

2017

GAUTENG NORTH FIGURE SKATING NEW MEMBERSHIP INFORMATION



Gauteng North Figure Skating Association
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Dear New figure Skating Member,

Welcome to our skating family where you will soon join us in loving the sport of figure skating.

This document intends to give you a brief introduction to the wonderful world of figure skating in order to assist you in realising your skating dreams. You are about to embark on a lifelong journey of the feeling of effortless gliding over the ice, enjoy every moment of it!

Figure skating teaches everyone technical skills, self-confidence to perform before a large audience, expressing individual feelings with each performance and valuable life skills. Skills that are learnt in a very simple lesson at a young age: That true champions are those people that get up ONE more time following many failed attempts and falls.

Parents and skaters are reminded not to compare their children or themselves to other skaters of the same age group, but rather to concentrate on their own levels of achievement and commitment to improvement. As in any highly specialised sport it is the amount of dedicated hours an athlete spends in perfecting their skills that makes the difference and shows up in the end result. As a general rule it is believed that an athlete should train for 10 000 hours to become exceptional, so it is just natural that a younger child that trains 5 times per week will be at a higher level than an older child that only trains twice a week. But herein lays the secret of the sport, that you compete against your own abilities and do it for the enjoyment as well the sheer beauty and grace of the performance.

We hope that you will soon feel part of the Gauteng North figure skating family and become a lifelong member as it is possible to be a figure skater at any age.

Yours in skating,

THE GAUTENG NORTH COMMITTEE

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1. SAFSA STRUCTURE

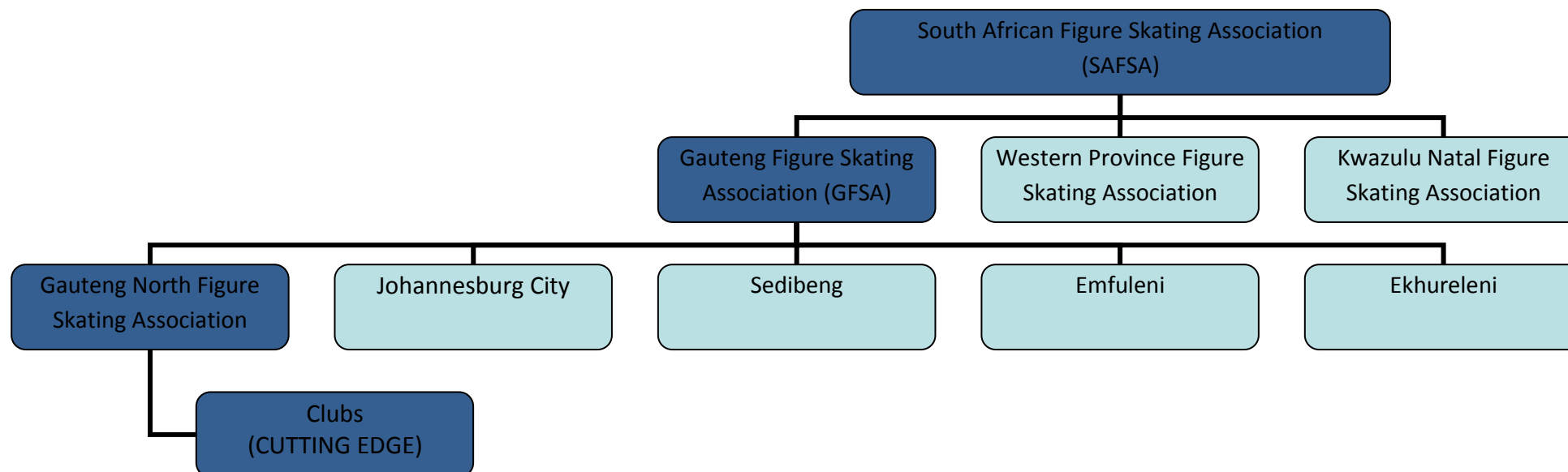


Figure skating in South Africa is governed by the SAFSA (South African Figure Skating Association). It is an affiliated member to the ISU (International Skating Union) and SASCOC (South African Sports Confederation & Olympic Committee). The members of the SAFSA are the Provinces and the members of the Provinces are the Regional Associations. GNFSA (Gauteng North Figure Skating Association) is a member of the Gauteng Figure Skating Association (Gauteng Province). Various clubs form the members of the GNFSA to whom all individual members must affiliate to.

As a new member you need to become affiliated to a club within the Gauteng North Figure Skating Association as well as affiliate to SAFSA. In order to achieve this, you need to complete the online application forms (under the section APPLICATION FORMS) to become a member of the skating family:

These forms must be sent to the **Regional secretary** at secretary@gnfigureskating.co.za. Your SAFSA membership form will be forwarded to SAFSA in order to receive a SAFSA number and your Club membership form will be used to allocate your GNFSFA number. The GNFSFA reference number is the number that you must use in all correspondence and payment references.

2. FEES AND COSTS

The following are indicative costs relating to figure skating which should be discussed with the relevant parties as it is dependent on your level and commitment to the sport. The applicable fees are on the website www.gnfigureskating.co.za.

Club fees: An annual payment.

This fee is to affiliate to a club and region which have to conform to many rules and basic organisational requirements and to be part of the activities.

Ice Fees: Varying according to your membership.

The arrangement with the private owners of the ice rink is that it is bought by the province per hour. The Province therefore invoices skaters monthly according to their membership status. Kindly check the website (www.sk8.org.za) for the available ice times and for specific times for the club you have joined as it may change at short notice. We are not in control of the times or condition of the ice and are totally dependent on the generosity of the owners of the ice rink.

Coaching fees: Depending on the level of coaching.

This fee is dependent on the level of the coach, the amount of times you wish to have sessions with a coach and if it is private lessons or group lessons. You are therefore advised to join a group sessions (of which the club would provide you details of) to start with the basic skating skills and to start to know the coaches to make an informed decision at a later stage should you want to start with individual lessons. The Cutting Edge club is based on group lessons where you get introduced to figure skating techniques for you to move on to individual lessons. The fee includes the ice fee and is payable even though you only skate during patch time.

3. NATIONAL AND NON-NATIONAL STREAMS

In order to compete in a section at any competition participants have to comply with age and minimum level requirements. These minimum levels are obtained by successfully completing level tests as discussed later under the Tests heading.

There are two streams in which participants can enter competitions, i.e. the National and Non-National Sections. The Non-National stream is the start for any participant as the requirements are less strict to comply with. However, it must be noted that participants in the Non-national section do not compete at the annual National Championships and therefore can't receive Provincial Colours in figure skating.

Participants in the National section comply with stricter minimum age and level requirements to compete at this level. The next step for National skaters is to qualify for the National Championships by obtaining a set minimum score for the age groups they are competing at an Inter-Provincial championships. As soon as they have achieved the score they are eligible to be selected to represent the Province at the National Championships. Following the participation at the National Championships the participant qualifies for Provincial Colours.

The next step for National skaters is to achieve the minimum score to be eligible for selections for International Competitions. All skaters that have achieved the minimum selections score are ranked according to a formula based on scores achieved at the various competitions throughout the skating year. It is also important to note that the skating year is from the 1st of July – 30th of June of each year.

Participants that represent South Africa at the Junior or Senior World Championships as well as Winter Olympic Games receive Protea colours from SASCO.

4. EQUIPMENT

a. ICE

A smooth surface is necessary for participants to perform at their best and resurface equipment such as a Zamboni keeps the ice surface at an acceptable smoothness.

b. SKATES & BLADES

Skates and blades come in various makes and although personal preference is a major reason for deciding on the make and type of skate, participants are advised to ask the regional committee and coaches for advise on choosing skates and blades. The skating boots provide support for the ankles. For beginners the skating boot and blade comes as a set, with the minimum support for the ankles as the only attempts at jumps will be singles. This support increases as the skater attempts jumps with increasing rotations, i.e singles, doubles, triples & quads. The better the support you require the more expensive the boot. As the skater improves it is important to match the skill level with the type of boot.

Blades are normally part of the beginner skates, but are bought separately from the boot as soon as skaters develop certain skills and preferences. The blade is sharpened on a round stone with a certain radius of hollow (ROH). The flatter the ROH the easier it is to skate and maintain speed on the ice. The sharper the edge the easier it is to safely land jumps without slipping, but the more effort it takes to skate quickly and maintain that pace throughout a program.

It is important to maintain your skates as it is a very expensive piece of equipment. Drying it following practice sessions is essential for the blades not to rust and the boots not to rot. Maintaining the sharpness of the blades is essential and it is good practice to wear blade guards as soon as you step of the ice as dirt next to the ice blunts the blades very quickly. **DO NOT** store with skate guards on as this will rust the blades. Guards are only for walking with your skates on. Boot covers (soakers) are used to cover the blades after skating when the blades

have been dried off. These soakers help to absorb any moist that might still be on the blades.

c. CLOTHING

Wearing the correct clothing is important to ensure ease of movement. Skaters often wear tight pants and tops or dresses with skating tights to practice in. For competitions, skaters need to wear the prescribed Club/Provincial wear when attending official practices before the competition. During the competition skaters wear costumes that matches the music on which they perform their program.

When choosing the size of the skates it is important that the skates should fit like a glove with only a finger width behind the heel. One pair of thin socks only should be worn with the skates. It is recommended that the skater brings 2 pairs of gloves – one to skate with and an extra pair for when the others get too wet.

5. COACHING & CHOREOGRAPHY

Group lessons for beginners are the most cost effective way to start figure skating and to learn the basics of stroking and footwork required to become a competent skater. As soon as you wish to start individual lessons you can contact any coach on the list on the SAFSA website.

The really serious National skaters also make use of choreographers to assist in making the technical programs more beautiful to watch. Skaters with some dance background has an advantage here as to interpret music and the movements to make the program better for the spectators and judges to watch.

6. ON & OFF-ICE TRAINING

It is very important to realise that, other than special technical skills taught by coaches on the ice, figure skating also requires strength, flexibility and stamina. This has to be exercised off-ice and a training program to assist with the above requirements is necessary. This will reduce injuries, improve on ice performance and reduce the expensive time on the ice in order learn new jumps and spins. Coaches often have off-ice training sessions for their skaters.

7. TESTS

Throughout the year tests are held in Gauteng where judges test the skills level of skaters based on skills requirements set out on the SAFSA website. The aim of skaters is to improve their skills as quickly as possible in order to qualify for all the sections to compete at all the necessary competitions.

Participants are advised to discuss with their coaches their plan to obtain these levels. Skaters all develop at a different pace due to the difference in the amount of practice times as well as the physical development at various ages of skaters. We again reiterate the importance of not comparing yourself or your children against other skaters.

8. COMPETITIONS

Other than tests, competitions are ultimately the place where skaters can gauge their improvement compared to their previous scores. It is yet again advised to discuss with the coach how many and which competitions skaters should compete in as preparing programs for competitions impacts on skills training.

Other than club, regional and Inter-Provincial competitions, Non National skaters can compete at the Prima Vera Competition and the Rising Stars competition.

Only National skaters can also compete at the National Championships.

9. LONG TERM ATHLETE DEVELOPMENT PLAN

To understand the development of participants over the long term, it is highly advised to read the LTPD PLAN on our website. This plan has been created by SAFSA to ensure that participants optimally develop and reach their goals.

It is important to understand the development of skaters with the following steps of the plan in mind:

1. Active start (Ice Friends)
2. Path Finder (Coolest place in town)
3. Learn to Train (Finding the Edge)
4. Train to Train (Getting centred)
5. Learn to Compete (Ready for flight)
6. Train to Compete (Flying without wings)
7. Train to Win (ICE CHAMP)
8. Active for Life (It is in my blood)

10. CONTACT DETAILS

Being a new member of a figure skating club can be a frustrating experience. Parents and skaters can have any number of questions and not know where to direct these questions. If you or your skater ever has a question please do not hesitate to ask any person on the committee for advice or information.

The committee consists of a Chairperson, Deputy Chairperson, Secretary, Treasurer, Coach and Members that see to the day to day running of the region. You can find their contact details on the website www.gngfigureskating.co.za and www.sk8.org.za.

You are kindly reminded that these are volunteers that assist the region in their own time. Your assistance will always be appreciated but above all patience as all committee members perform their duties on a part time basis.

Members are requested to adhere to deadlines and time frames as set out by the committee to enable them to manage the clubs and region as professionally as possible.

11. USEFUL LINKS

www.sk8.org.za

www.isu.com

www.safsa.org.za

12. APPLICATION FORMS

Kindly complete the online application form as a new CUTTING EDGE member on the website at www.gnfigureskating.co.za and send the following documents to secretary@gnfigureskating.co.za:

1. A copy of your ID / Birth Certificate.
2. A signed copy of the INDEMNITY FORM & CODE of CONDUCT (below)

INDEMINITY FORM

(Skater younger than 18 assisted by parent / guardian)

I,..... , being the Parent / guardian of, hereby consent to my child participating as a member of the South African Figure Skating Association (SAFSA) and indemnifies the Gauteng North Figure Skating Association, The Ice Company and the Coaches against any claims that may arise.

I accept that all reasonable precautions will be taken to ensure the safety and welfare of my child. I accept responsibility for the payment of medical and or hospital accounts, where applicable should an injury be sustained, which cannot be ascribed to gross negligence on the part of the South African Figure Skating Association (SAFSA), Gauteng North Figure Skating Association, The Ice Comapny and the Coaches.

I also declare that the South African Figure Skating Association (SAFSA), Gauteng Figure Skating Association, The Ice Company and the Coach cannot be held liable and are indemnified against the loss of any personal articles including but not limited to clothing / skates / skating accessories.

I declare that my child is making use of the HARNESS at his/her own risk and it can only be used under the supervision of her / his Coach. All Fees, if applicable, that are payable for making use of the harness are payable prior to the lesson.

Parents Signature: _____

Signed this _____ day of _____ of 20_____ at _____.

INDEMINITY FORM

(Skater older than 18)

I,, ID Number, as a participating member of the South African Figure Skating Association (SAFSA), hereby indemnifies the Gauteng North Figure Skating Association, The Ice Company and the Coaches against any claims that may arise.

I accept that all reasonable precautions will be taken to ensure my safety and welfare. I accept responsibility for the payment of medical and or hospital accounts, where applicable should an injury be sustained, which cannot be ascribed to gross negligence on the part of the South African Figure Skating Association (SAFSA), the Gauteng North Figure Skating Association, The Ice Company and the Coaches.

I also declare that South African Figure Skating Association (SAFSA), Gauteng North Figure Skating Association, The Ice Company and the Coach cannot be held liable and are indemnified against the loss of any personal articles including but not limited to clothing / skates / skating accessories.

I declare that I am making use of the HARNESS at my own risk and it can only be used under the supervision of my Coach. All Fees, if applicable, that are payable for making use of the harness are payable prior to the lesson.

Signature: _____

Signed this _____ day of _____ of 20_____ at _____.

GENERAL CODE OF CONDUCT

(updated 13 May 2011)

I, as a proud member of the Gauteng North Figure Skating Association, hereby commits to:

1. Always behave in a manner befitting a figure skater as not to bring myself, the Province or SAFSA into disrepute.
2. Paying all relevant fees on time as to allow the proper governance of my Province.
3. Complete documents timeously and return it to the relevant person by the requested due dates as to assist my Province to be well organised.
4. Comply to all reasonable requests made by the Provincial Committee.
5. Always comply with the relevant Dress Code to show my pride in my Province.

I acknowledge that compliance to this code will enhance my experience of this sport we love and that non-compliance may lead to disciplinary action being taken against me.

.....
Athlete

.....
Assisted by:

.....
Chairperson / Secretary

.....
Date