General information

- Please arrive on time each week and have your skater/s laced up, ready to skate at their assigned time.
- Locker rooms will be assigned each week to keep the lobby clear. If you need to rent skates, please pick up the skates and proceed to the assigned locker room. Tots will enter the ice at the 2nd door down at the end of the rink at 5 p.m. All other skaters will enter at the first rink door.
- All class listings and class times are posted by the rink entrance by week 2. Speak to any PSSA coach if you do not see your skater’s name listed.
- Parents are encouraged to sit in the bleachers to watch your skater or up in the warm room/mezzanine area of the arena. Please do not sit rink-side in the hockey boxes or stand in the doorways to the ice. Skaters are easily distracted by guests at the sidelines, causing disruptions to the group lesson.
- Please make sure you are receiving our e-mails as we send them out quite often with important session reminders. See our volunteers at the registration table if you are not receiving our emails.
- Like us on Facebook and follow what all our skaters are doing and our sister program at Magic Blades Figure Skating Club out of Tilton NH.
- We ask that all questions and concerns either be discussed before 5 p.m. or after 6 p.m. with our LTS table in the lobby. Kindly do not stop any lessons in progress to speak to a coach unless it is an emergency.
- Parents are welcome to call staff at the rink mid-week with any questions or concerns. 603-535-2758 or email pssa-lts@plymouth.edu.

Lesson Information

- Lessons for Snowplow Sam, beginners, start at 5 p.m. and are over at 5:30 p.m. followed by free time to practice from 5:30-6:00. One parent per skater is invited to join their skater on the ice at 5:30 p.m. but must remain in the practice area between the cones and entrance door. Please do not skate across lessons in progress. A few coaches will always remain supervising the skaters during free-skate/fun-time to play games and to assist as needed. This is not considered formal lesson time. All skaters and parents exit the ice at 5pm.
- Skaters are moved to an alternate groups if their skill level dictates a necessary move. This will usually take place week 1 and week 2, of the session.
- Hockey skaters enter the ice from the Zamboni-end entrance and remain with Coach Scott for the entire hour of ice and depart when that hour is over.

Proper Equipment

APPAREL: Mittens or gloves and warm, comfortable clothing. Jeans and bulky jackets are not recommended as they restrict movement. Tots do well with snow pants for extra warmth and padding as they learn. Socks should be high enough to cover above the top of the skate to avoid chaffing from the boot.
HELMETS: Are mandatory for skaters under the age of 6 and highly recommended for all beginners at any age. A full head helmet is preferable but a secure bike helmet is acceptable.

FIGURE OR HOCKEY SKATES?: The PSSA coaching staff prefer beginning tots rent or wear figure skates, not hockey skates. It is much easier to learn the basics of skating wearing figure skates (with toe picks,) Hockey skate blades have a radius that allows less blade on the ice surface and produces more of a “rocking” motion that is more difficult for beginner skaters to control. Beginner skaters who intend on playing hockey should wear figure skates initially and complete the basic skills classes through at least Basic 2 before transitioning to hockey skates. The transition from figure to hockey skates is generally an easy one once the child has mastered the basics.

SKATES: Skates should be a similar size to shoe size while wearing thin socks. Purchasing large skates to accommodate growing feet while using thick socks WILL NOT work. The skate boot must fit snug to the actual foot. You must make sure that the boot offers good support and is made from quality material such as leather. Please AVOID the skates that grow with your child; skaters have a very difficult time learning with that style skate.

BLADES: Must be sharpened properly and done so about every six to eight weeks. Skating on outdoor rinks and lakes dulls blades much faster due to debris commonly found on outdoor ice surfaces. Do not walk on any surfaces except the ice and rubber flooring without guards on your blades. Do not store your skates with the rubber guards on them it will promote rusting. After skating wipe the blades dry with a soft cloth. If you have soft “soakers” (cloth blade covers) store your skates with them on. Skates should be taken out of the bag at home to dry.

PROPER LACING TECHNIQUES: Make sure laces are in good shape and can tie up the entire skate. As you lace up the skate, make sure that the tongue is in the middle of the boot. Pull up on the laces to make sure the skate is snug. The most important part of the lacing of the skate is the ankle. Pull tightly in this area and then relax the lacing a bit as you continue up the skate -no slack. Once at the top, tie a secure bow. If ends are too long, wrap the laces back down through the hooks again and then tie. Please tuck in the loops or your child may get their feet caught. “Weak ankles” in skating is a myth. If you have a good pair of skates and blades, and tie them correctly, you will not have weak ankles.