



US Speedskating Basic Skills Programs Process

The US Figure Skating Basic Skills Program has added a speedskating track for the 2007-08 season and beyond. This program is the national learn-to-skate program in the United States and includes figure skating, hockey and now speedskating. The program, which has been in existence for many years, helps skating directors guide athletes to the best skating program for their talents and abilities.

The Speedskating track has logical progressions that begin with a Basic 1 level. It teaches skaters about balance and instructs them on basic elements of speedskating. The Speedskating Track is designed for skaters to learn the fundamentals through the Basic 4 level before beginning the actual Speedskating track. Of course, skaters can earn badges in all tracks, as the skating directors may have skaters progress through the elements.

The curriculum is being presented in the new Lesson Planning Manual, the Instructor's Manual and in the Basic Skills Record Books.

The process for participating in this national introductory program is as follows:

1. Each US Speedskating Basic Skills Program must register with US Figure Skating as a Basic Skills Program. It is a **one time fee** of \$25.00. US Speedskating will reimburse each USS Member Club who registers in this first year of the USS – USFS collaboration.
2. Benefits of registration include access to all materials including the Instructors Manual and Lesson Planning Manual for the instructors, Basic Skills Record Books for the students, evaluation/attendance sheets, year patches and many other very useful administrative tools. Your program will be insured with third party liability insurance and secondary sport accident insurance.
3. Use this link on the U.S. Figure Skating web site to learn how to register your program: <http://www.usfigureskating.org/content/BS-registeringnewprogram.pdf>
4. To learn how to register your members, go to: <http://www.usfigureskating.org/content/BS-membershipregistration.pdf>. Once you are ready to start registering your members, you can find the correct form here: <http://www.usfigureskating.org/content/BS-memberregform.pdf> or by contacting U.S. Figure Skating Headquarters.
5. It is important that you register your skaters with U.S. Figure Skating for this program. The cost is \$7.50 per year. With this registration, skaters will be covered under the USFS liability and sports accident insurance and will receive a Basic Skills Record Book to track their own progress.

6. Reward badges are a wonderful incentive to the skaters as they progress through the elements. Speedskating Badges may be purchased through USFS for \$0.75 each. If you are running a speedskating specific program, we suggest that you inventory Basic 1 through Basic 4 badges and inventory the Speedskating 1 through Speedskating 6 badges. You would want to have more of the lower badges than the higher level badges. The price list and order form can also be found on the US Figure Skating website.
7. As your skaters progress, it is your decision when you want to “bridge” them over to the Speedskating club. Some clubs will recommend they attain a certain level before that occurs. New membership levels in US Speedskating allow for First Year memberships at a reduced rate. This is a good opportunity to introduce our skaters to the club and the national governing body, US Speedskating.

We are always eager for feedback so any suggestions you have to improve this program are most welcome. We appreciate your consideration in using this tool to help the development of speedskating in your club and rink. Good Luck!