

# Massena Figure Skating Club

## Welcomes You to Skating 23-24 !!

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

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 guards!!



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**

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](http://www.massnafsc.org)

[usfigureskating.org](http://usfigureskating.org)

[LearntoskateUSA.com](http://LearntoskateUSA.com)

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