female and the music may include vocals.

## **SKATING INSTRUCTION**

### **GROUP LESSONS**

Group instruction is provided in the CanSkate and Junior Programs. These lessons are given by the Head Coach and assisted by one or more Program Assistants.

Some children learn well in a group while others do not. If your child is not making as much progress as the others, try to analyze the reason objectively without putting unreasonable blame on the Instructor.

Some children are unable to do useful practice without supervision right from the start. Others won't practice carefully even while a parent watches. Try to encourage your child to practice what he or she is taught in the group.

### **PRIVATE LESSONS**

A child at any level may take private lessons. Contact a Coach at any time you feel your child is ready for private lessons to arrange a suitable time. The best sign that your child is ready for private lessons is noticing that your skater is trying to copy skills that the more advanced skaters are doing. A child will improve at a much faster pace with private lessons.

Private or Semi-private lessons must be arranged with the Coach of your choice. Fees are paid directly to the Coach upon receipt of his/her statement. Feel free to discuss your child's progress with your Coach at a mutually agreed time and not during your Coach's On Ice instruction time. Try to find a time when you can talk to your Coach privately about your child's development. Good communication is essential to help the Coach work with your skater. Consider yourself a team—skater, Coach and parent, and together you can establish goals that are attainable. Do not be afraid to ask questions.

## **PROGRAM ASSISTANTS**

Skating Clubs rely heavily on the co-operation and assistance of their volunteers and their Program Assistants. The Program Assistants are typically Senior skaters that volunteer their time to help the younger skaters. The Program Assistants are trained to assist with the instruction of the CanSkate and Junior Skaters. Their role is that of leader, instructor, model and counselor –they must be reliable and punctual. Program Assistants play an important role in the CanSkate program. They are able to demonstrate skills, lead in warm-ups, cool-downs, drills, exercises, and carry out other duties that they have been taught. The Head Coach is responsible for the ongoing training and direction of the Program Assistants throughout the skating season.

## **CANSKATE/JUNIOR PROGRAMS**

There are seven stages of learning in the CanSkate Program –each stage having increased difficulty of skills acquired. Balance, glide forward, glide backward, edges, power, and speed are fundamental movements taught during the skater’s progression. Skaters are evaluated on a day-to-day basis by the Head Coach and Program Assistants. A typical CanSkate session includes warm-up exercises, skill technique drills, and skating games. CanSkate skaters range in age from 3 to 9 years old and are divided into groups based on skill level and age by the Head Coach.

The Junior Program is the next level of skating in the Club programming. Skaters continue to be taught in group lessons by the Head Coach with the help of a couple of Program Assistants. Skaters learn required skills of the Skate Canada StarSkate program and may start to prepare Preliminary tests for outside evaluation.

## **STARSKATE OR COMPETITIVE STREAM**

If a child has dreams of going to Canadians or of representing his/her community at the Olympics, he/she must choose the Skate Canada competitive stream. Skaters have a choice when they pass the Senior Bronze Free Skate, or, for dancers, after passing Junior Bronze Dances. They may choose to remain in the StarSkate program, where they will continue to be tested under Skate Canada’s criteria as they improve their skating ability. Alternatively, they may choose to go “competitive”. The skater’s coach will help make this decision. Much depends on the skater’s ability, drive and aspirations. It is a major step in a figure skater’s career.

A very low percentage of skaters are in the competitive stream. Only the top skaters choose this path.

## EVALUATORS/JUDGES

Judges/Evaluators are usually former skaters who have undergone training administered by Skate Canada. They must attend Skate Canada sponsored clinics, trial judge, and pass a written and video identification exam in order to be certified.

An evaluator is a person who examines a skater's performance for a test and determines if the skater is capable of completing the test at a satisfactory level.

A judge is a person who, at competitions, assigns the skater marks based on the level of the performance. A judge has to think quickly because he/she must always give a mark as soon as each skater finishes a program. Unlike evaluators at a test day, there is always more than one judge at a competition. The minimum number of judges per panel is three.

Judges/Coaches' Clinics are held regularly to educate judges/evaluators and coaches about new techniques and changes to Skate Canada programs and rules.

## WHAT TO EXPECT ON A TEST DAY

Skate Canada Test days are held within the Thunder Country Region roughly once a month during the winter skating season. When a skater is ready to take a Skate Canada test, his/her test(s) will be submitted by the Coach to the MFSC Test Chair. The Coach is the best judge as to whether or not the skater is ready to try a test.

Only Skate Canada members may take these tests. Test fees must be paid **before** the skater goes on the ice. The test fees always include the Skate Canada administration fees, and may include Skate Canada partner fees, as well as ice costs, and hospitality costs to the Host Club. The Club's Test Chair forwards the collected fees to the Test day Host Club. The Marathon Figure Skating Club usually hosts one to two Test days during the season.

During a Test day at a Club, skaters taking tests perform specific maneuvers in front of evaluators to see if they are eligible to move on to the next level. Each skater gets a warm-up time for his/her test and if there is more than one skater taking the same test, the order of skating will be determined by the Test Chairperson.

Usually one evaluator does the assessment of most tests. The evaluator observes each test, and the elements are assessed as excellent, good, satisfactory, or needs improvement for that particular level. The skater needs to obtain a specific number of satisfactory or better marks to successfully complete the test. Test results are recorded and reported to Skate Canada. Parents are encouraged to keep the skater's copies of the test sheets. A card will be issued by Skate Canada for successful tests passed.

All skating tests are officiated by a Skate Canada Evaluator. These evaluators are volunteers trained by Skate Canada who give their time and experience without remuneration, although a travel allowance is paid to out-of-town evaluators. Skaters are required to show decorum when in the presence of the Evaluator and may not challenge his/her decision.

## COMPETITIONS

Competitions are available to skaters to match their skills against skaters working at the same level. Competitions are optional and a skater may choose not to compete during their skating development. A skater may choose different events to compete in and registers at his/her level of skating for each particular event. If there are many skaters competing in the same category, the skaters will be divided into "flights" which typically consist of 8 to 12 skaters. More and more competitions are offering testing for free skate

programs and Interpretive tests during the actual skating events. In order for a skater to test at a competition, the skater must “skate up” to the level of the test desired.

Our Club skaters attend many competitions during the year starting with Northern Ontario Sectionals in November and ending with Let’s Skate in Sudbury in April. The Marathon Figure Skating Club hosts the North Shore Interclub Competition on a rotational basis. This competition is restricted to registered Skate Canada skaters in the Thunder Country Region. Hosting Interclub requires a lot of volunteers to make it a successful event. Competition announcements are posted on our MFSC bulletin board and registration forms are passed out to interested skaters and/or parents.

#### **SKATER’S BURSARY POLICY**

*EFFECTIVE AS OF FEBRUARY 23, 2004*

This bursary is offered to MFSC registered skaters from season to season based on availability of funds.

All “qualifying” competitions are eligible such as Sectionals, Junior Canadians, Festival of Stars, and Trillium StarSkate Championships. “Invitational” Competitions are not eligible such as Skate Thunder Bay, Thunder Bay Open, Make It A Date and Let’s Skate.

For the eligible competitions, MFSC will pay 75% of the Head Coach’s expenses not including board fees. The skater’s family will be completely responsible for all board fees. If the Head Coach is unable to attend a competition, then the bursary will apply to the expenses of the Head Coach’s designated alternate.

#### **A NOTE TO PARENTS REGARDING COACH’S FEES AT TEST DAYS AND COMPETITIONS:**

**BOARD FEES:** Typically a Coach will charge the parent the equivalent of the cost of one or two private lessons to be at “the boards” with the skater during warm-up and the test and/or competition event. Please ask your Coach for his/her fee schedule.

**TRAVEL EXPENSE FEES:** Typically a Coach will divide his/her expenses including travel, room and board among his/her skaters attending the particular test day or competition. Please ask you Coach any questions regarding these fees.

## **SKATER'S EQUIPMENT – A BUYER'S GUIDE**

In an article by Donald Jackson, World Figure Skating Champion (1960-1962), he addressed the need for better understanding of the importance of good quality skates. Consider the following points when purchasing skates.

### **UNIT SOLE SKATES**

For young beginners (toddlers) and general skaters who may only skate once or twice a week, a good quality unit sole skate that fits properly is fine. A unit sole is a boot with a man-made fibre sole and the blade is riveted onto the boot. Unit sole skates are less costly to purchase than skates with leather soles. However, they usually have a "case hardened" blade that does not hold a sharp edge. A sharp edge is necessary for the beginners trying to master the basic forward outside edge.

The least expensive skates have a vinyl or man-made upper boot. These, however, usually have little or no support where figure skaters need it most. Better quality unit sole skates have an "edge-hardened" blade and leather upper boots with good support where it is needed.

Costs may vary depending on the quality and range upward from around \$50. If cost is the deciding factor in your purchase, save on the blades, not on the boot. A figure skater needs good support.

### **LEATHER SOLE SKATES**

For young skaters who skate more often, leather sole boots are recommended. Leather soles have the advantage of enabling blades to be screwed into the sole, making them adjustable to suit the individual skater.

These skates are more costly, but have a better quality boot and blade. When properly sharpened, these skates will greatly enhance the skater's ability to perform their edges on a true skating edge.

Leather sole skates may be purchased with blades already attached to the boot or boots and blades may be purchased separately. Leather boots range in price from about \$100 to \$800 and blades may also vary considerably in price. Some boots are custom made for an individual skater to meet specific needs.

### **THE PROPER FIT**

Don't buy skates for the child to grow into. In the oversized skate, support in the arch area is lost due to the arch of the boot being too far forward relative to the foot. The toe of the oversized boot is also too far forward and may cause the skater to trip over toe picks. Typically boots that are too big will develop creases.

Blades are proportioned for balance and a larger size skate may cause the skater to go over on their ankles.

Boots should be fitted with one pair of socks or stockings. To gauge a proper fit the skater's heel should not be able to lift when the boots are laced. To check the fit, put on the boot with lacing undone and push the foot forward into the toe of the boot. Place one finger down the back of the boot touching the heel of the boot and the heel of the foot. You should just be able to get one finger in. A boot should have at most a quarter inch of growth room.

Skates should fit snugly around the ankle and the heel. There should be room to move the toes, but the foot should not slide around. The ankle, instep and heel must be firmly supported. The tongue should be wide enough to stay in place and well padded so laces don't cut into the foot.

## **LACING YOUR SKATES**

Lacing should be loose enough over the toe area to allow toe movement, firm in the area over the arch and non-restrictive in the ankle area. Hooks should be laced firmly, but lacing at the top of the boot should not be so tight as to be constricting. The skater should not be able to lift his/her heel inside the boot if properly laced. Laces should be long enough to be tied in a double bow and tucked in. Never wrap the laces around the top of the boot.

## **SECOND-HAND SKATES**

While there are differing opinions regarding second-hand skates, they are a source of a better quality skate when cost is a major consideration. If you shop around, you may find a really good pair of skates at a low cost. Be sure that the skates fit properly and retain most of their original stiffness to give good support. If the boots are badly worn and flimsy, they won't support the ankles. Check the boot sole to make sure that it is solid and not rotting. If the leather soles are deteriorating, then the blades will probably not stay securely screwed into the boots. Also check the blades to make sure that there is still enough of a sharpening edge. The Club Board of Directors can suggest to you reliable sources for second-hand skates throughout the year. Parents are welcome to advertise used skates for sale on the MFSC Bulletin Board.

# THE PROPER CARE OF SKATES

## CLEANING AND STORING

1. Boots and laces should be kept clean.
2. Skate guards (usually rubber) are essential to protect the blades. Permanent damage can be done to the blades by walking on concrete without skate guards. Guards should be washed occasionally to remove the grit that can dull blades.
3. Always dry the blades and the boot soles completely before storing your skates.
4. Skates should be stored in an upright position, with skate guards removed to prevent rusting of the blades.
5. When taking off skates, make sure that they are sufficiently unlaced so that the back of the boot will not break down.
6. Protect blades from each other with blade covers (typically lined with cotton terry) when skates are not in use.

Don't leave your skates in your skating bag overnight. Skates must completely dry out after each use. Allowing them to air out will help prevent mildew on the soles and rust on the blades.

## SKATE SHARPENING

Blades should be sharpened properly and regularly. This is particularly important for figure skates. Figure skates require edges that can usually only be obtained from a qualified professional who specializes in sharpening figure skates. If you have just spent a lot of money on skates, you don't want to have the blades ruined by an incorrect sharpening.

How long should a sharpening last? The rule of thumb is about 25 to 50 hours of ice time, depending on the quality of the blade (i.e. the harder the steel blade, the longer the blade will hold a sharpening).

New blades have approximately 1/16" (.062") to 3/32" (.094") of hard steel edges. When properly done, sharpening takes off .003" from this hard edge. An improper sharpening can greatly decrease the life of the blade.

Do not have your skates sharpened at a hockey skate sharpening place unless they have the specific stones and knowledge to sharpen figure skates. MFSC skaters in the StarSkate Program usually send or take their skates out of town to be sharpened. Typically skates are sent out by Greyhound bus and promptly returned over the span of a weekend. The Board of Directors can provide names and addresses for figure skating sharpening. Sending out skates in a group cuts down on shipping costs.

## SKATING WEAR – WHAT IS RIGHT?

Clothing that is too tight or bulky will create problems for a child who is trying certain movements, such as a spiral. Loose, flowing clothes, such as scarves are really unsafe as they could be caught under the skate blades and cause bad falls. As a safety precaution, helmets are strongly recommended for CanSkate skaters.

Some suggestions follow: a skating dress or skirt and sweater for girls; slacks and sweater for boys; small children usually wear tracksuits. Jeans should not be worn because they do not allow for freedom of

movement. For skaters in the StarSkate program, coaches prefer to see the skater in relatively tight yet stretchable pants or in skating tights so as to see the exact positioning of legs while the skater is performing.

For warmth and comfort, double knit jersey is best; synthetics are good but not as warm. If there is 'give' in the material, the skater will feel more comfortable. Mitts should be worn. Our arena is quite cold in the mid-winter months so layering is recommended. As the skater warms up with the activity, then he/she will probably want to remove a layer of clothing.

## **PREVENTION AND TREATMENT OF SPORTS INJURIES**

### **PREVENTATIVE CAUSES OF MOST SPORTS INJURIES**

1. Poor preparation—insufficient strength, training fitness and flexibility.
2. Stress/Overuse and Abuse—Stress applied repeatedly creates an alteration in the normal physiological state; the lines between use, overuse, and abuse are very indistinct and the onset is gradual in most cases. It is important to assess each child and not to work through their pain.
3. Previous injuries—in ratio to other preventative causes, these seldom relate to a current injury.
4. Equipment failure and the failure to use equipment properly—this includes clothing, ice and skates.

### **PREVENTATIVE ACTION TO AVOID SPORTS INJURIES**

1. Strengthen with on and off ice exercises. Muscle imbalance is often a problem for skaters. Exercise sport specific muscles. Instead of doing a lot, do exercises with efficiency. The adage "no pain, no gain" is wrong. There will be discomfort, but not pain, if stretching is done properly. Slow stretch to sustain action.
2. A skater's most important piece of equipment is his/her skates. An improper boot fit not only hurts the foot but also can cause injury as far up as the hip. Consult your Coach when in doubt about fit. Regular skate sharpening is essential.
3. Learn skating basics well to enhance performance and decrease the chance of injury. Try to deflect unnecessary pressure from the Coach and parents. Coaches should be able to read the signs of fatigue, even in beginners. Gradually ease back into the program after a period of non-activity.
4. Good habits developed in the early stages of sport participation are essential. Spend time in warm-up exercises at the boards and in stroking exercises. A skater stepping out on the ice and trying jumps is an accident waiting to happen.

### **TREATING OVERUSE SYNDROME**

1. Reduce the workload, but don't stop the activity.
2. Apply heat to the injured area before and after skating.
3. Stretch before and after skating practices with warmed up muscles (i.e. after 15 minutes of warm-up skating exercises).

4. Strengthen.

## **TREATING AN INJURY**

When an injury occurs, immediate on-the-spot action is a must. What is serious? Is there a deformity or swelling? Can it be moved? The body overreacts to injuries and the following steps will minimize this reaction and start the healing process.

1. Rest immediately.
2. Ice to minimize swelling (never apply heat).
3. Compress injured area and elevate.
4. Follow up with a professional diagnosis from a medical doctor.
5. During ongoing treatment, continue to be physically active if skating is not allowed. Your Coach should be involved in your reconditioning program.

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