

Massena Figure Skating Club

Welcomes You to Skating 22-23 !!

Let's Get You Started!



Mittens or gloves
are a must!

Dress in comfortable
warm layers that
allow you to move.

1 pair of fitted thin
socks. Doubling up restricts
Blood flow = cold feet!

Thick socks = blisters!



Both Hockey and Figure Skates are OK!

Good Quality!

- Your skates should not be able to fold up, roll down, or squeeze together
- NO double runners, they can't perform the elements we will be teaching.

Good Fit!

- 1 Pencil Rule—push foot forward in skate, 1 Pencil should fit between heel and back of skate (slightly more if foot is still growing / slightly less if not)
- Skate Shops have qualified people who can fit you and recommend quality equipment at reasonable prices.

Taking Care of them!

- Skates don't come sharpened. Have them sharpened by a knowledgeable skate sharpener! They will need to be sharpened at least a few times throughout the season.
- Use Skate guards when walking off ice—dirt acts like sandpaper. *Put your name on your skate guards!*
- Dry blades and skates with cloth, store with soakers on and bag open to the air.

MFSC Needs lots of Hands!



President— Angela Greene
Vice President— Sara Jarrett
Secretary— Nikki Niles
Treasurer— Chastity Miller
Board Members: Sara Jarrett
Linda McDonald
Aimee Auger
Keri LaGrave
Erin McKeever
Denise Lanneuille
Christy Laguador

All skater families are asked to do at least 4 hours of volunteer time. Some of the options are Tests, Judges Hospitality, Ice Show, Competitions, banquet...**We need members to step up and become event organizers and Board members also in order to continue offering these opportunities to our skaters!**

Ask a Board Member how you can Become part of your Skater's Experience today!!

Don't forget to put your name on your



Private Lessons are available for all levels. See the **Meet our Coaches** document on our bulletin board in the lobby for more info.

Aimee Auger
Paul Auger
Shawn Dobbins
Zowie Auger
Piper Auger
Matt Snyder
Emma Jarrett

Please put skates on in designated benches and chairs located in the arena or in the Locker Rooms. Do not use the lobby.

Thank You :)



www.massnafsc.org

usfigureskating.org

LearntoskateUSA.com

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