



Welcome to

Joensuun Kataja figure skating division`s skating school!

At Joensuun Kataja figure skating division`s skating school children learn basic skating skills and figure skating from versatile exercises and playing on and off ice. We have lessons for beginners and for those who already know a bit how to skate. At the skating school a child will learn basic skating skills in a positive and encouraging environment, learn how to act on group and advance their motoric and rhythmic skills. Children also get to perform at Christmas party and spring show. After the registration, they will get an insurance and a magazine from Finnish figure skating union (Suomen taitoluisteluliitto) four times a year.

In figure skating you need qualities that need to be trained in a young age. Therefore the number of training should be increased even in early stages of skating so the skills get lot of repetition and learning them gets easier. We recommend that after one term of training once a week the amount of training, should be increased to two times a week. We move enthusiastic and improved skaters from skating school to groups that aim to competitive skating. There is also a possibility to join hobbyist groups after skating school. The coaches of skating school make sure that a child is in the right group for him/her.

Training schedule ja fees:

Minitähdet

- 3-4 -years old
- training once a week on Monday or Saturday
- Monday 16.30-17.00 off ice training and 17.15-18.00 ice training at harjoitushalli
- Saturday 9.00-9.30 off ice training ja 9.45-10.30 ice training at harjoitushalli
- fee for fall semester 110€

Tenavatähdet

- 4-6 -years old
- training twice a week on Monday and Saturday
- Monday 16.30-17.00 off ice training and 17.15-18.00 ice training at harjoitushalli and Saturday 9.00-9.30 off ice training ja 9.45-10.30 ice training at harjoitushalli
- fee for fall semester 165€

Jäätähdet

- 7-12 -years old
- training once or twice a week
- Monday 16.30-17.00 off ice training and 17.15-18.00 ice training at harjoitushalli and/or Saturday 9.00-9.30 off ice training ja 9.45-10.30 ice training at harjoitushalli
- fee for fall semester 110€/once a week, 165€/twice a week

Salamat

- 4-12 -years old boys
- Saturday 9.00-9.30 off ice training ja 9.45-10.30 ice training at harjoitushalli
- boys can also train on Mondays with their own age group
- fee for fall semester 110€ /once a week, 165€/ twice a week

Equipment:

- Name tag on helmet
- Flexible, breathing and clean outfit (not the same as playing outdoors)
- Gloves, a hat and a helmet.
- Skates that are supporting the ankle and are just the right size.
- Sneakers and a drinking bottle for off ice training. A jumping rope for Tenavatähdet and Jäätähdet.
- Blade guards, a small towel and fabric guards or bags for the skates
- You can buy figure skates for example from Pure Ice Joensuu (www.pureice.fi), Skate Shop Helsinki (www.skateshop.fi), Lucky Skate Helsinki (www.luckyskate.fi) and Skate Marketing Tuusula (www.taitoluistin.fi). There are also used skates for sale on most shops.
- Sharpen the blades at least once or twice a year.
- When you walk from dressing room to ice, the skates should have blade guards.
- After the ice training you should dry the blades with a towel, so they don't get rusty.
- After you have dried the blades don't put the plastic blade guards on. You should use soft fabric blade guards or fabric bags to store the skates.

Behaviour at the ice hall and in practise:

- Arrive at ice hall at least 10minutes before the training starts.
- Come to off ice training from the main doors of Kilpahalli. The coaches will be there waiting for the children. The off ice training is held at the lobby of Kilpahalli. After the off ice training coaches will take the children to dressing room, where parents can get them ready for the ice training.
- You can find the dressing room number from the info board at the lobby of Harkkahalli.
- Take care of your own belongings at dressing room.
- Don't go to ice before the coaches
- It's forbidden to come to ice wearing shoes.
- Eating for example a gum on ice is dangerous and forbidden.
- Parents can watch lessons from the upper deck. Coaches help children to ice and off of it.
- At lessons you should listen to coaches and give everyone peace to train.
- Remember to take child to use toilet before the lesson. Coaches can't leave the ice to take someone to the toilet.

Informing

Informing for skating school happens mainly via internet. Please follow the web site katajaitaitoluistelu.fi/intra regularly because briefings about theme weeks, shows etc. will be there. If your contact info changes over the term, please inform the head coach of skating school. The head coach of skating school will also send you all the information translated to English via email.

Wishing you a happy skating season,
Joensuun Kataja, Figure skating division
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