

Penn State Skating School

U.S. Figure Skating Basic Skills Program Figure Skating & Hockey

INFORMATION PACKET



**Penn State Ice Rink
Greenberg Indoor Sports Complex
University Park, PA 16802-1216
Telephone: 814-865-4102
www.pennstateicerink.psu.edu**



MISSION STATEMENT

The Penn State Ice Rink's mission is to provide exceptional year-round ice skating/hockey programs and services in a courteous, efficient and professional manner.

VISION STATEMENT

To achieve National prominence for excellence in collegiate hockey and figure skating programs while seizing the opportunity to develop and enhance existing programs.

CORE VALUES

- The Penn State Ice Rink regards athletic activity, competition, diversity, and recreation as an integral part of the mission and goals of Intercollegiate Athletics and the University.
- The Penn State Ice Rink is dedicated to providing opportunities for community programs-recognizing and strengthening the commitment of Penn State University to public outreach.
- The Penn State Ice Rink regards health and safety issues as paramount to successful programs, and is committed to providing a quality and safe facility for all users.
- The Penn State Ice Rink believes in the benefits of leisure and entertainment; and, is committed to providing the University's student body, staff, alumni, and fans with quality ice shows events and competitions.
- The Penn State Ice Rink adheres to the best professional practices as set forth by nationally-recognized organizations in the industry.

PENN STATE SKATING SCHOOL

U.S. FIGURE SKATING BASIC SKILLS PROGRAM, FIGURE SKATING AND HOCKEY

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INTRODUCTION

The Penn State Ice Rink is pleased to present, through the Penn State Skating School (PSSS), our U.S. Figure Skating (USFS) learn to skate program — The Basic Skills Program. The Basic Skills program was developed by U.S. Figure Skating, the national governing body of skating on ice in the United States. U.S. Figure Skating is a member of the International Skating Union (I.S.U.) and a member of the United States Olympic Committee.

The Basic Skills Program is approved by the Professional Skaters Association (PSA), which is recognized as the authority in coaching education and certification, of which every Penn State figure skating coach is a member in good standing.

The Basic Skills program consists of a comprehensive lesson/evaluation structure that is exciting, rewarding, safe, and fun. It has proven to be an overwhelming success across the United States. Whether your goal is to achieve Olympic fame or simply to enjoy the recreational benefits of skating, the Basic Skills Program is for you.

The Penn State Skating School Basic Skills curriculum consists of Snow Plow Sam, Basic Eights, Freeskate, and Hockey.

This booklet will provide valuable information regarding our program, including evaluations, equipment, badges, competitions, and ice shows.

If at anytime you have questions, concerns, or comments, please do not hesitate to contact our Skating Director, Amy Torcasso (814.865.7703, aut11@psu.edu)

Thank you for choosing PSSS's Basic Skills Program.

BASIC CLASS INFORMATION

The Penn State Skating School offers 5 sessions each year:

- Summer (July—August)
- Session 1 (September—October)
- Session 2 (October—December)
- Session 3 (January—March)
- Session 4 (March—April)

Each session is 7 weeks and placed on the following schedule:

- Week 1—Instruction
- Week 2—Instruction, new students may still enroll.
- Week 3—Instruction, Class rosters are final.
- Week 4—Instruction
- Week 5—Instruction, 5 Week Evaluation
- Week 6—Instruction
- Week 7—Final Testing.

Class Times:

Sunday:

- Snow Plow Sam (ages 3-5) — 5:40pm**
- Basic 1 (6+) & Basic 2—5:40pm**
- Basic 3 through 8—6:20pm**
- Hockey 1 & 2—5:40pm**
- Hockey 3 & 4—6:20pm**

Monday:

- Adults (15+) (Begginer, Intermediate, Advanced) - 7:15pm**

Wednesday:

- Snow Plow Sam (ages 3-5) — 6:00pm**
- Basic 1 (6+) and Basic 2—6:00pm**
- Basic 3 through 8—6:40pm**
- Freeskate 1 through 8 and Adv—7:10pm**
- Hockey 1 & 2—6:00pm**
- Hockey 3 & 4—6:40pm**

Basic 8, Free Skate and Hockey Class Elements

<p><i>Please see your group lesson instructor or the skating director if you have questions regarding element definitions or passing standards.</i></p>	<p><u>Basic 1</u></p> <p>A. Sit on ice and stand up. B. March forward across the ice C. Forward 2-Foot Glide—hold for distance equal to skater’s height D. Dip E. Forward Swizzles— 6-8 in a row F. Backward wiggles— 6-8 in a row G. Snow Plow Stop-skater must come to a complete stop H. Rocking Horse— 2-3 in a row. I. 2-Foot Hop in Place</p>
<p><u>Snow Plow Sam 1</u></p> <p>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—hold count of 2. F. Dip in place</p>	<p><u>Basic 2</u></p> <p>A. Forward 1-foot glide (R&L)-hold for distance equal to skater’s height B. Backward 2-foot glide—hold for distance equal to skater’s height C. Backward swizzles—6-8 in a row D. Two foot turn on a spot E. Moving snowplow stop—skater must come to a complete stop F. Forward alternating 1/2 swizzle pumps in a straight line</p>
<p><u>Snow Plow Sam 2</u> <i>Depending on age and skating speed, skaters completing this level may move onto SPS 3 or Basic 1</i></p> <p>A. March followed by a long glide—hold for count of 4 B. Dip while moving—Hold for count of 4 C. Backward wiggles—6 in a row D. Rocking Horse E. Forward 2-Foot Swizzles—2-3 in a row</p>	<p><u>Basic 3</u></p> <p>A. Forward stroking showing correct use of blade. B. Forward 1/2 swizzle pumps on a circle, clockwise and counter clockwise, 6-8 consecutive. C. Moving forward to backward two foot turns on a circle, clockwise and counter clockwise. D. Backward one foot glides (R&L) - Held for distance equal to the skater’s height. E. Forward Slalom F. Two foot spin, two controlled revolutions.</p>
<p><u>Snow Plow Sam 3</u> <i>Skaters completing this level are eligible to go directly to Basic 2</i></p> <p>A. Forward skating—8-10 steps B. Forward 1-Foot Glide (R&L) - hold for count of 2 C. Forward 2-Foot Swizzles—4-6 in a row. D. Backward 2-Foot Swizzles—4-6 in a row. E. Forward snow plow stop with skid—skater must stop completely. F. Curves</p>	

Basic 4

- A. Forward outside edges on a circle (R&L)
- B. Forward inside edges on a circle (R&L)
- C. Forward crossovers (clockwise and counter clockwise) 5 in a row.
- D. Forward outside three turn from a stand still position (R&L),
- E. Backward 1/2 swizzle pumps on a circle (clockwise and counter clockwise)
- F. Backward stroking.
- G. Backward snowplow stop (R&L)

Basic 5

- A. Backward outside edges on a circle (R&L)
- B. Backward inside edges on a circle (R&L)
- C. Backward crossovers (clockwise and counter clockwise) 5 in a row
- D. Beginning one foot spin—minimum of 3 controlled revolutions
- E. Hockey Stop—skater must come to a complete stop, using two edges/feet.
- F. Side toe hop—both directions

Basic 6

- A. Forward inside three turns from a stand still position (R&L)
- B. Moving backward to forward two foot turns on a circle (clockwise and counter clockwise)
- C. T-Stop (R or L) D. Bunny hop.
- E. Forward arabesque/spiral on a straight line (R or L)
- F. Forward lunge (R or L)-proper position must be held for a count of 4

Basic 7

- A. Forward inside open Mohawk from a stand still position (R&L)
- B. Backward outside edge to a forward outside edge, transition on a circle (R to L and L to R)
- C. Ballet jump, clockwise or counter clockwise (R or L)
- D. Backward crossovers (4—5) to a backward outside edge—Landing Position (clockwise and counter clockwise)
- E. Forward inside pivots (R&L)

Basic 8

- A. Moving forward outside three turns on a circle (R&L)
- B. Moving forward inside three turns on a circle (R&L)
- C. Combination Move (clockwise and counter clockwise) - Crossover, crossover, forward inside Mohawk, step down, step behind, backward crossover, step forward on inside edge — repeat 3 more times.
- D. One foot upright (from T-position) - 2 controlled revolutions.
- E. Waltz jump. Standing still from T-position.
- F. Mazurka (clockwise or counter clockwise) - from two backward crossovers.

Freeskate 1

- A. Advance forward stroking
- B. Basic forward outside & inside edges—4-6 consecutive edges
- C. Advanced backward outside three turn (R&L)
- D. Scratch spin from backward crossovers
- E. Waltz Jump from backward crossovers
- F. Half Flip from Mohawk or 3-turn

Freeskate 2

- A. Basic backward outside and inside edges—4-6 consecutive edges
- B. Forward outside and inside spirals (clockwise and counter clockwise) (R&L)
- C. Continuous forward Progressive Chasse sequence (clockwise and counter clockwise).
- D. Waltz three (R&L)
- E. Beginning Back Spin
- F. Waltz Jump, Side Toe Hop, Waltz Jump sequence
- G. Toe Loop

Freeskate 3

- A. Forward and backward crossovers in a figure eight
- B. Waltz Eight
- C. Advanced forward swing rolls—4-6 edges.
- D. Backward inside three turns (R&L)
- E. Back spin with free foot in crossed leg position
- F. Salchow from 2-3 backward crossovers
- G. Half Lutz Jump
- H. Waltz Jump, Toe Loop combination OR Salchow, Toe Loop combination

Freeskate 4

- A. Spiral sequence: forward inside spiral, forward inside Mohawk, backward outside spiral (clockwise and counter clockwise)
- B. Forward power three turns (2-3 consecutive sets (R&L) - (preliminary MIF)
- C. Continuous backward progressive Chasse sequence on a circle (clockwise and counter clockwise)
- D. Sit spin, straight free leg preferred.
- E. Loop Jump
- F. Waltz Jump-Loop Jump combination

Freeskate 5

- A. Backward outside three turn, forward inside Mohawk, into three backward crossovers, repeat three times (clockwise and counter clockwise)
- B. Spiral sequence—forward outside spiral, forward outside three turn, one backward crossover, back inside spiral (clockwise and counter clockwise)
- C. Forward outside Slide Chasse swing roll sequence—4-6 lobes
- D. Camel Spin—3 revolutions
- E. Forward Upright Spin to Back Upright Spin, minimum of 3 controlled revolutions.
- F. Loop-Loop Combination
- G. Flip Jump
- H. Waltz Jump-Falling Leaf-Toe Loop Jump Sequence

Freeskate 6

- A. Alternating backward crossovers to backward outside edges 4-6 lobes
- B. Five step Mohawk sequence
- C. Camel-Sit Spin combination
- D. Split Jump or Stag Jump
- E. Waltz Jump, Half Loop, Salchow Jump sequence.
- F. Lutz Jump
- G. Axel—walk through, preparation, jump

Note: The axel does not need to be landed to pass this test. The skater should have an understanding of the mechanics of the jump.

Advanced Freeskate

- A. Jump: Axel
- B. Jump: _____
- C. Spin: Layback
- D. Spin or Spin Combination: _____
- E. Moves in the Field: 3-turns on the line
- F. Moves in the Field: Power Pulls (R&L) forward and backward
- G. Moves in the Field: Cross Strokes, forward and backward

Note: This class has a flexible list of elements, and is meant to cater to the needs of the class as well as act as a bridge into our private lesson program.

There is no testing or test sheet for this class. Students may continue to enroll in Freeskate Advanced as many times as they wish.

Hockey 1

- A. Sit on ice and stand up
- B. Proper stance
- C. March forward—8-10 steps
- D. Forward 2-Foot glide
- E. Dip or squat
- F. Scooter push or T-Push (R&L)
- G. Forward swizzle—4-6 in a row
- H. Snow plow stop
- I. Backward Skating

Hockey 2

- A. Backward stance
- B. Skating forward using full strides
- C. Forward 1-Foot glides (R&L)
- D. Backward hustle
- E. Backward swizzle—4-6 in a row
- F. Glide turns—both directions
- G. Moving snow plow stops

Hockey 3

- A. Forward C-Cuts
- B. Hockey turns (R&L) w/ speed
- C. Forward slalom
- D. Forward stop and starts
- E. Backward V-Stop
- F. Lateral marching crossovers (R&L)

Hockey 4

- A. Forward 1-foot push on a circle (R&L)
- B. Forward crossover glides
- C. Forward crossovers (R&L)
- D. Backward C-Cuts in a line
- E. Backward 1-Foot glides (R&L)
- F. Mohawk (R to L and L to R)
- G. Hockey stop

Adults

Adult classes (beginner, intermediate and advanced) are meant to cater to the needs of the individual class. For assistance regarding which level will best suit your needs speak with our skating director, Amy Torcasso.

Classes:

Class Length:

SPS through Basic 8: Classes are 30 minutes of instruction and 10 minutes of free time. Free time is an opportunity for skaters to practice what they are learning, work with a coach to get extra help, or skate around with parents and family members. Rental skates are available at the front counter for free time at no charge to family members of enrolled skaters.

Freeskate 1 through 8 and Advanced: 10 minutes of coach-instructed power skating/warm-up followed by 30 minutes of class instruction.

Adult classes: 15 minutes of coach instructed power skating/warm-up followed by 30 minutes of class instruction.

Hockey 1 through 4: Classes are 30 minutes of instruction and 10 minutes of free time. Free time is an opportunity for skaters to practice what they are learning, work with a coach and get extra help or skate around with parents and family members. Rental skates are available at the front counter for free time at no charge to family members of enrolled skaters.

Joining Group Lesson Classes

New students: New students may enroll in group lessons as early as 6 days prior to the start of a new session. Class sizes are limited. Registrations are taken on a first come first serve basis.

Current students: Students currently enrolled in the PSSS receive early registration for the new session which is on testing day of the current session. This gives our current students priority enrollment. In order to utilize early registration current students will need to present their test sheet at the time of registration. Those students not utilizing early registration may register during open registration. Class sizes are limited. Registrations are taken on a first come first serve basis.

If a class is full: Students wishing to register for a class with no openings will be placed on a waiting list. Students will be called if a place becomes available. All students may join classes on the first and second weeks of a session only. Class rosters are finalized at the end of the second week

Class Sizes:

In an effort to provide a safe group learning environment, PSSS has limited the number of students permitted in each class. They are:

SPS Classes, 8 students (includes one assistant)

Basic 1, 14 Students.

Basic 2 through Advanced, 16 Students

Adult Classes, 16 Students

Hockey 1 through 4, 16 Students

Making up a Missed Class

SPS through Basic 8: One Make-Up class will be offered each session. When making up a class, please check in at the name tag table to receive a make-up card. Make-up students do not wear their name tags and must present the make-up card to the coach of their make-up class. Students making up on testing day who need to be tested, should notify their make-up instructor that they need to be tested.

Freeskate 1—8, Advanced Freeskate and Adults: Because these classes are offered once each week, we are unable to offer a make-up class.

Adults: Because these classes are offered once each week, we are unable to offer a make-up class.

Hockey 1 through 4: One make-up class will be offered each session. When making up a class please check in at the name tag table to receive a make-up card. Make-up students do not wear their name tags. Students making up on testing day need to notify their make-up instructor that they need to be tested.

Registration and Refunds:

Registration:

Registration Forms: Registration forms only need to be filled out once per membership year (July 1 through June 30) at the first registration of that year, which will also include the annual USFS Basic Skills membership and membership fees. All subsequent registrations will be done directly through the computer. Register receipts and class information will be added to the student's initial paper registration, keeping the information current.

New Student: New students may register as early as 6 days before the start of a new session. Registration may be in person, over the phone or by mail. Enrollments are taken on a first-come first-serve basis. Students wishing to enter a full class will be placed on a wait list. The student will be notified if a place opens up. (Also see “*Joining Group Lesson Classes,*” on page 5.)

Returning PSSS Students: Current students of the PSSS, receive early registration for the new session on testing day of the current session. (Also see, “*Joining Group Lesson Classes,*” on page 5.)

Refunds:

All refunds are subject to a \$5.00 Refund Fee. Refunds will be pro-rated if classes have been held, minus the \$5.00 refund fee. **No refunds will be given after the 2nd class.**

USFS Membership:

All Penn State Skating School students (Snow Plow Sam through Freeskate Advanced and Hockey 1 through 4), must be current members of the USFS Basic Skills Program. The cost of membership is \$11.50 for the membership year which starts July 1, and ends June 30.

The first registration in each membership year will require the USFS Membership and fee at time of class enrollment.

Membership includes a USFS Records Book (for first time enrollment), an enrollment card, on-ice Liability Insurance, and patches. The USFS Records Book and enrollment cards will be mailed directly to your home.

Students are encouraged to bring their USFS Records Book to class on the 7th week of the session so the class instructor can update the pages.

Equipment and Attire:

Attire:

Snow Plow Sam through Basic 8: Children should wear comfortable clothing which does not restrict movement. Gloves or mittens are recommended to provide protection during falls. Helmets and hats are not required, but are welcome. We ask that any head gear not prohibit the skater’s vision and should fit properly.

Freeskate 1 through 6, Advanced and Adults: It is recommended that skaters wear comfortable skating attire, which does not restrict movement, yet fits snugly. Yoga pants or running pants are excellent choices. Dressing in layers is also recommended, as are gloves or mittens. Skaters with long hair should tie their hair back, so as not to obstruct their line of sight.

Equipment:

While many skaters have their own skates, it is not uncommon for group lesson skaters to rent skates. Renting skates allows new skaters to try skating relatively cheaply. It also offers skaters the opportunity to rent a larger size when needed.

Whether you're wearing our skates or your own, you should never wear your skates into the stands. Walking on concrete dulls the blades. Our padded lobby and bathroom floors are safe for skates.

Most questions regarding skate sizing and/or sharpening can be answered by our knowledgeable staff at the front counter. All other questions can be answered by our rink manager or skating director.

Our Pro Shop sells a complete line of Reidell and CCM skates. Our Penn State Figure Skating Club sells used skates. (*See pages 17 & 18 for more details.*)

Figure Skating

Group lesson skaters may wear their own skates or rent skates at the front counter. Skate rental is \$1.50 per week/class for group lessons. Skaters may purchase a Skate Rental Card for \$10.50, which is good for the 7 week session. Double runner (double blade) skates or strap on skates are not allowed in group lesson classes.

Sizing: Our rental figure skates fit close to your regular shoe size. Since our skates are unisex, women wearing a 1/2 size should go down to the whole size, men should go up to the next whole size. If your skates don't fit you properly, please bring them back for another size.

Hockey

Group lesson skaters may wear their own skates and/or equipment or rent from us. Hockey 1 through 4 skaters are not required to wear helmets

or equipment, but is recommended for those skaters wishing to pursue hockey.

For \$10 per piece of equipment per year (July 1 through June 30), we rent the following equipment:

- Helmet with cage.
- Gloves
- Shin Pads
- Elbow Pads

This equipment goes home with you. At the end of your rental agreement or if there is a missed/skipped session, we ask that you return the equipment as soon as possible. If you resume skating with time left on your rental agreement, we will re-fit your child and continue with the agreement year.

Hockey skates may be rented for \$1.50 per week/class for group lessons. Skaters may purchase a Skate Rental Card for \$10.50, which is good for 7 classes. Hockey rental skates remain at the rink.

Sizing: Hockey rental skates run big. Men and children should go down one full size from their shoe size and women should go down two. If your skates don't fit properly, please bring them back for another size.

Testing:

5-Week Evaluation: All PSSS classes (excluding Adult classes) will have an evaluation on the 5th week. Skater's evaluations will be handed to skaters at the end of class time. The 5-Week Evaluation gives skaters the opportunity to know how they are progressing and which skills need extra attention before testing on the 7th week.

7-Week Testing: All PSSS classes (excluding Adult classes) will test on the 7th week. Skaters will receive their test sheet at the end of class time.

Please note: since our sessions are only 7 weeks long it is common for a skater to attend each level more than once.

Badges: Skaters passing levels SPS 1 through Freeskate 6 and Hockey 1 through 4 may bring pick up their USFS skills badge by bringing their test sheets to the front counter.

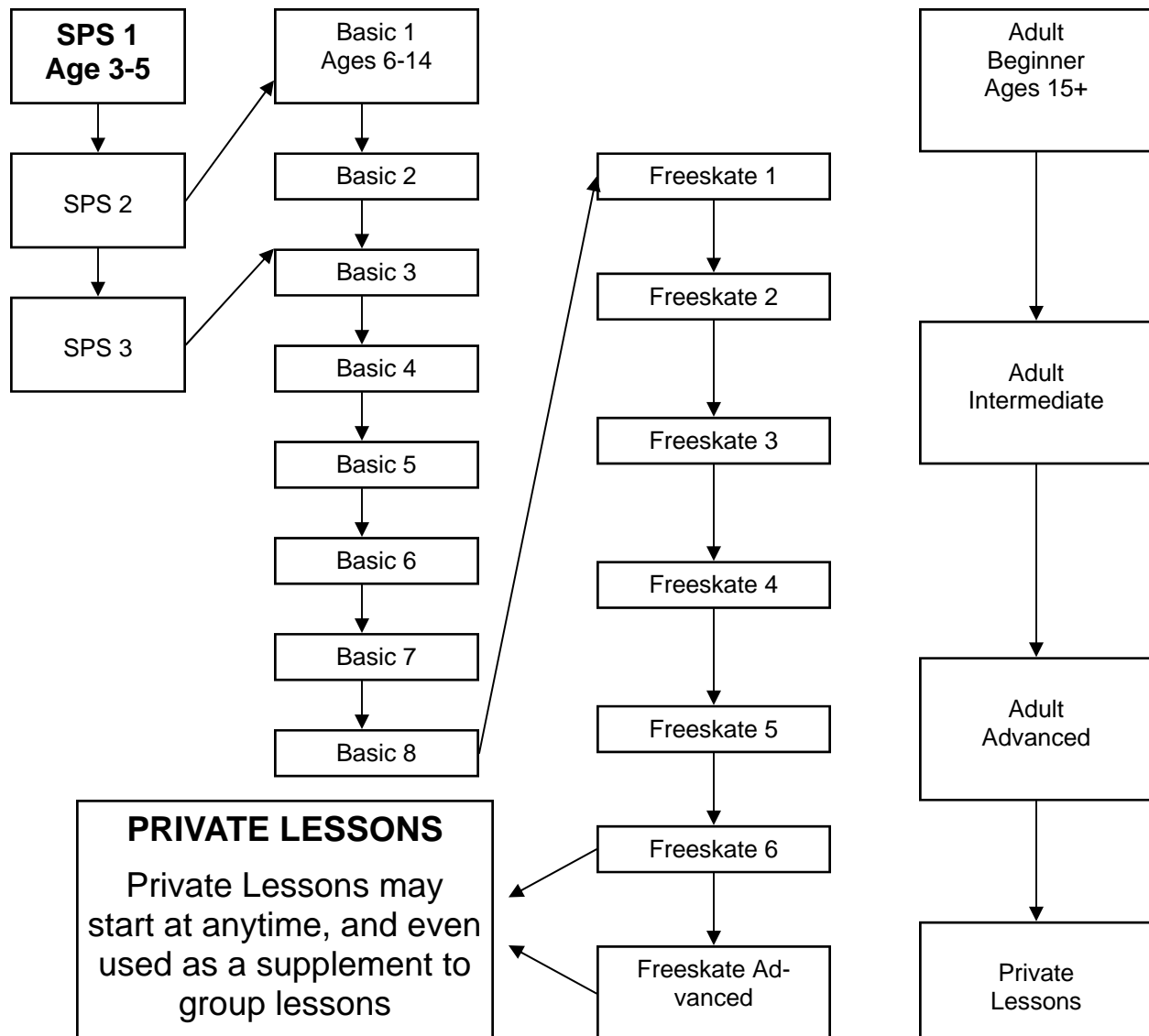
Badges: Skaters passing levels SPS 1 through Freeskate 6 and Hockey 1 through 4 may bring pick up their USFS skills badge by bringing their test sheets to the front counter.

Early Registration: Current PSSS students may register early by bringing their test sheet to the front counter. Registering early allows you first priority in the class and time of your choice.

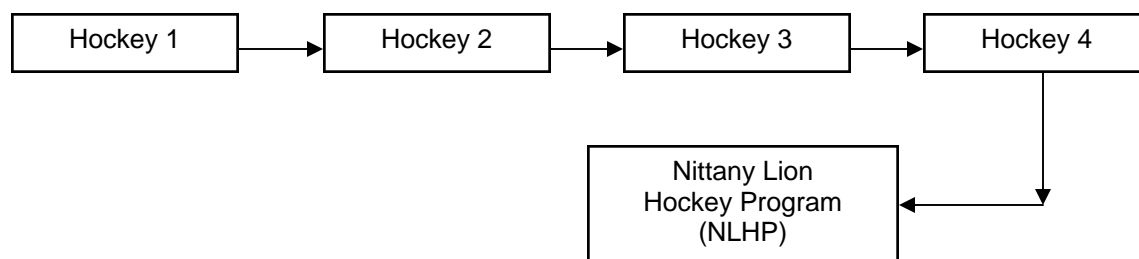
Re-Registration: All skaters who have taken PSSS class should bring their most recent test sheet to the front counter when registering for the new session. This facilitates the registration process and prevents registration errors.

GROUP LESSON CLASS PROGRESSION

The Basic 8's, Free Skate and Adults



Hockey



ISI TO USFS BASIC SKILLS CONVERSION

If you are new to The Penn State Ice Rink and come from an ISI rink, we can easily move you into our skating program. Since the breakdown is slightly different, we will use the conversion table below to place your child in his/her appropriate level. We will start your child in the lower class level if two or more are recommended and move your child up within the first two weeks of the session if the current level is not challenging.

<u>ISI</u>	<u>USFS Conversion</u>
Tots.....	Snow Plow Sam
Pre-Alpha.....	Basic 1 or 2
Alpha.....	Basic 3 or 4
Beta.....	Basic 4, 5 or 6
Gamma.....	Basic 4, 5 or 6
Delta	Basic 6 or 7
F/S-1	Basic 8 or FS-1
F/S-2	FS-1 or FS-2
F/S-3.....	FS-2 or FS-3
F/S-4.....	FS-4 or FS-5
F/S-5.....	FS-5 or FS-6

FREQUENTLY ASKED QUESTIONS

Who is my child's instructor?

A list of class instructors is posted behind the front counter. You may ask any counter staff personnel who the instructor is for your child's class. Also, please feel free to speak with your child's coach. Our coaches welcome the opportunity to get to know the parents.

What size skates should I get?

Figure skates: Women and children same as shoe or down 1/2 size. Men

same as shoe or up a 1/2 size.

Hockey skates: Women and children down 2 sizes. Men, down 1 size.

Why is my child sitting on the ice?

We don't normally encourage children to sit on the ice,. However, sometimes it is necessary when teaching students to fall and get up, as well as explain the importance of safety in regard to skate blades.

When can I make up a missed class?

Snow Plow Sam through Basic 8, and Hockey 1 through 4 can make up one missed class per session by coming on the alternate day. Please be aware that Wednesday group lesson classes start at 6pm, while Sunday starts at 5:40pm.

Can I be pro-rated since I missed the first class?

We do not pro-rate SPS through Basic 8 and Hockey 1 through 4 because a missed first class can be made up on the alternate day. However, since Adult and Freeskate classes are only offered once per week, we will pro-rate the first week. We can not pro-rate missed classes past the first week.

When can I sign up for the next session?

Current PSSS students can sign up for the new session on testing day of the current session. New students may sign up as early as 6 days before a new session begins.

What level should I sign my child up for?

New students aged 3-5 should sign up for Snow Plow Sam. New students aged 6-14 should sign up for Basic 1. New students aged 15 and older may sign up for Adults,.

What should my child wear?

Children should wear comfortable clothing which does not restrict movement. Gloves or mittens are recommended to provide protection during falls. Helmets and hats are not required, but recommended. We ask that any head gear not prohibit the skater's vision and it should fit properly.

Can my child use a skate aid during class time? Free time?

We do not allow skate aids on the ice during class or free time. Children learn to gain balance and skating skills quicker when standing on properly fitting skates.

SKATING OPPORTUNITIES

Annual Ice Show:

Each year in April (around the third week), our rink is transformed into the ultimate skating theatre as we put on our Annual Ice Show. Each year's show centers around a theme and everyone who skates at The Penn State Ice Rink is welcome to participate. We have group numbers for every skating level and every age from Snow Plow Sam all the way through our Adult Skaters, as well as small group, duet, and solo numbers.

Large group applications are due mid December and should be in the black information rack by November 1.

Sign ups for small group, duet, and solo skaters are mid-November and require a full competitive USFS membership through the Penn State Figure Skating Club, as well as official USFS testing requirements and a try out on the Sunday following Thanksgiving.

The Abby Yeagley USFS Basic Skills Competition:

Each year in the beginning of October we host a USFS Basic Skills Competition. The competition is open to all USFS Basic Skills members (Snow Plow Sam through Preliminary and Adult Bronze), and offers events in freeskate, compulsories and showcase. It is a fun opportunity to try competing. Awards are given for 1st, 2nd and 3rd place; and, ribbons are given for 4th and above.

All Penn State private lesson coaches are qualified to assist skaters in preparing for the competition.

The Penn State Collegiate Figure Skating Club:

Through both US Figure Skating and Penn State University, students have formed a club. The "Student Club," purchases freestyle ice for its club members to utilize and compete in collegiate competitions, representing Penn State throughout the spring semester.

Penn State Figure Skating Club:

The Penn State Ice Rink is the home rink of US Figure Skating club, The Penn State Figure Skating Club. Skaters of all ages and skating levels join the club to utilize its freestyle ice, to test, to compete, and participate in other club activities such as the Annual Holiday Show and club picnic. The PSFSC also sponsors events such as the Used Skate Sale.

Group Lesson Freestyle Ice:

When our schedule permits, we will schedule Group Lesson Freestyle Ice. This ice is available to skaters who are currently enrolled in our group lesson program. This GL F/S gives these skaters the opportunity to practice what they are learning in a freestyle type atmosphere, and take private lessons.

Coffee Club:

Coffee Club is freestyle ice available to skaters 18 and older. Although it is considered freestyle ice, it is meant to give adult skaters of all levels and disciplines (including hockey) the opportunity to practice in a freestyle setting. Aggressive skating is not permitted, and, no jumps higher than an axel are performed.

Freestyle Ice

All figure skaters Basic 7 and above are welcome on Freestyle Ice at any time. Freestyle ice is sold in hour increments, unless a shorter session is posted on the Freestyle Schedule.

Skaters Basic 6 and below may have private lessons on Freestyle Ice, but may only be on the ice while in a private lesson with a coach. These skaters may purchase 30 minutes of freestyle ice, so as to coincide with their private lesson.

Skaters using Freestyle Ice are asked to follow the “Rules of the Road” as posted on the lobby bulletin board, and in the black information rack.

Hockey skates are not permitted on Freestyle Ice.

Nittany Lion Hockey Program

The NLHP is Penn State Ice Rink’s in-house hockey program. Players develop skill and talent through a structured learn-to-play format. The NLHP utilizes USA Hockey and Hockey Canada’s cross ice training methods.

Stick Time and Open Hockey

Stick times allow skaters to practice stick handling and hockey skating while wearing helmets with face mask and gloves. While Open Hockey times require full hockey equipment and allow skaters to play a pick-up game. Open Hockey times are scheduled by age. For more information on this program check our black information rack in the lobby.

CONTACT INFORMATION

Penn State Ice Rink Contacts

Ice Rink Manager:	Chris Whittemore ciw2@psu.edu	814.865.7570
Ice Rink Assistant Manager:	Sheri Cramer sxc65@psu.edu	814.865.7632
Penn State Skating School & Figure Skating Director:	Amy Torcasso aut11@psu.edu	814.865.7703
Learn to Skate Hockey Director & Nittany Lion Hockey Program:	Bill Masullo bmasullo@goodsports.comcastbiz.net	

Skating Community Contact

Penn State Collegiate Figure Skating Club (PSU Student Club)
President: Jess Shulik, jms5366@psu.edu

Penn State Figure Skating Club
President: Gary Mitchell, n8h@psu.edu
Vice President Jr. Club: John Kalbach, Kalbach@psu.edu
Membership Chair: Shirley Allan, ssallan@statecollege.com

State College Youth Ice Hockey Association (SCYIHA)
President: John Sheehan, jfsheehan3@comcast.net

Penn State encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about physical access provided, please contact Chris Whittemore, Ice Rink Manager, 863-4102 in advance of your participation or visit.

This publication is available in alternative media on request.