



The Alaska Association of Figure Skaters welcomes you to the wonderful world of skating!

AAFS is not just for figure skaters. One of our goals is to promote lifelong skating. If your chosen path is hockey or speed skating, our Learn to Skate USA program can get you started in meeting your goals also.

If figure skating is what has captured your interest, AAFS can offer a great community for you and your skater. Sometimes the world of figure skating can seem daunting and as someone that is new to this sport, you may have a lot of questions.

U.S. Figure Skating Basic Skills/Learn to Skate USA – Offers different badge curriculums that are fun, challenging and rewarding to learn the fundamentals of skating.

U.S. Figure Skating Club Membership – 5 disciplines (ladies singles, men's singles, pairs, ice dancing and synchronized skating). Each discipline has a unique test structure and competitive pipeline that takes you from Basic Skills to the elite levels.

If competition and testing are of interest, a coach will be required to prepare and help guide you through the process.

A good coach...

- Knows the sport – and kids. He or she must understand the physical development of boys and girls – what children are and are not capable of doing.
- Knows about differences in personality – what is right for one child is not necessarily right for another.
- Understands each child's motivation for skating. Some kids are very serious about competing; others are there because a good friend is skating.
- Understands and can deal with differences in physical and emotional maturity, and appreciates each child for her or his individuality.
- Is sensitive to children from various social, economic and racial backgrounds. The coach must give attention and instruction to all the skaters and make them feel a sense of accomplishment. A good coach has more than just winning in sight. Long-term goals of helping young people develop physically, psychologically, and socially should take precedence over winning.
- Is skilled at teaching the fundamentals of skating. Skill development is the major reason kids participate in sports – most want to improve their abilities. Improvement is the primary source of enjoyment for athletes.
- Teaches young athletes to enjoy success and respond to failure with new determination.
- Emphasizes improvement, competence and striving for excellence.
- Teaches and models behavior that reflects desirable basic values.

A coach is not the only thing you will need for testing and competitions. Locally, Champion's Choice and Play It Again Sports have a selection of new and used skates. Apparel can also be quite the investment. We suggest taking advantage of the periodic "dress" sales that AAFS puts on. This can be a great way to unload items that no longer fit your skater or pick up a wonderful gently used item that still has a lot of life in it. If you need something new or don't find exactly what you are looking for at an AAFS sale, there are numerous places to look online for apparel. These are just a few of the sites available:

www.bradgriffies.com www.delarbour.com www.discountskatewear.com www.figureskatingstore.com	www.rainbosports.com www.sharenskatewear.com www.rhinestonesupply.com
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AAFS annual events include the Spring Show, Top of the World competition in August, December Holiday Show and Test Sessions. These events are open for all levels, are a lot of fun and give skaters goals to work toward. Keep an eye out for the next event on our Facebook page or the AAFS website.

Please visit us at <http://alaskafigureskaters.weebly.com/> for our calendar of events, Learn To Skate information and more.

www.usfsa.org can also be a great source of information.

