



THE PENGUIN PRESS

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Welcome Back to Little Sun Valley Skating Club!

Did you know that being a member of LSV means you:

- ★ Are a member of United Skaters Figure Skating Association which means you belong to the same organization as our Olympic skaters
- ★ Receive the Skating Magazine (Official Publication of United States Figure Skating Association) so you can learn more about skating and read about your favorite skaters
- ★ Learn how to skate in a program created by United State Figure Skating and perfected over the years by successful USFSA members
- ★ Enjoy our annual banquet and get rewarded for all of your hard work
- ★ Can compete in USFSA sanctioned events
- ★ Be in our Annual Show (this year it will be held on May 2)
- ★ Meet new friends and have fun!!!

Current Days and Times of Little Sun Valley Freestyle Ice:

Monday	5:50-6:50 pm	Enfield Twin Rinks
Wednesday	6:30-7:20 pm	Smead
Wednesday	7:30-8:20 pm	Smead
Friday	5:30-6:20 pm	Smead
Friday	6:30-7:20 pm	Smead
Friday	7:30-8:20 pm	Smead
Sunday	6:30-7:20 pm	Smead
Sunday	7:30-8:20 pm	Smead

Dear skaters, parents, grandparents, aunts, uncles and friends..

Welcome back to a new year of skating. The new year is already turning out to be a busy one — we had a USFSA test session on Monday night, September 29, we have another scheduled for Saturday, October 18, and we have our Annual Banquet scheduled on the same night. The banquet is a blast — good food, great friends, certificates and pins are passed out to recognize skater's accomplishments, the now famous Chinese Raffle and a D.J.! Dance to the wee hours of the morning (or 10:00 p.m. when the event actually ends) and enjoy a fun night. After that it's our Annual Competition on Saturday, November 22. In past years we've had an entire day of competitive events from basic skills in the morning to team and dance events in the late afternoon. This is a good opportunity for basic skills skaters to see what they are working towards. It is also a great opportunity to volunteer and meet new club members and become involved in the exciting sport of figure skating.

We have a busy fall and winter, so get on your skates and get going!! And for you parents, we have skating programs for you too!! Visit our website at www.littlesunvalleyskating.org for details and sign-up forms.

Barbara Wenig, President
and the LSV Board of Directors

Monitors - the Heart & Soul of Practice Ice

One of the key volunteer positions at the club is that of a skating session Monitor. This person "manages" the ice session; they ensure that skaters' music is played and that rules are followed; they check skaters in, make sure that guest skaters have paid the appropriate fee and set up and put away the music box. Because this is such a key position, it is important to have a large contingent of volunteers. This has not always been the case in the past and this function has fallen on a few people who monitor multiple sessions each week and spend many hours in the rink with no break or opportunity to "warm up".

The club sponsors about 10 hours of practice ice each week that needs monitor coverage. Although it is usually one person who monitors at the various sessions, the monitor does not need to be one person; it can be 4 parents whose children skate at the same time and they each take 1 week a month monitoring, or every other week 2 parents monitor together, or whatever works with everyone's schedules.

This is a great way to get to know other parents and become more involved in something that your child loves. Training will be provided to those who are new to monitoring on rules, running the equipment, etc.

See the LSV bulletin board for the monitoring schedule and sign up today!

Finding a coach — what every parent should know*

Use the following guidelines when looking for a coach for you child:

- ★ **Determine your needs and wants** Think about the types of people who work well with your child and the ways in which he or she is best motivated. Some skaters might need disciplinarians, while others might respond better to coaches who are reserved. Once you have identified what type of coach would work best with your child, spend time watching a variety of coaches work with other students. Are the coaches positive and encouraging? Are they professional? Are they punctual and do they come to their lessons prepared?
- ★ **Compare Options** Once you have developed a list of potential coaches, plan to meet with them. Some questions you might want to ask:
 - ★ What is your coaching philosophy?
 - ★ How long have you been coaching? (Keep in mind, however, just because a coach is new doesn't mean you shouldn't hire them, but you should be familiar with the coach's experience.)
 - ★ What are some of your coaching accomplishments?
 - ★ What is your skating background? (disciplines and levels)
 - ★ Are you a member of USFSA (United State Figure Skating Association) and PSA (Professional Skaters Association)? Are you PSA rated or ranked?
 - ★ How do you stay current with the sport and the profession of coaching?
 - ★ What are your rates for lessons, competitions, cutting program music, etc.?
 - ★ What is your policy if we have to cancel a planned lesson?
 - ★ Are there any other policies that we should be aware of in advance?
- ★ **Review and Research** Your skater's coach will have a significant influence over his or her life. Therefore, it is important that you and your child are comfortable with the choice. Take as much time and talk to as many people as necessary until you are satisfied that you are making a good choice. It takes time to develop a complete grasp of every type of rating, competition, level, etc. Visit www.usfsa.org or www.skatepsa.org for more information. If you want to verify a prospective coach's claims, you can contact United States Figure Skating or PSA.
- ★ **Follow Up** After you have selected a coach, you should observe some lessons to make sure that the coach/skater relationship you have invested in is what you want it to be. If, after observing a few sessions, you have questions or concerns, meet with the coach. A respectful and open dialogue can prevent problems later. If you have a situation that you feel warrants attention, take it privately to the board of directors of the club and allow them to handle it appropriately. Never badmouth a coach to other parents or skaters.

Figure skating is a wonderful sport that can breed self-confidence, self-reliance, self-discipline, good health, lifelong friendships and a lot of fun. A skater's coach plays a large role in all of this, so take the time to find the coach that is right for your child.

**Information from an article by Juliet Newcomer in the April, 2005 Skating Magazine*

Please note that members of the Little Sun Valley Board of Directors are not allowed to recommend a coach for any skater. To help you in your search, a list of our pros is available on the club bulletin board and on our website.

Upcoming Competitions

Type	Club	Where	Competition Date	Deadline
Basic Skills	The Rinks at Shelton	Shelton, CT	Saturday, Oct 25, 2008	October 11, 2008
Basic Skills	Cantiague FSC	Long Island, NY	Sunday, Nov 16, 2008	October 21, 2008
Basic Skills/Open	Little Sun Valley	Springfield, MA	Saturday, Nov 22, 2008	October 19, 2008
Basic Skills	Silver Streaks	Peabody, MA	Sunday, Nov 23, 2008	November 8, 2008
Basic Skills	Christmas Brook	North Adams, MA	Saturday, Dec 6, 2008	
Basic Skills	Granite State FSC	Hooksett, NH	Sunday, Jan 18, 2009	
Open	Vermont SC	S Burlington, VT	March 6—8, 2009	