

EVERETT SILVER BLADES SYNCHRONIZED SKATING TEAM of EVERETT FIGURE SKATING CLUB Commitment Agreement

Skating on a competitive synchronized skating team requires you to make a personal commitment to the team and its members, as well as your individual skating. A team can only function as a unit with all of its members working together to achieve success. One person's lack of commitment can hinder that unit. Synchronized skating can be very rewarding, as you will meet new people and travel to different cities. You will have an opportunity to share your love for the sport with your teammates and that can be an amazing experience. However, this success will not come without dedication, hard work, self-discipline, and perseverance. The commitment that you have in bettering your individual skating, the dedication you have to your teammates and coaches, and the work you put into practices will indeed set you on the road to success. We welcome you to our synchronized skating program and wish you a year full of successful opportunities and learning experiences.

ELIGIBILITY

- All skaters and parents/legal guardians of skaters under the age of 18 must be eligible and registered members of USFS and must comply with USFS Eligible Skater Status rules.
- All skaters must be Home Club or Associate Members of the Everett Figure Skating Club.
- All Junior Home Club Members (skaters under the age of 18) are required to have a parent or guardian who is a member of Everett Figure Skating Club.
- All skaters must practice individually and/or with a Figure Skating Coach.

PRACTICE ICE

All skaters are expected to be on time for all scheduled practices. This means off-ice, as well as on-ice practices. Please be at the rink at least 10 minutes before the scheduled practice time. Please be ready to start practice on time.

BEHAVIOR

Progress can only be made with a cooperative and respectful practice environment. There will be no socializing on the ice, no derogatory comments to teammates/coaches or foul language during practice sessions. Those that engage in these behaviors will be asked to leave the ice for the rest of the practice session and will not be given a refund for that time lost. Skaters will be expected to listen to coaches, be attentive to directions and ready to move quickly into their positions. Those that are not attending to directions may be asked to leave the ice without refund.

ATTENDANCE

Attendance at all practices is imperative for the success of this team. Please be considerate of your teammates and come to all scheduled practices. We ask that you take responsibility for your important position on the team and attend all practices. A skater who misses frequent practices may be asked to skate in a shared/alternate position.

ATTIRE

All skaters are required to wear their team practice attire for every practice. If there are changes in attire, the coaches will notify the skaters. The coaches will decide the practice attire at the beginning of the season. ***ABSOLUTELY NO EARRINGS OR NECKLACES FOR PRACTICE OR COMPETITIONS UNLESS OTHERWISE SPECIFIED BY THE COACHES.***

THERE WILL BE EXTRA PRACTICES (ON ICE OR OFF ICE) SCHEDULED AS WE COME CLOSER TO THE COMPETITIONS. THERE MAY NOT BE MUCH NOTICE FOR THESE PRACTICES. PLEASE BE PREPARED TO COME TO THESE EXTRA PRACTICES AS THEY ARE MANDATORY!

COMPETITIONS

The coaches will determine the competitions each season. The coaches will work very hard to make competition decisions based on the best interest of the entire program. The competitions and shows will be attending during the season will be announced at the first Parent/Team meeting.

BEHAVIOR AND APPEARANCE

1. Skaters are required to be at ALL scheduled competitions and exhibitions. This includes all off-ice practices, on-ice practices, team lunches and dinners and the competition and exhibitions.
2. Skaters are required to wear their team jacket, black pants and white tennis shoes every time they are at the arena during competitions or exhibitions. This includes days where they are just watching other teams compete. Skaters are also asked to look neat in appearance including having their shirts tucked in.
3. Skaters are asked to attend all other ESB Team performances in a competition. At times this may not be possible due to scheduling conflicts. However, the support of our teams is crucial to team spirit and motivation and we ask that you do the best you can to make it to the arena to cheer on the other EFSC Team (s).
4. **Skaters & Parents are asked to display good sportsmanship at ALL times.** We are all here to enjoy this sport, which signifies teamwork and cooperation. Please be encouraging to fellow competitors and supporting of all who are in attendance.
5. Competitions can be very stressful, as the work of the season comes down to our skating. There will be good skates and not so good skates, whatever happens, we ask all skaters to remain composed and in good spirits. Remember, learning experiences come from the good as well as the NOT so good.
6. Every skater is required to have a chaperone (age 18 or older) with them at all times during the competition or exhibition. This is for the safety of your child. Please make sure you know where your child is at all times, unless they are with the coaches.
7. Boyfriends or friends are not to be with the skater while at the rink, at the hotel or during any team function during all competitions, exhibitions, shows or practices. Hugging, kissing, holding hands etc. is prohibited while in team uniform and with the team.
8. During the day of competition, the skaters may be asked not to sit with their parents before the team skates. They will need to be, as a team, focused and alone with the coaches and/or team manager.

TRAVEL

1. Skaters on this team will be required to travel. The determinations of where will be at the discretion of the coaches.
2. Skaters are required to stay at the official hotel. This causes less logistical problems with practices and team meetings.
3. When doing an overnight or more than one night competition, skaters will be required to follow a bedtime curfew. The coaches of this team will set the curfew at each competition.

COSTUMES AND EQUIPMENT

1. Skaters are required to have their own skates and maintain them regularly with sharpenings.
2. Skaters are required to purchase practice attire. Skaters are also required to purchase the required competition attire. If there any changes to either, practice or competition attire, the coaches only will do this.
3. Skaters will be required to purchase the team jacket, black leggings and/or black practice skirts and tennis shoes to be worn during travel, observing competition, some practices, etc.
4. Skaters will be required to purchase a couple pairs of tights in bulk order with the rest of the team.

5. The coaches decide music, choreography, team level and competition dress solely and completely.
6. Skaters will be required to have their hair and make-up done for all competitions. Hair and make-up will be decided by the coaches.

FUNDRAISING

There are fundraising opportunities during the year to help offset the costs. The proceeds earned from the Seahawks Football Concession sales will go to the team as a whole. This fundraiser is a big money maker for our team and every parent is encouraged to help out. Other may be available to help offset ice cost, coaching fees and team expenses.

DUES

All skaters are required to pay scheduled payments/deposit in order to maintain their status on the team. Please see the Team Budget for more details. Failure to pay in a timely fashion based on payment schedule may result in additional late fees or termination from the team.

ALTERNATE/SHARED POSITION STATUS

- The coaches decide Alternates/Shared positions solely and completely.
- Alternates/Shared positions are NOT picked during the beginning of the year. Alternates will be picked a couple weeks before the competitions. Depending upon the number of skaters on the team, "Shared Positions" will be given to certain skaters during practices. These skaters will share a spot until the alternates for a given competition are announced. The "double" skaters, if skating, will then replace the alternate for that particular competition.
- The coaches, based on certain criteria, determine the alternate status of a skater. These criteria are as follows:
 1. **Attendance** – Skaters are required to attend ALL scheduled practices and competitions, as this is very important to the success of the team
 2. **Skating Skill** – Members are required to keep up with their skills and strive for excellence with their own individual skills.
 3. **Knowledge of Program** – Skaters are required to review the steps and program on their OWN time. The team will be able to grow faster and maintain momentum throughout the season.
 4. **Attitude and Behavior** – Skaters are asked to give respect to their teammates, as well as their coaches during ALL practices and competitions. Moreover, skaters are asked to pay attention to instruction and maintain a positive attitude, as well as follow all rules as set by the coaches throughout ALL practices and competitions.
- The number of skaters on the team does not decide alternate status. If the team has 20 skaters, this does not guarantee that all 20 will skate. The coaches will decide based on the above criteria.

DISCIPLINE PROCEDURES

A skater may be immediately terminated from the team for theft, lying, un-sportsmanship behavior, or any other behavior deemed by the coaches to be a detriment to the team. It is the coaches' discretion as to whether or not written warnings will be issued in each instance.

Upon immediate termination, the coach will conduct a meeting with the skater, parent and team manager to explain circumstances of termination and to discuss options.

A skater can receive written warnings for violation of any section of this contract. It will be the coaches' responsibility to enforce this contract. Further upon final decision by the coaches, the skater may face the possibility of termination from the team for repeated violations. The skater and the

parent may or may not be entitled to a refund of all or any part of the monthly dues or expenses. The following procedure will be implemented when warning or terminating a skater from the team:

- **1st Offense** – Skater will be given a written warning to be signed by skater and parent/guardian and returned to the coach
- **2nd Offense** – Skater will receive second written warning during a coach/skater/parent/team manager conference.
- **3rd Offense** – Termination from the team.

**EVERETT SILVER BLADES SYNCHRONIZED SKATING TEAM
of EVERETT FIGURE SKATING CLUB Commitment Agreement**

I have read and understand the above conditions and agree to abide by the rules set by the coaches. I realize that everything in the above contract is subject to change at the discretion of the coaches. I am fully prepared to support the team.

Parent/Guardian Date

Skater Date

Coach Date

Coach Date