



SYNCHRONIZED SKATING MANUAL



GENERAL INFORMATION

Information in this manual:**Page Number**

Team Philosophy	2
Basic information, questions and concerns	2
Absence Policy	3
Standards of Behavior	4
Practice policies & What to wear	5
Safety and related information	6-7
Alternates	8
Parent Responsibilities	9-10
Synchronized Team Levels	11
Judging Systems	11
Skill lists	
Aspire	12
Pre Juvenile	13
Open Juvenile	14
Intermediate/Novice	15
How to become the best Synchronized Skater you can	16-17
What it means to skate as part of a team	18
Lettering information	19
US Figure Skating Code of Conduct	20-21
RFSC Illegal Substance Abuse Policy	22
Financial Information	23 -24
Monthly Fees	23-24
Fundraising & Sponsorship	25
Competition Reminders	26
Practice & competition Attire	27
Out the door checklist	28
Captain's Responsibilities	29

Rhythm & Blades Synchronized Skating Manual

Our synchronized skating program consists of teams divided by age and skating level. Our coaches are Vikki Dalquist, Kristina Orlova, Maggie Panetta, and assistant coaches. Synchronized Skating is great for learning: new turns & steps, presentation skills, counting and moving to music, improving edge quality and increasing stroking power. It also provides an opportunity to make new friends and learn all about being part of a team in a largely individualized sport.

TEAM PHILOSOPHY: We intend to have a positive environment in which skaters will learn the skills needed for their current team level and build new skills that they can take to the next level. **Our intention is to focus on the process of improving and point out to the skaters what they are doing well.** Although it is great to place at competitions, **steadily improving and putting forth good effort is what we stress.** We will do our best to teach skaters life skills and good character traits such as working together with their team for improvement, having respect for others and themselves, how to win and lose with class, to learn from mistakes, to have individual dedication, to focus on what they can control. We do our best to throw in a little silliness so that skaters will have fun and enjoy skating with their team.

Important basic information:

Arrive for practice 15 minutes early in order to do an off-ice warm-up.

Notify the coach or a team manager when you know you will miss a practice. When you must cancel at the last minute, please text the coach or manager. If you are unable to notify us ahead of time, please let us know what happened. Skating requirements: All team skaters are expected to continually advance their individual skating skills. Each team has the required amount of time stated in the manual for the current season.

QUESTIONS & CONCERNS: If you have questions, concerns, or problems please address them first to your team managers and ASAP. If there is a question they can't answer they will contact the coach or tell you to do that. We don't want small problems to become big issues. Please check your E-mail regularly because this will be our main way of distributing information.

ABSENCE POLICY

We ask you to make every effort to make all of the practices and arrive on time.

It is expected that every effort will be made to not miss practices within two weeks of a competition. Please notify the coach when you know you will miss practice. When you must cancel at the last minute, please text the coach or manager. If you are unable to notify us ahead of time, please let us know what happened. It is difficult to work efficiently on a program when skaters are missing. We expect any absences to be due to illness, school or church functions, injury, a family emergency, or a very important family event. Other special activities may be excused by arrangement at least one week prior to practice. Older skaters with jobs are required to inform their employers of practice and competition dates because absences due to work are not excused. Occasionally a skater will be absolutely overwhelmed with homework. If this is due to poor planning on their part, we would prefer parents help their child learn by having them keep their commitment to their team. If it is due to other circumstances, we understand the need for the absence. It is assumed that the skater will make every effort to catch up on what they missed by contacting a captain or teammate when they miss a practice. If necessary, absences may be made up by scheduling a private lesson with a team coach in order to work on what was missed.

If a skater misses the last practice before a performance, they might not perform that time depending on the needs of the team. Remember that show rehearsal policy applies during show practice weeks.

PLEASE NOTE: If you cannot skate at practice, but can sit by the boards, we would like you to do this. This is mainly for injuries. If a skater is not well enough to skate, they should not be at the rink but instead should be home getting better.

Summer RFSC Contract Policy

Skaters will be required to pay for all summer practices for their team and camp even if they cannot attend them. This is necessary in order to keep costs low for all team members. In the unusual event that a skater will miss the entire summer contract, they must still contract for synchro if they intend to remain on the team. We will not hold a skater in this situation to the skating requirements for sessions other than synchro.

Synchro Vacations / Interim Ice Schedule

There are no team practices during:

Interim weeks between the summer contract and the fall/winter contract, Spring break, between the school year contract and the summer contract. The synchronized teams also do not practice the last week of the school year contract and usually the last 2 weeks. The highest team usually has an additional week or two off.

During Winter break interim week there may be limited practice for some teams who are performing during the break or competing shortly after.

ROCHESTER SYNCHRONIZED TEAMS STANDARDS OF BEHAVIOR

A team member must remember that their behavior reflects on the entire Rhythm & Blades organization and the Rochester Figure Skating Club. Therefore, team members are required to:

1. Show respect to and be supportive of their teammates, coaches, captains, managers, parents, and other teams at all times.
 2. Be on their best behavior at performances, and anywhere in public while attending a competition or performance.
 3. Not make any negative comments about a teammate, team, or the organization on social media, texting, calling someone, or speaking in person.
 4. Have a good attitude. Any skater who fails at this during practices will be told to leave practice for 10-15 minutes & only allowed to return if their attitude has improved. If a skater fails at this during a competition, they will not compete and must follow coach instruction.
 5. Have no gum or candy during practices.
 6. Dress appropriately – clothing must not restrict movement. No slippery jackets, “hoodies”, baggy sleeves, or jeans. Keep laces covered (pants, appropriate tights, skating socks folded down). No inappropriate statements or language on clothing. Dress as specified by your team. For off ice practices you must wear athletic shoes.
 7. Have hair pulled back so as not to interfere with holds or sight. Please loop long ponytails. Bobby pins are not allowed. Jewelry must also not interfere with holds so, nothing on wrists or fingers! Gloves or mittens may only be worn briefly to warm up. Fingernails need to be kept trimmed.
 8. Keep equipment in good shape. This means keep skates sharpened, wear guards at all times when off the ice, replace worn laces, and check to make sure blade screws are tight. Please plan ahead for skate sharpening so you are not doing it the night before a competition.
 9. Give their complete attention during practices by not speaking unless asked. Raise hands if they have questions or comments and form a semi-circle and stand still with hands at sides or behind backs when the coach is speaking unless otherwise instructed.
 10. Have a neat and clean appearance for performances. Pierced earrings are allowed but must be approved by coaches or managers, no hoops. No other jewelry visible outside the costume including body jewelry. Hair cannot be colored unnaturally & must be worn as specified by your team.
 11. Not use a cell phone during practices unless asked by a coach to contact a skater or provide music. Cell phones will be put in silent mode or turned off in the locker room prior to any competition practice, competition, or performance. Managers will gently remind skaters to turn off/silence phones upon entry to a locker room. Managers have the right to keep a skater’s phone until after their competition/practice/performance is over if this rule is broken. Managers do not have to give a warning.
 12. Not go behind a captain’s back and try to change any decisions the captains have made.
 13. Abide by US Figure Skating’s Code of Conduct and the RFSC illegal substance abuse policy.
- By signing your team commitment form you agree to abide by these standards. Failure to follow any of the above will result in a warning first. Continued failure will result in suspension or removal from the team as warranted.***

RHYTHM & BLADES TEAM PRACTICE POLICIES

1. **BE ON TIME.** If at all possible, please arrive early so you may warm up off the ice.
2. **PLEASE DON'T COMPLAIN.** It doesn't matter if it is the 20th repeat of a section, you are here to do the best you can. That means working hard and having a positive attitude.
3. **LEAVE OFF ICE PROBLEMS AND GOSSIP AT THE DOOR** as you step on the ice.
4. **KEEP A POSITIVE ATTITUDE ABOUT OUR TEAM.** Be patient as we try new things. Often things take a while to work. If you feel something is absolutely not going to work no matter how long we work on it, let the coach or one of the captains know. Anytime you see a problem please think about a possible solution. Suggestions are appreciated while complaints are not!
5. **ALWAYS TRY YOUR BEST AND DON'T BE AFRAID OF DOING SOMETHING WRONG.** You may be trying something for the first time or the hundredth. Some things will be easy and others very hard. Ask for help if you need it and please offer help when you can.
6. **REMEMBER TO STAY QUIET AND PAY ATTENTION.** Some times skaters do the wrong thing simply because they weren't listening. Coaches will ask for discussion when we feel it is needed, otherwise do what you are being asked to do.
7. **BE KIND TO OTHERS** - don't get mad at a teammate for making a mistake or missing a practice. Instead, make every effort to help them do it right and catch up on what they missed.
8. **WHEN HAVING A FOLLOW UP DISCUSSION IN THE LOCKER ROOM AFTER PRACTICE,** listen to what others have to say. When every skater is asked to say something, it is OK for a skater to pass without commenting.

What to wear for practice

Skating clothing that allows movement easily and is not bulky.

No Hooded sweatshirts.

Pants, tights, or folded down skating socks that cover laces

Long hair should be tied back

No jewelry on wrists or fingers

Avoid long hoop style earrings.

We allow gloves or mittens for warm up and then ask skaters to go bare handed for most of the practice so they can connect with each other easily.

Safety Information for synchronized skaters and parents

In order for skaters to be as safe as possible they need to pay attention to the following rules which are part of our “Standards of Behavior”:

14. You must pay attention at practice. This way everyone knows when they are supposed to do something differently. If someone does the “old” steps or timing when the rest of the team is following the changes, skaters may get tripped or fall.
15. No gum or candy. This can be dangerous if someone should choke or the item winds up on the ice.
16. Dress appropriately – This will allow everyone to move freely and not get caught by a loose lace or be unable to hold on.
17. Appropriate Hair and jewelry – this prevents accidents and allows for good grips.
18. You must keep your equipment in good shape. If you should fall or otherwise lose control due to an equipment problem this can affect your teammate’s safety.
19. Do not wear jewelry that could get caught by someone else such as long dangling earrings.

In addition to rules, there are a number of things coaches do to prevent accidents. One is to gradually introduce a difficult move. For example, on an intersection we will have one side at a time practice their part & also try simpler forms of the intersection first (like dipping instead of lunging). Another is to emphasize how important it is to let others know you have fallen & get your hands off the ice immediately. A third way is to not have the team do things they are not ready for. There is a fine line between having difficult moves that will gain points and performing a clean program. We need to push and challenge the skaters some, but not to the point of losing safety.

Accidents do happen no matter how hard we work to avoid them. If an accident occurs the coaches and ice monitor will work quickly to assist the injured skater. While this occurs it is important for the team to stand still by the boards or do whatever you have been instructed to do. If one of your teammates has been injured, please do your best to help comfort and encourage them.

This sport is evolving rapidly, and the difficulty levels keep changing. Senior level teams are allowed to perform lifts. Safety becomes a bigger issue as the difficulty keeps increasing.

Falling: Listed below are some things to remember If you should fall while skating our program or just practicing a section:

1. Get your hands off the ice, yell “down”, and pull your feet in so your blades do not kick another skater.
2. Get up as soon as you safely can, or if you are really hurt & can’t get up stay put.
3. Think: get back in as quickly as you can! This can mean skating fast forward or backward to get to your spot. Sometimes it makes sense to do the steps while you regain your position. A good example of this would be during a step sequence in a circle. You could do the steps moving until your spot arrives then hold on with one hand until you can safely be brought into the circle. Remember you need to have momentum to join back in. If you are standing still and the team zooms by, they will not be able to pick you up without more problems being caused.

4. If someone else has fallen your job is to avoid them and keep the program going. Please do not yell at the person to get back in – they are stressed out enough already! If the fallen skater is seriously hurt during competition the referee will stop the music.
5. After a fall it is everyone's job to skate all out and skate the rest of the program as best you can.

There are times when the only way to get back in is to join the next element. Keep in mind that the longer a skater is out the more disruption to the program. This can mean a loss of points during competition. So, do your best to get back in as quickly as possible.

There are times when you could go into a different spot (not your regular one) and the program can work. This just depends on where the team is in the program and how close to your normal spot you would be.

Think through the program and “what if I fell there” so you will know where and when you would re join the program. We will plan to use an off-ice practice to work on this and figure out what to do if you fell at each point in the program.

We will practice falling by having a skater wait by the boards and then the coach tells them when to get back in and they must hustle to get to their spot. We will also practice individually falling and getting up quickly. We may also have someone purposely fall during a practice run and not let the whole team know when this will happen.

Of course no one plans on falling, but we want to be prepared in case it happens.

Alternates

An Alternate is a skater who does not always skate with the team. Alternates are extremely important! Currently our alternates are skaters who are working their way to be strong enough to skate as part of the team.

Every skater is part of the team, and everyone will skate with the team in the ice show. The main goal of our teams is to train skaters to be good synchronized skaters who will enjoy their experience and continue on in our synchronized skating program. We work to improve a skater's general skating ability as well as teach them important skills like timing and presentation. Of course, there are many other benefits to team membership such as the camaraderie of being part of a team.

In the future we may return to having alternates who will only skate as needed. Having a few more skaters than the number that will compete adds to the success of the team. It reduces stress by assuring the coach and skaters that even in the event of an injury or illness, the team will still be able to practice and compete. Having strong alternates who are truly ready to step in if called on to do so is extremely helpful. Once the program is set, if you are chosen to be an alternate, you will be given a specific spot to always practice and that is the spot you will skate if someone goes out. Another skater will have to fill in the missing skater's spot. We will only put an alternate in if we feel they are ready to skate. It is not unusual for someone to get injured or ill and be unable to perform. Our policy is that if a regular team member is not performing well, and the coaches feel that an alternate could do the job better, the alternate will replace the skater. This alternate then becomes a team member and the former team member must earn their way back into a spot. This policy is meant to keep everyone working hard.

Continuing to skate with the team when someone has been designated an alternate is particularly important. Relating it to football: If your son were second string would you decide to have him not play this year figuring he will automatically be first string next year? They need to gain the experience in order to make the team the next year! Rarely has a skater been an alternate for more than one year. If a skater who was an alternate the previous year returns and we feel they have truly little chance to make this year's team, we will let the parents know this.

We like to skate with as big of a team as possible. It is important that everyone can perform the routine well. Under the IJS judging system the quality of the skating is critical. It is possible that someone will not compete at the first competition, but then be ready to skate the second one. So, our number of alternates may change.

Because of the rules of US Figure Skating, and the ages of the skaters involved on a team, we choose the division we will compete in. In most divisions 8 to 20 skaters are allowed on a team. Obviously, those skaters who were on the team last year have less to learn than those who are new to the team. We want everyone to have a fair chance to be a competitive member of their team. Therefore, during the summer, we do as much as we can with everyone skating. When we need to do a program run through, we will use the team members and selected alternates. Some skaters who are starting out as alternates will eventually be given a regular spot. And some skaters who are currently "on the team" could become alternates. 8

Parent Responsibilities

Parents are an important part of the Synchronized skating program. Your main role as a parent is to support your skater and be a “cheerleader” for the team. Parents are also needed to fill many volunteer jobs. For this team sport we need you to be much more than just the one who brings your child to practice. The responsibilities listed below vary depending on the team.

Transportation to and from practice and COMPETITIONS: Parents provide transportation to practice and competitions or plan for carpooling. Bus transportation is arranged for long distance competitions to minimize costs and maximize safety. Parents are responsible for booking their own hotel rooms with the block reservation that the team provides. The coaches and team managers set a time for all skaters to arrive at a competition or competition practice. This time is purposely set with important reasons. We need skaters there in time to do off-ice warm up and other preparations. Sometimes a competition runs ahead of schedule. If you have a problem and cannot arrive on time, it is your responsibility to contact a manager.

Absences, Injuries, Medical issues, learning disabilities: You need to notify the coach or a manager when your skater will miss a practice. When you must cancel at the last minute please text the coach or a manager. If you are unable to notify us ahead of time, please let us know what happened. If your child has an injury, preventing them from practicing with the team, again make sure the coach is aware of this. Coaches and managers should be made aware of any medical issues such as asthma that may require special treatment during practice or competition. Coaches should also be made aware of any learning disabilities so they can help your child learn in the best way possible for them. It is also helpful for the coaching staff to know if a skater is dealing with mental health issues.

Communication with private lesson coach: The synchronized program works to be an asset to your child’s skating skills. It is important that you keep their private lesson coach notified of the team’s schedule for competitions and practices. Make sure you notify your coach when you will miss regular lessons scheduled with them. It is important that you communicate with them so that their goals for your child work with the synchronized team’s needs for SS (Skating Skills) testing. If you are given information from the synchro coaches regarding what skills the skater needs improvement on, please make sure to share this with them.

USFS Forms: All competitions require skaters to complete online forms annually. These forms are accessed through the skater’s membership number in “Member’s Only” on the USFS website. They include waivers, two medical forms, and a name and likeness release. **Teams cannot register for competitions until these forms are completed for all team members, so please complete them as soon as possible.**

Payments: Make sure your account with the club is kept current or your skater will be put on an alternate list and will not be allowed to skate competitions. Skaters with injuries or illness are still responsible for team expenses.

Ice Monitors: An ice monitor sits at the side of practice ice with the first aid kit, ready to help in the event of an accident so the coach can remain with the rest of the team. The bag has everything that would normally be needed. If additional supplies are needed the First Aid Zuca bag can be brought out. It contains a list of current member names and contact numbers. The coach can give you a key to the coach room if you need to retrieve additional ice packs. You may just be needed to check on a skater who is having a bad day. You are the first line of support. Please plan to stay until the last skater is picked up or has gotten into their car. There is an online sign up for ice monitors.

Competition dressing room: Only Safe Sport certified, and USFS background checked adults are allowed in locker rooms. Special exceptions are made for parents with skaters age 10 or younger. 9

Help your child learn to get along with others. A big part of growing up is learning to have good relationships with other people. Sometimes issues arise between skaters on a team. Please do your best to help solve these relationship problems. Keep in mind that what your child tells you is only their side of the story. You may want to talk to the parent of the other child involved. Please do this in a thoughtful manner with the interest of the team first. If any issue remains unresolved, the coach should be notified. Coaches first talk to the team as a whole and remind them about correct behavior towards others. If the issue remains, the coaches talk to the skater(s) in private, including the parents when necessary. Take note of our Standards of Behavior and what will happen if a skater has continued violations of our rules.

Volunteer jobs: **Costume and make up:** Work with the team coach to help with design, budget, measurement, and ordering, and making sure this is decided, and orders are placed in time for competitions. **Entertainment:** organize team social events, meals etc,

Team spirit: find things for the parents to help cheer in the stands such as noise makers, signs, etc. Possibly get T-shirts made for the team and or parents. **Sponsorship:** help find sponsors to reduce costs (see page 22) **Banquet:** help organize the end of year synchronized banquet

Fund Raising: Organize or help with club fundraisers that benefit our teams.

PICTURES Teams collect pictures to present a slide show at the banquet at the end of each year. You could be responsible for taking pictures, setting up the sharing site, or make the slide show.

Questions and Problems Take your questions, concerns and problems to the managers, they are there to help. In the event they cannot answer you they will find the correct answer for you. The coaches are busy with several teams and individuals so they cannot be there for everything, therefore managers play an important part in communication.

The role of the Manager: It is especially important for parents to understand the manager's job. The managers work closely with the team coach(s) to make all kinds of decisions. Please note that team managers have volunteered for their job and have been given certain responsibilities. Along with those responsibilities is the right for them to make decisions without seeking everybody's approval. No one has enough time to check with all other parents before deciding. They will discuss important issues at meetings, but when it comes time for decisions you need to respect what they have done.

TEAM FOCUS POINTS **The coaches will focus on the process of improving and point out to the skaters what they are doing well. Steadily improving and putting forth good effort is what will be stressed.** We would appreciate your support in this effort and suggest that you **ask your child what went well at practice** instead of asking how it went.

Be Positive and supportive It is particularly important that we maintain a positive environment for our teams. We intend to teach the skaters life skills and good character traits and we need the parents to help show the skaters how to behave. Be supportive of your skater and their team. PLEASE GET INVOLVED ---IT'S IMPORTANT TO YOUR CHILD & IT WILL BE FUN!

Synchronized Team levels

Our teams compete in the divisions that are offered by US Figure Skating. All the divisions are divided by age and skill level. The coaches choose the best division for each team. Some years this is fairly easy, and the skaters divide nicely into different levels. Other years we have to field two teams at the same level. Below are some of the levels and their requirements.

Aspire Synchro: All Levels: A team of 5-20 skaters. It is recommended that no skaters may have passed higher than a pre-bronze SS test for Aspire 4, Pre for levels 1-3. 2 min program

Aspire 1: Skaters must be 13 years and younger Aspire 2: 16 years or younger

Aspire 3: 17 years and younger Aspire 4: 19 years and younger

Preliminary: 8-20 skaters. 13 years and younger. All skaters must have passed the preliminary skating skills test, 2 min program

Pre-Juvenile: 8-20 skaters, 17 years and younger. Pre-Bronze skating skills test, 2.5 min program

Open-Juvenile: 8-20 skaters, age 19 and under, no test requirement, 2.5 min program

Juvenile: 12-20 skaters, age 13 & under, Bronze skating skills test, 2.5 min program

Intermediate: 12-20 skaters, age 19 & under, Pre Silver SS, 3 min program

Novice: 12-20 skaters, age 19 & under, Silver SS, 3 min program

Junior: 12-16 skaters, between 13 & 19 years old, Pre Gold SS, 3.5 min FS & 2:50 max short

Senior: 12-16 skaters, at least 17 years old, Gold SS, 4 min FS & 2:50 max short programs

Open Adult: 8-20 skaters, age 18 or older, no test requirement, 2 min program

Masters: 12-20 skaters, 25 or older, no test requirement, 2.5 min program

Note: there are equivalent Dance tests as an alternate requirement to the Skating Skills

Judging Systems

Some of our teams are judged under the International Judging System (or IJS). In this system the team receives a Technical Element score and a program Component score. These two are then added and simply the team with the highest point total wins.

The Aspire Synchro teams are judged by the Component Judging System (CJS). Three marks are awarded on a scale from 0.25 to 10.00 (see USFS rule 9911). The first mark is for technical elements, the second mark is for composition/presentation, and the third mark is for skating skills. For the marking of the technical elements, each judge will mark the quality of the execution of the elements as a whole depending on the positive and/or negative features of the execution and errors. In addition, the judges must consider the difficulty of the element. For the marking of composition/presentation and skating skills, see USFS rule 9922.

All teams have certain required elements they must complete in their programs. The basics are circles, lines, blocks, wheels, and intersections. Higher level teams have additional required elements such as; No Hold, Traveling, Pivoting, Creative, Move, Twizzle, Spins, Artistic, Pair, and Group Lift. Some elements are required to travel, pivot, or rotate.

SKILLS FOR RHYTHM & BLADES ASPIRE TEAMS

This list includes both skills that are currently in our routine and those that will help you build for the future. The list includes skills from Skating Skills tests as high as the bronze level. Please work hard to learn and develop these skills. Share this list with your private lesson coach so they can help you achieve this. Feel free to look ahead to the higher team's skill lists.

STROKING & EDGES

- F & B stroking, power stroking, & crossovers working for: good knee bend, posture, edge quality, & extension
- All F & B edges
- Start working on F & B power pulls and F & B cross strokes

URNS

- All three turns (F & B, O & I)
- F I Mohawks & start working on FO

FIELD MOVES

- All Spirals
- F lunges & start working on B
- F & B Shoot-the-Ducks on both feet
- Start working on Bauers and Spread Eagles on I edges, then O

JUMPS

- Bunny hops, side toe hops
- Waltz jump, Mazurka, Half Flip, Half Lutz

STOPS

- T-stops, stopping quickly
- B one foot snowplow

SPINS

- Forward one foot spin

ADDITIONAL OFF ICE

- Improve overall flexibility with daily stretching
- Splits

KEY: F = Forward, B = Backward, O = Outside, I = Inside, R = Right, L = Left

SKILLS FOR RHYTHM & BLADES PRE JUVENILE TEAM

This list includes both skills that will be expected and those we wish to include in the future. The list includes skills from Skating Skills tests higher than the required Pre Bronze level. Please work hard to learn and develop these skills. Share this list with your private lesson coach so they can help you achieve this.

STROKING & EDGES

- F & B stroking, power stroking, & crossovers working for: good knee bend, posture, edge quality, & extension
- All F & B edges held long and also short & quick
- F & B power pulls
- F & B cross strokes

URNS

- All three turns & Mohawks (F & B, O & I, open & closed)
- B power threes
- Brackets, begin working on counters, rockers
- LFI to RBO Choctaw & working on others
- Twizzles – single on each foot & all directions, 1 & 1/2 and double RBO

FIELD MOVES

- All Spirals
- F & B lunges
- F & B Shoot-the-Ducks on both feet
- Bauers on I edges, R & L foot lead. Work towards straight line and O.
- I Spread Eagles and work towards O
- Work on “180” leg lifts to side & other grab foot spiral positions
- Illusions
- Hydroblading

JUMPS

- Bunny hops, side toe hops
- Waltz jump, Half Flip, Half Lutz
- Loop & Flip jumps
- Work for a good Split jump

STOPS

- T-stops, stopping quickly w/sliding foot in front and behind.
- One foot stops
- B one foot snowplow

SPINS

- Forward one foot spins with various leg positions, B spin
- Work on spins such as Camel, sit, layback, Flying camel, Biellmann or similar spins. These are used as highlights.

ADDITIONAL OFF ICE

- Improve overall flexibility with daily stretching – Work on doing the splits

KEY: F = Forward, B = Backward, O = Outside, I = Inside, R = Right, L = Left

SKILLS FOR RHYTHM & BLADES OPEN JUVENILE

This list includes both skills that are currently in our programs at this level and those we wish to include in the future. The list includes skills from Skating Skills tests as high as the Pre Gold level. Please work hard to learn and develop these skills. Share this list with your private lesson coach so they can help you achieve this.

STROKING & EDGES

- F & B stroking, power stroking, & crossovers working for: good knee bend, posture, edge quality, & extension
- All F & B edges held long & also short & quick, I slide chasses
- F & B power pulls
- F & B cross strokes

TURN

- All three turns & Mohawks (F & B, O & I, open & closed)
- B power threes
- Brackets, begin working on counters, rockers
- LFI to RBO Choctaw & working on others
- Twizzles – single on each foot & all directions, 1 & 1/2 and double RBO

FIELD MOVES

- All Spirals
- F & B lunges, F & B Shoot-the-Ducks on both feet
- Illusions
- Bauers on I edges, R & L foot lead, start working on Outside
- I Spread Eagles, work on Outside
- Hydroblading
- Work on “180” leg lifts to side & other grab foot spiral positions

JUMPS

- Bunny hops, side hops, Waltz jump, Half Flip, Half Lutz – part of step sequences
- Loop & Flip jumps
- Split jumps for highlighting

STOPS

- F & B T-stops, stopping quickly
- One foot stops
- B one foot snowplow

SPINS

- Forward one foot spins with various leg positions, B spin
- Work on spins such as Camel, sit, layback, Flying camel, Biellmann or similar spins. These are used as highlights.

ADDITIONAL OFF ICE

- Improve overall flexibility with daily stretching – Work on doing the splits
-

KEY: F = Forward, B = Backward, O = Outside, I = Inside, R = Right, L = Left

SKILLS FOR RHYTHM & BLADES INTERMEDIATE & NOVICE TEAMS

This list includes skills that would be needed for future teams at these levels. The list includes skills from Skating Skills tests as high as the Pre Gold level. Please work hard to learn and develop these skills. Share this list with your private lesson coach so they can help you achieve this.

STROKING & EDGES

- Strong F & B stroking, power stroking, & crossovers with good knee bend, posture, edge quality, & extension
- F & B power pulls, F & B cross strokes
- FI slide chasses, BI long edges & quick edges
- Tight pivot like circles: F & B, O & I

TURN

- All three turns and Mohawks (F & B, O & I, open & closed)
- B power threes
- Brackets, Counters, Rockers, Choctaws
- Rocker-Choctaws
- Quick Rocker-Rockers
- Twizzles (F & B, O & I) – single, 1&1/2, double, triple

FIELD MOVES

- All Spirals, 135 (180) spirals, Change of edge spirals, Biellmann position
- F & B lunges. F & B Shoot-the-Ducks on both feet
- Illusions
- Bauers on I edges & straight, R & L foot lead, O edges
- Spread Eagles: I straight, O with R & L lead
- Hydroblades (on BO or BI edges)

JUMPS

- Bunny hops, side hops, Waltz jump, Half Flip, Half Lutz – part of step sequences
- Loop & Flip jumps, Axel
- Split jumps for highlighting

STOPS

- F & B T-stops, stopping quickly
- One foot stops, B one foot snowplow

SPINS

- F spin with various leg positions, B spin, Attitude spin,
 - For the Artistic Element work on spins such as Camel, sit, layback, Flying camel, Biellmann or similar spin.
 - Something to work on: Butterfly

PAIR SPIN

ADDITIONAL OFF ICE

- Improve overall flexibility with daily stretching
- Splits
- Aerobic training

KEY: F = Forward, B = Backward, O = Outside, I = Inside, R = Right, L = Left, chg = change

How to Become the best Synchronized Skater you can and be an asset to your team

- Basics - Know your Right and Left as well as which is your Outside and which your Inside edge.
- Stroking skills – Work for good posture, lots of ankle & knee bend, strong edges, and power, and good extension,. You should stay low on back crossovers, so you skate smoothly and don't bounce.
- Field Moves – all synchronized skaters need good spirals, shoot-the-ducks, and lunges. High spirals for change edge spirals as well as "180" and Biellmann positions are required for higher level teams. Inside & outside spread eagles and Bauers are an asset. So, if you do not have these skills yet work for them.
- Turns and steps – Learn all turns and work on them from basic knowledge to being able to perform them easily with speed & quickness. Turns include: three turns, brackets, counters, rockers, and twizzles. Steps include chasses, mohawks, Choctaws.
- Free Skate Skills – You should be able to do half revolution jumps, a good split jump, and many different spins. Toe Loop, Loop and Flip jumps are often needed and at the senior level axels may be included. If you can do a Biellmann or other flexible spin it will be to your advantage. Jumping and spinning helps you improve core strength.
- Strength/core body – Being strong, particularly in your core body, is crucial for good skating. When these muscles are strong it allows for easy controlled movements and helps you skate balanced, so you do not weigh down on your neighbors. Pilates and strength and conditioning classes are immensely helpful.
- Flexibility – Proper stretching not only improves your flexibility it also decreases your chance of being injured.
- You are an Athlete! – Warm up before taking the ice & stretch afterwards. Get yourself in great physical shape. Have your coach and parents assess your own personal situation. You may need to gain strength, increase your aerobic capacity, or improve your diet. Cross training is a great way to get in shape. Activities such as roller blading and bicycling are excellent. Any other sport can be helpful and even neighborhood games can be good. Just remember to wear proper safety equipment, warm up, cool down, and stretch.
- Work to develop at least one special skill, something that stands out as being particularly good. For example: an awesome spiral, a beautiful layback, a lovely Bauer or spread eagle, a hydro blade, a flying camel spin, a strong combination spin, a really good split jump.
- Music skills/counting/feeling – Start by learning to count music and then keep track of measures. For example, count "one" 2-3-4-5-6-7-8, "two" 2-3-4-5-6-7-8, etc. This allows you to know when changes occur during the program and make the correct move at the right time. Beyond counting you should work to feel the music.
- Presentation skills – An ability to show off to an audience with your head up and to be able to interpret the music.
- Team Skills – Getting along with lots of different personalities & helping others get along is important. You must be open-minded toward others. It is possible the only thing you have in common with a teammate is skating. Skaters who know how to have fun, help others enjoy themselves, and be a supportive teammate when someone is having a problem will be an asset to their team.
- Good Behavior – The best synchro skaters pay attention at practices and help others to attain skills. They know when it is appropriate to laugh and when it needs to be all hard work. They talk positively in the locker room as well as on the ice. They suggest possible solutions to problems without insisting that their way is the only answer. They also have lots of patience. They know it can take a long time to get things to work.

- Use your ice time wisely - In order to accomplish these things, you need to skate as much as you can. Plan your individual practices & make sure to use all your ice time. Keep socializing in the locker room, not during ice time. Work hard!
- On Ice classes - Competitive Edge classes and Power classes are a great way to improve your skating and accelerate to the next level quicker. Consider public sessions for some extra practice time without as much cost.

All skaters have strengths and weaknesses. Here are some ideas to use your strengths and minimize your weaknesses.

Know your weaknesses & work to improve them. Use feedback from tryouts, your coach's feedback, and take notice of things that are difficult for you.

- Weak skating skills: work really hard to improve and be willing to accept help from others.
- Weak presentation skills: Work on the exercises from camp, work with a skater who is strong in this area.
- Poor posture: practice posture at home, while riding in the car, while skating freestyle sessions.
- Poor flexibility: work hard off the ice to improve, take a class to help this.
- Tendency to get distracted and lose focus: realize how important it is to focus in order for the team to improve and meet its goals. When you get distracted, use a key word to get yourself to re-focus. Ask a trusted teammate to tell you when you are off track.
- Tendency to get a little bossy: ask a trusted teammate to be honest with you and tell you when you are doing this. Think before you speak out about something and figure out the kindest/best way to say it.
- Lacking in team spirit: try to socialize with someone on the team, suggest an activity that you enjoy and invite a teammate or the entire team to join you.

Know your strengths & help others in a positive way by offering help.

- Strong skating skills: help others to get stronger
- Great team spirit: encourage everyone with your positive thoughts
- Awesome presentation skills: help the shy skaters learn to show off
- Wonderful ability to pay attention and stay on task: show others how much more can be accomplished with this.
- Lots of years of experience with synchro: help out those who are newer with what is difficult for them.
- Willingness to work very hard: keep being a great example and encourage others.
- Ability to identify problems in the routine: at the appropriate times point out your good ideas to the coach or captains.
- Able to make it a lot of fun for others: show your enthusiasm without being disruptive during practices and go crazy off ice!

What it means to skate as part of a team

Being a member of a team means focusing on the goals of the team. It means working together to accomplish things. It means helping others understand anything they are having difficulty with. It means realizing that even though you may be sure you did the right thing it is being open to what someone else has to say.

There is no I in TEAM

In order to have as much success as possible with our team each skater needs to have respect for all the other skaters on the team. We will need to work hard, develop friendships, and cooperate with each other.

“In order to reach the full potential of the group, there must be cooperation at all levels. This means working together in all ways to accomplish the common goal. And to get cooperation, you must give cooperation.

You are not the only person with good ideas. If you wish to be heard, listen. Always seek to find the best way rather than insisting on your own way.

All of this requires cooperation. It allows individuals to move forward together, to move in the same direction instead of going off in different directions.”

Coach John Wooden, UCLA Head Basketball Coach, Emeritus

Thank you for being part of the Rochester Figure Skating Club's synchronized skating program. I believe the rewards you will receive from being part of a team will be many.

Vikki Dalquist, RFSC Director of Synchronized Skating

Lettering – Synchro Track

The RFSC has an agreement with the Rochester public and private schools and some area High Schools that allow a skater to earn a varsity letter through an independent provider contract. In order to earn a letter in synchronized skating a skater needs to fulfill the following requirements by the May test date*:

- Students must be enrolled at the participating schools, or a feeder Middle School (7th & 8th grades only)
- Be a current member in good standing with the USFS and the Rochester FSC
- Train under the supervision of an approved RFSC coach
- Sign up for the program.
- By the May test date, a skater must have passed Pre Silver Skating Skills AND been a member of an RFSC synchro team in a prior year
- Train a minimum of 150 hours on Rochester FSC ice
- Attempt at least one (1) official USFS Skating Skills (SS) test at or above the Pre Silver level OR Dance Test at or above the Pre-Silver level. This requirement is waived for a skater passed their Gold SS OR Gold Dance (Complete) test.
- Participate in at least three (3) public events:
 - One of which must be a USFS sanctioned competition
 - One of which must be the RFSC Ice Show
 - The remaining event is the choice of the team
- Attend the Annual Registration Meeting in the fall with a parent/guardian, complete all registration forms and submit activity fee(s)
- Volunteer a required number of hours
- Abide by all School District, MSHSL, USFS, and IP guidelines for academic and behavioral compliance
- Be a positive role model by displaying good attitude, work ethic and behavior
- The final decision for lettering is at the discretion of the RFSC Professional Staff

*Please note requirements are specified in the information you receive from the lettering coordinator. This is meant as general information and may not be completely accurate.

GR 1.02 Code of Conduct

The following code of conduct applies to all participants who participate in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating including but not limited to competitions, exhibitions and training camps:

I recognize that my participation in all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, including but not limited to competitions, exhibitions and training camps, is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents. As a precondition to participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating,

I will adhere to the following tenets in good faith:

A. I will exhibit the highest standards of fairness, ethical behavior and genuine good sportsmanship in all of my relations with others.

B. I will not discriminate against any member or participant on the basis of race, color, religion, age, gender, gender identity, sexual orientation, national origin, or any other status protected by federal, state or local law, where applicable.

C. I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by U.S. Figure Skating.

D. I will not use or possess illegal drugs, and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any activity hosted, supported, sponsored or engaged in by U.S. Figure Skating, I may be subject to criminal penalties as well as penalties imposed by U.S. Figure Skating.

E. I will adhere to: the rules of U.S. Figure Skating and the host organization at all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating; the rules governing fair play and competitive manipulation in the Olympic and Paralympic movements; the Olympic Movement Code on the Prevention of the Manipulation of Competitions and/or the IPC Code of Ethics, Section 6.1, as applicable; and state or country laws, as applicable.

F. I will comply with all applicable anti-doping rules including, but not limited to, ISU anti-doping rules.

G. I will conduct myself in a manner not detrimental to the welfare of figure skating. I understand that my actions reflect on U.S. Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by U.S. Figure Skating pursuant to GR 1.04.

H. I understand that the penalties that may be imposed may include, but are not limited to, loss of future international selections, loss of financial support from U.S. Figure Skating and its Memorial Fund, and loss of participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.

I. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 1, of the U.S. Figure Skating bylaws, and that my rights and remedies are derived therefrom.

Violations of the Code of Conduct and/or Conflict of Interest Disclosure requirements, as outlined within this rulebook and other U.S. Figure Skating policies, may be referred to the U.S. Figure Skating Ethics and Professional Standards Committee for review. Reports can be submitted through the online reporting tool at usfigureskating.org/skatesafe. An investigation may be warranted and would be led by the chair of the Ethics and Professional Standards Committee, or their designee, where the outcome would be decided by disinterested parties where the determining body would include a minimum of 33.3% athlete representation. Review of alleged violations and all communications regarding decisions will be conducted pursuant to the disciplinary proceeding outlined in rule section ECR 3.00. Questions regarding the Ethics and Professional Standards process can be directed to the chair of the Ethics and Professional Standards Committee, or to ethics@usfigureskating.org. An opportunity for a hearing will be provided if the determination limits an individual's right to participate. The U.S. Figure Skating Whistleblower Policy and additional resources, such as the USOPC Athlete Ombudsman, can be found on the U.S. Figure Skating website under the policies and governance section.

GR 1.03 U.S. Figure Skating will not tolerate or condone any form of harassment (including sexual harassment), misconduct, (including sexual, physical and emotional misconduct), bullying or hazing of any of its members including coaches, officials, directors, employees, parents, athletes and volunteers — or any other persons — while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. The U.S. Figure Skating Policy Statement on Harassment and Abuse may be found in its entirety online at usfigureskating.org. Harassment of such nature between or among U.S. Figure Skating members must be reported to the chair of the Ethics and Professional Standards, Grievance or SkateSafe® Committee as soon as is practicably possible, per rules ECR 2.00, GCR 2.00 and SFR 3.00.

A. If any form of child abuse is observed or suspected, the observer should immediately contact either local law enforcement or a public child welfare agency and make a report.

Illegal Substance Abuse Policy #2300
Adopted August 2008

In addition to policies instituted by U.S. Figure Skating G.R. 1.02, p.53, all members of RFSC shall not be involved in illegal use, distribution, or possession of any alcoholic beverages, drugs, drug paraphernalia, or controlled substances at any time.

If a member of the RFSC is confirmed to have violated this rule the following penalties will be imposed:

1st Violation-

After confirmation of a first offense, the RFSC Board of Directors will not authorize testing or competitions for the skater for four (4) months of the twelve (12) month season. In addition any RFSC member that is a member of a Rhythm and Blades synchro team will not be eligible to be a captain for one full calendar year. Penalties will begin with the date of the infraction.

Per Minnesota State High School League rules, any member with a confirmed offense of this rule will be unable to earn a varsity letter for that school year. In addition, any member with a confirmed offense members will not be allowed to participate in any skating exhibition at Rochester High School hockey events.

2nd Violation-

In the event of confirmation of a second offense the RFSC will not authorize testing or competitions for one full calendar year from the date of the infraction. The member will not be eligible to be a captain of a synchro team or participate in any skating exhibition at Rochester High School hockey events.

The RFSC will encourage substance abuse counseling.

3rd Violation-

In the event of confirmation of a third violation of this rule the member will be dismissed from the membership of the RFSC. After successful completion of a substance abuse treatment program the member may re-apply for membership after a minimum of one year from the date of the violation. The RFSC reserves the right to deny membership to any skater.

Penalties shall be cumulative and begin with the beginning membership date and ending when the member leaves the RFSC.

Any member who is found to have denied the violation and is later found guilty of the violation will serve an additional 6 months penalty of not being authorized to test or compete.

Financial Info & Guidelines

The synchronized program is under a budget as directed by the Rochester Figure Skating Club (RFSC). For all competitive teams, skaters will be charged a **monthly fee** on their club skating bill for Synchro. This charge will include most fees for the competition year including competition registration/coaching fees/off-ice practice/bus costs/etc. It will be the same fee each month. This section is meant to explain how some of the costs are calculated for families.

Ice Costs: In addition to your monthly synchro charge you will have an ice charge on your bill. You will be billed for each 15 minute unit of synchro ice that your team skates. There will be no cancels and make ups for synchro ice. The ice costs that appear on your bill will include synchro ice units.

Coaching Fees: Each Synchro Coach has an hourly rate for on and off ice practice. Coaches have extra fees for events such as competitions, Exhibitions & other events. These costs as well as coach expenses for hotels, meals and traveling are included in the monthly synchro fee for each team.

Bussing: Efforts are made to minimize costs for bussing when possible. It is the coaching staff's decision when and where the teams will travel by bus. Our current plan for bus trips is to include the skater and enough chaperones to safely supervise the skaters. If additional family members, beyond chaperones, wish to attend, they can arrange their own transportation or possibly be included on the bus if there is extra room. In the case of teams sharing buses, decisions will be made regarding all riders besides team skaters who may be permitted to ride. In addition to the cost of the bus, teams share the hotel fees for the bus driver.

Team Placement/Try Out/Joining Fees/Commitment: When tryouts are held, a fee is charged for registration for tryouts. When skaters join a team at a date after tryouts, they are charged this same fee. If a skater chooses to quit synchro after a commitment form has been signed, they are charged a set fee stated in the form. If a skater leaves the team for any other reason, the fee is not refundable. If a skater goes through the tryout process and chooses not to join a team, then later that same season wants to join, they may be charged an extra fee as determined by the Synchronized Director and managers. Skaters on the lowest Aspire Synchro team do not have a try-out.

Hotels: Some competitions will require an overnight stay at a hotel. The Travel Coordinator will reserve a block of rooms for Rhythm & Blades. Parents are responsible for making their individual reservations under this block of rooms. Skater's hotel rooms are not part of the synchro budget and are parent's responsibility.

Costumes: The required outfit for the competitive season is billed separately from the monthly fee.

Practice Attire: All skaters are expected to purchase the practice outfit for their team. Sometimes skaters can get a practice outfit from a 'graduating' skater that is no longer on the team. Efforts are made to keep the practice attire at a reasonable cost and value. It is also expected that skaters on the Aspire 4 level and above purchase a club jacket to be part of their practice attire. The Rhythm & Blades logo and the skater's name can be embroidered on these. These items are not part of the budget.

Parkas: Team skaters attending the Midwestern Championships are required to have a team parka, parkas are optional for all other teams. The parka program gives skaters the option to purchase the coat at cost or rent-to-own the coat over 3 years or pay a yearly rental fee for the current year. The parka will have the skaters' name or ID number embroidered on the inside pocket. Parka payments are due in November each year. If a skater decides not to complete their 3 year rental commitment, the parka needs to be cleaned at the skaters' expense and returned to the Parka Coordinator. Skaters renting parkas should NOT wear pins on the outside of the jacket per our parka policy.

Injuries: If a skater sustains a long term injury with a medical excuse requiring them to be off the ice for 6 (six) weeks or more the club may decide to assist their family with a percentage of their team expenses. The RFSC board of Directors would need to be contacted by the family to make such a request.

Drop out: If a skater should drop out of a team, the monthly charges for the remaining team will not change. The family of the skater who dropped out will have to contact the RFSC about their monthly synchro charges.

ITEMS NOT INCLUDED in your monthly synchro fee:

- Costumes - Parkas - Practice clothing - Tights - Club jackets
- Team meals - Skater hotel rooms - Tryout/joining fee - Make-up
- If a costume is being used for a second season, then new skaters on this team will be charged for their costume.

Fundraising

We include in our budget assumptions about fundraising by our team members. This has allowed us to keep our fees reasonable. We have certain expectations for each team based on fundraising the previous season. It is very important that we fundraise at least the amount budgeted and hopefully more. All fundraising goes into the general club fund, but it is noted for our teams. Although teams may choose a fund raising project and get approval through the RFSC Director, our most successful fundraisers currently are selling Poinsettias & Kwik Trip Car Wash cards.

Sponsorship

Obtaining sponsorships is the best way to raise funds. People who are willing to solicit donations from businesses, or are willing to make a donation from their own business, would be much appreciated. We have to check with our club director before asking a business in order to not conflict with the Ice Show or Hiawathaland committees asking them. Anyone with ideas for sponsorship should present them to their team managers. The current RFSC Sponsorship information and solicitation letter can be obtained through the club director.

Competition Reminders

Before leaving for a competition: Wash or replace skate laces so they are clean. Laces should have good ends that can easily be laced through holes. Polish your skates. Look over the “Out the door checklist” and make sure you have everything. All skaters must have hard guards for competitions and exhibitions. Remember to sharpen skates in advance of a competition and take good care of your skates.

While at competitions: Skaters need to wear the required club jacket*and decent looking pants. No pajama pants, nothing written on the rear end. Always respect other teams - do not get up or sit down while they are skating, do this in between teams. Never make negative comments about other teams. Stay quiet during other team’s performances. Keep your space in the bleachers clean – use the trash can & do not be a pig. Social media – Remember only positive comments are allowed. See Standards of Behavior for more information.

In the locker room: Remember to remove all jewelry except what is allowed.

Competition results: At most competitions results are available through a QR code. At some competitions the results are announced then posted. If the results are not as you expect, please avoid negative reactions to the results while at the rink or hotel. Coaches will discuss results with the team after the competition. Information about judging systems is in our team manual. The answer to why a team places somewhere other than where you expect them to be: **IT IS A SUBJECTIVE SPORT!** Skaters need to approach each competition with the intention to perform the best they can. Parents need to support their skaters and give them positive feedback. They need to be there to comfort a disappointed skater. We want this to be an enjoyable experience for the skaters regardless of results.

Please note: Coaches are the only ones who can communicate with judges & officials at competitions.

While at a competition hotel: Always be respectful of other hotel guests and other teams who are staying at the same hotel. Be quiet in the hallways and after 10 pm. The coaches require limited swimming before competition. Please swim for less than an hour and absolutely no hot tub! After your competition is complete you may swim and use the hot tub as your parents allow.

*We do not require a club jacket at the Aspire level but ask that skaters dress decently.

Practice & Competition Attire

Each team has required attire for practice and competitions. When tights are worn for competitions and other performances they need to be in good shape with no holes. A spare pair should always be easily available for each skater.

It is important that skaters wear appropriate undergarments that will not show outside of the practice or competition outfit. When skaters are asked to practice in their outfit without added shirts or jackets, they must be prepared to do so without issues of undergarments showing.

When teams attend competitions, they are to wear the team jacket and team black pants unless otherwise specified by the captains or coach. Aspire team skaters are not required to have a team jacket, but need to dress appropriately as in our Standards, and take note of the information in the competition reminders.

Teams attending the Midwestern Championships or Nationals are required to have a team parka.



“Out the Door” Checklist

- ❖ Competition Outfit in a garment bag (to protect from damage, snags and rips)
- ❖ Practice Outfit
- ❖ Practice “Scrunchie” if required
- ❖ Competition “Hair accessory”
- ❖ Appropriate undergarments so straps do not show
- ❖ Skates
- ❖ Guards
- ❖ Soakers
- ❖ Skate Polish
- ❖ Screwdriver
- ❖ Extra laces (new & clean)
- ❖ Gel socks (if needed)
- ❖ 2-3 Competition tights
- ❖ 2 Practice tights (separate from competition tights)
- ❖ Hairspray/Gel
- ❖ Individual make-up that is needed (foundation, moisturizer, lip balm)
- ❖ Synchro Parka (required for teams attending Midwesterns)
- ❖ Synchro jacket (not required for Aspire teams)
- ❖ Hair Net if needed (color should match hair and bring extras)
- ❖ “Hairagammie” (if required)
- ❖ Nail polish remover if needed, team nail polish if required
- ❖ Healthy snacks and water
- ❖ Team Captains: Program & off ice warm up music and good loud speaker

Parents List:

- ❖ Camera/video camera
- ❖ Team Make Up
- ❖ Competition Hair accessories
- ❖ Fish line, scissors, etc
- ❖ **TEAM SPIRIT**

CAPTAIN'S RESPONSIBILITIES

1. Be very supportive of team members and encourage all of them.
2. Help anyone who is having trouble with a skating skill that is needed for the team.
3. Try to make everyone feel they are part of the team and important to it. Report to the coaches any problems you cannot solve.
4. Help anyone who is having trouble with a non skating issue such as getting along with a teammate. Team skaters should be encouraged to first try to solve problems themselves then bring them to the captains as needed. Captains should then bring any unsolved issues to the coach.
5. Assist coaches with discipline during practices by setting a good example and nicely reminding others to behave properly.
6. Help keep the mood of the team upbeat & positive.
7. While at competition keep the team together until results are known. Remind skaters what are appropriate reactions.
8. Bring program music & loud mini speaker to competitions for off-ice practices and locker room preparations or assign another teammate to do this.
9. Be responsible for having our program music and warm up music & bring it along for off-ice practices at competitions.
10. Consider running off-ice practices during Thanksgiving and Christmas breaks as well as any other times that the coach is not running one. If you decide to do this, set time, and place and give at least one week's notice of these practices.
11. Work with team managers to assist in communications.
12. If you decide to purchase a t shirt for the team this needs to be approved through the managers first.
13. Determine the best method for team member communications and post pertinent information.

The following jobs should be shared with team members, so each one has a job:

1. Lead off- ice warm up before practices and competitions
2. Lead stretching after practice.
3. When requested by a coach - Write out new or changed choreography (arm/head/free leg positions, counts, etc.) and communicate to team members.
4. Write thank you notes for the team.
5. Help organize off- ice social activities. Everyone should be invited, but only about two of these per season should be required, most should be optional. It is OK to have just a few skaters get together for an activity they enjoy, just make sure everyone knows they are welcome to attend.
6. Write profiles of each team member and distribute – one a week?
7. Team spirit leader (locker/skate bag notes, posters, other items)
8. Whatever else a team member would like to do for their team.