

"Learn to Xtreme Ice Skate" Program:

I. Mission:

"To motivate and involve people of all ages into the eye-popping sport of Xtreme Ice Skating".

II. Culture of our sport:

"Where Your Fear Is Frozen". Xtreme Ice Skaters are thriller seekers, leaders, creators, performers, and individualists. We skate fast, hard, and with creativity whenever possible.

III. Art of discipline:

Students learn that overcoming fear is the heart of our sport, and how we approach ice-skating. Students also learn that if they do not feel fear during practice, than they are *not* challenging themselves enough.

General Policy:

- 1 - When first entering the sport, Xtreme Ice Skaters can request to learn any trick their instructor has been certified to teach, providing that students stay within the skill level they're currently engaged in.
- 2 - Tricks that are not approved by the Board Of Directors, can not be taught unless there's a Board vote of approval for such requested trick(s).
- 3 - Students the instructor must wear full protective equipment at all times while on the ice. (Helmet, wrist guards, elbow pads, and knee pads).
- 4 - Parents must sign a waiver or release form prior to lesson. Anyone 18 years or over will sign the waiver themselves and agree to all terms and conditions.
- 5 - The rink must get a portion of the profits from every class, whether private or group instruction.
- 6 - The instructor must carry Xtreme Ice Skating insurance to teach.
- 7 - The instructor must be certified by Dan Perceval to teach the sport.
- 8 - The instructor may only teach tricks which he/she have already been tested in and have passed.

Lesson plan in order:

Lesson 1:

How to fall properly. Forward stroking: keep knees bent, keep arms out, stick butt out. Have student hold the side rails: one arm on rail, other arm off. Also, teach marching technique on the ice if student continues to struggle.

Lesson 2:

Forward stroking: keep head up, and make sure lower back is arched inward. Bend knees. Reinforce principles learned in lesson 1.

Lesson 3:

Add speed to forward stroking. Get students off the side rails if they are still learning this way. Challenge the student at an ever increasing rate. Introduce forward cross-overs if possible.

Lesson 4:

Forward cross overs.

Lesson 5:

Basic two footed turns: student learns the Hawk Turn but without speed or aggressive edge.

Lesson 6:

Backwards skating in a straight line.

Lesson 7:

Backwards crossovers. Student learns that balance is derived from the hips. Student learns to shift hips on an angle to adjust balance.

Lesson 8:

Shifting from forwards to backwards (done slowly).

Standard for lesson plans:

Students must learn lesson's 1 thru 8 before moving on to Beginner level tricks or higher. Furthermore, lesson plans must be taught in the order stated above.

Pre-lesson checklist:

- a. Make sure student's skates are tied tight enough.
- b. Make sure student's protective equipment is fully on and adjusted properly.

Required teaching techniques:

- Maintain slow and controlled movement at first, and move onto faster movement as soon as possible.
- Keep head up.
- Keep eyes maintained on the horizon or in the direction of current movement.
- Keep shoulders and hips in-check.
- Lower back is arched inward.
- Posture: the body should be slightly leant over and never completely bent over, such as the curled back position. Knees must be kept in a bent position throughout unless otherwise mandated.
- Rotation and spin is always derived from the hips, legs, and shoulders — never swinging arms, unless being used for certain prescribed tricks.

*This document was produced by Xtreme Ice Skating Corporation.
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