

A large, light blue, semi-transparent graphic of a figure skater in a dynamic pose, with a long, flowing line trailing behind it, serves as a background for the central text.

**2004-2005
HANDBOOK**



Skating Club at Dartmouth

2004-2005 Calendar of Events:

All dates are tentative at this point in time. We will confirm final dates once rinks, clubs, and/or councils make them available to us.

Skating Club at Dartmouth Board Monthly Meetings: Second Monday of each month at the Hanover Inn at 7:30 P.M. unless otherwise noted

Winter Session Registration: November 11, 2004

Bucket of Dough Fundraiser: November 9 – November 29, 2004

Holiday Show—“Salsa on Ice”: 4:30 p.m., Sat., December 18, 2004

Family Skate: Thursday, December 23, 4:30-5:50, Champion Rink

United States Figure Skating National Championships, Portland, OR:
January 9-16, 2005

Champy International Skating Competition, Plattsburgh, NY:
January 22-23, 2005

Skating Club at Dartmouth/US Figure Skating Test Session, Champion Rink:
Monday, January 31, 2005

Basic Skills Evaluation Days:
Monday, January 31, Thursday, February 3, Monday, April 11,
Thursday, April 14, 2005

Spring Session Registration: February, 2005

Basic Skills Competition, Barre, VT: February 13, 2005

Green Mountain Open Competition, Burlington, VT: March 11 – 13, 2005

Skating Club at Dartmouth/US Figure Skating Test Session, Champion Rink:
April, 2005

Spring Banquet: TBA

Summer Session Registration, Learn to Skate Session: TBA (2005)

Welcome

The Skating Club at Dartmouth welcomes all new and returning members to the skating season. We hope this handbook will help acquaint everyone with many aspects of our club.

Figure skating is both an art and a sport. It helps develop mental and physical self-discipline, good sportsmanship, and an appreciation of music and movement. The purpose of the Skating Club at Dartmouth is to provide opportunities for those interested in learning to figure skate through a structured program with strong professional instruction.

We hope your skating experience is worthwhile and enjoyable. While a skater has every opportunity to move up the skating “ladder”, this is primarily a recreational club and we want our skaters to have fun while learning.

This handbook will be given out to all Skating Club at Dartmouth families. The club will occasionally have new pages of useful information available during the year which can be downloaded from the web site. Please read the handbook carefully.

Skating Club at Dartmouth

Website: <http://www.scadskaters.org>

Address: PO Box 914, Hanover, NH 03755

Phone number: (603) 643-8820

e-mail address: sk8info@scadskaters.org

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Board of Directors

A main goal of the Board of Directors is to make equitable decisions and address concerns relating to the club. The board members are your representatives. Please contact them whenever you have questions or concerns.

Board meetings are held once a month throughout the skating season or as need arises. The General Session is open to all parents and professionals who have matters they wish to bring to the board's attention. The board will also respond to any matters it receives in writing or via e-mail.

The Skating Club at Dartmouth Board welcomes the opportunity to assist skaters and parents and is always in need of interested persons who are willing to contribute their ideas, time, and talent or other resources in support of club activities. Many committees also need your help.

Skating Equipment

The purchase and care of good, properly sized skates is essential for the enjoyment of and progression in figure skating. As a general rule, skates should run one full size smaller than a street shoe. Some brands have an inner sole which can be removed to gain a half size. The professional staff will be happy to advise skaters and their parents on all new and used equipment. The Skating Club sponsors a skate sale each September where used skates, skating dresses and outfits, accessories, and equipment are sold at reasonable prices.

The club accepts donations and consignments for the skate sale. Many of the club's professionals and other knowledgeable adults will be present to help fit skates. Brand new skates and equipment may be purchased locally, in metropolitan areas, online and through catalogs. Please ask coaches and board members for specific suggestions.

Skate blades need special care. Each skater needs to purchase a pair of hard guards and a pair of soft (terry cloth or fleece) guards for his/her skates, as well as a soft cloth for drying. Blades will rust if not properly dried and need to be stored in soft guards when not in use. When walking in skates, hard guards need to be placed on the blades in order to protect them from dulling and scratching. Cement floors, wood floors, and dirty rubber floors can all harm blades.

If skates are to be stored for a long period of time, they need to be oiled with either petroleum jelly or sewing machine oil and then wrapped in a soft towel, without guards on the blades. This oil can be wiped off when the skates come out of storage. Figure skates need to be sharpened, usually at the recommendation of a Skating Club professional or as needed. Figure skates require especially careful sharpening and should be done only by a reputable skate shop. High quality skates require high quality sharpening.

A useful website is the Figure Skaters Resource. It is the largest retail figure skating catalog on the web. Their address is: <http://www.figureskaters-resource.com>.

Professionals

The Skating Club at Dartmouth arranges for a staff of skating professionals to be available for its members. Additional staff is hired during the season as the need arises. The professional staff of the skating club is responsible for the following:

- 1) Group and private lessons for club members during ice time. Professional instruction is based on knowledge of and familiarity with national standards of US Figure Skating. Group lessons are appropriate for beginning and lower level skaters. Private lessons are initiated by the skater and his/her family when the time is right, sometimes at the suggestion of a pro or when group lessons no longer fill the needs of an individual skater.
- 2) Direction of the Holiday Show/Exhibition
- 3) Preparation of skaters taking US Figure Skating tests

Group lessons are arranged at registrations, and are based on the distribution of club memberships.

Private lessons are arranged by club members directly with the professionals. Billing times vary with each professional and are arranged independently of the club. Private lessons will be posted on the bulletin boards at the rinks. Some pros post their lessons schedules online on private web sites. Please check the private lessons schedule frequently for revisions.

Pros establish their own policies regarding missed and rescheduled lessons, competition support and testing sessions. Please check with your skating professional for specific provisions.

Our pros are bound by the rules and ethics prescribed by the Professional Skaters' Association, or PSA.

Information on the pros will be available at registrations, on bulletin boards, and on the Skating Club website, www.scadskaters.org. This information includes pro names, pro bios, qualifications, telephone numbers, e-mail and web site addresses, and fees. Skaters and their families may also speak directly to pros at the rinks prior to or following a skating session, keeping in mind that the pros and their current students need to stick to a tight lesson schedule and should never be interrupted during private lesson time.

There are times when a skater and the skater's parents may wish to change professionals. This can be either disruptive or advantageous to the skater's progress, and the decision should not be made lightly. As a general rule, any decision to change professionals for private lessons should be reached by consultation with the current professional, the new professional and the skater's parents and should follow guidelines provided by the Professional Skaters' Association (PSA).

Professionals for the upcoming year include:

Kristen Meyer (603) 643-4483

Nicholas Moormann (978) 317-2590 (*cell*)

Rose Neily (603) 448-4524

Vitaliy Opekan (603) 447-3793 (*home*), (603) 566-0660 (*cell*)

Julia Roach (603) 643-7605 (*home*), (802) 356-2182 (*cell*)

Jackie Mehner Smith (603) 448-6689 (*home*), (603) 630-0900 (*cell*)

Coaching Apprenticeship Program

In addition to producing competitive figure skaters, the Skating Club at Dartmouth's programs also produce athletes well-poised to become skating coaches. US Figure Skating has rigorous testing standards that ensure skaters are technically competent and disciplined. In addition, the Skating Club has the following standards for both volunteer coaches and junior coaches:

First, a skater must spend at least a season volunteering for the club. Our volunteers receive training from professional staff and work directly under the supervision of a coach. In order to volunteer for the club, a skater must be at least 13 years old, must have participated in the on and off-ice training, and must have passed their Intermediate Moves test. Our coaching staff gives the volunteers feedback and gives them direct responsibility during group lessons.

In order to be a paid junior coach, a skater must have volunteered a minimum of a full season with the club. Our junior coaches are at least 15 years old and have passed their Novice Moves tests. Junior coaches are in charge of group lessons and are treated as professionals.

We believe the Apprentice Program is good for a number of reasons: it allows skaters to give back to the club, it allows out skaters to help offset their own training costs by earning money; it allows for skaters of different ages and abilities to interact together; and it helps the junior coach develop skills which will be beneficial in the future—both in skating and in other venues.

The national organization, US Figure Skating, encourages each member club to develop an apprentice program. If you have any questions about the Skating Club at Dartmouth's program, do not hesitate to ask a board member.

Directions to the Rinks

TO THOMPSON ARENA:

From I-91, take Exit 13 to Hanover. At the first light, go straight thru to next set of lights (gymnasium on right). Turn right onto South Park St. and travel ~1/4 mile. The rink is on the left.

From I-89, take Exit 18 and travel north on Rte. 120 (toward Dartmouth College). Continue for ~4 miles until you reach Hanover. Once within city limits at first set of lights (next to Co-op gas station and grocery store), bear right at “V” in road. Travel ~500 yards to rink on the right.

TO CAMPION RINK:

From I-91, take Exit 13 to Hanover. At the first light, turn right onto Main St. and travel thru two sets of lights and continue for ~2 miles. The rink is on the left side of the street next to an athletic field and is set back from the road.

TO HARTFORD MUNICIPAL ARENA:

From I-91, take exit 12 and follow signs to Rte.5. Travel south for .4 miles and turn right at the Hartford High School sign. Parking is behind the H.S. next to the chain linked fence. Pass thru the fence and walk across the athletic field to the arena.

TO WOODSTOCK UNION ARENA:

Take Rte. 4 West thru Quechee and into Woodstock. Continue on Rte. 4 around the Green. You will see Woodstock Union High School and the Union Arena about 2 miles after the green on your left.

Skating Season

The first Skating Club at Dartmouth session, Fall, begins in September and continues into November. The second session, Winter, begins in November and runs into February. The third session, Spring, runs into April, or whenever the rinks close. The major portion of club receipts is used to defray the cost of ice rental. Club ice times are held many days of the week, including weekends and depend on ice availability. Not all ice is available to all members, and ice times are equitably divided among several general levels.

All Skating Club purchased ice time is listed on the web site calendars and on rink bulletin boards (with particular levels denoted on varying colored sheets which are given out at registrations and also available on club bulletin boards).

Please check the times to determine when your level skates. *These times are subject to change and skaters need to check the bulletin boards and web site frequently for schedule changes or revisions of ice time.*

The Skating Club at Dartmouth, a sanctioned member of US Figure Skating, administers at least one test session during the skating season. A skater wishing to take US Figure Skating tests at another club must get written permission from the Skating Club test chair or Skating Club board officer and from his/her pro.

Most years the club puts on a **Holiday Show/Exhibition** which features our own skaters, our own club professionals, and nationally-ranked guest skaters. This annual show is an important event for the club, skaters, and their families. It is a showcase of the hard work that each skater has put in over the year.

Skaters from Basic Skills Level 1 all the way up to our highest-level skaters participate. Basic Skills skaters work in groups based on ability level. The show involves additional group practices and requires a signed commitment/participation form. Information will be distributed in the fall as it becomes available.

Rehearsals generally start sometime around mid-October and continue right up until the dress rehearsal. The show is a large endeavor and requires volunteer effort from everyone. It offers skaters a chance to demonstrate their skills, work in groups, skate to new music, share in a celebration of figure skating, and build a sense of community in the club. The overall theme is one of community participation and team effort. We hope that all skaters and their families will be able to be involved in this annual event.

The 2004 Holiday Show Production Timeline (tentative):

Early September: Show concept, musical selections, sign up participants, sign up volunteers

Mid September: Music cut, outline of show schedule, begin choreography

Early October: Rehearsal schedule, contact corporate sponsors, plan for advertising/program

Late October: Costume design, distribution of posters begin, costume production and organize volunteers

Mid November: Design show program, write show script, rehearsals begin, decide on stage set, ticket sales begin

Late November: Construct set, organize hospitality table

Mid December: Dress Rehearsal, SHOW

Information will be distributed in the fall as it becomes available. The show is a large endeavor and requires volunteer effort from everyone. It is also a lot of fun!

The Skating Club at Dartmouth holds a short **Summer Skating Session** in Thompson Arena. Other clubs in New England send flyers to the Skating Club about summer programs or competitions they sponsor, and that information will be posted at the rink and on the web site whenever it is made available. Many competitions are held between January and March but others occur year-round. The pros, the NEICC web site, and Skating Magazine are all resources for info on non-Skating Club programs, tests, and competitions.

Frannie Burnett Memorial Fund

The Frannie Burnett Memorial Fund was established by the Skating Club in March, 1969 in honor of Frannie Burnett, a member and Senior Ladies Champion of the Skating Club at Dartmouth who died in an automobile accident. The Memorial was set up in a manner that best reflected Frannie's love for skating and her dedication and devotion toward helping others learn to skate. Any skater needing financial aid may apply to the Frannie Burnett Memorial Fund Committee for assistance in obtaining fees for membership, and/or help with the purchase of skates for lessons. If you are interested in contributing to the Fund, applying for a scholarship, or obtaining information, please contact Linda Hull from the Frannie Burnett board at (603) 643-9262.

Figure Skating Components

The Skating Club at Dartmouth divides its skaters into groupings based on ability. The club offers a **Preschool Program** to beginner skaters who are three to five years old. This program is held one afternoon a week. The session is one half hour long, with professional instruction, followed by a ten minute free skate.

The Skating Club offers a **Basic Skills Program** for skaters who are five years old and up. This program is in accordance with US Figure Skating and includes Basic Levels One through Eight. Booklets will be distributed to parents explaining the various US Figure skating levels and other useful information. Each level has specific goals and expectations that must be met before passing into the next level. Skaters are assessed and tested periodically, often at the end of a seven week session, and are promoted, when ready, to the next higher level by the professionals.

It is inappropriate for parents to be overly assertive in their approach to a professional when asking his/her opinion of a skater's ability to advance to the next level. Pros will advise a parent when a child is ready to take a particular test. No skater passes a test at every test session. It is perfectly normal to stay at one level for more than one session. The pros keep an eye on each skater and are experienced and fair in their assessments. Parents should have confidence in the evaluation process, coaching assignments, and lesson progression. *These decisions are made by our highly qualified paid professional staff coordinators.*

Requests for evaluations will only be made by the group lesson coach and not by the skater or parents. Parents of Basic Skills level skaters are to be seated in the bleachers and not in the boxes adjacent to the rinks during skating and testing sessions. If a parent does not agree with the decisions made by the skater's professional, that parent should first discuss the issue with the pro, the Basic Skills Coordinator, and lastly with the Grievance Committee.

When a skater passes a level, he/she is given a badge and an evaluation form/certificate. Many skaters create a scrapbook to keep these in or put the badges on a sweatshirt.

A Basic Skills skater can decide that he/she would like to begin taking private lessons. Private lessons provide a skater with the extra boost that might be needed if he/she has a skill that needs working on or if he/she wishes to compete. *Private lessons are not required.*

If a skater is interested in a private lesson, it is up to that skater and his/her family to initiate contact with a particular coach and make arrangements, either by calling, e-mailing, or speaking to the coach at an appropriate time (*not* while the coach is teaching).

The club tries to post current photos of the coaches on bulletin boards and on the Skating Club web site with names for easy identification. Please see “Professionals” above. Skaters should dress in warm clothes, preferably in layers, and always have a hat and mittens/gloves. Young skaters (aged three to five) are required to wear a helmet to prevent head injuries from falls. A helmet should fit well and not slide.

An itemized list of the beginning levels of the US Figure Skating Curriculum can be found on the US Figure Skating web site and in the US Figure Skating Basic Skills handbook. We strongly encourage you to review this material. Please go to: <http://www.usfsa.org/> and type in Programs, Basic Skills, and Skill Levels to see the Snowplow Sam, Basic Skills, (and optional Freestyle) curricula.

The next levels of skating are designated by US Figure Skating and include: **Pre-Preliminary, Preliminary, Pre-Juvenile, Juvenile, Intermediate, Novice, Junior, and Senior (US Figure Skating Gold)**. These levels are achieved by passing what is known as “Moves in the Field” and “Freestyle” tests.

Moves in the Field are footwork patterns performed by skaters. Moves emphasize edge quality, extension, power, quickness, and a variety of other skills. Moves sequences can range from a sequence of three to seven different patterns.

Freestyle includes all jumps, spins, and footwork. When combined with selected music, these elements make up an individual program which can be skated at shows, exhibitions, tests, and competitions. Skating Club skaters generally begin working on programs when they reach the Pre-Preliminary level or at the discretion of the coach.

Testing

An upper level skater must first pass a Moves in the Field test, followed by a Freestyle test in a particular level. Once both tests are passed, the skater is promoted to the next level. A skater cannot simply pass the Freestyle test until the same level Moves test has first been taken and passed. However, a skater can progress up the ladder in Moves, recognizing that his/her official level is designated strictly by the highest *Freestyle test* passed.

These tests are administered through the Skating Club at Dartmouth and other skating clubs and judged by volunteer professionals from outside the club who are knowledgeable in US Figure skating standards. Professionals will advise a parent when a skater is ready to be tested. There is a separate application form and materials for the test sessions. If a member wishes to take a US Figure Skating test administered by the Skating Club at Dartmouth (or a test at an outside club's US Figure Skating test session), a signature from a skater's professional, as well as a signature from either the Skating Club test chair and/or board member is required on the application form.

Candidates for US Figure Skating tests must pay a fee for each test that is to be taken. These fees are based on ice-time costs and the expenses of the certified US Figure Skating judges that are being hosted by the club for the test session. The board tries to schedule US Figure Skating tests outside of the regular sessions but that is not always possible.

The Skating Club at Dartmouth reserves the right to use the ice for tests in a way that has the least detrimental effect on the club's program. Information is always posted well in advance to allow skaters and their families to plan ahead. Skating Club at Dartmouth test application forms are available from the test chair, in plastic bins next to bulletin boards, and on the web site. Test forms from other clubs must be obtained online or from a skater's professional coach.

Please refer to "Specific Tips" in the Competitions section of this manual. These tips are applicable to both testing and competitions.

Adult Program

The Skating Club at Dartmouth offers an **Adult Program** for skaters eighteen years of age and older. The range of skills varies greatly and the emphasis is on fun, exercise, and sociability. However, if an adult chooses to challenge him/herself in a more formal manner, he/she may take US Figure Skating tests. If an adult has questions, please contact the adult chairperson, Da-Shih Hu, at (603) 643-5060 or a board member or a pro.

Dance Instruction

Dance Instruction can be arranged by the individual skater and a qualified professional. Dance comprises steps and turns set to music and specified patterns skated with a partner. The Skating Club offers no designated ice time for dance but dance can be pursued on High level ice time. Dance tests range in difficulty from the Preliminary level to the Gold level.

Competitions

Skaters often register for the Skating Club at Dartmouth's Basic Skills program simply with the desire to learn to move across the ice. However, once they have participated in the Holiday Show and have witnessed the upper-level skaters spinning and jumping, many are eager to work a bit more diligently and pursue the next level of skating—competitions. How do you know if and when a skater is ready to compete? What goes into preparing for a competition? What is the actual event like? The coaches, parents, and upper-level skaters of our club have much experience with competitive skating and their insights should help our lower-level skaters and their families to explore the exciting prospects of skating at a local or regional competition.

Families need to make well-informed decisions about getting involved in this aspect of the sport of figure skating. Frequently, there is no minimum age or proficiency level required. However, Skating Club skaters typically enter their first event after having prepared for their US Figure Skating freestyle test at the Pre-Preliminary level (or earlier at the discretion of the pro). There are some Basic Skills competitions offered at other clubs/rinks.) At this point, a skater has shown commitment to the sport, has a few years of skating under his or her belt, and is a bit more poised. Ideally, the first competitive experience will be challenging and successful; and such success will be the cornerstone for future competitions. There are, of course, other considerations besides skating level: What is the child's emotional maturity? Can the family comfortably afford the expenses? And does the added scheduling complexity of competitive skating overly strain a household?

It is difficult to be prepared for the excitement of the first competition. Skaters who have not yet passed their first US Figure Skating test are not used to being on the ice solo where a panel of anonymous figures casts judgment over their abilities. Families new to competitions will find the atmosphere charged and slightly hectic. It is suggested that newcomers seek out Skating Club at Dartmouth veteran families who can help by answering questions and giving some guidance. Pre planning is very important. It makes good sense (and it is often required) to arrive at the rink at least one hour early and to notice where the judges will be sitting and where to enter the ice. Sometimes skaters are called to the ice earlier than expected. Waiting until the last minute adds needless anxiety. Each skater must register at the front desk, put his/her gear in the designated locker room for the Skating Club at Dartmouth, and wear sneakers if he/she plans to do an off-ice warm-up with the coach prior to the first event.

It is equally important to keep the goal of competing in focus. Parents must be careful not to overemphasize winning. A skater wants to perform at his/her best but it is just as important to cheer on friends and to acknowledge good performances by the competition. Coaches agree heartily with this philosophy.

Financially, parents should also be prepared. Training for and attending a competition can be quite costly. Frequently, a skater will have more private instruction as he/she prepares for the event. And then there are the costs of the competition itself which can include transportation, coaching fees, accommodations (many with swimming pools), meals, entry fees, and skating outfits. Also, there are numerous opportunities to spend money at the competition. Almost everything under the sun that is related to skating is on display and on sale: tee shirts, sweatshirts, warm-up jackets and pants, tights, gloves, jewelry, books, videos, skate bags, skate guards, ad infinitum. There are engravers ready to fashion a name on a medal, florists there to sell bouquets for the competitors, and every imaginable skating dress, skirt and leotard. The choices can add up quickly. It makes good sense to bring along a cooler with snacks to help defray costs and to ensure that the skaters will get some healthy additions to the coffee-shop and fast-food fare that abounds.

Specific Tips:

Outfit— You want the judges to notice your skating more than your outfit. Ideally, your dress will have simple lines, fit well and be attractive and comfortable. Avoid overly flashy trim and revealing cuts! Wear your competition outfit and any accessories a week or so before the event. Check your tights for holes. Also, dress warmly. A nice sweater or skating jacket/fleece that either buttons up in the front or zips is ideal for warm-up prior to the event. Some skaters wear gloves and others choose not to. When waiting to go on the ice, skaters should wear easily-removed warm layers over their outfits. Coaches will inform skaters when to remove their outerwear.

Skates: Skates should be sharpened 3 weeks to 10 days prior to a competition (never a day or 2 before). Skates should be polished with two coats, a day or two before the event, (if not wearing over-the-boot tights.) Remember to also wash or replace the laces. Laces should be tucked in between the boot and the tongue. All blade screws should be tight. Remember to bring both soft and hard guards.

Program Tapes or CDs: Label your tape or CD with your first and last name, the club name, the event (for example, Pre-prelim freestyle, Prelim showcase, Pre Juv short program, etc), and the length of the program (i.e., 1 ? min., 2 min., 2 ? min.). Make sure your pro has an extra copy in case one malfunctions or is misplaced.

Hair: It is important that your hair be off your face. Make sure that any ribbons, pins or “scrunchies” are secure. Light hair spray can keep hair tidy.

Make-up: Wear enough to allow your features to be distinct. Err on the side of too little make-up rather than too much. Lipstick and some rouge are appropriate.

Bring Back-ups: Pack an extra pair of tights, skating outfit, program tape/CD, and a pair of laces. Also, be sure to have a supply bag with a screwdriver, hairspray, make-up, needle and thread/safety pins, skate polish, and band-aids.

Smile: A skater should always keep a positive attitude!

Rink Procedures, Ice Rules, and Safety Precautions

All skaters must observe the club's safety precautions and general procedures for the use of ice. These are listed on the Skating Club at Dartmouth web site and include the following general guidelines:

- 1) No one is allowed on the ice until an adult is present in the building.
- 2) Skaters must remember to remove skate guards before stepping out on to the ice.
- 3) Hanging around talking in groups and/or foolish behavior is not allowed on the ice.
- 4) Skaters must not lie on the ice and must try to get up as quickly as possible after a fall. Skaters must not drop objects onto the ice such as hair accessories that might cause falls. Hair should be neatly pulled back and firmly secured, away from the face.
- 5) Drinking, eating and gum chewing are never allowed on the ice or in the boxes.
- 6) Skaters should always be aware of possible collisions with other skaters and should keep their wits about them. During freestyle sessions, each skater must be aware of the skater who is performing his/her program and must politely yield the ice to him/her when s/he approaches. A skater performing his/her program should always wear a club sash around his/her waist. Upper level skaters executing Moves or dance patterns need to be particularly vigilant.
- 7) Skaters are not allowed to sit on the boards. The rink master is the final arbiter in any conflict and should be treated with respect. The rink master monitors ice procedure, attendance, guest fees, safety, and the playing of music during the session. The rink master follows specific procedures for the playing of tapes and CDs, particularly prior to a test session or Exhibition.
- 8) Skaters should remove all equipment, clothing and music at the end of a session.
- 9) Skaters should alert the rink master and professionals on the ice if there is an accident. There must always be an emergency kit available in the box with supplies and emergency phone numbers. The number for the local hospital, DHMC, is: (603) 650-5000. Rink masters on duty at the rinks are responsible for making sure emergency kits and program sashes are easily accessible to the skaters.
- 10) The harness may not be used unless the pro is trained in its use and the skater has signed a written permission slip.

Skating Club at Dartmouth

- 11) Having snacks and using the bathroom should be done prior to the start of ice time.
- 12) Skaters should dress in layers with mittens/gloves and warm clothing. Young skaters need a helmet.
- 13) Hockey skates or figure skates are acceptable until a skater reaches Basic Skills Level 4. A skater in Level 4 or above must wear figure skates only.
- 14) Skaters younger than age 10 or those who are not yet confident on the ice must have an adult responsible for them at the rink at all times.
- 15) No skater is allowed on the ice until the zamboni driver has closed the large rink door(s).
- 16) A skater should get off the ice promptly at the end of his/her session. The session is done when the rink master makes the announcement to “clear the ice”.
- 17) There are no make-up sessions for any time missed. If a skater will miss many days due to a medical injury, the skater must come before the board to discuss credit (or possible refunds if appropriate). A doctor’s report may be needed.
- 18) All skaters must be patient with the volunteer rink master who is playing music. Rink masters try very hard to rotate program music in a fair manner, especially prior to competitions. All tapes and CDs must be clearly marked with the skater’s name, type of program (freestyle, showcase, etc.).
- 19) Skaters who want a program played must ask the rink master to place his/her music in line.
- 20) Skaters should avoid spinning in the corners and leave this space for those practicing jumps, unless performing a program.
- 21) Program priority goes in the following order: 1st request by pro, 1st request by skater, 2nd request by pro, 2nd request by skater, etc.
- 22) A skater “on program” always has the right of way over all other skaters, including those on lesson! Each skater and pro should be aware of the skater on program and move out of the way as the skater is approaching.
- 23) The skater on program must wear a colored sash tied around the waist to alert other skaters. These are provided by the rink master.
- 24) Parents of skaters (with the exception of Preschoolers) are allowed to observe from the heated bleachers, but are not allowed in the boxes next to the rink or in the rink master area.
- 25) Have fun, stay focused and be productive.

All skaters are responsible for knowing these rules. Parents, please go over all pertinent rules with your skater as necessary.

A portion of the fees for skating lessons provides for accident insurance coverage through US Figure Skating.

Rink Master Duties

The duties of the rink master may vary slightly from rink to rink, (and to some extent, duties will vary depending on the level of the skaters on the ice.) While fulfilling this important position, the person in charge must be familiar with the various procedures. Generally speaking, the rink master is responsible for arriving at least 15 minutes before a session begins in order to unlock the Skating Club locker or trunk and take out the equipment and supplies necessary for the day's session. This job also includes:

- initially seeking out advice from pros, board members or experienced parents and skaters in order to learn the duties of the job of a rink master (and not being embarrassed at asking questions)
- learning the combinations to the rink storage spaces set aside for our club's use
- plugging in and/or setting up the tape/CD player and knowing how to operate it (many people at the rinks can help with the answers to these questions)
- if able or interested (but not expected), bringing appropriate skating background music to play, either in tape or CD form (no CD player yet at Thompson). The Skating Club will try to keep some appropriate tapes and CD's handy at the rinks and skaters are welcome to bring in music.
- keeping track of and rotating which program CDs/tapes have been played (particularly later in the season when (upper level) skaters and coaches have individual programs that need to be played in a fair and timely manner
- getting out the emergency kit (please ask a board member, pro, experienced parent for help as to locations) and being familiar with it contents (medical supplies, emergency contact numbers, guest skater rosters, money storage, etc.)
- setting out the harness on the bench in the closest hockey box (Campion only)
- checking the correct time on the official clock (near the zamboni entrance at Thompson Arena only), making sure the white plastic clock time agrees, and then hanging it on the hook on the left side of the entrance to the ice
- placing skating and emergency procedure manuals out
- keeping track of attendance for skaters who have purchased a punch card (rather than a full membership). The attendance sheets will be placed in the emergency kit, and the rink master needs to identify and check off those skaters
- collecting guest skater fees and writing guests' names on the sheet provided in the emergency kit
- keeping the area nearest to the rink clear of people who are not skating (particularly parents, who are welcome to watch from the bleachers)

- making sure all safety and procedural rules are followed (please see previous section in this handbook entitled Rink Procedures, Ice Rules and Safety Precautions)
- making mature decisions with confidence about personal dilemmas that arise with any group of (mostly) young skaters; (i.e., keeping an eye on the rink, the skaters, and nearby rink areas at all times, and assuming the respect that the rink master position demands for a smooth-running ice session)
- handing out sashes to skaters who are executing individual programs
- adjusting volume of music and stopping and starting tapes if necessary
- listening to requests made by the pros who “know the scene”
- being responsible for ending the session (by “yelling” or speaking loudly and distinctly in a calm, clear, and serious voice to “Clear the Ice”) promptly so that the next group or zamboni person will have fair access to the following ice session
- being responsible for putting away and locking up all of the equipment previously taken out if there is no immediate SCAD session following
- removing cones and closing all doors to the ice rink before the zamboni passes by
- collecting clothing items, tapes, CDs and other misc. items inadvertently left behind by skaters and trying to match them with their owners or putting them in the lost and found box or locking them up

US Figure Skating and Skating Club at Dartmouth Codes of Conduct

The following code of conduct, found in the US Figure Skating Handbook, applies to all participants in all competition, exhibitions, and training camps hosted, supported, or sponsored by the US Figure Skating:

I recognize that my participation in all competitions, exhibitions, and training camps hosted, supported or sponsored by US Figure Skating is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by US Figure Skating or its properly designated agents. As a precondition to participation in US Figure Skating hosted, supported, or sponsored events, I will adhere to the following tenets in good faith:

I will exhibit the highest standards of fairness, ethical behavior, and genuine good sportsmanship in all of my relations with others.

I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by US Figure Skating.

I will not use or possess illegal drugs and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any US Figure Skating sanctioned, or sponsored competition, exhibition, or training camp, I may be subject to criminal penalties as well as penalties imposed by US Figure Skating.

I will adhere to the rules of US Figure Skating and the host organization at all US Figure Skating hosted, sponsored, or supported training camps, competitions, and exhibitions.

I will conduct myself in a manner not detrimental to the welfare of figure skating. I understand that my actions reflect on US Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by US Figure Skating pursuant to GR 1.021.

I understand that the penalties that may be imposed may include, but are not limited to loss of figure international selections, loss of financial support from US Figure Skating and Memorial Fund, and loss of participation in US Figure Skating sponsored events.

I understand that all disciplinary proceedings will be conducted pursuant to Article XXVII, Section 3 of the US Figure Skating Bylaws and that my rights and remedies are derived there from.”

The Skating Club at Dartmouth requires members to show sportsmanship, respect, dignity, and courtesy at all practices, testing sessions and competitions. Through responsible behavior and fair play, skaters and their parents will assume the role of goodwill ambassadors of figure skating.

Our Skating Club promotes:

- positive attitude and honest effort
- cooperation with and respect for coaches, parents and other skaters
- setting a positive example for others
- treating others as you would like to be treated
- setting personal improvement goals for your skating

Our Skating Club prohibits:

- any dishonest conduct, cheating, poor sportsmanship, criminal behavior, or any attempt to take unfair advantage of another in any activity
- any disruption of its functions of its members which infringes upon rights and well-being of others, including the interruption of coaches during lessons
- ice kicking, profanities, or excessive waste of ice time

If any of the following behaviors occur, the rink master or a Board member will request that the skater leave the ice.

- use or distribution of all illegal substances
- deliberate or reckless misuse, damage or destruction of any property

The Skating Club at Dartmouth expects all skaters to abide by local, state and federal laws. The Skating Club reserves the right to ask any skater to leave the ice for inappropriate conduct as stated above.

Guest Skaters and Fees

Occasionally, non-registered skaters may wish to skate on Skating Club at Dartmouth ice. A guest skater needs to report to the rink master upon arriving at the rink. The guest may skate only if there is available space for more skaters and if the guest or host skater has paid the required guest fee. These fees vary from year to year. The fee per session will be determined yearly by the board, and the rink master will have current fee information. Guest skaters are only allowed on appropriate level ice.

Club Trophies and Bowls

Our Skating Club has a number of trophies and bowls that have been donated to the club in honor or memory of individuals or groups for whom the Skating Club at Dartmouth has special meaning. Trophies are awarded on the basis of performance. This year the club is delineating specific criteria in regard to eligibility for the various trophies and bowls. Once approved, these criteria will be posted on bulletin boards and on the web site. The following trophies and awards may be given out at the annual Spring Banquet.

- 1) McGean Bowl: (given to a Red ribbon skater in past years and given in the future to a Basic Skills level skater) This bowl was first presented in 1978 as a gift from the Skating Club at Dartmouth in honor of Lois and J. Michael McGean, the club's former Senior Professionals who were inducted into the USFSA Hall of Fame.
- 2) Frannie Burnett Award: (given to a Preliminary level skater in past years) This award was first presented in 1970 in memory of Frannie Burnett, an accomplished skater and well liked member of the club who tragically died in 1969.
- 3) Norwich Women's Club Trophy: (given to a Pre-Juvenile or Juvenile level skater in past years) This trophy was first presented in 1949 by the Norwich Women's Club, an organization interested in projects benefiting the community, its adults, and its young people.
- 4) Tanzi Trophy: (given to an Intermediate level skater in past years) This trophy was first presented in 1945 by the Tanzi family and was the Skating Club at Dartmouth's very first trophy.

- 5) Hutchins Cup: (given in past years to a Novice level skater) Frank and Pat Hutchins, whose two daughters were active in the Skating Club, donated this cup in 1960.
- 6) Claire Minard Trophy: (given to a Junior level skater in past years) This trophy was first presented in 1984 to honor Claire Minard who became involved in the club when her daughter was a member. Claire, herself a skater, became the club's president when the Skating Club started to skate at Thompson Arena.
- 7) Waring Trophy: (given to a Senior level skater in past years). This Senior ladies trophy was donated by Lois McGean's father, Dr. H. Glenn Waring in 1971.
- 8) Greenslet Award: (given in past years to a skater exemplifying good sportsmanship) This award was given in memory of Randy Greenslet, longtime supporter of figure skating and father of former figure skaters.
- 9) Volunteer/Cusick Awards: (given in past years to upper level skaters who have given generously of their time to lower level skaters and to the club as a whole) Various versions of these awards have been presented in years past, and some new variations on the volunteer awards were first presented in 2004.

Grievance Issues

The Skating Club at Dartmouth recognizes that there are rare occasions when a skater, parent or professional has a need to express a grievance. The Skating Club has a Grievance Committee which makes every effort to be fair and equitable, assessing each concern with objectivity. There is a formal grievance process and questions may be directed to a board member or officer.

Special Olympics

In 2003-2004, the Skating Club at Dartmouth partnered with Special Olympics. The Skating Club helped provide coaching for their athletes, and various members volunteered their time with the S.O. skaters at Thompson Arena. Pete Bleyler is the local Special Olympics Coordinator for the area. Upcoming S.O. skating sessions will be posted at Thompson Arena, and anyone who would like to help out is encouraged to contact Pete at pete.bleyler@valley.net.

History of the Skating Club at Dartmouth

SKATING CLUB HISTORY CHAPTER # 1 DR. BRANDT

When the ponds and lakes in the Upper Valley froze over, the early settlers strapped blades to their shoes and glided across the ice. Recreational skating had been a winter tradition ever since. Local figure skating began in the early 1940's when Dr. Arthur Brandt, a German refugee, was given shelter by a local family. He became the skating instructor at the Hanover Inn's ice rink, preparing ice skaters for local performances. The Hanover Inn Rink (located near the present site of the Court Yard Cafe in the Hopkins Center) was operated primarily for the Inn's guests. Diners seated at tables on the ice were served by wait staff on skates.

In 1944, Dr. Brandt founded the "Hanover Skating School" where skaters learned basic dance mixed with a few twists, turns and jumps in a showmanship flare. Within several months the "First Annual Ice Carnival Show" was produced featuring many local skaters. Articles in the Hanover Gazette (2/22/45) describes "solos, comedy acts, jitterbug performances, and a graceful ensemble entitled 'Cocktail Time'" presented by a cast of 40 who had been "enthusiastically working on figure-eights and twirls at the Hanover Inn rink all winter." Special spotlights were installed in Davis rink, where the first ice show was held to "help make the gorgeous costumes even more effective." It was cold enough on the day of that first ice show according to the Gazette "to frost our breath but not cold enough to keep the ice from getting soft. This made the skating surface rather uncertain and dangerous and the performers showed courage and showmanship in doing difficult turns on the melting ice." Dr. Brandt was asked about another show for next year. His response was "Next year, next year. Well, this was just the beginning. We hope to be back next year with a better show and better times."

The interest and enthusiasm from Ice Carnival led to the establishment of the "Hanover Figure Skating Club," in the fall of 1945. The Second Annual Ice Carnival, still under the direction of Dr. Brandt but now hosted by the club's new name, was "enthusiastically received by all who were present". According to the Hanover Gazette, "The gay costumes and the finished skating made the evening a colorful and entertaining one. Presented by the Hanover Figure Skating Club with the cooperation of the Claremont Club, the Carnival included solos, duets, and group numbers which showed the patient coaching of Dr. Arthur Brandt, who has been directing both clubs. The group numbers presented by the Hanover Club showed how far the members of the club had advanced since the first Carnival.....It would seem very fortunate that Hanover and Claremont are able to receive the advice and instruction of Dr. Brandt who has aroused an interest and enthusiasm for this graceful sport."

CHAPTER # 2 HANOVER FIGURE SKATING CLUB

(FALL, 1945) Under the new club's first president, Jim Cusick, a Dartmouth economics professor, the club hired Marion Proctor, a qualified instructor, who taught freestyle and figures. The Dartmouth Log, (12/21/45), states that: a new

organization, the Hanover Figure Skating Club, has been formed to encourage an additional form of recreation in the Hanover community. Its purpose is to develop an interest in figure skating and to provide a social group for those interested in learning figure skating. The club is open to residents of Hanover and Norwich. There will be different types of membership: junior and family membership, as well as associate membership for Dartmouth students and their wives and for Clark School students and student nurses at the hospital. The club plans to make use of Occom Pond but also, through the cooperation of William H. McCarter, director of athletics, it is to have the use of the hockey rink on Sunday afternoons and one night during the Week. Music will be provided in the rink to add to the fun of skating, to assist in developing rhythmical skating, and to make possible ice dancing, a recent development in skating which is creating great interest throughout the country. Officers for the current season are President, Prof. James Cusick; Secretary, Mrs. Ford Sayer; Treasurer, Prof. Randall Waterman.

The Hanover Figure Skating Club's application for membership into the USFSA was received 1/15/48. The application was probably sent in December, 1947. The process in becoming a full member into the USFSA is long. It wasn't until May 8, 1949 that the club with its by laws were recognized. The Hanover Figure Skating Club operated much like the present day SCAD with officers, planning meetings, and banquets. The club gathered at Davis rink once or twice a week; additional ice time was provided by Occum Pond, the Hanover Inn rink, and flooded back yards. Jack Manchester remembers pulling the music equipment to the rink by sled. In 1947 the club established the Hanover Figure Skating Club Prize. The following is a quote from the Hanover Gazette: the prize takes the form of a full season's free private lessons in figure skating by the club's instructor and a pin in the form of a silver skate as the symbol of the prize. The prize is awarded to that member of the club who has set the highest standard as a skater on the basis of the following points: **1.** Progress in skating during the season, not necessarily the greatest excellence in skating. **2.** Character, as shown by attitude toward others in and around the rink. **3.** Sportsmanship. **4.** Hard work and faithful practice on the fundamentals of skating. **5.** Spirit of cooperation with club members, skating instructor, and club officials. Sylvia Allen was the first recipient of the silver skate.

CHAPTER # 3 WINTER CARNIVAL

During the early years of the club's history, there was a close association with Dartmouth's Winter Carnival (always scheduled the second week of February to coincide with the best weather as required by insurer Lloyds of London). Several of the club's top skaters skated in "Outdoor Evening" of the carnivals, to which the college would invite a number of nationally known skaters to perform. Dick Button skated for one carnival in the 1950's. Hanover Gazette describes the 1947 Outdoor Evening thus:

"Gracefully gliding over glistening ice to the accompaniment of smooth music and fascinating colored lighting effects, Sylvia Allen and Noradell Truxal, a pair of 16-year old Hanover High school students, skated their way into the hearts of the more than 2000

Skating Club at Dartmouth

spectators who sat in Dartmouth's Memorial stadium Friday night to watch the gala ice extravaganza held on the specially constructed rink against a Northland background. Their number was one of two which featured last year's 'Outdoor Evening' and repeated this year by popular demand."

The Winter Carnival Ice Shows were also held on Occom Pond, the green, and the golf course. The 1948 ice show was held in the natural amphitheater at the south end of the golf course where DOC members constructed an artificial ice pond and a set completely of ice. Other carnivals included the dramatic entrance of the college ski team holding flaming torches that were used to light the ice rink. CBS televised the 1960 Winter Carnival featuring the Olympic figure skating team which was preparing to compete in Belgium. A Schlitz beer commercial followed the minute of televised time devoted to the Olympians and SCAD skaters. Although none of the skaters received money for their performances, the USFSA threaten SCAD with probation. In those days sponsorship by an advertiser was strictly prohibited. With a change in the academic schedule in the early 1960's limiting the free time students had to work on the carnival, it evolved into a smaller event. The Outdoor Evening with its ice skating program was eliminated in 1961.

CHAPTER #4 DAVIS RINK

Davis rink, now the site of the Berry Sports Center, was built in 1929, but used only occasionally by the skating club until ice making equipment was installed in 1953. In Davis' early years the quality of the ice was solely dependent on nature. Since it was the only rink around, everybody used it. With hockey as the first priority, the skating club often used the rink after hockey games. Even with the occasional fresh ice, the old skate marks would show through, making the judging very difficult in figures. In a good year, the rink would be open Christmas through late February. Sometimes warm weather, and the resulting mushy ice, would cancel hockey games. The ice was repaired during hockey games by freshmen who would scrap and smooth the ice and then hose it down with water for new ice. Davis rink, even at its best, was inadequate for any kind of figure skating show.

CHAPTER # 5 SKATING CLUB AT DARTMOUTH

In the early 1950's, the club was renamed the "Skating Club at Dartmouth" by skating club president George Taylor to reflect the growing ties to the college community. Originally, the club was open only to residents of Hanover and Norwich, Dartmouth students and their wives, and student nurses. Many officers and board members worked for the college. When Davis Rink was unoccupied by the College Hockey team, the club was given free ice time. The exact year that the club changed its name is difficult to determined, but can be narrowed down to the years 1949 (HFSC) and 1953 (SCAD). The Skating Club at Dartmouth became incorporated with the State of New Hampshire Jan. 4, 1954. The application was received in December, 1953, the significance being that in 1953, the club must have been known as Skating Club at Dartmouth. Signing this document were George

Taylor, Jim Cusick from the Hanover Figure Skating Club, and Lois McGean. On file at the USFSA headquarters in Colorado Springs there is one file containing both clubs. The earliest file (1949) with the USFSA has a typed heading of Hanover Figure Skating Club and in pencil underneath is written in Skating Club at Dartmouth.

CHAPTER # 6 THOMPSON ARENA ICE SHOWS

With the construction of Thompson Arena in 1975, the club begin to produce first rate shows under the direction of Lois McGean, director, and her assistant Mike McGean. In 1980, Canadian skaters Martini and Underhill, the Canadian pairs champions and world professional champions, skated for two standing room only crowds. Also in the 80's, Gary Beacom, the Canadian mens champion, skated here. Paul Wylie and Nancy Kerrigan skated were featured just before going on to win the silver and bronze medals at the 1992 winter Olympics in Albertville, France. The Russian dance couple Usova and Zhulin performed at the Holiday show enroute to the silver medal at Lilihammer, Norway in the 1994 winter Olympics. It wasn't until 1976, when Helen Lemal and Lois McGean designed the backdrop that is currently used, that the skating show used anything but a crude curtain and wire rigging. The backdrop was constructed on campus at the college shop. Each year, as parents and volunteers help in the show setup, more props and staging are added to the inventory.

CHAPTER # 7 McGEANS

Key figures in the club's recent history have been Michael McGean and his late wife Lois. Mike, Dartmouth'49, was recruited as a hockey player. While Mike was in graduate school at Dartmouth, Lois was the national dance champion training in Baltimore. After her partner joined the professional ranks, Lois called Mike, an acquaintance through many competitions, to see if he was interested in partnering her. Mike left graduate school and the two of them trained in Canada for a year. After winning the 1952 U.S. national championship in Colorado Springs and before leaving town, they were married. Mike and Lois qualified for three successive world championships, winning in London in 1950, placing third in Milan, Italy. Injuries during practice kept them from competing in the worlds held in Paris. In 1953 Mike started teaching for the skating club, and Lois, then a national judge, provided judging for the club. Mike's skating accomplishments include (dates??) mid-western senior pair champion, senior dance champion, and senior mens singles champion, runner up national senior pairs, runner up national junior mens, two times national dance champion with Lois, world dance champion, and induction into the skating hall of fame (1991). Mike was runner up to Dick Button (when??). Of all of Mike's skating accomplishments, he says his proudest moment came the day his student, Megan Berthold, a SCAD skater, passed both her gold freestyle and her gold figures in Thompson Arena 1978. Mike had taken Megan from beginner to gold. Lois' skating accomplishments include: five times national ice dance champion, North American dance champion, world dance champion, and national junior pair champion.

CHAPTER # 8 SKATING CLUB AT DARTMOUTH SKATERS

The 60's, 70's, and 80's were strong years for the club with membership averaging 150. These years also saw a large number of high schoolers testing at advanced levels. Megan Berthold is an outstanding example from the 1970's. No SCAD skater before Megan had gone beyond the second test. In 1976 Megan, eighth grade, and her older brother Tim, ninth grade, won the New England juvenile pairs competition, and competed in Easterns. By the time Megan was in the eighth grade level, she and Tim were living, home schooling, and training (up to eight to ten hours a day) in Lake Placid. Although encouraged by their coach to continue an attempt at an Olympic berth, both Megan and Tim decided they wanted a "normal life style and education" and dropped out of serious competition in 1976. Tim remains, to this day, the holder of the highest level boys test (sixth test). Megan passed her SCAD gold medal when she was in the tenth grade. Another accomplished SCAD skater was Lisa Tighe who passed her eighth test and SCAD gold several years later. Lisa went on to compete in the regional and sectional championships, making her the highest placed SCAD skater in the club's history. She failed to qualify for nationals. Both Megan and Lisa went to Harvard and played hockey. More recently, Emily Schaller completed gold figure, moves and freestyle, competed at the regional and sectionals, and went on to compete on the Dartmouth College figure skating team.

CHAPTER # 9 FRANNIE BURNETT

Frannie Burnett, daughter of a local well liked family physician, skated with SCAD in the 1960's. She is remembered as a warm, friendly, outgoing girl who was particularly helpful to younger skaters. After graduating from Hanover high in 1966, Frannie attended Brown University. She died tragically (the only one of four to be hurt) in a car accident en route from Boston to Brown. Her parents have been generous to the Frannie Burnett Scholarship Fund which they established in her memory.

CHAPTER # 10 CLUB'S FUTURE

The Skating Club at Dartmouth has come a long way since its humble beginnings. The club offers excellent instruction from qualified professionals. The club's business is capably managed by a large group of dedicated volunteers (parents and others). The club is hampered by the lack of a year-round, high quality ice, but students take advantage of summer programs elsewhere. As it is, The Skating Club produces well rounded children for whom figure skating is one part of their lives.

Special thanks and acknowledgment go to Sylvia Nelson, Midge Crooker, Peg Funkhouser, Jack Manchester, Fred and Laura Berthold, Michael McGean, and Marcia Herrin as editor.

Special Note: January 6, 2004, was the fiftieth anniversary of the Skating Club at Dartmouth.

Skating Club at Dartmouth

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A large, light blue, semi-transparent graphic of a skater in a dynamic pose, performing a jump or spin, is centered on the page. The skater's arms are raised, and their legs are in a wide, balanced stance. The graphic is overlaid on a large, light blue, curved line that sweeps across the page from the top left towards the bottom right.

***Over 50 Years of
Skating Tradition
in the Upper Valley***