

Bakersfield Blades Figure Skating Club

BBFSC

Welcome to the Bakersfield Blades Figure Skating Club (BBFSC). We are excited to have you and your skater(s) as members. The club was started in 2006 to help promote local ice sports. We strive to make ice sports fun! We create newsletters, offer clinics, put on shows and throw parties. Annual membership begins August 1st and ends July 30th.

Board Members:

President: Allie Bouffard

Vice Pres: Annette Manning

Treasurer: Eileen Price

Communications: Shawna James

Social Media Coordinator/Historian: Adisen Daniels

Coaches:

Sarajoy Cloud

Kalina Downs

Corrie Frias

Hailey Holt

Jr. Coaches

Sidney Freedman

Rachel Wynot

Ice Session Fees:

1 Hour session = \$15.00

Skaters will be charged in 15 minute increments rounded up to the nearest ¼ hour.

All Ice session fees are to be paid directly to the BBFSC. We accept cash and Zelle.

Zelle: bakersfieldbladesfsc@gmail.com

Private Lessons:

Private lessons consist of a lesson with one skater and one coach. Lesson fees are paid directly to the coach. Coaches will let you know what forms of payment they accept.

Coaching fees are separate from Ice Session fees.

Group lessons:

Group lessons consist of a lesson with one coach and other students with similar skill level. The coach that is running the group lesson will determine if a skater's skill level is appropriate for admittance to the lesson. Group lesson fees are paid directly to the coach and are also separate from ice session fees.

Skate Room:

Club membership includes access to the club skate room. The club skate room is for skaters, coaches, and their skate equipment. All non skaters are to use the rink's warm room while waiting for their skater's session to end. Any board member can give you the access code to the club room. Please do not give this code out.

Skate Room Rules

1. Please do not leave any skates, hockey bags, or equipment in the skate room after your skate session is finished.
2. Please do not climb on the counters or shelving units.
3. Please do not engage in rough play in the skate room.
4. Dryland equipment should only be used under the supervision of a coach.
5. Please put all supplies and equipment back where they belong after use.
6. Please help to keep our room clean by throwing away all garbage, cleaning up spills quickly, and taking all personal items with you when you leave.
7. Please check the lost and found regularly. All unclaimed lost and found items will be donated at the end of each month.
8. BBFSC is not responsible for lost or stolen items.

What to wear :

You should wear warm comfortable clothing that lets your body move well. Athletic non cotton pants work the best for your legs. Cotton pants, such as jeans, soak up water when you fall on the ice and take a while to dry. Layering long sleeves, sweaters, jackets and items that can be removed works well. Warm long socks that whisk away moisture

are best. Ankle socks should not be worn with rental skates, bulky socks are also hard to skate in. Gloves for keeping hands warm are recommended. It's always a good idea to bring extra gloves for changing if they get wet. Don't forget your head, we lose 50% of our body heat from our heads. Warm hats will help you stay warmer. Skating is a high energy sport and your body will warm up when you're moving.

What to bring to the ice:

Gloves - Hands get very cold on the ice. Warm gloves are a good idea.

Earmuffs- Something to cover your ears can help you stay comfortable on the ice.

Kleenex - As you move on the ice, frozen noses will start to thaw and run as you warm up

Water - A good water bottle is a necessity. You can also bring money to purchase if needed

Bag/Tote - A sturdy bag or tote is a helpful way to keep all of your items together.

Towel - A micro fiber towel is essential for drying off your skates after your session.

Journal - Journals are a great way to keep track of your progress and for setting goals.

Snacks - Having a healthy snack ready can help you feel energized for your skate sessions.

Skates:

Figure Skates are ice skates with a toe pick in the front, hockey skates do not have a toe pick. There are several brands and styles of figure skates. Skates are recommended based on height, weight and experience. Figure skates also fit differently than a tennis shoe.

Figure skates fit tight on the foot and you should be able to feel the boot with your foot.

Too big can cause problems with foot sliding and ankle twisting. Coaches can help with what type of skate is best for you.

How to Care for Skates:

You should dry off your blades and skate bottoms after every skate session to avoid rust.

Never walk around in your skates on cement or wood surfaces. Always use skate guards if

you need to walk in your skates. Most floors can cause damage to your blades. If you

skate 2 to 4 hours a week, skates should be sharpened every 4 to 5 weeks. If you skate

more than 5 to 6 hours a week, skates should be sharpened every 2 weeks. You can have

your skates sharpened either at the Ice Rink by checking with the front desk staff or by contacting Jeff Manning with D&M's Sharpening.

Valley Children's Ice Rink

New Skates Sharpened - \$15.00

Repeat Skate Sharpening - \$10.00

D & M's Sharpening
Jeffrey Manning
661-378-2949.

New Skates Sharpened - \$10.00
Repeat Skate Sharpening - \$6.00
Skate Baking - \$20.00

USFS:

U.S. Figure Skating is the national governing body for the sport of figure skating in the United States. Founded in 1921, the association has more than 750 member, school-affiliated, and collegiate clubs.

Ice Sports Industry (ISI):

The Ice Sports Industry (ISI) is an international industry trade association encompassing all aspects of the ice sports industry. Founded in 1959 as a nonprofit organization for owners, operators and developers of ice skating facilities, ISI also created America's original learn-to-skate program and has introduced more than 10 million individuals to the wonderful world of ice skating. It has been, and will continue to be, the policy of the Ice Sports Industry (ISI) to promote equal opportunity for all members in its leadership and educational programs, endorsed events and other activities sponsored by the ISI. The objective of ISI is to encourage participation in recreational ice sports without regard to race, color, religion, sex, national origin, age, disability, ancestry, sexual orientation, gender identity and expression or veteran status.

Testing:

Testing consists of a skaters ability to do required moves as determined by ISI or USFS. Testing helps the skater to know that they are progressing in their skills and advancing in the sport of figure skating. It also serves to let the skater and club know at what level the skater can perform in shows or competitions. Your coach will give you information about when testing sessions are available and if your skater is ready to be tested.

Competitions and Shows:

Competitions are events where skaters compete with other skaters that have similar skill levels. Coaches and skaters work together to learn a routine set to music. This routine is meant to showcase the skaters skills. Competitions are usually held at regional

rinks and require travel. Skaters are judged on how well they execute their routine and how clean their skills moves are. Medals are awarded to the top three skaters in any skill level group. There are many different categories to compete in. Your coach can help decide what is best for your skater.

Shows are events that are held at our local rink Shows can be a lot of fun. It's a time when skaters can show off their skills without the pressure of being judged. Preparing for a show can be just as exciting as going to a competition. In a show, skaters can perform solos, duets, and productions. Just as with competitions, shows include a routine set to music. Skaters usually keep the same routine for both shows and competitions, but that is not required.

We hope that this information is helpful to you and your skater(s). If you have any other questions or concerns, please feel free to speak with any board member. You can also contact the club at Bakersfieldbladesfsc@gmail.com

Thank you,
BBFSC Board

