

FREQUENTLY ASKED QUESTIONS

How does the new BRIDGE Program differ from SCW's former LTS Free Skate classes? Bridge group classes will provide more ice utilization and space for developing skaters to explore their figure skating potential. Instructors will be able to get into greater depth and detail on skill technique in an ongoing program as opposed to a 6-week series with changing participants and pressures of frequent evaluations. Groups may still combine free skate levels as necessary, but skaters will have time to deepen their understanding, strengthen execution of necessary skills, and experiment with a wide range of skills from higher levels. The 30-week program (as opposed to individual 6-week sessions) reflects a greater commitment to skating that corresponds with these more challenging skating skills. Coach instruction for specific topics will rotate regularly, lending variety to training for added inspiration. With the added off-ice training, and supplemental practice time on sessions conducive to figure skating practice, participants will quickly experience how their skating can soar!

How will Learn-to-Skate Testing occur in the new program? Although participants will be registered with SCW's Learn to Skate USA program, testing for LTS Free Skate levels will **not** occur in the group setting of BRIDGE. Beyond the Basic Skills level, this more specialized level of skill is best overseen by a skater's private coach. BRIDGE BASIC participants whom instructors have identified as having the necessary skills to pass a level, but do not yet have or wish to add a private coach may get formerly assessed by the skating director during a skater's practice session at no added cost. The badges that mark the skater's accomplishment will be given when a level is completed at no added cost. Private lessons are required in the BRIDGE EDGE package, and if participants do not yet have a private coach and need guidance, they should consult with program director, Jennifer Eppes, or visit our Coaching Staff page to submit an inquiry. <https://skatewilm.com/skating/private-lessons/figure-skating-coaches-at-scw/> Private coaches can decide when their skaters are ready to officially advance, while considering other factors such as upcoming competition and performance goals for their students.

What equipment is necessary to take part? All participants must have sufficient quality figure skates. If you are unsure if your current skates qualify, please check with the Bridge Program director or your private coach for guidance. SCW can order Jackson or Riedell skates appropriate for instruction; ask for an appointment to be measured and sized correctly, so an order can be placed.

What attire is proper for BRIDGE? Leggings or skating pants, athletic tops, skating dresses, skirts, and fitted skating jackets are ideal. Jeans, loose-fitting sweatpants, and hoodies are NOT appropriate for training. Instructors need to be able to see skaters' body alignment easily, and skaters need fitted clothing that allows for freedom of movement.

Besides the LTS Free Skate levels, what else will be taught in Bridge? Besides free skating development, an important aspect of the Bridge program are Skating Skills (formerly known as Moves in the Field) and their patterns. These skills develop skaters' use of edges, turn proficiency, power, flow, body carriage and extension, all essential ingredients in figure skating of any kind. Sunday Bridge classes will also offer rotating topics for a part of the class to expose skaters to other important figure skating aspects and disciplines. Performing in recitals, shows, and competitions will also be emphasized.