



**Chevy Chase Club**  
**Skating Programs Handbook**  
**2018-2019**



## **Chevy Chase Club Skating Committee**

### **Mission Statement**

The Skating Committee is charged with developing, implementing, and maintaining high quality skating programs with the objective of providing a fun and competitive experience for all participants. The Committee relies extensively on energetic and talented member and non-member volunteers who dedicate generous amounts of time to serve the skating program in a variety of capacities. The Committee and Club management work conscientiously in partnership to maintain high levels of participant enjoyment.

The Skating Committee emphasizes ice hockey and figure skating while leaving ample time for general open skating and lesson opportunities for all ages and abilities. The hockey and figure skating subcommittees analyze participant demographics each year to develop the most suitable and balanced programming.

The Club offers ice hockey programs to beginners and experienced players at the youth and adult levels. Many of the club's ice hockey teams participate in the Chesapeake Bay Hockey League (CBHL) and Capital Corridor Hockey League (CCHL) and follow the rules, procedures, and codes of conduct of USA Hockey. The figure skating program is a US Figure Skating "Learn to Skate USA" instructional program. The skaters are taught by certified professionals and are judged by accredited judges in the Skating Championship.

The outdoor rink at the Club is open from early November to early March and is utilized every day of the week. Practices, games and/or skating sessions must be canceled or postponed during inclement weather to maintain ice surface integrity and safety. Consequently, weather dictates rink openings and closings, and the Committee and Club personnel post real-time status updates on the Club's website.

For the 2018-19 Chevy Chase Skating Calendar please refer to Chevy Chase Ice Rink Website: <http://www.leag1.com/?org=ChevyChaseclub>



August 31, 2018

Dear Chevy Chase Club Members:

On behalf of the Skating Committee, I welcome you to another exciting season of hockey and figure skating at the Chevy Chase Club.

This handbook is intended be a comprehensive resource to assist members with understanding the various programs that are offered at the Club and to answer some of the questions that we frequently receive each season. It is the product of the devoted efforts of Skating Director Victor Lewton, Hockey Director Paul Fritz, Figure Skating Director Shannie Len, and committee members Hunter Montgomery, Henry (Huck) O'Connor, Lex Sant, and Sara Yanes. We hope that you find this handbook to be informative and helpful, and I encourage you and your families to take advantage of the terrific programs that the Club has to offer.

Finally, I would be remiss if I did not recognize the contributions of all of our outstanding professional staff and the dedicated corps of volunteer coaches and managers who devote countless hours of their time each season to the enjoyment of our members and their families. The challenges of delivering our excellent hockey and figure skating programs would be impossible without your dedication and commitment.

I look forward to seeing you on the ice!

Warm regards,

Christopher N. Manning  
Chair, Skating Committee

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# HOCKEY PROGRAM

## I. INTRODUCTION

The Chevy Chase Club offers a variety of hockey opportunities for adults and children of all ages and abilities. The Hockey Program has been developed to provide a fun, safe and positive learning environment. Since the rink was expanded and renovated in 1988, the program has grown to be the third largest in the greater Washington DC / Baltimore area. In the 2017-18 season, the Club had over 450 youth players playing on 26 teams, plus 150 adult players on the ice. From the youngest children playing in the Instructional program to adults playing for Willie Cup bragging rights, the Hockey Program has become a multi-generational focal point during the winter months.

The Hockey Program is organized to operate youth hockey and learn to skate programs for Club members, and every effort has been made by the Skating Committee to offer options suitable for each player's age, ability, and competitive interest. The purposes of the Hockey Program are:

- To develop character, sportsmanship, and physical fitness, while striving to teach participating children, young people and adults the skills of ice skating and the game of hockey;
- To foster the values of integrity, fair play, teamwork and the pursuit of excellence through hard work at every level of the organization;
- To promote fun and enjoyment for every participant;
- To associate with other ice hockey associations embracing these values;
- To conduct a youth hockey program consistent with the bylaws, rules and regulations of the Potomac Valley Amateur Hockey Association (PVAHA) and USA Hockey; and
- To perform or participate in other activities that will aid in achieving these objectives.

Furthermore, all members of the Hockey Program

- Shall have the opportunity to participate in the sport regardless of ability level;
- Shall have the right to participate/tryout at a level that is commensurate with their developmental level, as determined by age, USA Hockey rules and American Development Model (ADM) standards, and feedback of coaches, directors, and the Skating Committee;
- Shall have the right to qualified adult leadership;
- Shall have the right to participate in safe, healthy environments;
- Shall have the right to proper preparation for participation in the sport;
- Shall have the right to an equal opportunity to strive for success; and
- Shall have the right to be treated with dignity by all involved.

## II. EQUIPMENT

In the interest of personal safety, all Hockey players in all programs must wear the following equipment:

- HECC certified hockey helmet with full face mask (Adults: full mask is recommended). The helmet must have a current certification sticker.
- Hockey jersey
- Hockey pants
- Hockey socks
- Shin guards
- Elbow pads
- Athletic cup
- Hockey gloves
- Hockey skates
- Shoulder pads
- Hockey stick
- Mouth guard (colored, not clear) (required for Boys and Girls at the 12U (Pee Wee) level and higher; and recommended for all other levels). It is recommended, but not required, that the mouth guard attach to the helmet.
- Neck/Throat protector (this is optional, but strongly recommended). The best type of neck protectors are the ones that are built into the base layer shirt. These are available at the Skate Shop for purchase.

Per USA Hockey and Club rules, coaches must wear a helmet during all on-ice sessions.

All hockey equipment, including skates can be purchased at the Club. Travel team jerseys and socks must be purchased at the Skate Shop. Many of the local rinks have fully stocked pro shops. The Club also can sharpen skates (this charge is billed to the Member's account).

All Chevy Chase players will pay for their hockey jerseys. Travel youth players are required to have two game jerseys, home and away. The Club will provide goalie equipment for those players at the Mites, Squirt and House levels who are interested in the position. At the Squirt level and above, goalies must wear goalie skates. Players are required to return loaned goalie equipment at the end of the season to the Skate Shop or be charged for it.

If you need assistance with equipment, please contact our Skating Director, Victor Lewton, at the Skate Shop.

In early September, the Skate Shop holds its annual hockey equipment swap where members can both donate and receive used hockey equipment. Notice of this event will be both emailed and sent out as postcards to all families who have children who are old enough to participate in the hockey program.

### **III. PROGRAMS**

The Hockey Program currently supports an Instructional Hockey clinic for players 5-8 years of age, a “House” league for players 9-12 years of age, and travel teams for boys and girls from Mites (7 and 8 years old) to Midget (high school) age in both the Chesapeake Bay Hockey League (CBHL) and the Capitol Corridor Hockey League (CCHL). In addition, some teams participate in out-of-town tournaments and exhibition games in other cities such as Montreal, New York City, Pittsburgh, and Toronto. The Club also maintains a special tradition of an annual hockey weekend tournament for select teams with the Essex Hunt Club in Peapack, New Jersey.

The Club’s Hockey teams, coaches and players are members of USA Hockey, the governing body for youth hockey development throughout the country. Hockey coaches include both member and non-member volunteers, and all coaches must be in compliance with all USA Hockey registration and certification requirements, which include completion of USA Hockey coaching clinics, online age-specific training modules, Safe Sport Training, and background screening.

To understand more about USA Hockey and its principles please visit [www.usahockey.com](http://www.usahockey.com).

For registration information please visit [www.usahockeyregistration.com](http://www.usahockeyregistration.com).

The Hockey Program is reviewed by the Club’s Skating Committee to ensure that our teachings and development plan are in alignment with USA Hockey’s American Development Model (ADM) and Long Term Athlete Development (LTAD) standards. USA Hockey maintains the following age classifications (listed below for the 2018-2019 season):



## 2018-19 SEASON AGE CLASSIFICATIONS

NEXT SEASON

USA Hockey Playing Season: September 1, 2018 through August 31, 2019

### YOUTH TEAMS

DATE OF BIRTH	AGE CATEGORY	AGE DIVISION
2000	18 Years	18 & Under (Midget)
2001	17 Years	18 & Under (Midget)
2002	16 Years	16 & Under (Midget)
2003	15 Years	16 & Under (Midget)
2004	14 Years	14 or Under (Bantam)
2005	13 Years	14 or Under (Bantam)
2006	12 Years	12 or Under (Pee Wee)
2007	11 Years	12 or Under (Pee Wee)
2008	10 Years	10 or Under (Squirt)
2009	9 Years	10 or Under (Squirt)
2010	8 Years	8 or Under (Mite)

### GIRLS' & WOMEN'S TEAMS

DATE OF BIRTH	AGE CATEGORY	AGE DIVISION
1999	19 Years	19 or Under
2000	18 Years	19 or Under
2001	17 Years	19 or Under
2002	16 Years	16 or Under
2003	15 Years	16 or Under
2004	14 Years	14 or Under
2005	13 Years	14 or Under
2006	12 Years	12 or Under
2007	11 Years	12 or Under
2008	10 Years	10 or Under
2009	9 Years	10 or Under
2010	8 & Under	8 or Under

### A. SKATING CLASSES / INTRODUCTION TO HOCKEY

Prior to entry into the Instructional Hockey program, all youth skaters are asked to enroll in Skating Classes for beginning hockey players for one complete year to learn basic skating skills. The Club offers skating classes in the fall/winter, and there are numerous beginner skating clinics held at local ice arenas throughout the year.

Please contact Paul Fritz (Hockey Director – [pmfritz@me.com](mailto:pmfritz@me.com)) or Shannie Len (Figure Skating Director - [SLen@ChevyChaseClub.org](mailto:SLen@ChevyChaseClub.org)) for any questions regarding your child starting hockey or skating classes.

It is also recommended that players who need additional instruction on hockey skating techniques continue to take group skating lessons while enrolled in Instructional Hockey. Please refer to the Figure Skating Section for a complete description of beginning skating classes (figure or hockey skates may be worn during these lessons).

For more introductory information about Hockey at the Club, please visit: <http://leagueathletics.com/Page.asp?n=31901&org=CHEVYCHASECLUB>

For additional information or questions about the Club's Hockey programs, please contact Victor Lewton at [victor@chevychaseclub.org](mailto:victor@chevychaseclub.org).

## **B. INSTRUCTIONAL HOCKEY PROGRAM (Ages 5 to 8)**

Instructional Hockey is the backbone of the Chevy Chase hockey program. It teaches the basic elements of hockey skills, while focusing on encouraging play and physical development.

Instructional hockey meets two times per week. Skaters must be at least five years old as of 12/31 of each year to participate and must demonstrate the basic skating skills taught in the Beginning Figure Skating Classes. During the Club's pre-season sessions in October, coaches will host an assessment skate to assure proper program placement. Coaches may recommend a more appropriate program for a player depending on ability. *The Committee strongly encourages parents and coaches to work together to place players in the most appropriate program offered at the Club.*

According to USA Hockey's Long-Term Athlete Development Model (LTAD), players in the Instructional Program are in the Active Stage of development. This stage is key in developing physical literacy as an athlete. Physical literacy includes on-ice balance, coordination, basic gross motor skills and basic movements. Psychological development at the Instructional Hockey stage includes developing social skills, emotions, attitudes and maturation in confidence and positive self-esteem.

Coaches will use stations, small games, and cross-ice games to promote basic movement skills on the ice. Station-based practices focus on specific skills, while the small games and cross-ice games reinforce basic hockey skills and cerebral development. At the conclusion of the season, all Instructional Hockey players will join together to enjoy a long-standing tradition-- THE BIG GAME.

Depending upon a player's progression and age, players will move from Instructional Hockey to the Mites Program.

## **C. MITES PROGRAM (Ages 7 and 8)**

Mites is the natural progression from the Instructional program. The Mites program follows the USA Hockey's [American Development Model \(ADM\)](#). At this age group (ages 7 and 8), the ADM encourages station-based practices, small-area games and cross-ice competition to deliver more repetitions, more puck touches and more skill development per hour of ice time. It provides the most efficient, most engaging development path for children, keeping them both in the game and on a path toward their full potential.

Mites are in the FUNdamentals stage of the ADM. This is the primary time when youth athletes incorporate movement skills into sports skills. The ABC'S of physical literacy are Agility, Balance, Coordination and Speed. This is also a time when participation and hard work are encouraged to help develop a passion for

the game. Although physical and psychological literacy are quickly developing in this stage, the key is that all athletes have 'FUN.' Athletic fundamental movements, such as jumping, running and swimming, can help tremendously in this age group.

All players aged 7 and 8 participate in the Mites program. This program requires two practices a week and one cross ice game each weekend. All practices and games occur at the Chevy Chase rink, and no travel is required. There will be an opportunity to play on a Mite "select" team that will play in local jamborees/tournaments and schedule games against other area Mite programs. These teams will be based on interest from players and parents.

#### **D. HOUSE LEAGUE (Ages 9 to 12)**

The House League is a non-travel hockey program that is offered to boys and girls no older than 12 and no younger than 9. The House League is intended to be accessible to players within this age group who are new to hockey or who seek to participate in the hockey program without the time commitments of travel hockey. Players who try out but are not selected for one of the Squirt, Pee Wee and Girls' 10U/12U travel teams are also eligible to play in the House League. The House League is intended to maximize skill development and provide game opportunities against other House League teams, culminating in the season-ending House Playoffs. From time to time, the Club offers Games Only ('GO') teams for House League players of advanced ability who wish to play games against outside competition. *Travel hockey players (whether on a CCC or outside travel team) are not eligible to play in the House League or on a House League GO team.*

At the beginning of the season, House League coaches evaluate each skater to ensure that he or she is playing in the appropriate Club Program. As stated above, *The Committee strongly encourages parents and coaches to work together to place a player in the most appropriate program offered at the Club.*

Listed below are some highlights of the House League program:

- 2 practices per week
- 1 game per week
- Team Jersey
- Multi-team league (Usually 6 teams per year)
- Focus on FUNdamentals and skill development.
- Focus on building a passion for the game, a strong work ethic and understanding the value of teamwork
- Season ending play-off tournament with a Championship game

## **E. TRAVEL LEAGUE TEAMS (Ages 9 to 19)**

### **1. CBHL and CCHL Hockey Leagues**

The Club fields travel teams in the two local hockey leagues, **CBHL and CCHL**, at the Squirt (10U), Pee Wee (12U), Bantam (14U), and Midget (16U, 18-19U) levels. These teams require a greater time commitment from the player and the family and are the most competitive level of hockey that the Club offers. These teams will play approximately 15-25 games a season, with 2 practices during the week and normally 2 games each weekend. Travel teams may also participate in tournaments during the season at the coaches' discretion. The Club fields teams in accordance with the USA Hockey age classifications listed above. Depending on the number and skill level of eligible players, the Club may field multiple teams at a particular level.

The **CBHL (Chesapeake Bay Hockey League)** is a "Travel" league and is considered more competitive. The CBHL has both a coed Travel Hockey Division and a Girls Travel Hockey Division. The Club fields teams in the Travel Division from the Squirt (10U) through the Midget (18U) levels, and teams in the Girls Division from the 12U through the 19U levels. CBHL games are held at rinks throughout Maryland and Virginia. The Girls division permits body contact but not full checking, while full body checking is permitted at the Bantam (14U) level and up in the Travel division. **Chevy Chase girls may try out for any age appropriate Travel team.** For additional information about the CBHL, please visit [cbhl.org](http://cbhl.org).

The **CCHL (Capital Corridor Hockey League)** is a "Select" or "Recreational" league and is considered less competitive than the CBHL. The CCHL promotes fun and development for beginning and recreational players. CCHL games are held at rinks throughout Maryland and Virginia. The Club fields teams from the Squirt (10U) through the Midget (18U) levels of the CCHL where there is sufficient registration and ability levels to support a CCHL team. Where possible, players at the Pee Wee (12U) and Bantam (14U) levels who do not qualify for the CBHL Travel Teams will have the opportunity to play on a Select Team that participates in the CCHL. Squirt and Pee Wee aged players who do not qualify for the CBHL Travel Teams are encouraged to return to the House Hockey Program if there is not a CCHL team at their level that season. For additional information about the CCHL, please visit [capitalcorridorhl.org](http://capitalcorridorhl.org).

### **2. Squirt Boys and Girls (Ages 9 and 10)**

Squirts (also called 10U) is the next natural developmental age group after Mites and starts to focus on transferring skills to game situations. Players

will learn the basic rules of the game, but more importantly, understand the basics of skating, puck control and body control. This age range is the start of accelerated learning of coordination and fine motor control. This is an important age to build good habits in regards to movement qualities (on and off the ice), balance and coordination. Consistently practicing proper athletic movements on and off the ice will greatly accelerate player development.

Small area games, puck control skill stations, and skating drills are all integral parts of Squirt development, and application of these skills and concepts in practice will carry over into games. Both USA Hockey and the Club emphasize teamwork, team building and communication at this age level.

Squirt age players have the option to try out for a Squirt Travel team or to play in the House League. House players may also play on a 'GO' (Games Only) team that plays games against outside competition. The following options are available to Squirt-age players:

<b>TEAM*</b>	<b>LEVEL</b>	<b>DESCRIPTION</b>
House	Recreational	Coed, 2 practices per week, House League Games, No Travel
House + 10U 'GO' Coed	Recreational	House League Practices and Games, Plus a Coed, Games Only Team with Local Travel
House + 10U 'GO' Girls Only	Recreational	House League Practices and Games, Plus a Girls Only, Games Only Team with Local Travel
10U Travel	CBHL - A, B CCHL - C	Coed, 2 practices per week, tryouts required, Travel

*\*Note: House League Players can play on a 'GO' team if they are interested in more ice time and games against outside competition. Travel players can only play on their designated travel team. The Club fields Travel teams in the CBHL and CCHL based on a variety of factors and may not always field a team in a particular league or division.*

### **3. Pee Wee Boys and Girls (Ages 11 and 12)**

Pee Wees (also called 12U) are focused on learning fine motor skills and developing a passion for the game. Pee Wees learn the importance of teamwork, game concepts, communication and more technical on-ice skills. Pee Wees are in the neural stage of youth development, which makes the game sense of time/space and situational awareness very important. This developmental stage is occurring in boys and girls at this age and is observed in all sports. Playing multiple sports will only help a player's overall athleticism and hockey skills.

At this stage, Pee Wees are starting to understand body contact with the puck. Full body checking is not allowed until first year of Bantam, but players at the Pee Wee level will start to learn the fundamentals of permissible body contact with and without the puck. This ensures players are developing and learning the sport in a safe and effective manner.

Pee Wee age players have the option to try out for a Pee Wee Travel team or to play in the House League. House players may also play on a 'GO' (Games Only) team that plays games against outside competition. The following options are available to Pee Wee age players:

TEAM*	LEVEL	DESCRIPTION
House	Recreational	Coed, 2 practices per week, No Travel
House + 12U 'GO' Coed	Recreational	House League Practices and Games, Plus a Coed, Games Only Team with Local Travel
House + 12U 'GO' Girls Only	Recreational	House League Practices and Games, Plus a Girls Only, Games Only Team with Local Travel
12U Girls Only Travel	CBHL - A, B	Girls Only, 2 practices per week, tryouts required, Travel
12U Coed Travel	CBHL - A, B CCHL - C	Coed, 2 practices per week, tryouts required, Travel

*\*Note: House League Players can play on a 'GO' team if they are interested in more ice time and games against outside competition. Travel players can only play on their designated travel team. The Club fields Travel teams in the CBHL and CCHL based on a variety of factors and may not always field a team in a particular league or division.*

#### **4. Bantam Boys and Girls (Ages 13 and 14)**

Bantams are in the 'Train to Train' stage of athletic development. Their physical traits start to rapidly grow as players are in the hormonal stage of maturation. Training for injury prevention, strength, and movement quality is key for athletes at this age. Players also start to develop more sport specific skills at this age and will learn tactics/strategies of the game at a basic level.

Bantams in the Travel (coed) Division are permitted for full body contact/checking at this level. Chevy also offers a girls only team at this age group, which has body contact but does not permit full checking. *\*Due to the size and strength disparities that emerge in this age group, the Skating Committee recommends that Bantam age female athletes continue their development and success in the 'girls only' teams we offer.*

Bantam age players have the option to participate in:

TEAM	LEVEL	DESCRIPTION
14U Travel	CBHL - A, B CCHL - C	2 practices per week, tryouts required, A and B teams travel, C team is local travel
14U Girls Only Travel	CBHL - A, B	Girls Only, 2 practices per week, tryouts required, Travel (B team is local travel)

### 5. Midget Boys (Ages 15-18) and Girls (Ages 15-19)

Midgets (also called 18U for boys and 16U or 19U for girls) are the oldest Travel age group at the Club. At this stage in development, most players have chosen a specific sport to focus on, although playing multiple sports is still encouraged. Athletes are focused on competition and refining sport specific and athletic skills. Off Ice training is vital at this stage to enhance athletic qualities (strength, speed, power, agility, movement).

The Club's Boys and Girls Midget teams include many multiple sport student athletes who are continuing their passion and love for the game of hockey. The Club offers a variety of Midget teams each year depending on the number of players and commitment level. The competition level of each team is determined by the Skating Committee.

Midget age players have the option to participate in:

TEAM	LEVEL	DESCRIPTION
18U Boys GO Travel	CBHL A	Games Only, tryouts required, Travel
18U Boys GO Recreational	CCHL	Games Only, tryouts required, Local travel
16U Girls Only Travel	CBHL Girls	Girls Only, 1 practice per week, tryouts required, Travel
19U Girls Only Travel	CBHL Girls	Girls Only, 1 practice per week, tryouts required, Travel

### F. GAMES ONLY ("GO") TEAMS

As noted above, a GO team is a 'Games Only' team. The Club attempts to field GO teams for House League players of advanced ability who wish to play against outside competition, and for our oldest travel teams whose players generally practice with a high school team. In the 2017-2018 season, the Club fielded GO teams at the Girls 10U, Girls 12U, Squirts, and Midget (2 teams) levels.

House League players who are on a GO team will practice with their selected House League team, but also participate as a player on a GO team playing in either the CBHL Wales division, the CCHL, or as an independent team.

The Club's ability to field a GO team at a particular level depends on having sufficient interest and ability level to do so. **Participation on a GO team should be considered a full commitment to play in all team games.**

## **G. GIRLS' HOCKEY OPPORTUNITIES**

The Skating Committee is committed to providing a quality hockey experience to all players. As detailed above, the Club offers multiple coed and girls only teams at every age group and skill level. In the 2017-2018 season, the Club fielded six girls only teams, ten girls participated on coed Squirt (10U) and Pee Wee (12U) Travel teams, over 50% of House League players were female athletes, and the Girls' 12U Travel team won the CBHL league championship.

Our strong history in girls hockey has provided the Club with outstanding female athletes who build a passion for the game. The Club also hosts a 'Mighty Moms' team that plays once a week and includes both experienced players and those who are new to the sport.

*Last season, the Club introduced a more structured framework for Girls' Hockey and the tryout process. We will continue to hold tryouts for Girls' Travel teams to maintain the success and enjoyment that players, coaches and families have experienced throughout their time in the hockey program.*

## **H. ADULT "PICKUP" HOCKEY**

The Club offers three programs for adult members, spouses, members' guests, and coaches wishing to play ice hockey: the 'Not-So-Fast League' (NSFL), the 'Not So Good League' (NSGL), and the 'Mighty Moms' weekday hockey group. These 'leagues' are informally organized, participation is voluntary, and players show up at designated times to play a "pick up" game. **All participants must be registered with USA Hockey and must wear full ice hockey equipment in order to participate in Adult Hockey at the Club.**

The Skate Shop will post the schedule for all groups and will have an email list for all those interested. During the skating season, games against other non-member adult hockey teams may be scheduled.

Chevy Chase coaches are encouraged to participate in the Adult Hockey program. Members may bring a guest to Adult Hockey but are reminded to follow the Club's Guest Policy. **In addition, all guests must be registered with USA Hockey and wear full ice hockey equipment in order to participate.**

## I. COACHING

One of the keys to the success of the Hockey Program has been our dedicated corps of volunteer coaches. There are opportunities for members to coach at every level, from Instructional to Midget hockey. Interested members must submit an application that is posted in the [Chevy Chase Club Hockey and Figure Skating](#) website. The Skating Committee will make every effort to find a position for qualified candidates.

**Guest Coaches:** Another unique aspect of the Hockey Program is that the Club permits qualified non-members to coach teams. The Hockey Program cannot field enough coaches simply from our membership ranks, and guest coaches have historically played an important role. At the conclusion of the 2017-2018 season, guest coaches had won the last five Cheek Awards, given to the outstanding coach of the year in the Chevy Chase Hockey program. Guest coaches must also submit a coaching application. For guest coaches who are accepted, specific privileges will be granted to these coaches during the hockey season as part of their agreement to coach. First, guest coaches may register their children to participate in any of the youth hockey programs (Instructional, Mites, House and Travel teams) or the figure skating program. Second, guest coaches will be provided a temporary member number to use for food and beverages and other activities that are part of the Winter Center.

**All hockey coaches must be in compliance with all USA Hockey registration and certification requirements, which include completion of USA Hockey's coaching clinics, online age-specific training modules, Safe Sport Training, and background screening.**

## J. WEEKLY GOALIE CLINIC

The Club offers a weekly Goalie Clinic during the season for all players interested in playing goalie. The Goalie Clinic is run by Carl Picconatto. Please check with the Skate Shop and the Club's website for details. As discussed above, the Club will issue goalie equipment to Mites, Squirts, and House players interested in playing goalie.

## IV. FEES

Members should be aware that there are additional fees for participating in the Hockey Program. A complete fee schedule will be available from the Skate Shop on October 1<sup>st</sup> of each year.

## **V. CONDUCT GUIDELINES**

### **A. HOCKEY CONDUCT POLICY**

The Skating Committee recognizes that participating in the Chevy Chase Hockey program is a privilege. Everyone who participates in the Hockey Program--players, coaches, administrators, parents, and guests--is expected to conduct themselves in a manner expected at the Chevy Chase Club and in compliance with the rules and regulations of USA Hockey, the Potomac Valley Hockey Association (PVAHA), the Chesapeake Bay Hockey League (CBHL), the Capital Corridor Hockey League (CCHL), and all other leagues and tournaments in which our teams compete.

Chevy Chase players, coaches, administrators, parents and guests also are expected to display exemplary sportsmanship at all events and venues involving Chevy Chase hockey teams. Sportsmanship is the practice of playing fair, taking victory without gloating and defeat without complaint, and treating both teammates and opponents with fairness, honesty, generosity, courtesy, and respect. Simply put, sportsmanship is the 'golden rule' of athletics--treating others as you wish to be treated. Players, coaches, administrators, parents and guests are expected to abide by these principles at all times. Inappropriate behavior, language or gestures, unsportsmanlike conduct, or disrespectful treatment of others or others' property will not be tolerated.

The Skating Committee, Rink Staff, Management, Coaches and Club administrators are charged with enforcing all rules, regulations, and Club policies, including the Conduct Policy. Any player, coach, administrator, parent or guest who is ejected from a game or a rink shall be subject to further disciplinary action as determined by the Skating Committee. Other violations of the Conduct Policy will be addressed by the appropriate level of Club management depending on the nature and severity of the violation, and in certain cases may be subject to further disciplinary action pursuant to Club bylaws. In addition, any illegal activities will not be tolerated and will be reported to the appropriate authorities.

### **B. PLAYERS' CODE OF CONDUCT**

Players represent not only themselves, but also the Chevy Chase Club. Players are expected to conduct themselves at all times in a positive and respectful manner and to comply with the following rules and expectations:

- Arrive promptly for scheduled practices, games and other team functions.
- Notify coaches in advance if you are unable to participate in a team activity.
- Be dressed appropriately, wearing all required protective gear when on the ice.

- Ensure that the locker rooms and warming areas of both home and away rinks are treated with respect and are left free of debris when you depart.
- Demonstrate respect for teammates, coaches, opponents, officials and both Club and away rink staff at all times.
- Do not criticize officiating. Concerns relating to officiating will be addressed by the coaching staff.
- Respect other people's belongings and personal property.
- Conduct yourself at all times as a gentleman or lady.

Failure to abide by these rules and expectations may result in a loss of playing time or disciplinary sanctions from the Club, up to and including loss of Club privileges.

All players are required to sign the Players' Code of Conduct prior to the season.

### **C. COACHES' CODE OF CONDUCT**

The Chevy Chase Hockey Program is a member of the Positive Coaching Alliance (PCA). PCA is a nonprofit organization based at Stanford University with the mission to "transform youth sports so sports can transform youth" by "honoring the game." Chevy Chase coaches are expected to Honor the Game, as opposed to following a "win-at-all-cost" philosophy.

Chevy Chase coaches also play a critical role in fostering a safe and sportsmanlike atmosphere amongst their players, parents and administrators. To that end, Chevy Chase Coaches are expected to:

- Recognize that their conduct and manner must at all times be worthy of imitation. Chevy Chase coaches realize that our players learn by keen observation of what coaches say and do, on the ice, on the bench and in the locker room.
- Be focused on player safety. Player safety is your number 1 priority—create and maintain a safe practice and game environment for your players.
- Be focused on player development and fun. Organize practices that are fun and challenging that are appropriate for your players' skill level. These will keep Chevy Chase players in this game.
- Be a positive role model to your players. Display emotional maturity; treat players, parents, officials and other coaches with respect; and be gracious in both victory and defeat.
- Be knowledgeable about the game. Familiarize yourself with the rules, techniques and strategies of hockey, and organize practices that

incorporate this knowledge; encourage all of your players to be team players.

- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; criticize constructively; learn to be a more effective communicator and coach; don't yell at players.
- Be responsive. Be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem
- Be approachable. Maintain an open line of communication with your players' parents. Explain the goals and objectives of your team.
- Be concerned with the overall development of your players. Stress good health habits and good sportsmanship.
- Be respectful of other coaches, opponents, officials and Club staff at all times.
- Teach your players that a Chevy Chase hockey player is a fierce, fair and gracious competitor who holds him/herself to a high standard of conduct both on and off the ice.

All coaches are required to sign the Coaches' Code of Conduct prior to the season.

#### **D. USA HOCKEY ZERO TOLERANCE PROGRAM**

The Chevy Chase Club abides by and endorses USA Hockey's Zero Tolerance Policy, which requires all players, coaches, officials, team officials, administrators and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey-sanctioned games.

Among other things, the Zero Tolerance Policy requires on-ice officials to stop a game when a parent or spectator is displaying inappropriate and disruptive behavior that interferes with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing the violators from the spectator viewing and game area. The violators will be not allowed to return until further notice. Once a violator is removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

1. Using obscene or vulgar language in a boisterous manner to anyone at any time.
2. Taunting players, coaches, officials, or other spectators by means of baiting, ridiculing, threatening physical violence, or physical violence.

3. Throwing any object in the spectator viewing area, players' bench, penalty box, or at any player or official on the ice – directed in any manner as to create a safety hazard.

Please, enjoy the game and support all players, coaches and officials!

For more information about the USA Hockey Zero Tolerance Policy, please visit [www.usahockeyrulebook.com/page/show/1015130-zero-tolerance-policy](http://www.usahockeyrulebook.com/page/show/1015130-zero-tolerance-policy).

# FIGURE SKATING PROGRAM

Skaters in the figure skating program must be at least three years old prior to the first day of the skating season and be able to participate independently during group activities. It is highly recommended that parents enter their child in classes at the correct level so the skater may have the chance to learn maneuvers effectively and safely. A list of recommended class levels for each child is disseminated at the start of each registration process. *Age does not necessarily predict a class level.* If you are uncertain about your child's skill level, please speak with the figure skating staff before enrolling your child in a class. **Each session consists of fourteen classes, weather permitting, and lasts through the entire skating season.**

All participants in the Chevy Chase Club figure skating program must be enrolled as a member of Learn to Skate USA.

## I. BASIC SKILLS FIGURE SKATING CLASSES

*May change each season with demand*

### A. SKATE AND STORY TIME TOT CLASS

- Our Skate and Story Time Tot class is for new skaters ages 3-5 to come out and learn about skating for the first time. Young skaters will learn to get comfortable on the ice by crawling and playing games with a beginner specialist.
- Gloves, a helmet, and appropriate winter wear is required.
- After 30mins of on-ice instruction, the class will have story time and hot chocolate.
- No previous skating experience is needed.

### B. TOT CLASS

- For skaters ages 3-5.
- 30min on-ice instruction class for first time skaters or young beginners.
- Helmet, gloves, and appropriate winter wear required.

### C. SNOW PLOW SAM

This class is for beginners ages 4 and up.

Skills Taught:

- A. Sit and stand up with skates on – off Ice

- B. Sit and stand up – on Ice
- C. March in place
- D. March forward – 8–10 steps
- E. March, then glide on two feet
- F. Dip in place

**All Snow Plow Sam participants will be required to wear a helmet and gloves on the ice.**

**D. BASIC 1**

Skaters should be ages 6 and up and must be able to stand comfortably on their own to participate.

Skills Taught:

- A. Sit on ice and stand up
  - B. March forward across the ice
  - C. Forward two-foot glide
  - D. Dip
  - E. Forward Swizzles - 6-8 in a row
  - F. Backward Wiggles 6-8 in a row
  - G. Beginning Snowplow Stop
- \*Bonus Skill: Two foot hop in place

**E. BASIC 2**

Skaters must have mastered all the elements in Basic 1.

Skills Taught:

- A. Scooter Pushes R and L
  - B. Forward 1 foot glide R and L
  - C. Backward 2 foot glide
  - D. Rocking Horse
  - E. Backward Swizzles
  - F. 2 foot turns in place
  - G. Moving Snowplow Stop
- \*Bonus Skill: Curves

**F. BASIC 3**

Skaters must have mastered all the elements in Basic 2.

Skills taught:

- A. Beginning forward stroking
- B. Forward half swizzle pumps
- C. Moving forward to backward 2 foot turn
- D. Beginning 1 foot glide L and R
- E. Backward Snowplow Stop R and L
- F. Forward slalom

\*Bonus Skill: Forward Pivot

**G. BASIC 4**

Skaters must have mastered all the elements in Basic 3.

Skills taught:

- A. Forward outside edge on circle R and L
- B. Forward inside edge on circle R and L
- C. Forward crossovers both ways
- D. Backward half swizzle pumps both ways
- E. Backward 1 foot glide R and L
- F. Beginning 2 foot spin

\*Bonus Skill: Forward Lunge

**H. BASIC 5**

Skaters must have mastered all the elements in Basic 4.

Skills Taught:

- A. Backward outside edge on a circle L and R
- B. Backward inside edge on a circle L and R
- C. Backward crossovers
- D. Forward outside 3 turns
- E. Advanced 2 foot spin
- F. Hockey Stop

## **I. BASIC 6**

Skaters must have mastered all the elements in Basic 5.

Skills Taught:

- A. Forward inside 3 turns
- B. Moving backward to forward 2 foot on a circle
- C. Backward stroking
- D. Beginning 1 foot spin
- E. T stops
- F. Bunny Hop
- G. Forward spirals on a straight line

\*Bonus Skill: Shoot the duck

## **II. FREESTYLE FIGURE SKATING CLASSES**

Advanced figure skating lessons and classes are offered through private lessons, semi-private lessons, and Elite Classes. A list of instructional staff, along with class and lesson options, is available by contacting the Figure Skating Director directly at [slen@chevyclub.org](mailto:slen@chevyclub.org).

### **A. PRE-FREE SKATE**

Required Elements:

Skating Skills:

- A. Forward inside open mohawk from a standstill position (R to L and L to R)
- B. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
- C. Backward outside edge to a forward outside edge transition, clockwise and counterclockwise
- D. Two forward crossovers into a forward inside mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise

Spins:

- E. One-foot upright spin, optional entry and free-foot position (minimum 3 revolutions)

Jumps:

- F. Mazurka (R and L)

G. Waltz jump

\*Bonus Skill: Backward inside pivots, clockwise and counterclockwise

## **B. FREE SKATE 1**

Required Elements:

### Skating Skills:

- A. Forward power stroking, clockwise and counterclockwise
- B. Basic forward outside and forward inside consecutive edges (four to six consecutive edges)
- C. Backward outside three-turns (R and L)

### Spin:

- D. Upright spin, entry from back crossovers (min. four to six revolutions)

### Jumps:

- E. Half flip
- F. Toe loop

\*Bonus Skill: Waltz jump-side toe hop-waltz jump sequence, or waltz jump, ballet jump-toe loop sequence

## **C. FREE SKATE 2**

Required Elements:

### Skating Skills:

- A. Alternating forward outside and inside spirals on a continuous axis (two sets)
- B. Basic backward outside and backward inside consecutive edges (four to six consecutive edges)
- C. Backward inside three-turns (R and L)

### Spin:

- D. Beginning back spin (up to two revolutions)

### Jumps:

- E. Half Lutz
- F. Salchow

\*Bonus Skill: Variation of a forward spiral, skater's choice

#### **D. FREE SKATE 3**

Required Elements:

##### Skating Skills:

- A. Alternating backward crossovers to back outside edges – Four sets
- B. Alternating mohawk/crossover sequence (R to L and L to R)
- C. Waltz three-turns (forward outside three turn, backward outside edge glide), clockwise and counterclockwise

##### Spin:

- D. Advanced back spin with free foot in crossed leg position (min. three revolutions)

##### Jumps:

- E. Loop jump
- F. Waltz jump-toe loop or Salchow-toe loop combination

\*Bonus Skill: Toe step sequence, skater's choice, using a variety of toe steps

#### **E. FREE SKATE 4**

Required Elements:

##### Skating Skills:

- A. Forward power three-turns (R and L), 3 sets each
- B. Waltz eight, clockwise and counterclockwise

##### Spins:

- C. Forward upright spin to backward upright spin (3 revs., each foot)
- D. Sit spin (minimum three revolutions)

##### Jumps:

- E. Half loop
- F. Flip

\*Bonus Skill: Split jump, stag jump or split falling leaf

#### **F. FREE SKATE 5**

Required Elements:

##### Skating Skills:

- A. Backward outside three-turn, mohawk (backward power three-turns), clockwise and counterclockwise
- B. Five-step mohawk sequence, clockwise and counterclockwise

Spins:

- C. Camel spin (minimum three revolutions)

Jumps:

- D. Waltz jump-loop jump combination
- E. Lutz jump

\*Bonus Skill: Loop-loop combination

## **G. FREE SKATE 6**

Required Elements:

Skating Skills:

- A. Forward power pulls (R and L)
- B. Creative step sequence, skater's choice, using a variety of three-turns, mohawks and toe steps

Spins:

- C. Camel-sit spin combination (minimum two revolutions each position)
- D. Layback or attitude spin or cross-foot spin (three revolutions)

Jumps:

- E. Waltz jump-half loop-Salchow jump sequence
- F. Axel

\*Bonus Skill: Backward outside pivot, entry optional

## **III. FIGURE SKATING ELITE CLASSES**

Each season, the figure skating program offers 3 different Elite Classes for figure skaters of a certain level (subject to change).

Current classes are as follows:

Low Elite - for skaters that are Pre-Free Skate to Free Skate 3

High Elite - for skaters that are Free Skate 4 and Up

Elite Power - for all skaters that are Free Skate 1 and up

#### **IV. ADULT SKATING CLASS**

The Figure Skating Program offers an Adult Skating Class every Friday morning at 11am for mothers, fathers, and other adults who are interested in learning how to skate or improving their existing skating skills. This class is taught by a certified instructor on the Figure Skating Director's Staff.

#### **V. MISSED CLASSES / GROUP LESSONS**

It is always best to attend every class. If a skater misses a class, he/she may attend the same level class on a different day (of the same week) to avoid falling behind. Members will be allowed up to 2 make up classes. After missing a class, the skater should try to spend time practicing on their own during "free skating" prior to the next lesson. **To join in on a class for a make up, please email the Figure Skating Director so that we can make the necessary arrangements before class.**

#### **VI. PRIVATE LESSONS**

Private lessons may be scheduled directly with your previous skating instructor from the previous season, or by emailing the Figure Skating Director directly.

##### **A. FEE SCHEDULE**

1. The Fee Schedule for Class/group lessons will be available upon online registration opening day.
2. Private lessons: Each instructor determines his/her own fee under the guidelines of the Club. Interested members can inquire about each instructor's fees by contacting the Figure Skating Director. Instructors may take more than one child per private lesson if all the parties agree. The fees will be adjusted accordingly. If you have any questions concerning the different costs, please be sure to discuss this with your instructor directly. Again, the 24-hour cancellation policy is in effect. Please see D. for Music Fees.

Please be advised that instructors may not always be able to reschedule missed lessons.

For private and semi-private lessons, the 24-hour cancellation policy is in effect. Members will be charged for missed lessons if they fail to cancel more than 24 hours prior to the lesson.

## **B. FIGURE SKATING SESSIONS**

There are specific times allotted in the master schedule for Figure Skating. These times are for the sole use of the Freestyle level figure skaters. Many figure skaters' routines require the entire ice surface. Therefore, safety is a main concern. The figure skating sessions are designed for children of college age and younger. Skaters participating in these sessions must be Pre-FreeSkate and up. No skaters in hockey skates will be allowed on the ice during this time.

Beginning in January, skaters participating in the Program Events in the Championship will be allowed to skate during Figure Skating sessions.

## **C. FIGURE SKATING SESSION ETIQUETTE AND RIGHT-OF-WAY**

1. Skaters and coaches who are engaged in a private lesson have priority.
2. A skater that is practicing has the right of way when her/his program music is playing.
3. Jumps should be executed at the perimeter of the ice (excludes programs).
4. Spins should be executed in the center circle area of the rink (excludes programs).
5. Any skaters standing still on the ice or playing in a manner inappropriate for the session will be reprimanded by any coaches on the ice.
6. Backward spirals and other risky skills are prohibited during practice on these sessions.
7. All figure skaters must sign in at the Skate Shop desk in order to skate the session.

## **D. MUSIC FOR FIGURE SKATERS**

Music is piped into the rink during all General Skating sessions. Figure Skating instructors may request that music for a lesson pre-empt music generally played during General Skating. During Figure Skating sessions, music is controlled remotely with the Director's iPad. All program music will be played on a first come, first serve basis with the instructors at the head of the line. During weekday shared ice sessions, figure skaters may request specific music, but it will only be played *subject to rink staff approval*.

To improve the quality of music during the Figure Skating Championship and practices, the Skate Shop and professionals have set up the following guidelines.

1. All program music must be cut and mastered by a member of the Figure Skating Director's coaching staff.

2. Program music cutting fees are fixed at \$25 per program. This fee is split evenly for pairs programs.
3. All music must be uploaded to the master laptop by the individual coach.
4. Skaters requesting a different piece of music after the original piece has been cut will be charged an additional music cutting fee.

Please discuss music charges with your skating professional before they are incurred.

## **VII. COMPETITIONS AND EVENTS**

### **A. HOLIDAY CLASSIC COMPETITION**

On the Saturday before Christmas Eve, the club hosts the annual Holiday Classic Competition, formerly called the Mid-Season Competition. In certain years, this competition may be a part of the Learn to Skate USA Competition Series, as specified by the Director, in which case it will be open to all Learn to Skate USA figure skaters in the area. The decision to participate in the Learn to Skate USA Competition Series will be decided upon year-to-year by the Figure Skating Director and the Figure Skating Committee.

#### **General Events:**

1. Basic Skills Elements
2. Basic Skills Program Event
3. Free Skate Program Event
4. Interpretive Event

\*All events will be \$10 per member.

There is no rain date for this event. In the event that the competition is canceled for severe weather, a refund will be processed for all participants.

### **B. FIGURE SKATING CHAMPIONSHIP**

The Figure Skating Championship is an annual in-house competition that serves as the culminating event for our competitive skaters. This competition is closed to the public and held on the final Saturday of February.

#### **General Events:**

1. Basic Skills Elements
2. Basic Skills Program
3. Free Skate Program

4. Pairs Program
5. Specialty Event (a different skill may be chosen by the Figure Skating Director each year)

Each skater participating in the Figure Skating Championship will be charged \$25 for each event.

All awards for the Figure Skating Championship are awarded at the Figure Skating Awards Banquet at the end of the season.

### **C. ICE SHOW**

One week after the Figure Skating Championship, the figure skating program hosts the annual Ice Show. The Ice Show takes place on Saturday evening under the rink lights from 5-8 pm. All skaters are welcome to participate and skate any or all of their programs. It is recommended that skaters interested in participating in the show prepare a program (can be informal) with music prepared by their coach. Skaters that do not take private lessons or have not prepared a program are welcome to participate in the Opening Number. All Opening Number participants must attend at least one of the dedicated practice dates in the week leading up to the show.

### **D. FIGURE SKATING AWARDS BANQUET**

The Figure Skating Awards Banquet is a luncheon held the day after the Ice Show (Sunday from 12-2:30 pm). All awards from the Figure Skating Championship will be presented at this time. In addition to the championship awards, the Figure Skating Director will present the following Club Awards at the Awards Banquet:

1. Junior Figure Skating Award: awarded to the Pre-FreeSkate skater who has shown a true love of skating and has had a positive impression on their fellow skaters.
2. Bohlen Award: awarded to the FreeSkate program skater with the highest technical marks on the day of the Championship.
3. Senior Figure Skating Award: awarded to the Senior skater who has dedicated themselves to skating that season and has been an inspiration to others.
4. Linke Synchronized Skating Award: awarded to the Synchro skater who has shown team spirit and dedication to the team over the season.
5. Johnston-Garrett Award: awarded to the Similar Pairs team with the highest marks on the day of the Championship.

## VIII. FREQUENTLY ASKED QUESTIONS

1. *What should I wear for my lesson?* The Chevy Chase rink is a chilly place, so dress warmly, covering all extremities. Gloves or mittens, a hat and a warm coat are recommended for everyone.
2. *Where do I go for lessons?* On the first day of class, your instructor will meet with you in the warming room. After the first lesson, you will meet your instructor on the ice at the time of your lesson.
3. *How early should I get to the rink before my lesson?* We recommend you arrive at least ten minutes before your lesson in order to lace up skates snugly and put on the proper layers of clothing. Please be sure to be on the ice for your lesson promptly, **but do not go on the ice early**, as you may disrupt other classes.
4. *What is the student/teacher ratio?* The maximum enrollment in any class is ten students with one instructor. If an instructor is absent and no substitute is available, the class ratio will increase for that lesson, as the classes will have to be combined.
5. *When am I evaluated?* Skaters are evaluated as the season progresses on an individual basis. This allows the coaching staff to move skaters up to the next level anytime they show that they have mastered the skills in their current class.
6. *If I know my child will go on to play hockey, in what type of skates should he/she learn to skate?* It is recommended that all first-time skaters in the skating program learn on figure skates, as it is more conducive to learning the fundamentals of skating at a young age. Many children are able to make a quick transition to hockey skates.

## IX. HOCKEY SKATING CLASSES

The figure skating program offers group hockey skating classes, ranging from levels 1-4, each year. These classes are designed for players who are learning to skate, playing in Instructional Hockey, and participating in the House League. Private skating lessons for hockey players are also available by request. Please contact the Figure Skating Director directly for more information.

## X. SYNCHRONIZED SKATING TEAMS

The Figure Skating Program currently has 1 house and 3 competitive synchronized skating teams. The House Team practices for 30 minutes on Saturday afternoons and performs at House League Hockey games and Figure Skating competitions. Our 3 competitive synchro teams compete along the East

Coast against other teams and clubs. For more information regarding the synchronized skating teams, please refer to the CHEVY CHASE SYNCHRO TEAM HANDBOOK.