

## Junior Instructor Study Sheet/Exam

### General:

- What are the advantages to teaching group lessons?
- What are the advantages to taking group lessons versus private lessons?
- What are some common problems in teaching beginner skaters?
- How do you keep parents informed both for group and private lessons?

### Skills:

- How many skills should you present in one class?
- How do you teach a one foot glide?
- How do you teach a snowplow stop?
- How would you begin a lesson with a basic 1 or tots class?
- What is a rocking horse?
- What part of the blade is the skater on when skating backwards?

### Class Management:

- What do you do with a child that is crying?
- What about a child that has to go to the bathroom?
- How do you handle a parent that is trying to interrupt your class?
- How do you maintain discipline with a child who is causing problems?
- Do you take attendance?
- How do you prepare for class each week?
- What are some of the traffic patterns that you use?

### Equipment:

- What are some problems with the equipment of beginning skaters?
- How do you properly lace skates?
- When do you recommend purchasing skates?
- What types of skates do you recommend?
- What attire do you recommend for skating?
- What should you do if a child's helmet is falling off?

### Ethics and Education:

- What do you do if you are asked to substitute and have no information on the activities of the class?
- What do you do if the coach has different methods than you do?
- What should you wear while teaching?
- How do you approach a skater about private lessons?
- How do you handle a parent who is upset about your evaluation of his or her child?
- Do you think of yourself as a role model when in a coaching relationship?

