

Lake Placid
Summer Figure Skating

handbook
2011

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Welcome to Lake Placid Summer Figure Skating! This handbook is meant to serve as a supplement to lakeplacidskating.com as well as a general guide to our summer program,. Hopefully it will answer any remaining questions you have about our program.

So you've decided to spend part or all of your summer with us...now what? Read on and find answers to the questions we encounter most often.

Chapter 1: The Application Process

Step 1. Submit your Application: To sign-up for the Lake Placid Summer Skating Program, you will need to complete the *2011 Lake Placid Summer Figure Skating Application*, which can be found **online ONLY** at www.lakeplacidskating.com. The purpose of the application is to identify the following:

- * Which weeks the skater will be joining us
- * The daily on-ice **practice** sessions (freestyle and dance only; not group classes) the skater would like to sign-up for
- * Whether or not the skater would like to request housing accommodations (at National Sports Academy (NSA)) for their stay in Lake Placid

Once the application has been successfully submitted, you will receive an e-mail confirmation indicating that your application has been received.

Specific details regarding the summer ice schedule and pricing are available at www.lakeplacidskating.com. Skaters must select their free skate practice session times by selecting sessions specifically allotted to skaters of the **highest FREE SKATE level you have passed!!** All skaters **must** verify their free skating level in one of the following ways:

- * Submitting a copy of the judges sheets for your most recent test session
- * Submitting an e-mail from the U.S. Figure Skating verifying your test level

Late applications, which are not received more than 1 week prior to the skater's arrival, will be subject to a \$25.00 late fee.

Step 2: Submit Supplemental Paperwork: Following receipt of your application, you will be sent supplemental paperwork, which must be completed and returned to the Olympic Center Arena Office either prior to, or at your arrival. This paperwork will include the following:

- * *Credit card information forms* - These allow the Box Office to keep your credit card information on-file, to be used to purchase lesson tickets, on- and off-ice group class tickets, etc.
- * *Waivers and medical forms* – ****Skaters will NOT be allowed on the ice without the completion of these forms****
- * *Passport photo* – Skaters must submit a passport-sized photo to be used in their photo ID cards. Please submit these photos via e-mail to skating@orda.org

Supplemental paperwork not completed at least 1 week prior to arrival is subject to a \$25 late fee.

Answers to frequently asked questions (FAQs) you may have about the application process

How do I go about choosing my sessions?

On your application, the sessions you indicate you'd like to skate are for your freestyle and ice dance practice times only. You may sign-up for sessions that are intended for skaters of your current test level ONLY; that is, the highest FREE SKATING test you have passed (not the test you are working on).

Do I have to skate the same sessions everyday?

Yes, the sessions you select on your application will be the sessions you skate every day (Monday-Saturday). This means you cannot, for example, skate the 7am session Monday, Wednesday, Friday and Saturday, and switch to the 8am session on Tuesday and Thursday.

What if I decide I'd like to skate more sessions than I sign up for after I arrive?

If you decide you'd like to purchase additional ice, you can purchase a punch card at the Box Office. Skaters who are registered for the Summer Program may purchase punch cards at a rate of \$10.00 per session; those who are not registered pay \$25.00 per session.

Can I practice or have a lesson on a session that is up or down a level from my own?

No, you must skate sessions that are your level only. All lessons must be held on sessions that are your level, as well.

What if I decide that I'd like to extend my stay after my arrival in Lake Placid?

No problem! We can upgrade your package for the requested difference, plus an additional \$10.00 filing fee.



Chapter 2: **Housing Accommodations**

Lake Placid offers a wide variety of housing options! Various hotels, motels, bed & breakfasts, rental homes, and athlete housing venues allow athletes and tourists from all over the world to find the accommodations that best fit their personal needs. Housing is left completely up to you - skaters may stay with family and/or friends, or, for those skaters who will be coming alone, the dormitory-style housing available at the National Sports Academy may be more ideal.

- 1. Hotels, Motels, Bed & Breakfasts:** Such accommodations are ideal for skaters and their families who wish to spend a week or two in the area. Some properties may offer weekly rates. Additional information is available at www.lakeplacid.com
- 2. Rental Homes:** Rental homes or condominiums are often a great bet for families or coaches and their skaters. More spacious and private properties create a more home-like environment for skaters while training in Lake Placid. Local realtors and available properties are listed online at www.lakeplacid.com. The Olympic Center Arena Office often receives information on rental listings, as well. Please call 518.523.1655 ext. 295 or 215 for information on any additional listings that may come up.

3. National Sports Academy (NSA): The Olympic Center is now offering NSA dormitory-style housing for skaters aged 10 years and up. Housing will be supervised, and all meals (breakfast, lunch and dinner), as well as healthy snacks 24 hours/day will be provided on-site. There are also laundry facilities on-site and a common lounge area. Rooms can accommodate 2-6 people, and we will do our best to accommodate roommate requests, but cannot always guarantee a skater's first choice.

The arena is located approximately 5 minutes walking distance from NSA. The cost for one week (6 nights) is \$440 (Sunday drop-off, Saturday pick-up). Should skaters wish to extend their there will be an additional charge of \$75 per night. Please note that weeks cannot be pro-rated. Skaters are advised to make reservations as early as possible, as NSA housing availability is limited.

Skaters staying at NSA will be responsible for their own bedding, towels, washcloths and toiletries.



Chapter 3: **Making Coaching Arrangements and Lessons**

A full list of Olympic Center summer staff coaches is provided on <http://www.lakeplacidskating.com/plan/staff.php>. Take some time to look over the list and pick out the coaches that look like they may be able to provide what you're looking for. You may want to discuss your choices with your home coach, as well, and see if they have any suggestions that may help you with your decision. Then, give the coaches you've decided to consider a call. In talking to them, decide if they're the right fit for you and find out if they're available when you need them.

FAQs about lessons and coaching:

How do I find out when my lessons are?

Many coaches post weekly lesson schedules in a number of places throughout the arena. There are two bulletin boards: one just outside the 1932 rink, and one just inside the Box Office Entrance where these schedules are most likely to be found. It may also be a good idea to contact your pro once you've arrived to verify your schedule and check-in before the week starts on Monday.

What if my coach is not available to teach me on one of my assigned sessions, or if they schedule my lesson on a different session than my own?

If your coach's schedule does not allow for your lesson to be held on your session, you may buy a punch card from the Box Office. You can use the punch card to skate your lesson on a different session than your assigned session, but the session **must** be your level. You must pay for the entire session, even if you decide to only skate during your lesson.



Chapter 4: Sunday Registration

Weekly registration is held on Sundays from 3:00-5:00pm, and is located at the top of the Box Office stairs, just outside the Arena Office & 1980 Rink Entrance on the main level of the building. You can pick-up your informational packet at this time, and ask any questions you may have. The packet will include a weekly class schedule, information on the sessions you are signed up for, photo ID cards, and of course, your t-shirt!

Sunday registration provides a great opportunity for skaters to become acquainted with the arena and ask any questions you may have. You will meet Arena Office staff face-to-face and may also request a tour of the facility. Tours will be given upon request when staff is available (i.e. if there is a long line to the register, there may be a short wait until it dies down).

FAQs about Sunday registration

What are ID cards used for?

ID cards are given to skaters to allow them admission to Saturday Night Ice Shows, Freaky Fridays, the Lake Placid Summer Figure Skating Championships and the Lake Placid Ice Dancing Championships. The ID cards also indicate the level of the skater and therefore which sessions the skaters will be allowed to skate on. You are required to bring your ID cards with you to your assigned sessions for admittance onto the ice, as well as any sessions you wish to punch on to.

What if I miss Sunday Registration?

Skaters are strongly urged to attend Sunday registration because it is a guaranteed opportunity to talk with program managers and learn more about the rink. However, if you are unable to attend for any reason, you can always stop by the Arena Office on Monday to pick up your registration materials. You absolutely need your ID card to get on the ice in the morning, so if you have a 7am or 8am session, please make an appointment with the arena office staff to pick up your packet.



Chapter 5: The Ticket System: How to pay for Private Lessons, On-Ice Group Classes and Off-Ice Group Classes

Prior to private lessons, on-ice group classes and off-ice group classes, all skaters must purchase tickets, which are used as the means of payment for lessons and classes at the Olympic Center. Tickets can be purchased at the Olympic Center Box Office only. The Box Office is open Monday-Friday from 8:30am-5:00pm, Saturday from 9:00am-5:00pm and Sunday from 3:00-5:00pm. You are strongly urged to purchase tickets on a daily basis, as there will be **NO REFUNDS** provided for lost, stolen, or unused tickets. Tickets may only be *exchanged* at the Box Office for a lesson ticket with a different professional.

The tickets are made-up of three separate sheets: the customer copy (white), the office copy (pink) and the pro copy (yellow). The white copy is for you to keep for your records. You must turn both the **yellow and pink copies** in to the coach or instructor.

FAQs about tickets

How will my skater purchase tickets if they won't be accompanied by a credit card holder while they're at the Olympic Center?

Parents or guardians of skaters who will not be accompanied by a credit card holder during their stay here may choose to leave credit card permission on file at the Box Office. This card can then be accessed for the purchase of tickets and other related items during the skater's time training with us.

What is the refund policy for lost or stolen tickets?

REFUND POLICY: There will be no refunds on lockers, testing, extra ice cards or harness cards. Refunds will only be given for unused lesson tickets, on- and off-ice classes and ice time when the skater *misses two or more weeks of continuous ice time due to a documented medical reason*. Refund requests must be made *in writing* and sent to the Arena Office, accompanied by a *doctor's note*. Refunds are subject to a 15% filing fee and take 4-6 weeks to process. If a refund is approved, a check will be mailed to the address specified. Please note: THERE ARE NO REFUND FOR LOST OR STOLEN LESSON TICKETS. THEY ARE TO BE TREATED LIKE CASH

If I have an extra ticket for one class, can I use it for a different class?

No, you must hand in the ticket that corresponds to the class you are taking. If you have an extra ticket for a different class, you can exchange it for the right ticket for the class you plan to take, but you cannot, for example, give your dance teacher a fitness ticket – so plan ahead!



Chapter 6: Locker Rentals

If you pre-purchased a locker when you registered online, your locker number and combination will be included in the informational packet from Sunday Registration. If you decide after you arrive that you'd like to rent a locker, head down to the Box Office and sign-up for one then. Lockers are \$10 per week and are located in the 1932 or 1980 Rink Locker Rooms.



Chapter 7: Setting up Your Weekly Schedule

After your weekly on-ice practice schedule is set, you'll need to decide which on- and off-ice group classes you'd like to take. A full list of off-ice group classes can be found in this handbook. Take a look at the descriptions provided, and start to think about which ones you may be interested in taking. You will not need to decide which ones you want to do until you arrive (explanation to follow), but it is helpful to have an understanding of what each class entails. The on-ice group class schedule will be available on a weekly basis.

Group Classes:

We offer a number of different group classes everyday, which are taught by various skating and off-ice professionals and focus on a variety of specific aspects of skating. Skaters do not sign-up for any of the group classes in advance, and need only to decide which classes they want to attend, purchase a ticket and show-up at the start of the class. Again, skaters are strongly urged to purchase group class tickets on a daily basis, as many decide to change the classes they'd like to participate in or opt not to attend a class they had intended to previously, and then get stuck with tickets that they can not receive a refund for.

The group class schedule may vary from week to week. Weekly group class schedules can be found in the Olympic Center Arena Office (on the right-hand wall just after you enter the main doors) at the start of each week. All classes are \$13.00 per class.

Remember: Because you are not "signing-up" for group classes in advance, you are free to participate in different classes every day; by no means are you obligated to attend the same classes for an entire week. Purchase your tickets on a daily basis and mix it up a bit!

- 1. On-Ice Group Classes:** On-Ice Group Classes are 25 minutes in length and will be held in the USA Rink or the 1980 Rink/Herb Brooks Arena Monday-Friday . A new schedule with weekly classes will be available beginning every Sunday and may include any of the following classes: Creative Movement, Stroking, Spirals, Jumps, Choreography, Turns and Transitions. Instructors for these classes may vary from week to week.
- 2. Off-Ice Group Classes:** A list of Off-Ice Group Classes and their descriptions is provided below. Please note that available classes, as well as class times are subject to change from week-to-week. Additional classes may also be added. Off-ice classes are all 45 minutes in length.

Ballet – Conference Center Ballroom – A classical ballet class specifically developed to address the needs of figure skaters. It teaches skaters the importance of posture, technique and expression. In addition, the class will incorporate exercises designed to help the skater develop fundamental body awareness that is required for improving rotation, and work on the involvement of both ankles and toes in jumping. The class itself will consist of both bar and center work.

Dance – *Conference Center Ballroom* – Dance class will incorporate many different styles of music and dance including hip hop, musical theater and jazz, to help skaters learn body movement and style. Skaters will gain self-confidence, as well as, body awareness that will translate to the ice, in their skating programs.

Fitness – *in the far left corner of the 1980 Rink Mezzanine* – Fitness classes are designed to meet the needs of skaters of all levels and backgrounds. Enhancing balance, core strength and overall athletic ability is emphasized through the use of stability balls, balance apparatus, sport cords and innovative low-impact strength training. This class works synergistically with the skater's on-ice program and reinforces specific motor skills.

Stretch – *Conference Center Ballroom* - This class incorporates stretches specifically developed for figure skaters, which focus on improving flexibility and injury prevention, while working to improve muscular strength, endurance and coordination. Skaters will stretch muscles in ways that mimic how they are used on the ice, and are advised on how to maintain proper posture and breathing to facilitate optimal outcomes. Appropriate stretching methods and basic stretching rules will be thoroughly discussed and implemented in a way that allows skaters to carry what they learn in class along with them, as they are applied to their training routine at home.

Trampoline – *at the Trampoline, located just outside of the Box Office* – Trampoline training focuses on basic jumping technique, stressing tight body positioning with respect to multi-revolution jumps. Each skater will learn to coordinate body movements and gain control of their jump rotation. The trampoline will expand the athlete's comfort zone by increasing body awareness, hence reducing the fear factor and contributing to improved confidence. Safety will be stressed and there will be now allowance for inverted maneuvers.

Yoga – *Conference Center Ballroom* – The practice of yoga (meaning union) fosters greater self-awareness and feelings of self-worth in a non-judgmental, supportive atmosphere. The classes are designed to incorporate serious principles in a playful and fun environment. Some classes are serene and introspective, while others are more celebratory and aerobic to cultivate creativity, spirit and freedom of movement.

OIE Platform Classes - *in the far left corner of the 1980 Rink Mezzanine* - this class will actually be composed of two 25 minute classes - the first class focuses on the axel, salchow and loop and the second on toe loop, flip and lutz. Skaters should wear skates to the class.



Chapter 8:

Saturday Night Ice Shows

Part of the Citizens Bank Summer Ice Series

The main attraction! Every Saturday we hold the Saturday Night Ice Show – a chance for skaters to skate under the spotlights and show friends and family what they've learned and how far they've come. A great experience for all, the Saturday Night Ice Show has something for everyone; whether you'd like to perform a show program, prepare for competition, skate alongside your friends in the group number/finale, or meet the star skater of the week!

I. How to sign up to skate a solo:

The first step to participating in the Saturday Night Ice Show is making sure that your application is in on time. Applications can be found in the Arena Office and must be returned to the Arena Office by Wednesday at the VERY latest, so make sure to stop by and pick yours up as soon as you decide to participate.

****Please note**:** Though we do our best to accommodate all skaters, we do have a limited number of spots, so simply handing in an application does not guarantee you a spot in the show. Your show application will ask you to rank the remaining weekly shows to indicate which shows you'd most like to/will be able to participate in.

II. Participating in the group number/finale:

Every week skaters of all levels are given the opportunity to participate in group numbers that will be performed during the show. If a skater wishes to participate in the group number, they are required to attend group number rehearsals held daily, Monday-Friday. There is no official "sign-up" for the group numbers and group rehearsals are free-of-charge. In order to participate, it is the skater's responsibility to check weekly ice schedules and arrive promptly at the beginning of every rehearsal.

All skaters are strongly encouraged to participate in the group number, as it is a great way to make new friends and have a good time. Skaters will not be asked to perform moves they are not comfortable with, but more advanced skaters will be given an opportunity to be challenged, if they so choose.

III. On the night of the show...?:

The Saturday Night Ice Show is always held in the 1932 – Jack Shea Arena. From 5:00-5:45pm on Saturday evenings, solo skaters may attend the soloist rehearsal to prepare for the show. From 5:45-6:15 a final group number rehearsal will be held, which all participants *must* attend. From 6:15-7:00 the guest skaters will warm-up, and the show begins at 7:30!

Skaters must turn in their music to the arena office on the Friday prior to the show. Times for music turn-in will be posted with the posting of the solo list.

Skaters in the show should report to the zamboni end of the arena, where they will enter the ice for the show. Skaters in the first half of the show must be seated in the audience, section 2 at the start of the show, until they are called to warm-up. Participants will be allowed a brief warm-up on the small sectioned-off area of the ice, behind the curtain beginning 2-3 skaters before their scheduled order of skate. Skaters in the second half the show must report to the same seating section during intermission, and remain there until they are called for their warm-up. If you are not seated in the correct section at the correct time, you may not be able to participate.

FAQs about the Saturday Night Ice Show

Do I need to buy tickets to the show if I'm not participating?

Nope! All you need is your Summer Skating Program photo ID card.

What if my parents/family members want to watch the show?

You will be provided with one chaperone ID card in addition to your photo ID. This card will get one guest into the show, free of charge. Additional tickets can be purchased at the Arena Box Office, or at the door at the start of the show.

What kind of program is good for the show?

Many skaters use the Saturday Night Ice Show to gain experience skating competition programs in front of an audience, or to entertain the crowd with an exciting show program. Ultimately, the program you skate is your choice.

What do I wear for the group number?

You will be instructed on what to wear for the group number by the choreographer. Make sure to pay attention, because you will be responsible for making sure you are appropriately dressed. Occasionally, the full costume or part of the costume will be provided for you. Make sure to listen carefully to how you are expected to retrieve and return the parts of the outfit that belong to the arena. Often, skaters will be asked to wear their own jeans, black pants or a colored t-shirt, etc. Make sure to be prepared, and have your contribution to the outfit ready *before* the show!

Can I meet the guest skater(s)?

Yes! Following the show, skaters and fans will be provided with an opportunity to meet some of the biggest stars in figure skating during the meet-and-greet autograph sessions, held immediately following the show. Take this chance to say "hello", collect autographs and even take a picture with some of your favorite skaters! *Please do not wait outside the guest skaters locker room – you will be asked to leave.*



Chapter 9: **Freaky Friday**

Part of the Citizens Bank Summer Ice Series

The most fun part of the week! Every Friday, skaters are given the opportunity to let loose and show off their crazier side in this entertainment-based competition. The panel of judges recruited for Freaky Friday is composed of local celebrities, who are instructed to judge the skaters based on the showmanship, entertainment level and creativity of the skater's programs, rather than on skating ability and program difficulty. Skate a solo or bring your friends and show off your funkier costumes, props, gimmicks and more – at Freaky Friday, anything goes!

I. How it works:

Warm-up for Freaky Friday begins at 4:00pm, every Friday. During the warm-up, skaters draw their starting order from a hat. At 4:30pm, the show begins! Once the skater(s)' program is finished, they are called over to the MC for a brief interview, before the MC requests the results from the judges. Scores are tallied and the current leader is sent across the ice to take their place on the *throne*, where they remain for as long as they maintain the lead. At the end of the show, the skater or group of skaters with the highest score are given an additional prize.

II. The Freaky Friday Finals:

The final Freaky Friday competition of the summer is reserved for the Freaky Friday Finals, in which all of the winners from the entire summer, as well as one *wild card* skater or group of skaters are invited to compete. This competition proceeds in the same manner as the other Freaky Friday Competitions, but there's even more at stake: a \$1,000 savings bond, and, of course, the always-coveted title of *Freaky Friday Champion(s)*!

III. How to Sign-Up:

Applications can be found in the Arena Office and must be returned to the Arena Office by Thursday at the VERY latest, so make sure to stop by and pick yours up as soon as you decide to participate. Skaters who wish to skate in a group number need only to submit one application for the entire group, so make sure to coordinate and list the names of all group members.

FAQs about Freaky Friday

Is there admission to Freaky Friday?

Nope! Admission to Freaky Friday is *free* and open to the public, so invite everyone you know!

Can my friends and I do a group number?

Of course! Freaky Friday gives skaters an opportunity to be as creative as they want – do a group number, use crazy props, choreograph a program yourself – it's up to you, just as long as you're having FUN! Some weeks there will be an additional session in the 1980 or US Rinks, where groups can practice – check the weekly ice schedules!

If I sign up for the Friday afternoon regular 4:00pm Pre-Juvenile – Novice Free skate session, will I lose my session because of Freaky Friday?

No, if you are signed up for this session, you will be assigned to a different session on Fridays. If you plan to participate in Freaky Friday, you can, of course, practice on both the session you are reassigned to and on the warm-up for Freaky Friday and in Freaky Friday show.



Chapter 10: **Competitions & Test Sessions**

Ice Schedules during Competition:

The weeks of the free skating and ice dancing competitions will not be sold. If any ice is available during these weeks, you may purchase a punch card from the box office and use it to walk-on to available sessions. ORDA reserves the right to change the ice schedule during any special events, etc. **PLEASE CHECK THE FIGURE SKATING BULLETIN BOARDS AND ICE SCHEDULE REGULARLY** for any changes that may affect your plans.

Test Sessions:

We hold **3 test sessions** throughout the summer – one in late June, one in late July/early August and one in late August. Pre-preliminary through senior level skaters can take moves in the field, freestyle, figures and/or ice dance tests at any one of the three sessions. International level dance tests are also offered. Canadian tests may also be available.

How to apply:

Applications are available online at www.lakeplacidskating.com. There are two separate applications for test sessions: the **Dance Test Application** and the **Free Skating, Moves & Figures Test Application**. All of the prices for every test, as well as application deadlines are listed right on the applications. Those registered for the Lake Placid Summer Skating Program are not required to pay the \$25.00 registration fee that is mentioned on the applications. This fee only pertains to those skaters wishing to test, who are not registered for the program.

Applicants are reminded that per US Figure Skating rules, skaters are not allowed to test the same test more than once in any 28 day period, and it is the skater's responsibility to ensure that they are in accordance with this rule. The three Lake Placid sessions held during the summer are 28 days apart; however, the Lake Placid Summer Skating Program is not responsible for keeping track of whether or not the skater has tested elsewhere within 28 days of the current test session.

All applications should be handed in at the **Box Office** before the due date listed on the application. Late applications require a **\$20.00 late fee** for each test.

A space for "special requests" can be found on the bottom of the application. In this section, skaters are invited to request a specific day or time that they wish to have their test scheduled. Please remember: we do try to honor all requests to the best of our ability, however, because we receive many applications for all test sessions and are not always able to accommodate every specific request we receive - *please try to be flexible*.

FAQs about Test Sessions

Can I test with an ice dance coach from home?

Yes! We always welcome guest professionals. Please have your coach call 518.523.1655 for more information.

How do I pay my coach for standing with me at a test session?

It is always best to talk to your coach about their personal procedures for specific instances; however, many have set up special test or competition fees with the Box Office. If this is the case with your coach, when you purchase a ticket at the Box Office, just make sure to specify what you are planning to use it for.

Competitions:

***2011 Lake Placid Figure Skating Championships will be held
June 23-25, 2011***

***2010 Lake Placid Ice Dance Championships will be held
July 27-30, 2011***

Please visit www.lakeplacidskating.com for updates and competition applications!

Chapter 11: More Special Activities & Programs

If your skating and group class schedule doesn't keep you busy enough, read on to learn more about some of the special activities and programs we'll be offering this summer!

I. T-Shirt Tuesdays:

Be spotted in your official Lake Placid Skating T-Shirt and you may win special prizes!!

II. Theme Day Thursdays:

This idea was brought to us by some of our very own summer skaters!

Every Thursday throughout the summer there will be a different theme. Skaters are encouraged to dress like the theme to win special prizes. A grand prize winner will be named each Thursday as well! In order to be eligible to win the grand prize, skaters must come to the arena office between 10am and 2pm to show off their apparel. The winner will be announced Thursday night.

The 2011 themes are as follows:

- * June 16th - Beach Day
- * June 30th - Geek Squad
- * July 7th - Pajama Day
- * July 14th - 80's
- * July 21st - Favorite Team
- * August 4th - Twin Day
- * August 11th - Rainbow
- * August 18th - Christmas
- * August 25th - Mis-Match

III. Community Service Project

On weekends kids will have the opportunity to participate in small projects to help various service organizations. More information - location, times, and projects - will be available weekly. At the conclusion of the summer, a letter will be sent to all participants verifying the number of hours, etc.

Chapter 12: General Questions about the Lake Placid Skating Summer Program

Is there supervision for the skaters at the rink? Is the program run like a regular summer camp?

The Lake Placid Summer Figure Skating Program is not run like a regular summer camp, in that there are not designated counselors for the skaters. Skaters are expected to know their own schedule and find their own methods of getting to and from the rink. Sunday registration, the informational packets and this handbook have all been developed to help ensure that all skaters start Monday morning feeling confident of where they are headed, how the program works, and how their schedule works. It does require a certain level of responsibility from the skaters, but it teaches them independence, and allows the skaters to try different group classes every day.

Skaters are not entirely on their own, however; there are always coaches, instructors and, of course, Arena Office Staff around, who are willing to help answer any questions you may have. Older skaters often also take on the role of “big brother” or “big sister” helping younger skaters figure out how to get from one thing to the next.

For those who are still concerned about leaving their child at the rink, parents and guardians are always welcome to join skaters at the rink, watch practices, and maybe even learn a thing or two about training themselves!

Is there transportation available?

As the slogan says: “Take the **free** ride”. The village of Lake Placid offers free transportation to many popular destinations in the area on the trolley system, the Lake Placid XPress. The trolley schedule does vary from season to season and by demand, and the most current trolley routes and schedules can be found online at <http://lakeplacid.com/flash/village/trolley.cfm>. Additional information can also be obtained by calling 518.523.2597.

Is there a medic if needed?

Yes, the Olympic Center has trained medics on-hand at all times to help with any potential injuries or situations that may arise while at the arena.

If I need my skates sharpened or skate repairs done while in Lake Placid, is there someone who can do that?

Yes, there are several people in the arena who sharpen skates and/or make repairs:

- Serge Bouchard - 518.837.5161
- Dan Wood - find him at the rink!
- Patrick Kelly - 518.523.8706
- Jack Devitt - 518.946.7238

