

**Dear Skaters and Parents/Guardians,**

Thank you for your commitment to this year's exciting 2025 **"Winterfest on Ice: Holiday Traditions!"**

On December 13<sup>th</sup>, your skater will participate in a holiday production that will showcase the numerous skills that they have developed. It is sure to be one of the highlights of their time spent skating and growing with the Amherst Skating Club.

Below you will find some additional information to make the Ice Show run as smoothly as possible.

## **Please Read Carefully!**

### **PRACTICES**

With **only** 7 practices for each number to be choreographed and set, it is imperative that the skaters attend every rehearsal. Please let your ice show coach know if you will miss a rehearsal. Make-up lessons to catch up on missed practices will be at the discretion of your skater's ice show coach and at your own cost.

### **COSTUME, TIGHTS, HAIR, AND MAKE-UP**

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>COSTUMES:</b> | <p><b>Unfortunately, your skater's costume has not yet arrived. You will be notified when available for pick-up.</b></p> <p>As stated on the Registration Form, with limited time before the show, there will be no time for costume returns or exchanges. Alterations needed will be at your own expense. To ensure that the costume stays in good condition, <b>please do not allow your skater to wear their costume before the show.</b> A picture of your skater's costume is below to show how the fitting and placement of accessories (belts, bows, etc.) is to look.</p> |
|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>TIGHTS:</b>   | <p>Tights are not included with the costume but are <b>required</b> to be worn by every female skater. Tights can be purchased at Skater's Edge or online through various companies. <b>Please choose the color that best compliments your skater's skin tone in either style below.</b> <b>Mondor skating: #3310 - footed or Mondor skating: #3312 – footless/ankle.</b> <b><u>NO</u> over the boot tights or rhinestone tights for group numbers.</b></p>                                                                                                                       |
|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>HAIR:</b>     | <p>Hair slicked back with no part. High ponytail.<br/>Hair accessory placed in the center of ponytail (see picture).</p> <p>If hair is too short for bun, please pull hair back and away from skater's face as much as possible.</p>                                                                                                                                                                                                                                                                                                                                              |
|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>MAKEUP:</b>   | <p>Blush, mascara, and pink/red tone lipstick.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

## SHOW TICKETS

Tickets will be distributed during one of your skater's group practices. A signature is required to obtain your tickets. If your skater is age 11 or younger, a parent/guardian signature will be needed. **Extra tickets** may be purchased for \$8.00/ticket or at the door on the day of the show for \$10.00/ticket.

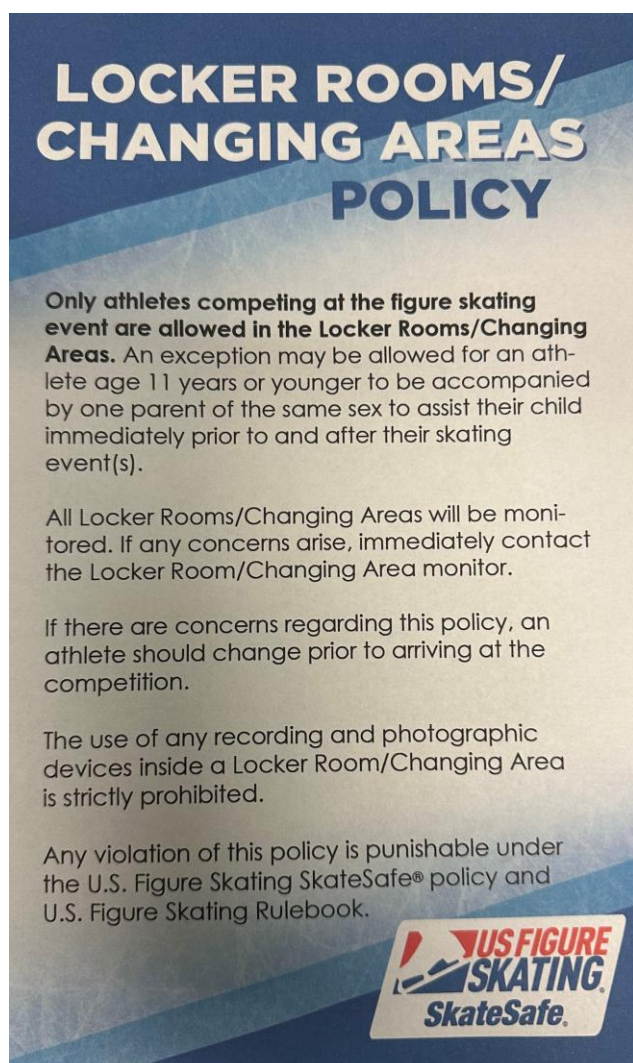
**Please email or call the Club Office to purchase extra tickets:**

[info@amherstskatingclub.org](mailto:info@amherstskatingclub.org)

(716) 634-3887

## UNITED STATES FIGURE SKATING RULES and REGULATIONS

The Amherst Skating Club is an organization under the United States Figure Skating association and mandated to follow set rules and regulations including **SkateSafe**. All ASC Coaches, Board Members and dressing room monitors have completed the Safe Sport training. Please see below fliers for USFS locker room policy as well as those set by the ASC to be followed the day of rehearsal and performance. To learn more about **SkateSafe** please visit: <https://www.usfigureskating.org/skatesafe>



**LOCKER ROOMS/  
CHANGING AREAS  
POLICY**

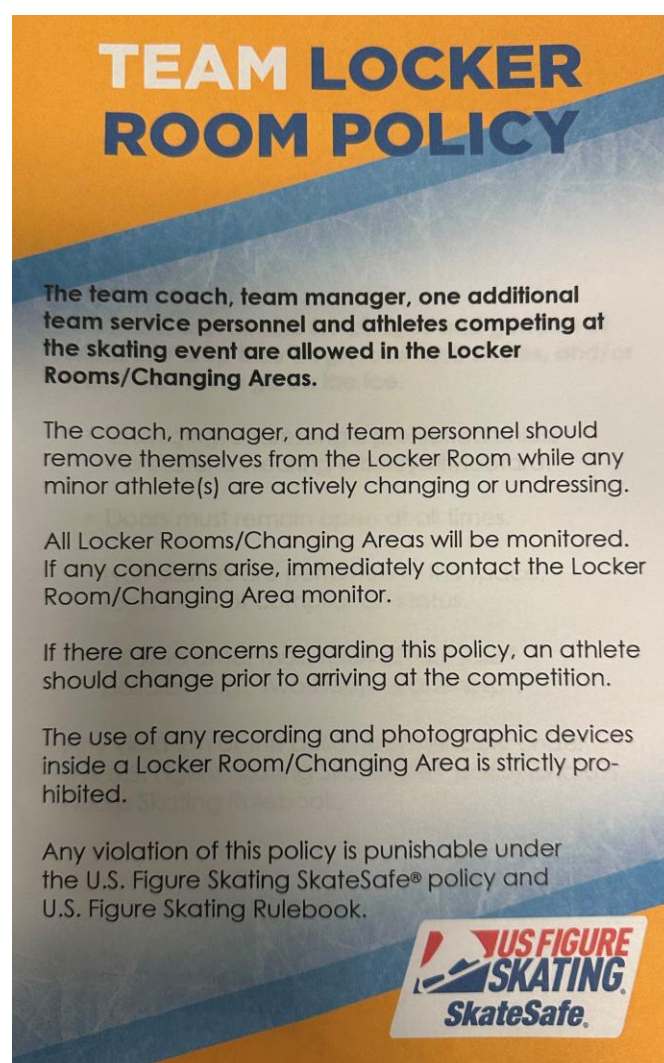
Only athletes competing at the figure skating event are allowed in the Locker Rooms/Changing Areas. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same sex to assist their child immediately prior to and after their skating event(s).

All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor.

If there are concerns regarding this policy, an athlete should change prior to arriving at the competition.

The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited.

Any violation of this policy is punishable under the U.S. Figure Skating SkateSafe® policy and U.S. Figure Skating Rulebook.



**TEAM LOCKER  
ROOM POLICY**

The team coach, team manager, one additional team service personnel and athletes competing at the skating event are allowed in the Locker Rooms/Changing Areas.

The coach, manager, and team personnel should remove themselves from the Locker Room while any minor athlete(s) are actively changing or undressing.

All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor.

If there are concerns regarding this policy, an athlete should change prior to arriving at the competition.

The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited.

Any violation of this policy is punishable under the U.S. Figure Skating SkateSafe® policy and U.S. Figure Skating Rulebook.



**DRESS REHEARSAL (Mandatory)**  
Friday, December 12<sup>th</sup> 3:30pm - 8:00 pm

Skaters will be in full costume, hair, and accessories for the Dress Rehearsal. Makeup is not necessary.

Please be on time as the first hour is scheduled for the finale which includes the “**entire cast.**”

Skaters will be able to watch the Dress Rehearsal on Friday December 12<sup>th</sup> before and after their number. Please make sure your skater has a pair of **skate guards** for walking up and down the stairs of the feature rink. Skater's coats can be worn during the finale rehearsal as well as when watching the show in the stands. Meals/snacks will not be provided during rehearsal. Please plan on packing food and drink or purchasing food from the snack bar for your skater that will not stain costumes. Peanut free food items, please.

If your skater is age 11 or younger, a parent/guardian must stay in the rink during the rehearsal. Parent(s)/guardian(s) may sit in the stands during Dress Rehearsal however, you will **not** be able to sit with your skater as the Dress Rehearsal is run as close to the day of the show timing as possible.

**DAY OF PERFORMANCES**  
Saturday, December 13<sup>th</sup> 3:00pm & 7:00pm

Skaters must **arrive no later than 2:00pm** in full costume, hair, makeup, and accessories.

Upon arrival, skaters will go directly to their assigned dressing room in the Feature Rink hallway. Rooms will be clearly identified with ice show group information and picture of costume.

**If your skater is age 11 years or younger, please designate ONE parent/guardian to escort your skater to their dressing room.** We ask that you sign in and leave a cell phone number with your dressing room monitor. **ONE designated parent/guardian** will be able to set up your skater in their locker room, tie their skates and then kindly leave the dressing room area.

During performances, skaters are to remain in their dressing rooms. There will be no visiting between rooms. Skaters will **NOT** be able to watch the performances the day of the show!

Please plan on packing a light snack (peanut free) and water for your skater during the show. When eating, skaters must wear their coverup.

**Parents/guardians or guests are NOT allowed in the Feature Rink hallway or dressing rooms during either performance or intermission.**

At the conclusion of the 3:00pm performance, the **same designated ONE parent/guardian** of those skaters aged 11 and younger may pick up your skater from the dressing room and sign out with the dressing room monitor. Skates are to be removed and can be left in the dressing room (skates are NOT allowed upstairs). Family and friends may visit the skaters in the lobby area after the 3:00pm show, before skaters head up to the Cast Party.

## CAST PARTY

As there is little time between the first and second show, we ask that all skaters remain in their costumes and do **NOT** leave the Northtown Center at Amherst premises. All skaters will attend the Cast Party held in Skybox A and B on the second floor of the Northtown Center at Amherst where pizza, pop and desserts will be provided. **Please pack a large button-down shirt or coverup, something that will go on and off easily for your skater to wear while at the Cast Party.** It is important to keep costumes clean and stain-free.

Skaters are to head upstairs to the Cast Party around 5:15pm. Skaters must be back in the dressing room by 6:30pm before the second show. As with the first show, dressing room rules, regulations, and sign in still apply.

**Cast Party Tickets** will be handed out with the show tickets and require a signature. Each skater will receive two (2) tickets, one for themselves and one for a parent/guardian or guest. Additional cast party tickets cannot be purchased as food and drinks have already been pre-ordered.

**Baked Goods:** You will be receiving an email with a “Sign Up Genius” link to sign up for donating baked goods/desserts that will be shared during the Cast Party. Desserts can be dropped off in the Gold Room on the second floor of the Northtown Center the day of the dress rehearsal or before the 3:00pm show.

## END OF SHOW

At the conclusion of the 7:00pm performance, please have the **same designated ONE parent/guardian** of those skaters aged 11 and younger pick up your skater from the dressing room and sign out with the dressing room monitor. Before leaving the rink, please make sure you have collected all your belongings, and your dressing room space is cleaned.

The Amherst Skating Club is not responsible for any lost or stolen items. Please use your judgement when leaving items of value with your skater.

Please reach out with any questions or concerns and thank you for sharing in our excitement of this year’s  
**“Winterfest on Ice: Holiday Traditions!”**

Warmest regards,

Cristen Childs-Nowka  
Ice Show Director  
[ccnowka143@gmail.com](mailto:ccnowka143@gmail.com)

**GROUP 6 – Coach Cristen**  
**Hang Up Your Stockings**

- Hair slicked back with no part. High ponytail.
- Hair accessory placed in the center of ponytail (see picture).



**Group 6 – Coach Cristen  
Hang Up Your Stockings**

**Practice Schedule**

|                                                      |                             |                                                          |
|------------------------------------------------------|-----------------------------|----------------------------------------------------------|
| Practice #1                                          | Tuesday, November 11, 2025  | 11:00am – 12:00pm                                        |
| Practice #2                                          | Tuesday, November 11, 2025  | 12:00pm – 1:00pm                                         |
| Practice #3                                          | Friday, November 14, 2025   | 7:30pm – 8:20pm                                          |
| Practice #4                                          | Friday, November 21, 2025   | 7:30pm – 8:30pm                                          |
| Practice #5                                          | Sunday, November 23, 2025   | 6:30pm – 7:30pm                                          |
| Practice #6                                          | Sunday, December 7, 2025    | 5:30pm – 6:30pm                                          |
| Practice #7                                          | Tuesday, December 9, 2025   | 7:00pm – 8:00pm                                          |
| <b>Mandatory</b><br>Finale & Dress Show<br>Rehearsal | Friday, December 12, 2025   | 3:30pm – 8:00pm                                          |
| Ice Show Performances                                | Saturday, December 13, 2025 | Arrival - 2:00pm<br>Show #1 – 3:00pm<br>Show #2 – 7:00pm |