

## SKATING SCHOOL INFORMATION – AUTUMN 2023

Tapparan Taitoluistelijat organizes several figure skating schools in Kaukajärvi, Nokia Arena (training hall) Kangasala, Lempäälä, Tesoma and Hakametsä.

Skating schools practice in weeks 36-50. There is possibility to train once or twice a week.

The only exceptions are at Tesoma where skating schools practice in weeks 35-50 (not at week 43) and Hakametsä where skating schools practice in week 35-50 (not at week 47).

**At the first time we will receive you in the lobby of the ice rink.**

### 1. Main people

- Heidi Mattila ○ The development manager who working office and answer all the questions concerning for example payments, cancellations etc.
  - email: [heidi.mattila@tappara.fi](mailto:heidi.mattila@tappara.fi) phone number: 050 562 7739
- Elisa Sutela ○ The head coach of skating schools who has made a seasonal plan and who is responsible for practical actions
  - email: [elisa.sutela@hotmail.com](mailto:elisa.sutela@hotmail.com)

### 2. Practices

- All children must wear a helmet while on ice, except children in Big Stars group can wear a protective headband if wanted
- Put a name sticker to helmet
- Own group's color ribbon to the front of the left skate
- Take the child to the toilet before the class starts
- Parents can watch the practices at the grandstands but are not mandated to stay present at the rink during the practices
- If child needs to go toilet in the middle of practice, please come and help instructors

### 3. Goals in our skating schools

- In our skating schools, the most important thing is to teach the child to enjoy moving on the ice and learning new things
- The aim of the skating school is to teach basic skating skills through different plays. Along with these children are taught the basic elements of figure skating such as jumps, spins and glides

### 4. Skating gear ⑦ <https://goldenskate.fi/luistimen-valinnasta/>

- The most important equipment is good skating boot and sharpened blades

- Skating boots needs to be right size
- Wrong or uncomfortable boot can affect to learning and make the child feel insecure on the ice
- It is important that boots support ankles and when child is standing ankles are straight
- In Tampere you can find professional service from two different places
  - o Golden Skate in Hakametsä <https://goldenskate.fi/en/store/>
  - Golden Skate sell also used skates so check out the website carefully
  - o Sportia 10 in Sammonkatu <https://www.sportia-10.fi/info/>
- In our own website you can find skating flea market <http://taitoluistelu.tappara.fi/taitoluistelu/luistelukirppis/> BLADES:
- Use blade guards always when walking outside the ice!
- Remember to dry blades after training to avoid rusting

**SHARPENING:**

- o **Blades must be sharpened. When you buy new skates it's necessary to get them sharpened before using**
- o **Golden Skate or Sportia 10 are good options where you get professional and good service in sharpening**

**CLOTHING:**

- Warm but flexible and comfortable clothes. Big outdoor jackets or overalls are difficult on ice. Thin layers keep the children warm.
- Finger mittens are preferred over thick winter gloves (child should easily grasp various tools, e.g., small balls)
- Instructors are using ice markers, so clothes might get dirty (markers are water-soluble but just in case)

**Please, follow the memory board throughout the season!**

<http://taitoluistelu.tappara.fi/taitoluistelu/luistelukoulu/muistitaulu.html>

