



SYNCHRONIZED SKATING MANUAL



**2026-2027
SEASON INFORMATION**

Rhythm & Blades Synchronized Skating Manual for the 2026-2027 season

Please note that this manual is specifically for the current season and does not contain all of the information that is in the main Synchronized Skating Manual. That manual should be referenced for most information.

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- 3- Competition and Exhibition Calendar
- 4- Monthly fees
- 5- Commitment Form – Open Juvenile
- 6- Commitment Form – Aspire 4
- 7- Commitment Form – Aspire 3
- 8- Anti Bullying Pledge

Contact Information

RFSC Director of Synchronized Skating and coach

Vikki Dalquist

vdalquist@rochesterfsc.org

Coaches

Kristina Orlova

<https://www.rochesterfsc.org/component/contact/contact/21?Itemid=1221>

Maggie Panetta

mpanetta@rochesterfsc.org

Team Managers 2026-2027

Contact info available from the Director

Travel Manager: Sherri Biewer

Pre Juvenile:

Bethany Larson

Karen Nase

Aspire 4:

Katie Arnott

Amanda Thoendel

Aspire 3:

Chantal McCabe

Additional Skating Requirements

Pre Juvenile team skaters must skate **a minimum 1.5 hours a week** and take an **Edge or Power class OR skate an additional 2 hours a week.**

Aspire 4 team skaters must skate **a minimum additional 1 hour a week plus take an Edge or Power class OR skate an additional 1.5 hours a week.**

Aspire 3 team skaters must skate **a minimum additional 30 minutes a week** and are highly encouraged to take an edge or power class.

These sessions can be RFSC Open sessions, Skating Skills/Dance, Power, Competitive Edge, other on ice classes, or an Aspire class for the Aspire 3 skaters.

2026-2027

RHYTHM & BLADES SYNCHRONIZED COMPETITIONS & CALENDAR

(Oct 9-11 Hiawathaland - local individual competition)

November 6-7, 2026 Diamond Classic Mentor OH - Pre Juv

[Diamond Classic | Mentor Figure Skating Club](#)

November 20-21 Kalamazoo Kick Off Classic Michigan – Pre Juv

[Kick-Off Classic – Greater Kalamazoo Skating Association \(skatekalamazoo.org\)](#)

December 6 Holiday Exhibition 5:30-8 pm for all 3 teams

December 18-19 Maplewood Competition at Ridder Arena in Minneapolis

for all 3 teams – practice ice Friday daytime or early evening, competition on Saturday

January 20-23, 2027 Midwestern Synchronized Skating Championships Wichita, Kansas– Pre Juv

February 6 2027 Exhibitions at Frosty Skate Blast in Rochester – all 3 teams

March 6-8 2027 Eau Claire Competition for all 3 teams

Practice ice likely Sat evening or possibly Sunday am, competition on Sunday

April 16-18 2027 Rochester Ice Show – all 3 teams

August 13-15 2027 Synchro Camp

Other possible Performances

Grizzlies hockey games – TBA (Nov-March) – all 3 teams

High School hockey games – TBA (Nov-March) – Open Juv

Synchronized Monthly Fees by Team

Synchronized fees are billed as an even monthly amount for all competitive teams.

For the 2026-27 season the planned monthly fee estimate:

Pre Juvenile: \$218 for each month, 8 months September through April

Aspire 4: \$87.00 for each month, 8 months September through April

Aspire 3 with 12 skaters \$75.00 for each month, 7 months October through April

With 10 skaters \$90

Please see the main manual for what is included in the monthly fee and **keep in mind that ice time is charged separately.** Adding ice time at the September 2026 unit rate the fees are:

Pre Juvenile: 2 hours of ice a week = \$26.40 per week X 4 wks a month = \$105.60.

Aspire 4: 1.5 hours of ice a week = \$19.80 per week X 4 wks a month = \$79.20.

Aspire 3: 1 hour of ice a week = \$13.20 per week X 4 wks a month = \$52.80

Welcome to the Rhythm & Blades Pre Juvenile Team for the 2026-2027 season

It is especially important for our synchronized program that skaters who choose to be part of a team make a commitment to the team. Skaters need to attend all the competitions and exhibitions at which the team performs. Skaters need to attend every practice (following our absence policy) and abide by our Standards of Behavior. Our teams are serious about competing and improving. If a skater chooses to quit, this presents a difficult situation for the coaches and everyone on the team. Besides changing the number of skaters which affects the choreography, it also hurts the team financially. Because of this we require this commitment form.

If you are designated an alternate at some point your obligation to the team remains the same. Alternates are a very valuable and important part of the team. They need to work just as hard, if not harder, than the rest of the team members.

If a skater or parent should violate our Standards of Behavior the coaching staff reserves the right to remove the skater from the team. Every effort will be made in this situation to warn the skater or parent first and allow time for a change in behavior. If a change does not occur, the skater will be removed and charged the quitting fee. Parent initials: _____

By signing below, you make a commitment to this team. You commit to participating in the competitions and exhibitions that the team participates in. You agree to abide by the Standards of Behavior and make every reasonable effort to attend all practices on time.

You agree to pay your share of the costs of this team. Parent initials: _____

I am responsible for raising \$250 of the team's budgeted fund raising. If I do not reach my portion, I agree to pay the remainder at the end of the season or pre-pay at the beginning.

If you decide to quit at anytime you agree to pay a fee of \$250.00. If you decide to quit anytime after costumes have been ordered, the costume becomes the property of the team for the season. PLEASE NOTE: Medical exceptions will be granted in the case of an injury that takes a skater out for many months, and they are unable to compete. Parent initials: _____

I have read and understood this document and agree to the terms above.

Skater's Name (Please print) _____

Skater's signature _____ date _____

Parent's signature _____ date _____

This form needs to be electronically signed by Thursday June 25, 2026. Skaters will not be allowed to practice with the team after this date if the form has not been signed. 5

Welcome to the Rhythm & Blades Aspire 4 Team for the 2026-2027 season

It is especially important for our synchronized program that skaters who choose to be part of a team make a commitment to the team. Skaters need to attend all the competitions and exhibitions at which the team performs. Skaters need to attend every practice (following our absence policy) and abide by our Standards of Behavior. Our teams are serious about competing and improving. If a skater chooses to quit, this presents a difficult situation for the coaches and everyone on the team. Besides changing the number of skaters which affects the choreography, it also hurts the team financially. Because of this we require this commitment form.

If you are designated an alternate* at some point your obligation to the team remains the same.

If a skater or parent should violate our Standards of Behavior the coaching staff reserves the right to remove the skater from the team. Every effort will be made in this situation to warn the skater or parent first and allow time for a change in behavior. If a change does not occur, the skater will be removed and charged the quitting fee. Parent initials: _____

By signing below, you make a commitment to this team. You commit to participating in the competitions and exhibitions that the team participates in. You agree to abide by the Standards of Behavior and make every reasonable effort to attend all practices on time.

You agree to pay your share of the costs of this team. Parent initials: _____

I am responsible for raising \$200 of the team's budgeted fund raising. If I do not reach my portion, I agree to pay the remainder at the end of the season or pre-pay at the beginning.

If you decide to quit at any time you agree to pay a fee of \$250.00. If you decide to quit any time after costumes have been ordered, the costume becomes the property of the team for the season. PLEASE NOTE: Medical exceptions will be granted in the case of an injury that takes a skater out for many months, and they are unable to compete. Initials: _____

I have read and understood this document and agree to the terms above.

Skater's Name (Please print) _____

Skater's signature _____ date _____

Parent's signature _____ date _____

This form needs to be electronically signed by Thursday June 25, 2026. Skaters will not be allowed to practice with the team after this date if this form has not been signed.

* An alternate is a skater who does not perform with the team. Coaches will designate someone an alternate when they feel they are not ready to compete or perform. Skaters may be an

alternate for one competition and then be ready to skate the next time. Alternates are a very valuable and important part of the team. 6

Welcome to the Rhythm & Blades Aspire 3 Synchro Team for the 2026-27 season

It is important for our synchronized program that skaters who choose to be part of a team make a commitment to the team. Skaters need to attend all the competitions and exhibitions at which the team performs. Skaters need to attend every practice possible (following our absence policy) and abide by our Standards of Behavior. If a skater chooses to quit, this presents a difficult situation for the coaches and everyone on the team. It affects the choreography and the team's finances. This is why we are asking you to sign this form.

If you are designated an alternate* at some point your obligation to the team remains the same.

If a skater or parent should violate our Standards of Behavior the coaching staff reserves the right to remove the skater from the team. Every effort will be made in this situation to warn the skater or parent first and allow time for a change in behavior. If a change does not occur, the skater will be removed and charged the quitting fee. Parent initials: _____

By signing below, you make a commitment to this team. You commit to participating in the competitions and exhibitions that the team participates in. You agree to abide by the Standards of Behavior and make every reasonable effort to attend all practices on time.

You agree to pay your share of the costs of this team. Parent initials: _____

If you decide to quit anytime between November 2026 and April 19 2027 you agree to pay a fee of \$200.00. PLEASE NOTE: Medical exceptions will be granted in the case of an injury that takes a skater out for many months, and they are unable to compete. Parent initials: _____

I have read and understood this document and agree to the terms above.

Skater's Name (Please print) _____

Skater's signature _____ date _____

Parent's signature _____ date _____

This form needs to be completed by October 1 2026.

* An alternate is a skater who does not perform with the team. Coaches will designate someone an alternate when they feel they are not ready to compete or perform. Skaters may be an alternate for one competition/exhibition and then be ready to skate the next time. Alternates are

a valuable and an important part of the team. Note: it is unlikely we will designate anyone as an alternate at this level.

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Rhythm & Blades Synchro Teams

Pledge to take a stand against bullying:

What is bullying?

- Bullying is repeated aggressive behavior that can be physical, verbal (name-calling, taunting, insulting), cyber or relational. Bullying is a serious problem that has harmful effects on both the victim and the bully.
- Boys frequently bully by using physical threats and actions.
- Girls are more likely to engage in relationship bullying, which includes refusing to talk to someone, excluding the victim from a group or activity, or spreading lies or rumors about someone.
- Bullying can occur in virtually any setting, including the sport environment.

By signing this pledge, we agree to:

- Value others and treat others with respect.
- Be a good role model for younger skaters.
- Use kind words (constructive & respectful) when speaking, even when upset.
- Never retaliate or gossip about a teammate.
- To not use technology as a weapon to hurt others.
- Apologize and accept responsibility for my actions.
- Stand up, speak out respectfully when I see bullying.
- To be a part of the solution, not part of the problem (bully or bystander).

Consequences for bullying:

- 1st offense: General Warning from coaches, managers, and/or captains. Parents are notified.
- 2nd offense: A meeting between skater, parent(s), and coach. An apology must be made from the violating skater to the parties involved.
- 3rd offense: Matter is taken to the club director for discussion of further action which may be removal from the team and/or club.

I, _____ of the 2026-2027 Rhythm and Blades synchronized skating team understand the above statements and the consequences.

Skater Signature: _____

Parent Signature: _____