



# SYNCHRONIZED SKATING MANUAL



**2020-2021 SEASON**

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## **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, Elizabeth Thornton, and assistant coaches. Synchronized is a great way to: improve your edges, learn new turns & footwork, learn presentation skills, learn to count and move to music, and increase your 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.

Sincerely, Vikki Dalquist

RFSC Director of Synchronized Skating

[vdalquist@rochesterfsc.org](mailto:vdalquist@rochesterfsc.org) (507) 287-0971

### **Important basic information:**

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

Please 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 a 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. Open Juvenile team skaters must skate a minimum additional 1.5 hours a week, Pre Juvenile team skaters 1 hour, and Synchro Skills skaters 30 minutes. These sessions can be free skate, dance, MIF, power, competitive edge, other on ice classes, or a L2S class for the Skills skaters.

**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.

**Your team managers:** Names and contact info sent to each team member

## **ABSENCE POLICY IS AS FOLLOWS**

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

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 so they are not scheduled for work during these times. 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 that you help your 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. Please notify the coach when you know you will miss a practice. When you must cancel at the last minute please text Vikki 507-269-8595 or a manager. If you are unable to notify us ahead of time, please let us know what happened.

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. **It is expected that every effort will be made to not miss practices within two weeks of a competition.**

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 a 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 probably should not be at the rink, but instead should be home getting better.

If necessary, absences may be made up by scheduling a private lesson with a team coach in order to work on what was missed.

## **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 such as Facebook, 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. Wear tights or pants that keep laces covered (over ankle, stirrups, over the boot). No inappropriate statements or language on clothing. Dress as specified by your team. For off-ice practices you must wear athletic shoes.
7. Must have their 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 their 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 at practices by not speaking unless asked. Raise their hands if they have questions or comments and form a semi-circle and stand still with their hands behind their backs when the professional is speaking unless otherwise instructed.
10. Have a neat and clean appearance for performances. No jewelry visible outside the costume including earrings and body jewelry. Hair cannot be colored unnaturally & must be worn as specified by your team. US Figure Skating rules for our levels do not allow earrings.
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 20<sup>th</sup> repeat of a section, you are here to do the best you can. The best you can is to work hard and take 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.

## **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”:

1. You must pay attention at practices. 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.
2. No gum or candy. This can be dangerous if someone should choke or the item winds up on the ice.
3. Dress appropriately – This will allow everyone to move freely and not get caught by a loose lace or be unable to hold on.
4. Appropriate Hair and jewelry – this prevents accidents and allows for good grips.
5. 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.
6. 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 the 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 with the judges, 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 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 at competition. So, do your best to get back in as quickly as possible.

There are times when you could go into to 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.

– Vikki Dalquist

RFSC Synchronized Skating Director



### Information about Alternates

An Alternate is a skater who does not always skate with the team. Alternates are extremely important! 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. Our eventual goal is to have strong alternates who are truly ready to step in if called on to do so. 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.

Every skater is part of this 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.

Continuing to skate with the team when someone has been designated an alternate is particularly important. I equate it with something like 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 felt they had truly little chance to make this year's team, we would 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 number you skate is not as important, but 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 our team, we choose the division we will compete in. In most divisions 8 to 16 skaters are allowed on a team. In the Junior & Senior levels 16 athletes are required for ISU competitions. 4 Alternates are allowed for a qualifying competition (Midwesterns & Nationals), but more are allowed for non-qualifying competitions. 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. I hope this helps answer your questions and concerns.

## **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 this team. You 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 make arrangements for car pooling. Bus transportation is arranged for long distance competitions to minimize cost and maximize safety. Parents are responsible for booking their own motel 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 always want 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 one of the managers and let them know.

**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 a 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 MIF (Moves In the Field) 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.

**Signatures:** All competition forms require parents’ signature on the waiver. Please make this easy on your managers by being available to sign these forms. It never hurts to stop in when you are dropping off or picking up your skater to see if anything is needed.

**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 “Zuca” bag first aid kit, ready to help in the event of an accident so the coach can remain with the rest of the team. The coach can give you a key to the coach’s room if you need to retrieve 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. Managers will schedule this on a rotating basis.

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

**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 an issue remains unresolved, the coach should be notified. What the coaches do first is talk to the team as a whole and remind them about correct behavior towards others. If the issue remains, then the coaches talk to the skater(s) in private. Take note of our Standards of Behavior and what will happen if a skater has continued violations of our rules.

**Committees** **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 event, 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 and sharing them with the person on your team who will put the show together or be the slide show organizer.

**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 of 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 18 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.

Snowplow Sam Synchro: 5-12 skaters, majority under 7, max 2:10 min program

Synchro Skills all levels: 8-16 skaters, no higher than Preliminary tests passed

Synchro Skills I: majority under 9, max 2:10 min program

Synchro Skills II: majority under 12, max 2:10 min

Synchro Skills III: majority of skaters at least 12, max 2:10 min program

Preliminary: 8-16 skaters under age 12 w/majority under 10, no MIF, 2 min program

Pre-Juvenile: 8-16 skaters majority under 13, no MIF, 2.5 min program

Open-Juvenile: 8-16 skaters majority under 20, Pre-Pre MIF, 2.5 min program, Pre-Pre MIF

Juvenile: 12-20 skaters under age 13, Pre-Juv MIF, 2.5 min program

Intermediate: 12-20 skaters under age 18, Juv MIF, 3 min program

Novice: 12-20 skaters under age 16 & up to 4 skaters ages 16 or 17, Int MIF, 3 min program

Junior: 12-16 skaters, 13 yrs or older but under 19, Nov MIF, 3.5 min FS & 2:50 max short

Senior: 16 skaters, 15 yrs or older, Junior MIF, 4 min FS & 2:50 max short programs

Open Adult: 8-16 skaters, majority 19 or older, no MIF, 2 min program

Masters: 12-20 skaters, 25 or older w/majority 30 or older, 2.5 min program

## **Judging Systems**

The majority 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 Synchro Skills teams are judge by the 6.0 judging system, the older method. Judges give each team a score for Technical elements and an Artistic score. These two scores are combined for a mark that is then compared to the other teams for a placement from that judge. The majority of places are then used to determine who places first, second, etc. It is not unusual to receive marks with a wide range of placements. This is due to the fact it is a subjective sport. The judges try their best to compare teams fairly, but they often do not have the same opinion. We always focus on the team's performance and improvement from a previous competition rather than the result.

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 a Creative, Move, Twizzle, No Hold, Spins, Pair, and Group Lift. Some elements are required to travel, pivot, or rotate.

## **SKILLS FOR RHYTHM & BLADES SYNCHRO SKILLS TEAM**

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 Moves in the Field tests as high as the Juvenile level. Please work hard to learn and develop these skills. Share this list with your professional 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

### **TURNS**

- 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 in the routine and those we wish to include in the future. The list includes skills from Moves in the Field tests as high as the Juvenile level. Please work hard to learn and develop these skills. Share this list with your professional 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

### **TURNS**

- All three turns (F & B, O & I )
- F I & FO Open Mohawks
- FO Closed Mohawks
- B power threes
- Twizzles – 2 feet, work for 1 foot single rotations on each foot & both directions
- Work on Choctaws

### **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

### **JUMPS**

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

### **STOPS**

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

### **SPINS**

- Forward one foot spins with various leg positions
- Sit (for strength), work on layback, Biellmann, and other spins

### **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 OPEN JUVENILE**

This list includes both skills that are currently in our routine and those we wish to include in the future. The list includes skills from Moves in the Field tests as high as the Junior level. Please work hard to learn and develop these skills. Share this list with your professional 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, slide chasses
- F & B power pulls
- F & B cross strokes

### **TURNS**

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

### **FIELD MOVES**

- All Spirals
- F & B lunges
- F & B Shoot-the-Ducks on both feet
- 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
- Single jumps for strength
- 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
- For the Artistic Element work on spins such as Camel, sit, layback, Flying camel, Biellmann or similar spin.

### **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 both skills that would be needed for future teams at these levels. The list includes skills from Moves in the Field tests as high as the Junior level. Please work hard to learn and develop these skills. Share this list with your professional 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

### **URNS**

- 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, turning like 3 & like counter) – single, 1&1/2, & double

### **FIELD MOVES**

- All Spirals, 135 (180) spirals, Change of edge spirals, Biellmann position
- F & B lunges
- F & B Shoot-the-Ducks on both feet
- 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
- Single jumps for strength
- 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**

- Know your Right and Left. Also know which is your Outside and which is your Inside edge.
- Basic Stroking skills – Work for good posture, lots of ankle & knee bend, super extension, strong edges, and power. 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. Inside & outside spread eagles and Bauers will be required for many teams. So, if you do not have these skills yet work for them.
- Turns – Learn all turns and work on them from basic knowledge to being able to perform them easily with speed & quickness. (Turns include: three turns, mohawks, brackets, counters, rockers, Choctaws, and twizzles).
- Freestyle Skills – You should be able to do half revolution jumps, a good split jump, and many different spins. The senior level includes axels. If you can do a Biellmann or other flexible spin it will be to your advantage. Jumping and spinning help 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 to 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: make an effort to socialize with someone on the team, suggest an activity that you enjoy and invite the team (or some of them) to join you.

***Know your strengths*** & help others in a positive way by offering to 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 Chosen Valley High School that will 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 Century, John Marshall, Mayo, Lourdes, Schaeffer Academy, Chatfield Schools, or a feeder Middle School (7<sup>th</sup> & 8<sup>th</sup> 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 in June
- By the May test date, a skater must have passed Intermediate Moves in the Field 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 Dance Test at or above the Pre-Silver level OR Moves in the Field (MIF) test at or above the Intermediate MIF level. This requirement is waived for a skater who has passed their Gold Dance (Complete) OR Senior MIF test.
- Participate in at least three (3) public events:
  - One of which must be a USFS or ISI 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, 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 1.01 Code of Ethics A. It shall be the responsibility of all officials in sanctioned figure skating events, registered members of member clubs or collegiate clubs and individual members to be thoroughly familiar with the rules of U.S. Figure Skating, to comply with them in full and to exemplify the highest standards of fairness, ethical behavior and genuine good sportsmanship in any of their relations with others. Those who serve U.S. Figure Skating must do so without personal gain, must avoid any institutional loss or embarrassment and must behave in a way that enhances U.S. Figure Skating's trust and public confidence. B. Conflicts of Interest. All persons associated with U.S. Figure Skating, including but not limited to its employees, directors, officers, judges and committee members, are expected to abide by high ethical standards in all dealings relating to the business and affairs of U.S. Figure Skating. All members and staff should understand that conflicts of interest diminish the integrity and quality of decision-making required by U.S. Figure Skating and may jeopardize U.S. Figure Skating's reputation and public support. In order to avoid harm to the goodwill and public image of U.S. Figure Skating and to better ensure the expected high ethical standards in all dealings, if any person who is an officer, director, judge, member of a committee, employee, paid consultant to or representative of U.S. Figure Skating (each of these persons shall be referred to as a "representative") is aware that U.S. Figure Skating is about to enter into any business transaction directly or indirectly with any representative, any member of a representative's family or any entity in which a representative has any legal, equitable or fiduciary interest or position (including without limitation as a director, officer, shareholder, partner, employee, beneficiary or trustee), or if a representative is aware that U.S. Figure Skating is about to enter into any business transaction or take other corporate action in which a representative may be directly or indirectly financially interested or otherwise derive a material personal benefit, the representative shall: 1. Immediately inform, in writing, the executive director and president of such representative's involvement, position, interest or benefit with respect thereto; 2. Aid the persons charged with making the decision by disclosing all material facts within such representative's knowledge that bear on the advisability of such transaction or action from the standpoint of U.S. Figure Skating; 3. Make such other disclosures as are necessary to insure that U.S. Figure Skating has received full and fair information regarding the transaction or action and such representative's involvement, position, interest or benefit with respect thereto; and 4. Abstain from voting or influencing the decision to enter into such transaction to the extent the disclosing representative may have an actual or apparent conflict of interest in this matter. A conflict of interest may exist in any instance where a member's actions on behalf of or affecting U.S. Figure Skating: a. involve obtaining an improper gain or advantage or b. involve a conflicting or potentially adverse effect on the interest of U.S. Figure Skating or c. involve an activity that is not in the best interests of U.S. Figure Skating, including instances where the member's actions are influenced by another person or organization in a manner adverse to the interests of U.S. Figure Skating. The requirements of disclosure and abstention shall also apply to a representational conflict of interest as referred to in U.S. Figure Skating Statement of Principles of Ethical Behavior and Conflict of Interest, as referred to in paragraph E of this GR 1.01, to include disclosure of whether the member is in a position (by employment, volunteer service, financial support or other affiliation) to control, direct or influence another person or organization the interests of which are related to, affected by, involved with or may conflict with or adversely affect, the interests of U.S. Figure Skating.

## 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:

### 1<sup>st</sup> 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.

### 2<sup>nd</sup> 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.

### 3<sup>rd</sup> 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. Synchro ice time is part of all RFSC ice sessions and is therefore eligible for the volume discount. 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 so expect to see those charges.

Coaching Fees: Each Synchro Coach has an hourly rate that is billed and divided equally among the skaters contracted for that time. Coaches have extra fees for events such as competitions, off-ice practice, Exhibitions & other events. Coach expenses for hotels, meals and traveling are divided equally for each team that competes in that event and 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 normal plan for bus trips is to include the skater and 1 parent/guardian to travel on the bus – regardless if the parent chooses not to ride the bus. For families with more than 1 skater on a bus, they will be allowed to bring an extra passenger. If families wish to have 2 parents or other family members on the bus, the team manager, Travel Coordinator, and Synchro Budget manager will need to decide if this can be accommodated. In the case of teams sharing buses, decisions will be made regarding all riders besides team skaters, about who may be permitted to ride. In addition to the cost of the bus, teams share the hotel fees for the bus driver and may or may not include the driver for any team meals. Rhythm & Blades teams also 'tip' the bus drivers. This tip ranges from \$50 ~\$150 per bus – depending on the number of days on the road. Generally, the tip is around \$35 per day and each team determines the best method to collect this fee. The tip is not in the monthly fee.

Commitment/Try Out/Joining Fees: When you make a commitment to join a team, and sign a commitment form, you may be charged a fee. When tryouts are held, when you register for tryouts, or join a team at a date after tryouts, you are charged this fee. This NON-Refundable fee is due when skaters try-out for the next season's team or when a skater joins a team. Fees for each team vary and are agreed upon by managers and coaching staff. Skaters on the Synchro Skills team do not have a commitment fee & also do not have a try-out. 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 will be charged an extra fee as determined by the Synchronized Director and managers.

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 then responsible for making their individual reservations under this block of rooms. Sometimes hotels will provide a complimentary room for the bus driver and/or coaches. Skater's hotel rooms are not part of the synchro budget and are parent's responsibility.

Parkas: After hosting the 2011 Midwestern & Pacific Coast Sectionals, a fund was established to help purchase a uniform parka for each skater competing at the Midwestern Championships, parkas are optional for all other teams. The parka program was set up to give 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.

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 Pre-Juvenile level and above purchase a club fleece jacket to be part of their practice attire. These can be ordered from Blades to Ballet. The Rhythm & Blades logo and the skater's name can be embroidered on them. These items are not part of the budget.

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 charge:

- Parkas
  - team meals
  - make-up
  - practice clothing
  - skater hotel rooms
  - bus driver tips
  - tights
  - club jackets
  - Commitment/tryout/joining fee-
- If a costume is being used for a second season then new skaters on this team will be charged for their costume.



### Synchronized Monthly Fees by Team

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

If the 2020-2021 season had gone as planned monthly fee estimate:

Open Juvenile: \$115.00 for each month, 8 months of September through April

Pre Juvenile: \$92.00 for each month, 8 months of September through April

Synchro Skills: \$54.00 each month, 4 months January through April

For the 2019-2020 Season the monthly amounts were:

Open Juvenile: \$110.00 for each month, 8 months of September through April

Pre Juvenile: \$57.00 for each month, 8 months of September through April

Synchro Skills: \$47.00 each month, 4 months January through April

Please see the previous pages for what is included in the monthly fee and **keep in mind that ice time is charged separately**. Adding ice time at the highest rate the fees are:

Open Juvenile: 2 hours of ice a week = \$25.20 per week X 4 wks a month = \$100.80.

Pre Juvenile: 1.5 hours of ice a week = \$18.90 per week X 4 wks a month = \$75.60.

Synchro Skills: 1 hour of ice a week = \$12.60 per week X 4 wks a month = \$50.40

## **Fundraising**

We included 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 Board, our most successful fundraisers 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 following page contains the current RFSC Sponsorship information.



## ROCHESTER FIGURE SKATING CLUB

The Rochester Figure Skating Club would like to invite businesses to sponsor or renew their sponsorship through our new advertising program. The sponsorship levels would be:

<b>Titanium - \$1500</b>	<b>Platinum-\$500</b>	<b>Gold - \$350</b>	<b>Silver - \$250</b>	<b>Bronze - \$100</b>
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Benefits for participating businesses will be:

Titanium	Platinum	Gold	Silver	Bronze
<i>Year Round Banner in North Rink Full page ad in brochures Coverage on ice show e-book with link to your website Advertising in all our program brochures Advertising through our sponsorship page on website Social media mentions Coverage in our e-newsletter Rochesterfest Parade Float</i>	<i>½ page ad in brochures Coverage on ice show e-book with link to your website Advertising in all our program brochures Advertising through our sponsorship page on website Social Media mentions Coverage in our e-newsletter</i>	<i>¼ page ad in brochures Coverage on ice show e-book with link to your website Advertising in all our program brochures Advertising through our sponsorship page on website Social Media mentions Coverage in our e-newsletter</i>	<i>1/8 page ad in brochure Coverage on ice show e-book with link to your website Advertising in all our program brochures Advertising through our sponsorship page on website Social Media mentions Coverage in our e-newsletter</i>	<i>Advertising through our sponsorship page on website Social Media mentions Coverage in our e-newsletter</i>

**Note:** A back cover ad in the Hiawathaland program would cost an additional \$350 and an inside cover ad would cost an additional \$250 (on first come first served basis)

All money raised will be distributed among the different programs. The target audience for our online advertising would reach approximately 900 people and between the Ice Show and the Hiawathaland Competition the programs attract an audience of 3500 people.

*The Rochester Figure Skating Club is a community based club and its success is a reflection of our dedicated skaters, volunteers, coaches and the support that we receive through sponsorships. The RFSC's mission is 'to foster, promote, improve and encourage the sport of figure skating among youth under 18 years of age in the State of Minnesota' and in so doing we also aim at instilling a sense of health and wellness and strive to develop in our athletes life lessons in a fun and friendly environment that they can carry on into their lives.*

We thank you in advance for your kind consideration to our proposal and look forward to working with you.

**Maureen S Wismayer**  
RFSC FUNDRAISING CHAIR

Welcome to the Rhythm & Blades Open Juvenile Team for the 2020-2021 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. 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. This is why we are asking you to sign this form. Our teams are serious about competing and improving. Because of this we require a commitment from the team skaters.

If you are designated an alternate at some point your obligation to the team remains the same. Alternates are a very valuable and an 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: \_\_\_\_\_

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. 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 am responsible for raising my portion of the team's \$4000.00 fund raising. If I do not reach my portion I agree to pay the remainder at the end of the season.

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 returned to the managers or coaches by Monday November 2nd. Skaters will not be allowed to practice with the team after this date if the form has not been turned in.

Welcome to the Rhythm & Blades Pre Juvenile Team for the 2020-2021 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 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. Besides changing the number of skaters which affects the choreography, it also hurts the team financially. Our teams are serious about competing and improving. Therefore, we require a commitment from the team skaters.

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 September 2020 and April 2021 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. 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 am responsible for raising my portion of the team's \$1000.00 fund raising. If I do not reach my portion I agree to pay the remainder at the end of the season.

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 returned to the managers or coaches by Thursday November 5th. Skaters will not be allowed to practice with the team after this date if this form has not been turned in.

\* 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 an important part of the team.

Welcome to the Rhythm & Blades Synchro Skills 2 Team for the 2020-2021 season

It is very 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. Besides changing the number of skaters which affects the choreography, it also hurts the team financially. This is why we are asking you to sign this form. Our teams are serious about competing and improving. Because of this we require a commitment from the team skaters.

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 January and April 2020 you agree to pay a fee of \$100.00. If you decide to quit anytime after costumes have been ordered, the costume becomes the property of the team. 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 returned to the managers or coaches by January 13<sup>th</sup> 2021. Skaters will not be allowed to practice with the team after 1-13-21 until this form has been turned in.

\* 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 valuable and an important part of the team.

## 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 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 the child
- 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 team mate.
- 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 2020-2021 Rhythm and Blades synchronized skating team understand the above statements and the consequences.

Skater Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Coaches Signature: \_\_\_\_\_

## 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 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 required black pants with club jacket\*– 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 and earrings. Earrings are only allowed at the Junior, Senior, and Collegiate levels.

Competition results: At some competitions results are announced then posted. At others they are only posted. Captains should be the only two team skaters waiting by the posted result sheets. They should inform the team of the results. Please avoid negative reactions to the results while at the rink or hotel. Coaches will discuss results with the team after the competition. Please read about judging systems in our team manual. The answer to why a team places somewhere other than where you expect them to is: **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 Synchro Skills level but ask that skaters dress decently.



## Practice & Competition Attire

Each team has required practice attire for practices and competitions. For competition practices skaters are required to wear over the boot or over the ankle tights or pants as specified by their team. Tights for competitions and other performances 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. T shirts may be worn during practices as allowed by the coach(s). When skaters are asked to practice in their outfit without added shirts, 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. Synchro Skills 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”
- ❖ 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 Skills teams)
- ❖ Hair Net if needed (color should match hair and bring extras)
- ❖ “Hairagammi” (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**

## RHYTHM & BLADES SYNCHRONIZED COMPETITIONS & CALENDAR

*We are currently waiting a decision by US Figure Skating regarding qualifying competitions, which for Open Juvenile is Midwesterns. This decision will be made by October 1<sup>st</sup>. We are expecting more information on how synchro competitions might be run this season due to Covid. We may adjust our planned schedule accordingly.*

### 2020-2021

December 17-19 Maplewood Competition at Mariucci Arena in Minneapolis for Open Juv & Pre Juv

December 13 Holiday Exhibition 6-8 pm for Open Juv & Pre Juv, maybe Skills

January 8-10 2021 Fond du Lac – Open Juv & Pre Juv

(January 19-24 2021 Midwestern Synchronized Skating Championships in Notre Dame, Indiana – cancelled!)

(February 6-7 2021 Hiawathaland Competition – no synchro this year)

Feb 20 2021 – Swan Synchro – Beaver Dam, WI – Open Juv

March 6-7 2021 Eau Claire Competition for all 3 teams

April 23-25 2021 Rochester Ice Show – all 3 teams

August 13-15 2021 Synchro Camp

### Other possible Performances

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

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