

Why should I join U.S. FIGURE SKATING Basic Skills?

1. Official learn-to-skate program of the national governing body for figure skating
2. Highest quality instruction
3. Fun, challenging and rewarding skating curriculums for all ages and abilities
4. Bridge to testing and competitive structure
5. Educational materials available for skaters, parents and facilities
6. Sports accident insurance coverage
7. The road to the Olympics!
8. All for a \$10 annual membership fee!

What do I receive when I register?

When you join the U.S. Figure Skating Basic Skills Program you will receive the following items from U.S. Figure Skating to make your skating experience more fun and rewarding:

- Official Basic Skills membership card
- Basic Skills record book and stickers
- General sports accident insurance coverage
- Year patch, denoting membership year
- Participation in lessons and skill assessments associated with the program
- Opportunity to compete and perform in approved events
- Basic Skills Edition of SKATING magazine

U.S. FIGURE SKATING Basic Skills program



How can I join U.S. FIGURE SKATING Basic Skills?

The Basic Skills Program is offered at many ice facilities across the country. Contact your local ice facility, figure skating club or park district to see if they offer the U.S. Figure Skating Basic Skills Program. If you need assistance in locating a program near you, please contact:



U.S. Figure Skating
20 First Street
Colorado Springs, CO 80906
T: 719.635.5200
www.usfigureskating.org

About us

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States as recognized by the United States Olympic Committee and the International Skating Union. The headquarters, along with the World Figure Skating Hall of Fame and Museum, is located in Colorado Springs, Colo. U.S. Figure Skating is comprised of more than 750 member clubs and Basic Skills programs representing approximately 179,000 members. U.S. Figure Skating's mission is to provide programs to encourage participation and achievement in the sport of figure skating. The organization is charged with the development of the sport on all levels within the United States including athletes, officials, sanctioning of events and exhibitions, and establishing the rules and guidelines by which the sport is governed.



Learn the fundamentals of ice skating!

Join today! Learn to skate, earn badges, meet new friends, be healthy and have fun!

For more information, contact U.S. Figure Skating at 719.635.5200 or e-mail info@usfigureskating.org.

Designed by U.S. Figure Skating, the Basic Skills Program is a beginning ice skating program that is fun, challenging and rewarding. Participation in the program will enable beginning skaters of all ages and abilities to learn the fundamentals of the sport and begin a lifetime commitment to health and wellness.



SNOWPLOW SAM 1-3

The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice. Snowplow Sam is a big, fuzzy bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.



BASIC SKILLS 1-8

The "Basic Skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, three turns and mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport, enabling them to advance to the more specialized areas of skating.



HOCKEY 1-4

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.



ADULT 1-4

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness as well as improve balance and coordination while learning proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting program for people who look to skating as an enjoyable way for a fit and healthy lifestyle.



SPECIAL OLYMPICS 1-12

The Special Olympics Sports Skills Program is designed for people with mental handicaps who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

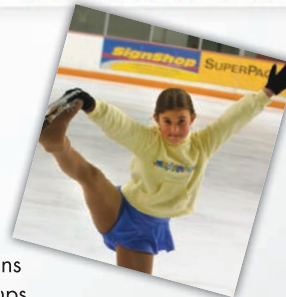


FREE SKATE 1-6

Skaters are always excited to graduate from Basics to the Free Skate levels. Each free skate level is divided into four sections:

- Moves in the Field
- Spins
- Dance/Footwork
- Jumps

The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.



SYNCHRONIZED SKATING 1-4

Synchronized Skating is the fastest growing aspect of skating. The Basic Skills synchronized badge program is a fun introduction to the five basic elements:

- Circle
- Line
- Block
- Intersection
- Wheel

The purpose of these tests is to introduce skaters to synchronized skating and to familiarize them with elementary holds, formations and transitions. A group can consist of six or more skaters to get started.



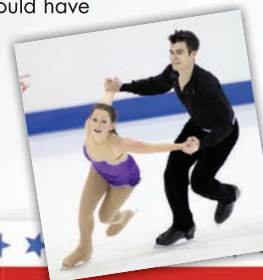
DANCE 1-6

The Dance badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U.S. Figure Skating test structure. These tests can be taken with or without a partner.



PAIRS 1-6

Candidates for the Pairs curriculum should have passed at least Basic 8 or have the recommendation of the class instructor. The Pairs levels are designed so when a skater graduates from Pairs 6, he or she has a strong foundation on which to build.



ARTISTRY IN MOTION 1-4

The Artistry in Motion or "AIM" program is designed to educate skaters on the basic principles and philosophy of choreography and style. The badge program will give them a foundation in basic body alignment, movement and line.

Using this program will contribute to the training of the complete figure skater. Artistry in Motion stimulates the creative mind of every skater.



SPEED 1-6

The Speedskating track for the Basic Skills Program introduces beginning speedskating techniques for skaters after they have learned the basic skating fundamentals in Basic Skills 1-4. These techniques include basic positions, edges, turns, starts and speed development. Skaters will be ready for racing after completing the Speed 1-6 badge levels.



THEATRE ON ICE 1-4

The Theatre on Ice curriculum introduces skaters to Theatre on Ice at a beginner level. This curriculum will incorporate the TOI elements of choreography, skating movements and the rapport between skaters and/or sub groups of skaters at an introductory level. Emphasis should be on demonstration of the elements and control of the skating skills for the badge levels required.

