

Information Leaflet for Skating School

Welcome to Hyvinkää Figure Skaters' skating school!

Skating school has autumn semester and spring semester. There is 14-16 skating lessons during autumn as well as during spring semester. In the autumn we are skating from beginning of September until mid-December and during the spring from January to mid- April.

Skating school practices

You can skate once or twice a week in the skating school, Mondays and/or Thursdays. The goal in the skating school groups is for child to learn basic skating via playing and different themes. Each group has its own in-charge skating school instructors, who plan the lesson content using the different themes and taking into consideration the groups skill level. The skating school instructors observe the child's development and move the child forward to more challenging group when the time is right. Our aim is to make sure, that each child will practice in a group, where they have fun, feel motivated and learn to skate.

Skating school instructors and contact persons

Our skating school instructors have the Finnish figure skating association's training and all have strong figure skating background. Each instructor has their own group that they are responsible for. If the group's own instructor is not present then a substitute instructor will teach that lesson. You can find the introductions to all our skating school instructors from the HyTL internet page.

Jenni Luoma is the figure skating coach in charge of the whole skating school. You can contact Jenni via e-mail jennivalkku.hytl@gmail.com or by phone 0505758735

Instructions for skating school child

What to do when I get to the lesson?

The skating school instructors will meet you in the ice hall downstairs lobby and guide you the correct dressing room. Parents should make sure that the child is dressed appropriately and put on the child's skates. The instructors will collect the children from the dressing room to the ice.

Parents are welcome to watch the lessons. We hope that our coaches and instructors as well as the children can work in peace, so the best place to watch the lessons is from the stand. Parents should leave the dressing room to the corridor and then through to the downstairs lobby. One should not be by the ice rink with shoes on! Shoes bring sand to the ice rink side and then gets to the ice. Sand on the ice will ruin the skate blades and can be dangerous for the skaters. This is also the instructions that the ice hall manager has given to all viewers / parents /guardians.

What kind equipment is needed in the practice?

Clothing

Clothes should be warm and stretchy. For example sports outfit /tracksuit or other clothing suitable for sports. Long-johns or other warm underwear (thin fleece or wool) is recommended. Thick winter clothes are often too thick and make it difficult for the child to move.

Gloves can be thin gloves, made from wool, fleece or water-proof material. Please make sure that the gloves and other clothes do not bring sand or dirt to the ice.

Beanie or a head-band is recommended. Helmet is not mandatory, but it is highly recommended to the small skaters, and beginners. Please make sure that the helmet fits nicely and it is tight enough. Long hair should be tied back, so that they do not disturb the skater during the practice.

Skates

The most important equipment for skater are good skates. The skate should fit the foot well and be the right size. The skates should support the ankle so, that the feet stay straight. Ill-fitted or ill-supporting skates make it difficult to skate and the feet get tired more easily.

For the beginner the so called market-skates, that you can buy from big supermarkets (like Prisma, Citymarket) and sports shops are ok. However, we do recommend a real figure skates. The real figure skate has been designed to support the movements that are practiced in skating and the shape of the blade makes it easier to practice jumps, pirouettes and diverse blade usage in skating. New figure skates are quite hard and we recommend to buy second hand figure skates. The second hand figure skates are a bit softer and fit better to the skating school child who does not have so many skating practices per week. The figure skating shop sell good second hand figure skates. There is also a Facebook -group called

"taitoluistelukirpputori", where people sell used skates and figure skating equipment. Please note, skates should always be sharpened prior the first use. More about sharpening the skates later in this info leaflet. One should always wear a clean, dry and nicely fitting sock into the skate. This makes it possible to tie the skate correctly and the feet stay warm. If you child gets cold easily, then instead of a thick wooly sock, you could try thin merino-wool socks. Sports shops sell these in children's sizes.

Tying the skate.

Start tying the skate from the toes. Leave a small "wobble space" for toes, but on top of the foot the laces should be tight so that the skate supports the ankle. Between the top of the skate and ankle, there should be a small gap about one-two fingers, so that the child can bend the knee.

Other things to consider

Each skating school child will be given a name tag during the first lesson. The name tag should always be worn during the lessons. Each group has their own color, which makes it easier for the instructor and the child to recognize their own group. Everyone will have a group colored sticker attached to the name tag.

Figure skating shops

Lucky Skate, Minna Canthin katu 22, 00250 Helsinki (Töölö)

p. 010 423 6680 www.luckyskate.fi

Skate Marketing, Sarkkakuja 2, 04300 Tuusula

p. (09) 275 5548 www.taitoluistin.fi

Skate Shop, Malmin raitti 17, 00700 Helsinki (Malmi)

p. 010 397 9400 www.skateshop.fi

Skate maintenance

Daily maintenance

The skate blades chip easily, so always use the plastic blade guards when walking outside of the ice rink. After the skating lesson, the plastic blade guards should be removed and the blades must be dried with soft towel. Store the skates without the plastic blade guards, so that the blades don't rust. It is also good to take the skates out from the bag so that they can air and dry from inside. It is not a good idea to dry the skates next to radiator so that the leather does not become brittle. The blade guards gather a lot of dirt to the inside of the guard, so wash them at least once during the season.

Sharpening the skate blades

Figure skates sharpening is different from ice hockey skates. Figure skate blades should not be ruined by wrong sharpening technique.

Figure skates sharpening professionals in the Helsinki Metropolitan area.

Tommi Piironen, Raappavuorentie 10, 01600 Vantaa (Myyrmäki ice halli), you have to make appointment.

Jalkinekorjaamo Karttunen, Minna Canthin katu 18, 00250 Helsinki (Töölö)
p. (09) 479 584 tai 050 468 2763, www.nic.fi/

ProSharp Metro Areena, Urheilupuistontie 3, 02120 Espoo (Metro Areenan harjoitushalli)

p. 045 222 2120, <https://prosharp-tapiola.webnode.fi>

ProSharp Vuosaari, Pallokuja 6, 00980 Helsinki (Vuosaaren jäähalli)

p. 050 553 6745, www.prosharpvuosaari.fi

Skate Shop, Malmin raitti 17, 00700 Helsinki (Malmi)

p. 010 397 9400, www.skateshop.fi

SM - Skate Marketing, Sarkkakuja 2, 04300 Tuusula

p. (09) 275 5548 tai 050 662 51, www.taitoluistin.fi

Teräpiste, Talttakuja 6, 00700 Helsinki (Malmin jäähalli)

p. 020 734 9800, www.terapiste.fi

Events and announcements

Performing is a big part of figure skating. The skating school children perform twice a year: Christmas skating show and Spring skating show. They have their own group programme that is practiced during the skating school lessons well before the shows. The skating shows are memorable and wonderful events for children and also very important for the skating clubs sense of community. We wish that all parents participate to the skating shows voluntary work.

The skating school children receive the announcements / information mainly via MyClub or parent's e-mail. You can also find information about upcoming events from the Club's information boards (by office) and web-pages. If you are not receiving our messages or you change your email address, please inform the skating school coach jennivaldku.hyti@gmail.com

Fees

The price of the skating school depends on the number of skating lessons. The autumn semester is billed in September or October and the spring semester is billed in January or February. Once a week skating school is 150€ / semester and twice a week is 185€ / semester. The billing is done using myClub-programme and an email is also automatically sent to the e-mail address that has been provided when the skater has been enrolled to the skating school. Enrolment fee is 17,50€ is billed at the enrolment and it includes two trial lessons. If the child does not want to continue skating after the trial lessons, please inform us by sending an email to jennivalkku.hyti@gmail.com.

The skating club provides an accident insurance to all skating school children. This is why it is important for us to have the child's social security number via myClub.

Skating school passport

The club insures all the skating school children via the Finnish Figure skating Association (STLL) skating school passport. It is valid in the STLL member clubs' organized skating schools. For the insurance you should carefully fill in all the required information in MyClub enrolment especially the child's social security number.

Substituting missed skating lessons

If the skater misses several lessons (for example due to illness), please contact the skating school coach jennivalkku.hyti@gmail.com, so that we can agree if and how to substitute the missed skating lessons. We will check each case individually.

Advancing within and from skating school

We have renewed the skater's path in our club during the season 2019-2020. This makes it possible for practicing in hobby level as well as competition level. This change also brought changes into the skating school groups to support the new skater's path. We have divided the skating school children to school age children (7years old and older) and under school age children (3-6 years old). On top of this, we also divide the skating school children to groups according to their skill levels and we try to move the child to more challenging group as soon as her/his skills allow the transfer. Below is the main practice areas in each skill group.

GREEN:

New beginners who are under school age start their practice in the green group. In the green group the main goal is to motivate the child to skating, standing up-right on the skates and moving forward.

BLUE:

Skaters in the blue group move a bit faster. The main goal is to be able to add some speed to skating, to be able to stop and also skate backwards.

RED:

Skaters in the red group as still under the school age, but they have more experience in skating and they are already more skilful on skates. Main goal is in more difficult blade use such as arches and turns.

YELLOW (school age children)

In the yellow group the skaters are new to skating. The main goal is basic skating and easier blade use.

ORANGE (school age children)

In the orange group the skaters are more advanced school aged children. The main goal is basic skating skills and some easier figure skating elements / movements.

Skater's path in Hyvinkää Figure Skating Club

Skating School - School aged children	Skating School - Under School aged children
Taitajat C (Hobby group C)	Development Group (Kehitysryhmä)
Taitajat B (Hobby group B)	R 1 (Competition Group 1)
Taitajat A (Hobby group A)	R2 (Competition Group 2)
	R3 (Competition Group 3)
	R4 (Competition Group 4)