

Princeton Skating Club

SKATING SESSIONS OFFERED AT PSC

Free Style

These sessions are for the practice of Free Style maneuvers, programs and Moves-in-the-Field. Music for program practice will be played in the order received for that session. A skater with two programs will have one place in line. Tapes should not be played a second time until all tapes have been played once. Coach requested programs will alternate with skaters not in lessons. Skaters whose program music is playing have right of way then skaters in a free style lesson have the right of way. **All skaters should be courteous of those around them. Please yield the right of way if a skater's music is being played or skater is in a lesson.**

There are 4 types of Free Style Sessions, High Free Style, Low Free Style, Free Style and Free Style Plus.

See additional details in the Level and Session Definitions below. Warming up for dance or Moves sessions or private lessons and "stroking practice" is prohibited on all types of Free Style sessions.

Level Definitions:

- Low Free Style skaters (Primary Free Style/Moves)
 - Less than Novice Moves
 - OR
 - Less than Adult Gold Moves
- High Free Style skaters (Primary Free Style/Moves)
 - Passed at least Intermediate Moves
 - OR
 - Passed at least Adult Gold Moves
- Solo or Pair Free Dance
 - Must have passed Preliminary Dances to practice this discipline at PSC

Session Definitions:

- Low Free Style -
 - Only Low Free Style skaters can practice/have lessons:
 - Free Style
 - Moves
 - Pairs
 - Solo Free Dance (Primary FS skaters only)
 - No Dance or Pair Free Dance Practice
 - No Dance or Pair Free Dance Lessons
 - No lessons for High skaters
- High Free Style –
 - Only High Free Style skaters can practice/have lessons:
 - Free Style
 - Moves (all Junior and Senior are OK)
 - Pairs
 - Solo Free Dance (Primary FS skaters only)
 - No Dance or Pair Free Dance Practice or Lessons
 - No lessons for Low skaters
- Free Style –
 - Low and High Free Style skaters can practice/have lessons:
 - Free Style
 - Moves – no Junior Restricted**/Senior Moves

- Pairs – Juvenile and under
 - Solo Free Dance (Primary FS skaters only)
 - No Dance or Pair Free Dance Practice or Lessons
 - Primary Dancers can have Moves Lessons (no Junior Restricted**/Senior) but no practicing
- Free Style Plus –
 - Low and High Free Style skaters can practice/have lessons:
 - Free Style
 - Moves (all Junior and Senior are OK)
 - Pairs – Juvenile and under
 - Solo Free Dance (Primary FS skaters only)
 - No Dance or Pair Free Dance Practice or Lessons
 - Primary Dancers can have Moves Lessons but no practicing
- Dance Practice –
 - Primary Dancers can practice/have lessons:
 - Dance
 - Pair Free Dance
 - Solo Free Dance
 - Moves (no Junior/Senior)
 - Exceptions but Dancers have the right-of-way
 - Mon 9 -10 where all Junior/Senior Moves can be taught
 - Thurs 9 - 10 where all Junior/Senior Moves can be taught
 - Primary Free Style/Moves skaters can have Moves lessons only (no Junior/Senior) but no practicing
 - Exceptions but Dancers have the right-of-way
 - Mon 9 -10 where Junior/Senior Moves can be taught
 - Thurs 9 - 10 where Junior/Senior Moves can be taught
 - Thurs - Solo Free Dance can be taught/practiced
 - No Free Style Practice or Lessons
- Free Style/Dance Practice
 - All skaters can practice any Free Style, Moves (no Junior Restricted**/Senior), Pairs (Sunday only) , Dance and Free Dance (Solo or Pairs)
 - exception
 - Sunday 8 – 8:45 – all Junior and Senior Moves can be practiced/taught
 - All lessons except Junior Restricted**/Senior Moves
 - exception
 - Sunday 8 – 8:45 - all Junior and Senior Moves can be practiced/taught
- No warming up or stroking on any session if don't belong on the session even if having next lesson

** Junior Restricted Moves are moves #3 (Power Pulls) and #4 (Choctaw Sequence). Junior Restricted Moves can only be taught/practiced on High Free Style, Free Style Plus and Sunday 8 – 8:45 pm. Can also be taught on Mon 9 – 10 and Thurs 9 – 10.

Junior Unrestricted Moves are #1 (Forward and backward outside rockers), #2 (Forward and backward inside rockers), #5 (Backward loop pattern) and #6 (Straight line step sequence). Junior Unrestricted Moves can be practiced/taught on Free Style, High Free Style, Free Style Plus and Sunday 8 – 8:45 pm.

PSC Free Style Rules

These rules are set up for the safety of our skaters and to promote the best use of our ice time. All club members are asked to know and observe them. We strongly encourage the parents of all our skaters to learn the rules and teach them to your children.

Skating requires complete awareness of what is going on around you. Be alert for other skaters. Communicate with other skaters on the ice to avoid accidents.

The ice rules apply to PSC members, their families, guests and coaches. They will be strictly enforced. Any skater not abiding by these rules may be asked to leave the ice. All rules are subject to change by the PSC Board of Governors.

- To skate on Free Style sessions you must have passed at least USFS Badge 8 and be assessed by a Board Member. For your safety, you may be asked to practice on family sessions rather than Comprehensive sessions (refund will be given).
- Good sportsmanship is required. Please be courteous and aware of those skating around you.
- If you accidentally collide with another skater then please show courtesy to the other skater by asking if OK and getting help from a parent/coach if not OK.
- No skaters may push, pull, grab or purposely bump into other skaters.
- Do not stand still alone or in groups anywhere on the ice surface. Do not skate around the edge of the rink alone or in groups talking or not paying attention to the other skaters. If you want to have a discussion with a fellow skater, you should do so at the edge of the ice, not in the middle of the ice.
- Coaches are to teach from the edge of the ice except when demonstrating to a student.
- Headsets, ipods or walkmans are not allowed on any session.
- All skaters should remain alert and yield right of way as noted below.
- Yielding Right of Way:
 - Everyone (skaters and coaches) yields to whomever is skating to the music.
 - Skaters who are not on lesson yield to skaters who are on a free style lesson
 - If you are doing your program or in a lesson setting up a jump or spin and see someone crossing your path, a polite "excuse me" is an acceptable and effective way to alert that person to your presence. Yelling and shouting are not appropriate.
- Please do not skate between a skating professional and a student during a lesson.
- Stroke around the edge of the rink.
- Spin in the middle of the rink, except when practicing a program to the music.
- Jump on the outside of the center ice area (blue line to blue line).
- Keep moving with the flow of the session.
- Always be aware of other skaters. Look both ways when attempting backward spirals, leaving the boards or from speaking with your pro.
- The use of abusive language or uncontrolled temper on or off the ice will not be tolerated. Kicking holes in the ice, except as a normal consequence of toe jumps is forbidden.
- Only water is allowed at the rink edge - please, no food, coffee, other drinks or chewing gum.
- Please place water, guards, tissue, binders, etc. away from the edge of the ice or in the hockey boxes to avoid having these items fall onto the ice, potentially causing a skater to trip or fall.
- Remember that the goals of any sport are to have fun, build skills, and gain mental and physical conditioning and discipline.

Dance

Dance practice sessions are for all levels of dancers and any dance music can be played accordingly. Dance Pros and testers have first choice, but the music should be shared.

Dance sessions are primarily for dance practice (no free style lessons or free style practice). Warming up for free style or Moves sessions is prohibited on dance sessions. Skaters dancing to the music being played have the right of way then skaters in a dance lesson have the right of way. See additional details in the Level and Session Definitions below.

Family Skating

These are the sessions during which our family members skate. These are not sessions where dancers and free style members may skate programs or complete dance patterns or complete Moves-in-the-field patterns. Music played is chosen for its suitability for a large number of members.

Videotaping

Videotaping is permitted at the ice rink level from the hockey boxes at PDS or from the music box at Baker Rink. No wide-angle full ice shots are allowed. You may only videotape your own skater(s). Please respect the privacy of the other skaters.